

Mt Rainier to the Pacific Relay

By Damian Rowe and Dave Sargent

What an incredible trip! Check out our web site for the team's splits and times. Eleven of us: myself, Dave Sargent, Bob Pelletier, Carl Hefflefinger, Bill Spencer, Mo Nicholson, Mike Hagerty, Tom Conley, Steve Moland, Bill Gray, and Bob Beers, flew out to Seattle to compete in this 120-team relay and take in the sites.

This was a trip well worth the travel and expense. I arrived into Seattle at 1:30 on Thursday and to my surprise Carl was at the gate to greet me. He was on the West Coast vacationing with his family, and had just seen them off at the adjacent gate. Our captain, Bill Gray, did a great job arranging flights, hotels and did an excellent job in communicating information within our group. The rest of our team was due to arrive at 5:30 PM except Bob Pelletier who arrived at 9 PM. This gave Carl and I time to check-in, secure a second van and purchase some basics such as: beer, water, Gatorade, coolers, and power bars.

When the majority of our group arrived in Seattle we went out for a good pre-race meal. I found out that they had a 4 hour layover in Kansas City and even got in a run during their layover. After dinner we picked up Bob at the airport and our team was complete. A good night's sleep was a necessity as we would receive little or no sleep Friday night.

Bill Gray set the order for the race legs. The names listed earlier comprised the order for the race. I was surprised that I would be leading the race off. Knowing I was running the first leg helped me plan on what to eat Friday morning, 3 large blueberry pancakes did well. We planned to eat and checkout by 9 am, buy some additional food items, and head out to Mt Rainier. We arrived at 2 PM with a 6 PM start



and we decided to trek off to see Mt Rainier. One unique aspect of this area is that there are no insects, at least biting ones. The drive up to Paradise Point had many great views, and I wish I had packed my camera. On the way up we stopped several times and a few decided to get out over the edge of some steep cliffs, not me, I like

solid ground. We drove to Paradise Point which was at 8600 ft. Mt Rainier stood 14,411 ft high and was covered in glaciers. The view of Mt. Rainier from here was spectacular. Although the time was short on the Rainier trip it got me in a great frame of mind. I'd love to return here to vacation.

As our start time neared we set the van order the first 5 in the smaller green van and the next six in the larger blue van. At the start Mike painted their van with Gate City Striders and set our team name as "Run Free or Die". It's 5 PM and time to start getting nervous. The race started at 2 PM with walkers, with each group starting 30 minutes later until our last group at 6 PM. The idea is to let the slower runners get an earlier start and have the faster groups catch up. This last starting group consisted of 5 teams, 2 of them were other men's masters teams. Dave Sargent and I warmed up on my leg and what a cherry run this would be, straight with a slight downhill grade. The temperature was a perfect 65. The leg was only 2.1

miles so this would be a fast run. Before the start we got in a few team pictures. This was a good idea since we were all awake and still clean. As the race begins, guess what, I go out fast with two other runners. We hold these positions for about 600 meters, when one open team runner takes the lead. I kept with another masters runner up to 1 mile where his team mates clock the first mile at 5:46. He and I kept taking the lead from each other until the other masters team runner pasted both of us as if we were standing still. As we neared the this exchange I gave Dave Sargent a position of 4th out of 5.

Since we were the last group to take off, Dave's leg and many others would be very lonely, at least for a while. As we arranged, the 2nd van would support the runners on the course as the active van would shuttle runners to next exchange. What teamwork the second van took great care of us. Thanks guys. Each team was responsible for their runners support with

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PeachTree 2000

By Shu Minami

Running the PeachTree 10K has been in my mind ever since my friend Yasuo Matzuzawa moved to Atlanta several years ago. Yasuo has been a Strider and he and I have run a number of races together. So, it was natural for us to talk about running the world famous PeachTree 10K together someday. However, we kept putting it off so many years for dozens of excuses. Probably we were subconsciously waiting for a special year to come. Our decision for running the PeachTree 2000 was made swiftly when we exchanged our Y2K greetings. We mailed out our requests for the application forms early January, and express mailed the apps on the same day when we received it in mid March. Our acceptance was confirmed when our bib number packages arrived in May. Yasuo, his wife Chieko, and their oldest son Yoshi who is a sophomore at Georgia Tech were also accepted.

