EXTRA! EXTRA!
MACKIE GRABS THEIF!

by Ed Liebfried
EXTRA! Seabrook, NH 1996

Perhaps jealous from all the press received by Circle Significant Other Sue, Ken “Supermack” Mackie emerged from his phone booth to take the early lead in the WCRC "performance of the year" competition. This one even outdoes recent courtroom heroics and near perfect trivia scores.

It seems a shoplifter tried to escape from the local Wal-mart with 3 Bags of fertilizer and 4 power drills. Or maybe 4 bags and 3 drills. (Whatever) A physically challenged management employee began to give chase thru the parking lot. The alert Mackie sized up the situation and realized this guy would never catch the perpetrator, and immediately started stretching and warming up, like any well trained athlete would. Meanwhile the shopping cart was headed down Rte. 1 like Ted Wendt in the Yankee Homecoming Bed Race. Well maybe not QUITE like Ted, but you get the picture.

"Supermack" then donned his racing flats and cape and gave chase in the name of truth, justice and the American (Wal-mart) way. Siefed by the scruff of the sweatshirt, and gasping for breath, even after abandoning the goods, the burly suspect exclaimed “I give up, don't hurt me” and was soon in custody.

A hearty round of applause for Ken. But next time, let’s not forget the Winner's Circle Singlet.

By the way Ken, now's the time to

BOSTON 100TH
HERE WE COME!

by Ted Jones

W.C.R.C. Bus to the 100th BAA Marathon

. The composition of the runners riding the bus to the 100th BAA Marathon. The story behind the story.

<table>
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<tr>
<th>Who</th>
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<tr>
<td>Gary Alexander</td>
<td>W.C.R.C. lottery</td>
<td>10/95</td>
<td>3:17</td>
<td>Just a warmup for run back to Merrimac</td>
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<td>Bill Acieri</td>
<td>Baystate</td>
<td>10/95</td>
<td>3:18</td>
<td>W.C.R.C. lottery</td>
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<td>Liz Acieri</td>
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<td>10/95</td>
<td>3:18</td>
<td>W.C.R.C. lottery</td>
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<tr>
<td>Diane Antille</td>
<td>Las Vegas</td>
<td>2/95</td>
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<td>Up from down under</td>
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<td>Dean Arnold</td>
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<td>Deb Bunting</td>
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<td>Running to raise funds for cancer research</td>
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<tr>
<td>Vicki Bush</td>
<td>Maine</td>
<td>9/95</td>
<td>3:47</td>
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"Charlie from New Hampshire"
A Story of a BAA Qualifier

by Ed Leibfried

There are 37,000 stories in "The Naked City" of Hopkinton. This is one of them. "Charlie from New Hampshire," as he was called in the March issue of Runner's World, has one of the most unusual qualifying stories you'll run across.

Circle member Charlie (no, not Chip, that's another guy) Nelson dreamed, like the rest of us, of running the Boston Marathon. He had never come close to the qualifying time, but with the hoopla of the 100th running he decided to dedicate himself to making it in 1996. In Charlie's words: "I have made Boston that passion but realize it is a longshot at best." Charlie felt he needed a combination of a fast course, sacrifices and hard training, good bio-rhythms, favorable weather, a lot of luck, and maybe even "a little DIVINE INTERVENTION." to make the dream come true.

His PR for 26.2 was 3:43, and he needed 3:25.

Charlie set out to make it happen. First the plan. (the easy part) Research told Charlie that St. George, Utah, was the fastest course in America. Hal Higdon said so in Runner's World. A 2500 ft. drop from start to finish has to help, if the quads don't rebel. So Charlie and his friend (WCRC member John Huttunen of Rockport) would go to Utah.

Next came the hard part. You want sacrifices? Try this on for size: Charlie gave up his 10 year golf membership and hit nary a ball all season. Instead he resolved to train harder than ever before, follow a proper diet, and even do track work. He didn't just resolve, he DID it.

Then came the "Divine Intervention" Charlie had hoped for. The staff of Runner's World would go to Utah and pace runners to their eventual qualifying times. Led by Boston winner Amby Burfoot, pacing groups would be set up for each 5 minute interval. Leading Charlie's group was none other than Olympian Don Kardong. The plan was for the groups to stick together, run negative splits, and help each other to a mutual goal.

So how did it go? Charlie did run negative splits. The congested start, much like Baystate, made for a slow first mile, but the pace & group were steady. 23 Runners made Olympic Trials. Charlie ran a PR by over 17 minutes. The BAA had announced a 59 second adjustment for this race to make up for the start. Charlie needed 10 more seconds. (3:26:09) Kardong told his new pal to send his entry in with a letter telling his first mile split, and to mention his name. Charlie got in. (John's 3:22 got him in, too)

Charlie Nelson believes he'll never improve on his new PR. It was, in more ways than one, the race of his life. But I wouldn't bet against his continued improvement.

