

Westerly Track & Athletic Club Archives the First 15 Years



**Part 3 of 3
1984-1989**



Westerly Track & Athletic Club, Inc.

P. O. Box 211
Westerly, Rhode Island 02891

The presentations are broken into small parts to make downloading faster. There is an enormous amount of material from 1981-1985 because former president June Boyles wrote frequent articles for the Westerly Sun and kept them all in a scrapbook which she left with us before moving to Ohio in the late 1980's.

Materials in these presentations are directly related to WTC activities. Races included are either WTC productions, or events where the Club assisted or had WTC members competing as a team or representing the Club. Without these restrictions, this project could have gone on forever.

I would like to thank the following people:

Sheilia Terranova Beattie our excellent Webmaster for her technical expertise and advice

Bob Benson for lending me his personal scrapbooks and box of clippings

Nick Bottone, Jr. for bringing me ancient Track Club files, including the earliest documents from 1975

June Boyles for compiling the 1981-86 Track Club scrapbook

Wendy Carr for lending me the scrapbooks her mother kept

Ray Castagna for an interesting phone conversation from Florida concerning the origins of the Club

Carol Ann Gray for lending me June Boyles' excellent scrapbook that she had been safeguarding

Susan Hathaway for discussing her late husband Sam and his role in the Club's founding

Larry Hirsch for leading me to several sources and for his encouragement

James Hirst for lending me an amazing collection of mounted and laminated clippings from the 1970's

Clem McGrath for his interesting recollection of the origins of the beach race

Steve Sullivan for a collection of clippings

Please send comments, corrections, additions, suggestions to:

info@westerlytrackclub.org



Brief History

The Westerly Track & Athletic Club (formerly the Westerly Track Club) was founded in 1975. Prior to that, several area runners, including Sam Hathaway, Scott Hurley and a few others had been producing a series of fun runs throughout South County, including in Weekapaug. Some Westerly residents—among them Ray Castagna, Genevieve Kurdziel, Carol and Jim Angelo had children who participated in these events. They decided to start a local running club, and thus the Westerly Track Club was born.

By the summer of its 2nd year, the fun run series with weekly runs in Weekapaug was started. The Club began producing local races in October 1977 with a half marathon. This was held through 1981. In 1982 it was replaced by the Fall Foliage 10 mile race, which lasted until 1985 when it was dropped due to low attendance. The Li'l Rhody Runaround started in 1992 and has become our most successful annual event. The first Spring race was the Clamdigger which began in 1981 in Avondale and is still going strong in Misquamicut. The low-tide beach race was first held in 1987. It later became part of the Tom McCoy Summer Fun Run series.

The Club used to be mainly about competition, but in recent years the emphasis has been more on service to the community. Our annual races are primarily fund raisers to support the scholarships we award each spring to a college bound male and female. We started this in 1996. In 2007 the Club attained status as a 501(c)(3) nonprofit corporation which requires us to disburse most of our revenues. Over the past several years, in addition to the scholarships, the Club has provided major financial assistance to the Westerly High and Middle School cross country and track & field teams, contributed to a playground repair project, and groomed a cross country course in Bradford, among other endeavors.

Over the years, the Westerly Track & Athletic Club has experienced ups and downs, but I firmly believe we are as strong now as we have ever been. I hope everyone has as much fun looking at these archives as I've had putting them together. And I also hope that someone will continue this project from 1990 to the present. I have plenty of material I can lend out and have leads to much more.

Past Presidents

Dave Anderson

June Boyles

Ray Castagna

Larry Hirsch

James Hirst

Gene Hines

Genevieve Kurdziel

Joe Light

Bill Pedace

Robert Recor

Steve Schonning (current as of 2008)



WTC Results ¹⁻¹⁸⁻⁸⁴ In Kelly Race

By JUNE BOYLES
WESTERLY — With competition rather scarce in this area during the winter months, the 3rd Annual Kelly's Pace Frostbite 4.5-mile Road Race attracted over 170 race-starved runners Sunday in Mystic.

Joe Light led all Westerly Track Club runners with an 11th place finish and a time of 25 minutes and 28 seconds.

Bob Benson captured the Masters division in 27:35 and a 29th place overall. Jim Azzinaro just nipped Benson by finishing in 27:29 and 25th place.

Also turning in fine times were: Way Hedding (28:19), Jeff Morin (28:43), Bob Payne (29:47), Colburn Graves (31:00), John Cohoon (31:09), Reginald Grover (33:50), Charlie Ross (34:13), Bob Rifenburg (35:26), Jim MacGlaflin (35:34), Bob brooder (35:54), June Boyles (43:17) and Beth Marshall (43:26).

All members of the WTC are reminded that memberships are renewable in January. Forms soon will be sent out attached to the winter edition of the newsletter. Additional forms will be available at various locations throughout the town and from any WTC board member.