Our trip to Atlanta started off with an anxious moment. At around 10:30am, June 30, FlightLine dispatcher called and informed us that the driver got lost in Milford, and he will not show up at our door at least until 11am. Thanks for letting us know but we have been waiting for him with our suitcases piled up on the driveway for 20 minutes. When the Limo finally showed up at 10 past 11, I asked the driver if we still make the flight. Then a calm, pleasant voice came back from a gentleman in flight uniform in the back of the Limo saying "Don't worry. I am flying the plane". Apparently the Limo driver got

lost in Milford when he was trying to pick the pilot up. The driver was a Bostonian, and had good excuse to be lost in New Hampshire but he assured us that he knew how to get to Boston quick. That was the beginning of many of the good lucks we had during this trip. While we were rushing through the check-in at the Logan Airport, someone "Hi Shu" ed me from the back. It was Bill and Cathy Engel. Another big relief! We are not the only nuts who are traveling from heavenly New Hampshire to the steam bath of Atlanta to run a 10K race on July 4th.

Hazy sky and about 85 degree temperature, unusually low humidity for Atlanta in July is my unofficial description for the start-time condition (7:30am) at Lenox Square on PeachTree street. When we got out from MARTA (subway) station at around 6:30am, people were already marching toward their designated pens from every directions. All 55,000 participants received personalized instruction sheet that showed the designated pen and suggested route from the subway station according to the individual bib number. Since all five of us had different first digit (Yasuo: 20924, Shu:54754, Mary: 64963, Yoshi: 81991, Chieko:92536), we had to wish good luck to each other and separately head for our own pen as soon as we got out from the station. It was worrisome at first to be alone in the sea of strangers but it soon became obvious to me that the start-line penning system is very well organized and people are extremely friendly

and well behaved.

There were 10 pens in total, each of which holding 5000 runners, and they were strategically scattered on the PeachTree street as well as on the streets that crossing it. The runners who submitted the official proof for a past 10K with qualifying time were seeded at the front. Based on my experiences with other large races, I was expecting to see a pen closed with lopes or snow fence (even though I knew there wouldn't be snow fence in Atlanta), and people jumping in and out from the pen all over the place. However, the pen I was led in was made of 5 feet high chain-linked wire fence secured on the ground. I wove through the people who were already in the pen toward very front of our pen with the hope of minimizing the handicap since I was in the 5th pen and at least 20,000 runners will be starting before me. I secured my spot right next to the official standing with a huge placard which said STOP on one side and WALK on the other side.

As 7:30am approaches, helicopters swirled in the sky, and sound of the National Anthem started to flow from the speaker, and a huge Stars and Stripe was hoisted in the sky about a quarter of mile in front of us. The speaker announced the start of the race and we all cheered loud but the 5 feet wire fence is still securely in placed in front of us, and there was no sign of anyone trying to remove it. Several minutes later, runners from the Pen #3 started to march up from the street perpendicular to PeachTree street where I was penned. They were led by an official with the placard facing STOP toward us and WALK toward the runners behind him. That's when I realized the purpose of the placard. They turned at the intersection like a military march, and continued the stop and walk advance toward the start-line pivoting the placard back and forth. Several minutes later, Pen #4 moved up from the opposite side of the intersection and advance on in the similar military fashion. Finally, a bunch of volunteers with huge shoulders showed up in front of our pen, and started to carry the chain-link fences away. They carried the 8-foot long metal fence as if they were carrying a Japanese paper door. There is no way I could qualify

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water and directions. 150 miles to go and no one familiar with the course, directions were very important. The radios we had were an important part of our success. Dave took off, hoping to recover some ground on the other masters runners. We would find out later that one of these masters teams was the overall winning team last year. As usual, Dave finished with a great time. Dave handed off to Bob Pelletier, who had some great country on his run. Its always difficult to notice the great views when you're running by them as fast as you can. Bob finished strong and his exchange with Carl was a wave off. A wave off allows a team to make an exchange without a runner crossing an intersection.

Carl's first leg had a long uphill at the start with some good rolling hills. This leg was listed as the longest at 7 miles. Carl's legs total 17 miles, the most miles of any other runner. Carl had a fast downhill before making the exchange with Bill Spencer. When Bill started running our van was now the support van. Bill ran a fast 3.3 miles and exchanged to Mo. This exchange point here was impressive, the view of Mt Rainier was great. With the sun setting, the mountain really stood out. I hope to get a copy of that picture. We provided support for Mo at 3 miles out into his run. Now the sun going down and a full moon was appearing. Mo finished with a P.R. and exchanged with Mike at 9 PM.