Senior Writer & Olympic Marathoner, Don Kardong (L), with Charlie after the St. George Marathon

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Vice President: Gary Passler  388-4322
Treasurer: Sue Passler  388-4322
Secretary: Ted Jones  465-2228
Newsletter Editor: Ed Leibfried  (603) 772-6130

The Runner's Rag
Editor: Ed Leibfried  (603) 772-6130
E-mail: BJBM80A@prodigy.com

The Runner's Rag is the newsletter of the Winner's Circle Running Club, 371 Elm St. (Rt. 110), Salisbury, MA 01952
Please note: Mailed contributions / announcements / etc. for publication in The Rag should be sent to: Publisher, Runners Rag, 28 Myrtle Ave., Newburyport, MA 01950
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Peter Cameron  Boston  4/95  3:16
Carol Carter  Boston  4/95  3:49
Lisa Chace  Baystate  10/95  3:34
Jim Cocozella  Houston  1/95  2:54  Stay off the bike
Tom Connelly  Baystate  10/94  3:16  Early Bird (before baby)
Ed Connor  Boston  4/95  3:05
Jim Dever  Boston  4/95  3:01
? Duffy   friend of Brian Hamel's  Maine Moose Turds
Dan Duvall  Vermont  5/95  3:13  Also ran New York
Sandy Duvall  Vermont  5/95  3:30  Also ran New York
Don Dwight  Vermont  5/95  3:03  Another cake walk!

(Boston pg 3) (Boston)

Dave Dyer

Doug Eastman  W.C.R.C. lottery  He'll get to Boston by nightfall
Sue Efinger  Marine Corps  10/95  3:31  Excellent training
Walt Eull  Paula's friend
Al Felenchak  Lottery
Mike Fiene  Baystate  10/94  3:06  Low number for Boston
Tim Foley  Boston  4/95  3:11  Healthy as a horse
?  Freme   Brian's buddy  Maine Moose Turds
Maureen Gage  Baystate  10/95  3:51  What's a minute!
Janet Gerber  Marine Corps  10/95  3:43  Paula's sister
David Gordon  Houston  1/95  3:20  Coming from Texas
Margie Gordon
Brian Hamel  Philadelphia  11/95  3:29  Still shoveling out
Valerie Hamilton  New memeeber W.C.R.C.  Lottery winner
Don Hennigar  Boston  4/95  2:47  Shouldn't get lost
Paula Holm  Marine Corps  10/95  3:20  Wanted one more min.

**NOTES - DON’Ts and THEN SOME**

contributed by Ed

**Wanted:** Female Runners (No, not for Dave L's Black Book!)

Study of the benefits of Cross-Training at UNH needs female runners currently running at least 20 miles per week, and do not generally crosstrain. For Information contact: Wendy O'Malley, University of New Hampshire, Exercise Physiology Lab, (603) 862-1854.

**Wanted:** Hungry Runners

WCRC & Family Saturday Run and Brunch, April 6, 8:30 AM, at the Randall Residence, 9 Middle Rd., Merrimacport, MA. Call Bob or Mary at (508) 346-9240 for directions. All distances from Marathon to Wimp training. Walkers Welcome, and especially food contributions. Come Early, Stay Late

**Wanted:** Partner for Sightless Runner

Longtime Circle member John Kane writes that he is working with a sight-impaired runner in hopes of competing in the 5K race at Yankee Homecoming. In the process he has met physically fit lady in Newburyport who needs a similar partner in order to run the same 5k. She trains on a stepper primarily and would need a few runs on the track with a partner to prepare. This is a great way to give something back to the sport as well as to a motivated athlete. Contact John Kane Sr. at 18 Lakridge Dr., Georgetown, MA 01833.

**Check the race calendar:**

**2 Miles for Women,** Exeter NH, thru campus & trails at Phillips Exeter Academy, 2:30 PM April 16. Benefits Breast cancer Research, Nancy Otterson, 603-778-4684

**RiverWoods Masters Plus 5K Road Race & Fitness Walk,** Exeter, NH. 1st annual bv 5K and 3mi walk. JUNE 1st, 9 am, RiverWoods at Exeter. Open to those 40 and over. $8. pre / $10 post, $5 for walk to Noreen Page, 7 Riverwoods Drive, Exeter, NH, 03883, 800-688-9663; or Lisa Chase, 603-778-3031.
Runners' Knees
No Worse for Wear

A recent article in Health Magazine stated that in studies conducted at Stanford University and the University of California, runners' knee joints showed no more wear and tear than those of less active people.

So "Jogging will ruin my joints" is no longer an excuse for "lolling on the couch." 55 men & women aged 50-72 took part in the testing, half of whom were regular runners. For nine years x-rays were taken. "It looks like people with normal joints can jog forever," said Nancy Lane, a California Rheumatologist who led the study. She did caution, however, that people with damaged knees were more apt to develop arthritis, and that knee pain should not be ignored by anyone, so ease off the training when that happens. Now if we can just find a study to show that we won't freeze our lungs in cold weather we can shut the rest of our critics up.......
Martial Bliss take 1...
Overheard on a recent training run in the Newburyport area: "Gee, those are nice tyvek jackets; how do you get those?" Reply "Ya gotta run fast, dear."