Cupid's River Run Track Club Times

By JUNE BOYLES
WESTERLY — Sunny skies and warm temperatures teamed up as did 134 couples for the 3rd Annual Cupid's River Run on Sunday in Mystic.

The women led off along the 3.5-mile course then returned to start their men partners, in relay style, to run the same course.

Bob Benson and June Boyles completed the relay in 45 minutes, 32 seconds to be the first Westerly Track Club representatives to finish — good for 17th place out of the 67 pairs, and second in their combined age division.

Elace Comrie and Sumner Lang took first in their division in 59:24. Jim Azzinaro and Janey Sisson were the second WTC group to cross the finish line in 47:54, in 26th place. Following them were: John Cohoon and Sue Paladirid (49:12; 33rd place), Bruce and Joyce Richmond (50:19; 38th place), Brian Barber and Joanne Nikedon (53:28; 47th place), and Colburn Graves and Beth Marshall (56:50; 56th place).

Westerly Track Club application for the 1984 season are now available from any club board member or at various businesses in the Westerly area.

Westerly Track Club Results

By JUNE BOYLES
WESTERLY — The John W. English Marathon held in Middletown, Conn., this past Sunday drew approximately 150 runners including two Westerly Track Club members — Jim MacGlaflin and Bob Payne.

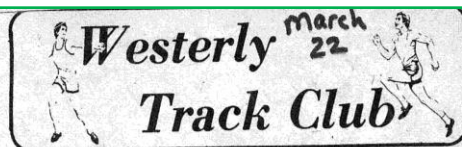
Payne finished the difficult course in three hours and 27 minutes, while MacGlaflin followed in three hours and 59 minutes.

Elsewhere, several WTC runners were competing in the 3rd Annual March Madness Run held at URI. Greg Hawk turned in a fine one-mile time of 5:17, good for 7th place in the event.

In the 5-mile race, Bob Benson took the top award in the Master Division with a time of 29:50. Joe Light finished 9th overall out of more than 200 participants in a time of 27:41. Also competing were Mark Hawk (31:40), Tom Jones (32:50), and Colburn Graves.

The March Moon Run will be held March 16 at 7:30 p.m. starting from the former Mystic Community Center on Pearl St. The distance is up to 5.5 miles and everyone is welcome.

Entry forms for the upcoming "Clamdigger" 5-mile road race are now available from WTC members and at a number of Westerly-area businesses. The race will be held April 15. *MARCH 9*



By JUNE BOYLES
NORTH STONINGTON — Strong headwinds and challenging hills didn't discourage more than 160 runners in the St. Patrick's Day 10-K Road Race held this past weekend in North Stonington.

The Westerly Track Club finisher was Joe Light in 13th place among a strong field. He finished in 35 minutes, 40 seconds. Jim Azzinaro trailed him in 19th place in 36:29.

Other WTC runners were scattered among the rest of the participants: Tom Peck (25th, 37:33), Way Hedding (34th, 39:37), Tom Jones (51st, 41:33), Roger Gibson (53rd, 42:00), Colburn Graves (61st, 42:47), Charlie Ross (84th, 44:53), Joyce Richmond (112th, 47:10), Bob Rifenburg (119th, 48:25), Bob Brooder (135th, 52:34), Elace Comrie (142nd, 55:31).

On Sunday in New Bedford, Bob Payne covered the Seventh Annual 13.1-mile Road Race in 87 minutes.

The Fourth Annual "Clamdigger" 5-mile Road Race, sponsored by the WTC, will be held Sunday, April 15, starting and finishing at the Watch Hill Fire House on Watch Hill Road.

The race starts at 11 a.m. and covers a scenic, slightly rolling, single loop course. The entry fee is \$5 per person and post-entries will be accepted.

The first 150 finishers will receive T-shirts and awards will be given to both the male and female top finishers in six age divisions. Clam chowder and refreshments will be provided for all runners. Babysitting during the race will be available for children of participants.

Applications may be obtained by writing to the Westerly Track Club, P.O. Box 211, Westerly, 02891, or can be picked up at various businesses throughout the Westerly area.



April 1984

Apr. 2, 1984 Nelson Strides to Heart Fund Victory

WESTERLY — Raymond Nelson of the Johnson and Wales Track Club won the First Annual Heart Fund Five Mile Road Race Sunday in Misquamicut.

Susan Letterle of Westerly finished first for the women with a time of 34:24.

Nelson, of Warwick, won the race with a time of 26:38. The second place finisher was Joe Light of the Westerly Track Club with a time of 28:11. Third place finisher

was James Lynch of the Rhode Island State Police, 28:13.

Other finishers for the women were, second place, Kathy Isbister of Mystic, 34:24, and, third place, Pat Gagnon of Westerly, 36:22.