Mike ran a fast leg even though his run was flat dark and lonely. We still had not caught many teams. Mike finished with a great time and exchanged to Tom. The leg Mike finished like many other legs in the race the posted distance was suspect. Mike's first leg was definitely longer than the listed 6.1 miles. Tom, Mike, Steve, Bill Gray ran two of their three legs in the dark. Tom had a great run, and started to catch other runners. Tom exchange with Steve was a confusing one and not well marked. At his point in the race it looked like we might break our initial estimate of a 19 hour race. Did I mention there were no mosquitoes? Steve started his first leg

at 10:11 pm. Steve had the pleasure of catching a few runners and finished with a strong run. Captain Bill was there to receive the exchange from Steve and the temperature was now a cool 42. I didn't get a chance to see much of Bills run or Bob Beers as I made the mistake of nod-



Damian approaching the hand off to Dave

ding off for 20 minutes or so, no I wasn't driving.

When Bob was running I was warming up to receive his exchange. It was cool and I was tired. As I took the exchange from Bob I quickly realized how difficult it was to get any speed in the dark. I finished the leg well and caught 5 runners. As any good team I will hand off to Dave Sargent to provide you with the 'rest of the story'. Before I leave I like to mention the best run I had was the last leg. I have never felt so strong and motivated as I was during that leg. I feel relays bring the best out in a runner, because its just not you your running for, but others rely on your contribution.

[Now the hand off]

Well, Damian is right, we had an incredible trip. As much fun as Cabot Trail in '97 and The Catskill Relay in '98 were, this was special. Perhaps the greater the distance to travel TO the site, the more anticipation it brings

Damian handed off to me just after midnight for my second leg at a gas station in a pretty remote area. The temperature was cooling down, so I donned a long-sleeve coolmax shirt which proved to be just right. The relay rules dictated that each runner at night must carry a flashlight, but I wanted no part of that. I had brought a headlamp that fit snugly on my forehead, and although I had tried it on a normal run, was concerned about it jostling around at a faster pace. I found the right

fit, and off I went. Although I was pleased with my initial leg earlier that evening, it gnawed at me that I couldn't pass anyone over that 4.3 miles. I was determined to catch someone over this 5.7 mile stretch. Within the first mile I saw my first victim and he was mine within a few minutes.

The support van offered encouragement and water in 2 spots, and thanks to Mike for the cheerleading during this lonely run. I saw another runner ahead with less than a mile to go, but ran out of real estate before I could catch him. No fear here though, as Bob Pelletier was up next and was sure to catch his prey.

Running 3 times over 18 hours was a new experience for most of us. This may have been easier if we were 20 years old, but how would these 40-50-60 year-old bodies recover quickly? With 2 of my runs completed and 1 toughie to go about 6 hours later, I stretched religiously after my leg.

Bob went on to catch a few more teams, Carl ran hard to set up Bill Spencer's pursuit of even more, and we were finding the exchange points more congested as the night wore on. Bill's leg seemed extraordinarily dark as trees lined both sides of the road out here in the middle of nowhere. Mo was up next, and this fountain of youth ran the race of his life. Recent eye surgery had left Mo with very limited vision, here he's running at night with but a *penlight!* He focused that beam on the white line, put his head down, and fear be damned. A very courageous effort for the team. At this point, the non-drivers and those not running soon were somewhat oblivious to what was happening as weariness caught up. 20-30 minute naps were the rule, and this was about all the sleep any of us would get.

The night wore on. Mike took over from Nick and bullied his way to another strong leg. We were concerned that Tom might get off course on his leg as we saw that a team ahead of us had veered off at an unmanned intersection. This was a mixed team and a woman was in tears when their runner was temporarily lost. We had the

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two-way radio contact between vans, and this was the first of two times it came in very handy. Steve was wired waiting for the handoff from Tom and more teams were passed.

Everyone wanted to get that second leg behind them. The early dawn was near, and fully broke when Captain Bill took off. We seemed to be in a val-

ley with farmland around us, and ground fog limited the visibility along with the windy roads. We all felt a second wind here when daylight took over. Bill's grit and determination was evident with his body language throughout his run. Bob Beers was our anchor and he was up next, nervous that he would not be able to answer the bell. Heck, he had just received a series of 3 cortisone injections into his neck for a herniated disc, the guy is a trooper for simply toeing the line here.