(Almost? Martial Bliss? Take 2...
"Honey? Can I tell them what kind of new car I talked you into getting?"
“Oh, OK…”
“A FOUR DOOR!!”

Guess which member of the club now goes by the name “ACE”, and you’ll know who forgot to her running bra when going to a winter race, and you’ll know who’s friend wrapped her up in an ace bandage for support. P.S. The bandage didn’t serve its purpose.

Another member of the club recently tried to eliminate a fellow masters runner, by driving away while Ted Jones only had one foot in the car. The driver has a new Chevrolet and almost ripped off a door against a parked car.

Frank S. has recently been seen training with the MVs, watch for the black singlet at races this summer.

Try never to end up stranded on a desert island with Ed Rowe, especially if he is carrying the water. On a recent 20 mile run, Ed said to Ted, “don’t bother to stop at the designated water stop at 15 miles, if you get thirsty you can have some of my water from my back-pack”, Ted said, sounds good to me. At about 17 miles Ted said I really need water now, but Ed didn’t answer, as he couldn’t hear Ted. Ed failed to mention the fact that he may not be around at 17 miles. Thanks Ed.

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By Ted Jones

The major emphasis at the general meeting and the March Board of Directors was focused on the 100th BAA Marathon.

Mike Fiene downloaded Marathon numbers from the internet and gave everyone a peek at their official number. They go from Jim Morisseau at 2493 to Gary Alexander, number 36273.

Ed Liebfried will send a special flyer out to all runners who will be taking the bus to Boston, just so they won’t be late. We are in! Ed was able to get two buses into Hopkinton. However, they will only allow the buses in with official runners, sorry no bandits. We have to be in Hopkinton by 8:30. The bus will leave the circle at 6:30, anticipating mucho traffic. The bus will not stop in Haverhill this year. This is the only way to get 94 people into Hopkinton, so either bring a deck of cards or a book, and plenty of toilet paper. (or buy it from Ted, he always has plenty. bv)

The marathon buses will not be able to get near the Hotel Lenox on April 15th, so if you want to have a bag of dry clothes to change into after run, please make arrangements for a friend to bring your clothes to the hotel, or bring your bag to the Millers room at the Hotel Lenox on Saturday, April 13th between 3:00 - 5:00 P.M. Ask for Tom Miller’s room number at the front desk, and bring your bag up. If you go to the room at any other time there will be no one there, so don’t waste your time. This could work out well if you are going into the runner’s expo on Saturday.

If you want to run on a club team in the Marathon do not send in the form the BAA sent you, see your team captain. To be on a WCRC team call the following:
Open men and women......
Mike McCormick 508 462-0117
Male masters.........
Gary Passler 508 388-4322
Female masters........
Paula Holm 508 462-4685

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Club Notes, March Madness

Senior Men...........
Bob Randall 508 346-9240

Pre-Marathon Brunch

Bob Randall will be having his annual pre-marathon family brunch on April 6th at 8:30 A.M. Come one come all. Location: 9 Middle Rd., Merrimac. For directions call Bob or Maryann at 508 346-9240. The run is at 8:30, any distance. After the run: pancakes, waffles, eggs, juice, bagels, bacon, ham, beer, and of course, more spaghetti. The Walkers are welcome.

Pre-Marathon Carbo Load Party

Carbo loading party at the Masonic Temple in Merrimac at 6:00 P.M. on Sat. April 13th. The building is white, on the right, right before the firehouse on Route 110. This affair will be a spagetti dinner, salad, bread, etc. Price around $6.00 per person. The affair will be catered by our own Mark Behan. If you want to attend let Vicki Miller know by April 6th. Her phone number is (603) 868-7203.

Race Calendar:
BAA Marathon April 15th 12:00 a.m.
Covered Bridges Half Marathon May 5th, 11:00 a.m. Woodstock, VT
Run for the Roses May 15th 6:30 p.m.
5K WCRC
Race Against Extinction (Plover Race) May 17, 6:15 p.m. 10K Plum IS
Vermont City Marathon and Relay May 26th 8:05 a.m. Burlington, VT
High Street Mile, August 4th, 10:00 a.m. 1 Mile Newburyport, MA
PHOTO CONTEST

BE SURE TO JOIN IN THE WEEKLY CLUB RUNS FROM THE WINNER’S CIRCLE EVERY THURSDAY - 4 PM - SHARP!

WHO IS THIS WITH THE NUMBER 1?
NAME ALL THE FACES...
WHAT THE OCCASION WAS...
WHERE....
RACE.....
PRIZE TO BE DETERMINED!!!!

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NAME ALL THE FACES...
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IN THIS ISSUE...
FULL YEAR RACE SCHEDULE (suitable for framing)