The race began and ended at the Misquamicut Fire Department, winding along Crandall and Atlantic Avenue, Winnapaug and Shore Road.

A total of 68 people entered the race and 60 completed the course, according to race spokesman Steve Iacoi. Proceeds from the race, \$850, will be donated to the Rhode Island Heart Association, Iacoi said.

Westerly Track Club runners and their times are Mike Conway Sr., 29:16; Jim Azinaro, 29:36; Bob Safford, 30:12; Bob Benson, 30:45; J.E. Vancans, 31:48; Bob Payne, 32:12; Jim Martell, 32:43; Tom Jones, 33:09; Bob Burnside, 33:33; Reginald Grover, 35:10; Joyce Richmond, 36:43; Alan Burnett, 37:42; Bob Rifenburg, 38:27; Bob Brooder, 38:28; Joann Nikodem, 38:54; Bob Carroll, 39:23; Norman Brothers, 39:28; Nora Safford, 41:31; Cathy Knapp, 41:35, and Beth Marshall, 48:50.

Mike Conway Jr. won the award for the youngest runner, 35:39; Gerard Nardone, oldest runner award, 34:11; and June Boyles, first female police officer award, 36:45.

Fran Houle Tops in Fun Run

MYSTIC — Fran Houle and Nancy Savage, both of Norwich, won races Sunday at the Sixth Olde Mistick Village Fun Run, which drew 325 runners.

Houle won the three mile run in 15:12, while Dave Raunig of Gales Ferry won the five mile run in 24:15.3.

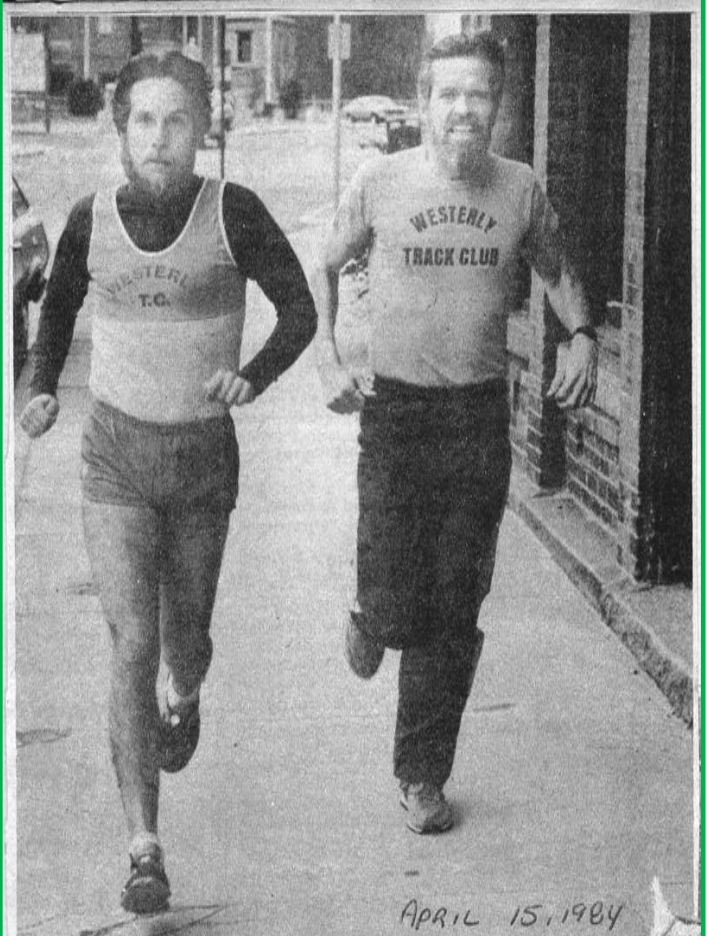
Savage won the five mile race in the Women's Open Division with a time of 32:41.7. She was followed by Kathy Isbister of North Stonington (33:48.7) and Mary Lynne Brower of Stonington (35:01.1).

The Westerly Track Club was represented by 12 runners. Jim Azinaro was the top WTC finisher in 16:31, just edging teammate Larry Hirsch, who finished in 16:32. The two men placed eighth and ninth. Hirsch also placed second in the men's Master Division.

Sumner Long captured the top honor in the men's 60 plus division in 25:18. Bob Benson crossed the line in 17:36, good for 20th place, just ahead of Mark Hawk (17:54) and Tom McCoy (17:54), who battled for 23rd and 24th spots.

Greg Hawk, 12 years old, came close to beating his father with a time of 18:13. Bob Burnside, 37th, (18:42) and Ray Nilles, 54th, (19:35) also made the top 100. Rounding out the club runners were Elace Comrie (23:46) and Beth Marshall (25:00).