Our van is now back on duty as Damian is on deck. Word had circulated among the teams how this next leg was a blood-spitter.....nasty loose gravel, switchback roads, up and down. We drop Damian off and drive on, all glad that WE were not running now. At the exchange point, I get ready, bundle of nerves, wondering what was left in the tank. This leg was described as 'hard' in the relay booklet, but we determined early on that this was written

by a non-runner about 10 years ago. I still was uneasy, not wanting to let the team down as we were ahead of our tar-

geted pace. In line at the portable, time is short. I get to the front of the line, *needing* to go, and Bill Gray yells that Damian is in sight. Damn, what to do? Oh well, if it gets bad enough, I can always stop, I thought.

Everyone else found this amusing, needless to say. Damian came into the exchange with guns-a-blazing', running out of his mind. This set the tone

for the morning along with the lifting fog. We were smoking.

The sun rose high in the sky, and we all rallied for our last leg. If we had been tired, the adrenalin was now free-flowing. Carl managed to tear his calf, but did not yield. Bill Spencer showed why he is an inspiration to us all as he sped by runners half his age. Iron Mike put on the race face one last time and was so focused on speed that we had to stop twice to insure he stayed on course. The radios saved the day again as Tom's van had missed the exchange turn-off and drove ahead. We got them back, but just in time..... our closest call. Steve and

Bill Gray turned in solid legs, then it was Bob Beers' turn to wrap it up for us on the beach. We had reached the Pacific and we were on pace to not only break our goal of 19 hours, but would be well under 18. A left-hand turn heading south on the beach, 5 miles and we'd be home. We took turns accompanying Bob (within the rules for this last leg) as the vans paralleled the runners on the hard-packed sand. A nice tail wind was welcomed by all. The entire team finished together, 17 hours 32 minutes. 13th place overall, but a strong first in the fun category. The beer would taste good now. (and it did!)

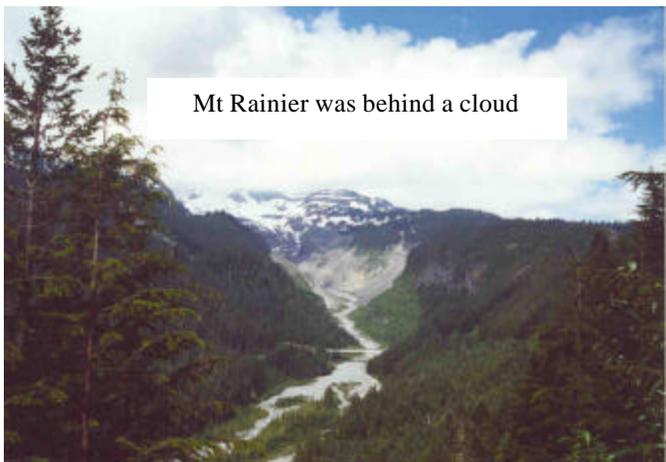
The accommodations that Bill arranged for us in Ocean Shores were superb. Panoramic views from balconied suites made the Sat. night stay there very comfortable. Seeing the sun set (about 9:40 PM) into the Pacific was a highlight for all of us. We got some much-needed rest, enjoyed the live music in the hotel lounge, but most of all yearned for a bathroom at home like the ones we had at this hotel.....large, twin sinks with cable TV

and phone! What guy wouldn't spend an hour in one of these on a Sunday morning with the Sports page and coffee?

We headed

back to Seattle early Sunday, dropped Bob Pelletier to catch his flight, then checked out downtown. We made the most of our time as we toured the new Safeco Field, hopped on a cruise of the harbor, and enjoyed some northwestern salmon, clams and Alaskan ale. Monday we found a local trail network to log another 5 miles or so, Mike and Damian found another hill that 'had to be run' and then flew home. The prevailing topic of discussion on the way home surely was "Where will we relay next?"

Nice job, guys. •



Mt Rainier was behind a cloud



Bob Beers finishes the last leg with team in tow



Team Captain Bill Gray helps with a final duty as he guides Bob Beers down the 5 mile final leg on the beach

Race Results

Ken Robichaud 43:17

Swampscott Dory Run 5K Swampscott, MA 5/29/00

Jim Quadros 16:28
Louise Rosetti 36:40

CMS 52 Week 5K #22 Lancaster, MA 5/31/00

Ken Robichaud 25:39

Twilite Track Meet 5K Boston, MA 6/3/00

Keith O'Brien 16:58

Apple Country 5 Miler Hollis, NH 6/3/00

Helen Bradler 1st Place Female

Issac Rattin 1st Place 20-29

Thomas Astolfi 1st Place Master

Ron Kita 1st Place Senior

Bill Engle 1st Place Veteran

Michelle Weysham 1st Place <15

Heidi Havron 1st Place 30-39

Jane Levesque 1st Place Senior

Issac Rattin 28:25

Thomas Astolfi 28:49

Bruce Lutz 30:49

Jim Hansen 31:00

John Heden 32:45

David Havron 32:52

Ron Kita 33:24

Paul Weeman 33:29

Helen Bradler 33:42

Heidi Havron 33:47

Allan Rube 34:13

Michelle Weysham 35:15

Fran Dwyer 35:21

Andrea Pierce 37:13

Bill Engle 37:35

Jack Harkins 38:00

Garry Gauthier 38:12

Samantha Buechner 38:15

Eliza Lecours 38:26

Sandy Machall 39:07

Jane Levesque 40:16

Ed Donovan 40:50

Brian Sanborn 40:57

Marylu Klum 41:35

Bill Dutton 41:43

Brian Johnson 42:40

Susan Rube 42:55

Marjorie Morse 42:58

Robin Hickey 43:36

Kathy Engle 45:06

Joseph McMullen 45:22

Genia Sanborn 45:27

Barbara Sage 46:21

Leni Hodgins 47:10

Bob Welts 47:46

Rosalie McQuaid 48:01

Nancy Meadows 52:18

Mary Brown 52:43

Michael Whelton 55:39

NH Meet of Champions 1600M Portsmouth, NH 6/3/00

Matt Kalish 4:29.15

Telegraph Junior Olympics Nashua, NH 6/3/00

9th Grade Boys 800 Meters

Dave Posnick 2:15.3

9th Grade Boys 1600 Meters

Dave Posnick 4:55.7

9th Grade Girls 800 Meters

Emily Angel 2:55.6

9th Grade Girls 1600 Meters

Emily Angel 6:25.3

7th-8th Grade Boys 800 Meters

1st Paul Ahern 2:15.0

7th-8th Grade Girls 1600 Meters

1st Nicole Slane 5:50.4

Casey Darasz 5:55.2

Amanda Pelletier 6:13.1

Rye By The Sea 10K Rye, NH 6/3/00

Shu Minami 1st Place Veteran

Shu Minami 50:26

Mary Minami 58:39

Rye By The Sea Duathlon 5K Run / 17M Cycle / 5K Run Rye, NH 6/3/00

Mary Ulinski 1st Place Senior

Mary Ulinski 2:26:03

Walter Shyska 2:26:04

Jamie McKeown 2.5 Miler Winchester, MA 6/3/00

Louise Rosetti 11:58

Jamie McKeown 5 Miler Winchester, MA 6/3/00

Ken Birse 30:37

Miltner's Shoes 5K Rochester, NH 6/3/00

Donna Lemay 1st Place Senior

Donna Lemay 23:11

East Kingston 5K East Kingston, NH 6/3/00

Charles Gianotti 22:45

Maurice Noonan 29:58

Jackson Covered Bridge 10K Jackson, NH 6/3/00

Dave Birse 1st Place Master

Dave Birse 39:08

Corib Pub Classic 5K West Roxbury, MA 6/4/00

Jim Rhoades 17:40

Kevin Burns 35:37

David Brundage 5K Somerville, MA 6/4/00

Nick Anastasi 31:31

Worcester Firefighters 6K Worcester, MA 6/4/00

Maurice Noonan 35:43

Astro Classic 5K Derry, NH 6/4/00

Michael Peabody 1st Place 13-19

Michael Peabody 19:42

Ted Carey 22:43

Mark Peabody 23:36

Run For The Arts 5K Westford, MA 6/4/00

Patrick Rush 19:45

Joe Suslovitch 22:13

Michael Watts 24:08

Jean Laverdure 25:41

Stephanie Pancoast 26:03

Joey Rizzo 26:50

Gail Suslovitch 27:39

Colleen Normandy 30:06

Run For The Arts 10K Westford, MA 6/4/00

Adrian Pike 1st Place Senior

Liane Pancoast 1st Place Master

Peter Venditouli 40:35

Adrian Pike 42:14

Liane Pancoast 42:29

Tom Conley 44:47

Ed Pancoast 48:01

Race Results

Run For The Arts 1 Miler

Westford, MA 6/4/00

Caitlin Rush 7:03
Monica Venditoui 8:45

Chase Corporate Challenge 3.5M

Boston, MA 6/7/00

Tom Doody 17:55
Dave Camire
BJ Bottomley 19:15

Westford Academy 3.6 Miler #1

Westford, MA 6/8/00

Brenda Baxter 1st Place Female
Jim Rhoades 21:21
Mike Hagerty 23:40
Brenda Baxter 24:54

Saucony 4.5 Miler

Peabody, MA 6/8/00

Yuki Minami 1st Place SubMaster
Mary Minami 1st Place Senior
Louise Rosetti 1st Place 66+
Yuki Minami 32:46
Eliza Lecours 33:50
Pam Ubillos 36:11
Mary Minami 41:34
Shu Minami 41:34
Nick Anastasi 48:38
Louise Rosetti 56:37

James Connolly 5 Miler

Woburn, MA 6/8/00

Mike Ward 1st Place Master
Mike Ward 29:32
Ed Donovan 37:19
David Cormier 38:08
Brian Withers 38:16
Jim Horn 40:55
Michael Tessier 41:41
Maurice Noonan 47:41
Louise Rosetti 59:29

Market Square Days 10K

Portsmouth, NH 6/9/00

15th Place Male Open Team
12th Place Male Masters Team
7th Place Male Seniors Team
1st Place Male Veterans Team
13th Place Female Open Team
11th Place Female Masters Team
4th Place Female Seniors Team
Tom Kolb 38:32
Bill Springer 39:41
Nicole Slane 40:45
Martin Sheil 41:42
Bill Spencer 42:12
Liane Pancoast 42:19
Eldon Burkinshaw 43:08
Gerry Duval 43:09
Jack Kick 43:14
Steve Moland 43:45
Carol Robichaud 44:38
Richard Doyle 44:39
Jason Farr 45:50
Andrew Najberg 45:59
Garry Gauthier 47:33
John Suslovitch 48:23
Joe Suslovitch 48:23
Donna Lemay 48:40

Stan Klem 48:50
Shu Minami 49:01
Yuki Minami 49:01
Wayne Hilson 50:41
Robert Johnson 55:41
Chet Rogers 56:44
Ken Robichaud 56:58
Pat Kiesselbach 57:00
Judy Slane 57:48
Jeannie Ferreira 58:10
Mary Minami 64:49
Judi Moland 64:50
Keri Suslovitch 71:19
Gail Sweeney 71:19

Revere Moves! 5 Miler

Revere, MA 6/9/00

Nick Anastasi 50:56

Squirrel Run 5 Miler

Quincy, MA 6/9/00

Jennifer Bush 1st Place Female
Stephen Ulicny 30:21
Jennifer Bush 32:08
Bob Peretti 35:32
Marylu Klum 40:11

Pack Monadnock 10 Miler

Temple, NH 6/11/00

Lindsey Burkhardt 1st Place Junior
Heidy McGaffigan 1st Place Senior
2nd Place Male Open Team
1st Place Male Masters Team
1st Place Male Seniors Team
2nd Place Female Open Team
2nd Place Female Masters Team
1st Place Female Seniors Team
Richard Stockdale 1:14:45
Erik Fey 1:16:57
Jim Hansen 1:17:57
James Belanger 1:18:54
Thomas Parker 1:19:06
Richard Bagley 1:19:12
Lindsey Burkhardt 1:22:58
Brenda Bolan 1:23:31
Damian Rowe 1:25:45
Eldon Burkinshaw 1:25:46
Pamela Hall 1:26:08
Mick Konrad 1:28:08
Dave Wendt 1:28:52
Jim Roche 1:29:40
Rich MacDonald 1:31:26
Heidy McGaffigan 1:35:01
Jane Levesque 1:37:09
Skip Cleaver 1:43:26
Greg Neilley 1:44:18
Ed Donovan 1:46:18
Lee Brucks 1:49:23
Brian Johnson 1:49:26
Russ Kendall 1:55:50
Kathy Engle 2:00:38

Great Lincoln Steeplechase

Lincoln, MA 6/11/00

Robert Zock 48:51

Khoury's Summer Steamer 4 Miler

Somerville, MA 6/11/00

Louise Rosetti 1st Place 75+
Erik Stepick-Ayers 26:10

Skip Donnelley 27:38
Mary Ann Donnelly 31:16
Nick Anastasi 38:59
Louise Rosetti 48:04

Battle of Bunker Hill 8K

Charlestown, MA 6/11/00

Susan Rube 1st Place Senior
Allan Rube 32:39
Susan Rube 43:41

CMS 52 Week 5K #24

Lancaster, MA 6/14/00

Ken Robichaud 23:47

Louise Rosetti 5K

Beverly, MA 6/14/00

5th Place Open Team
Sydney Moland 1st Place 0-13
Louise Rosetti 1st Place 70+
Liane Pancoast 19:43
Samantha Moland 19:58
Sydney Moland 20:43
Samantha Buechner 20:43
Pamela Hall 20:44
Kathy Johnson 21:37
Julie Hanover 21:44
Joselyn Hall 22:35
Judi Moland 24:00
Stephanie Pancoast 24:01
Peg Turcotte 24:44
Linda Madden 24:55
Lisa Christie 25:57
Susan Rube 26:46
Rosalie McQuaid 26:54
Mary Minami 27:32
Leni Hodgins 27:37
Stacie Buechner 27:43
Lathleen Treggiari 29:35
Louise Rosetti 37:41

Westford Academy 3.6 Miler #2

Westford, MA 6/15/00

Jim Rhoades 1st Place Submaster
Mike Hagerty 1st Place Master
Jim Rhoades 21:09
Bob Bergeron 21:48
Mike Hagerty 23:19
Bill Clark 24:00
Brenda Baxter 25:51

Khoury's Thursday Nite 4.13 Miler

Somerville, MA 6/15/00

Louise Rosetti 1st Place Master
Louise Rosetti 53:56

Depot Dash 2.55 Miler

Hancock, NH 6/15/00

Kathy Engle 1st Place 50-59
Bill Engle 19:14
Bill Springer 19:58
Kathy Engle 23:22

Mount Washington 6.7 Miler

Gorham, NH 6/17/00

4th Place Male Open Team
6th Place Male Masters Team
5th Place Male Seniors Team
7th Place Female Open Team
4th Place Female Masters Team

Ed Sheldon 1:17:49
Thompson Parker 1:20:00
Dan Knaul 1:22:42
Brian Stevens 1:24:29
James Henmueller 1:26:49
Brian Bigelow 1:28:37
Tim Burke 1:31:05
Jim Hansen 1:33:21
Dave Sargent 1:34:44
Bob Treadwell 1:35:16
Thomas Parker 1:37:48
Robert Zock 1:38:11
Joe Astle 1:39:17
Paul MacDougall 1:39:26
Ronald Johnston 1:39:32
Pamela Hall 1:41:32
Beth Dutton 1:42:35
Rich Stockdale 1:44:15
Damian Rowe 1:44:57
David Larson 1:45:38
Eldon Burkinshaw 1:47:21
Thomas Peters 1:48:18
Brenda Baxter 1:49:33
Andrew Najberg 1:50:37
Heidi McGaffigan 1:51:29
Bruce Brinkema 1:51:48
Michael Levesque 1:52:44
Rich MacDonald 1:53:15
Jane Levesque 1:53:49
Kevin Reynolds 1:58:31
Stephen Bosowski 1:58:39
Ed Donovan 2:00:11
Todd Civin 2:02:45
Maurice Ferigno 2:04:29
Robert Johnson 2:05:19
James Woodward 2:07:26
Laurie Kofstad 2:07:34
Skip Cleaver 2:08:09
Dave Contrada 2:09:40
Stan Klem 2:10:07
Robin Hickey 2:15:12
Jerry Rocha 2:15:14
Joseph Kraetsch 2:16:52
Carol Pelletier 2:20:06
Louise Rosetti 2:54:12

North Hampton 5K

North Hampton, NH 6/17/00

Kevin Beck 16:56
Dave Birse 19:05

Black Fly Day 5K

Milton, NH 6/17/00

Mary Ulinski 1st Place Senior
Eliot Paisner 21:05
Charles Gianotti 24:03
Jon Paisner 24:44
Mary Ulinski 30:15

Run For The Max 5K

Andover, MA 6/17/00

Jim Rhoades 17:16
Ken Birse 17:40

Whirlway Sports 10K

Methuen, MA 6/18/00

Bill Springer 1st Place Veteran
Bill Springer 39:23
Thomas Conley 42:38
Adrian Pike 42:51