In the five mile race, Tom Peck led the way for the club with a 10th place finish (28:35). Mike Gilliam placed 12th with a time of 28:50; Way Hedding, 21st, (30:18); J.E. Vancano (30:56); Tom Jones (32:19); John Cahoon (33:56); Reginald Grover (36:05) and Bob Brooder (37:17).



BOSTON MARATHON BOUND — Westerly Track Club members Joe Light (left) and Bob Benson (right) practice their long-distance running in downtown Westerly this week in preparation for participating

in the 88th Annual Boston Marathon scheduled tomorrow. This will be the fifth Boston Marathon each runner has entered.
(Sun Photo by Steve Szydlowski)

(Westerly Track Club runners Joe Light and Bob Benson also participated in the marathon, and both broke the three-hour barrier. Light finished with a time of 2:53:53, while Benson posted his best Boston Marathon time with a 2:57:50).



1984 Clamdigger

Skelly Wins 4th Annual Clamdigger Road Race

By JUNE BOYLES
WESTERLY — Kenney Skelley of Bell Watling Track Club was the winner of the 4th Annual Clamdigger Five Mile Road Race in Watch Hill Sunday.

The race, sponsored by the Westerly Track Club, attracted 115 runners who braved the rain and cool weather.

Skelley completed the course in 25 minutes and 50 seconds. Kim Marie Pursley, representing the Johnson & Wales Athletic Club topped all women with a time of 31:49.

David Neri, 26:32, finished second overall for the men, followed by Tom Gagnon of Amtrrol, 26:55, and Jim Crowley of the Mohegan Striders of Norwich, 27:05.

For the women, Wendy Carr of the Westerly Track Club finished second overall at 32:00, followed by Rose Buckingham of the Mohegan Striders, 34:39; Mary Lynn Brower, 35:18, and Deb McCulloh, 35:25.

Several divisional course records were set. Carr's record time of 32 minutes was tops for the women's junior division. Michael Fusaro took the men's junior division in 29:15.

Neri and Brower took the men and women's open divisions, respectively. Buckingham broke her own course record in the women's sub-master division with her time of 34:39.

Gagnon captured the men's sub-master division.

Both master division records fell; one to Geraldine Palourin of the Mohegan

Striders in 37:20 and the other to Larry Hirsch of the Westerly Track Club in 28:43.

Mary McCauley of the Newport Track Club chopped nearly 15 minutes from the record in the women's grand-master division by recording a time of 39:10. Colburn Graves of the WTC was the top men's grandmaster in 33:16. Bill Tribou of the Hartford Track club lowered the men's senior time to 33:52.

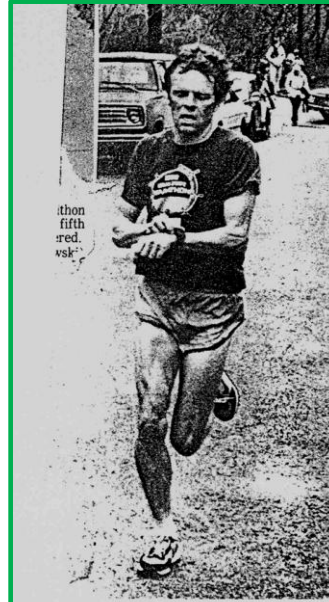
The Westerly Track Club had a good turnout of members. Besides the divisional winners from the club, these WTC runners had some fine times:

Jim Azzinaro, 28:14; Fred

Kurdziel, 30:20; Brad Saford, 30:24; Forrester Saford, 30:34; Mark Hawk, 30:48; Robert Carr, 30:52; Steven Letterle, 31:04;

David Bell, 31:15; Bob Payne, 31:25; Jim Martell, 31:32; Gary Dobson, 31:40; Tom Jones, 31:41; Dave Pierce, 32:55; Bob Burnside, 33:30; Terry Tarallo, 33:46; Curt Bonville, 34:17; Tim Murray, 34:34;

John Comforti, 34:43; Joyce Richmond, 36:12; Alan Burnett, 36:20; Bob Broder, 36:44; Bob Rilenburg, 37:32; Mary Crane, 38:53; Richard Webb, 38:53; Jodi Richmond, 44:12; Sumner Lang, 44:40, and Beth Marshall, 46:58.



Clamdigger winners — Kenny Skelley of Barrington, R.I. (left) and Kim Marie Pursley of Providence were the respective men's and women's winners in Sunday's fourth annual Clamdigger Five-Mile Road Race in Westerly. Skelley,



running for the Belle Watling Club of Barrington, R.I. (left) and Kim Marie Pursley of Providence were the respective men's and women's winners in Sunday's fourth annual Clamdigger Five-Mile Road Race in Westerly. Skelley,



RACE BEGINS — A portion of the 115 runners begin the race at the 4th Annual Clamdiggers Race in Watch Hill Sunday, under

overcast skies.

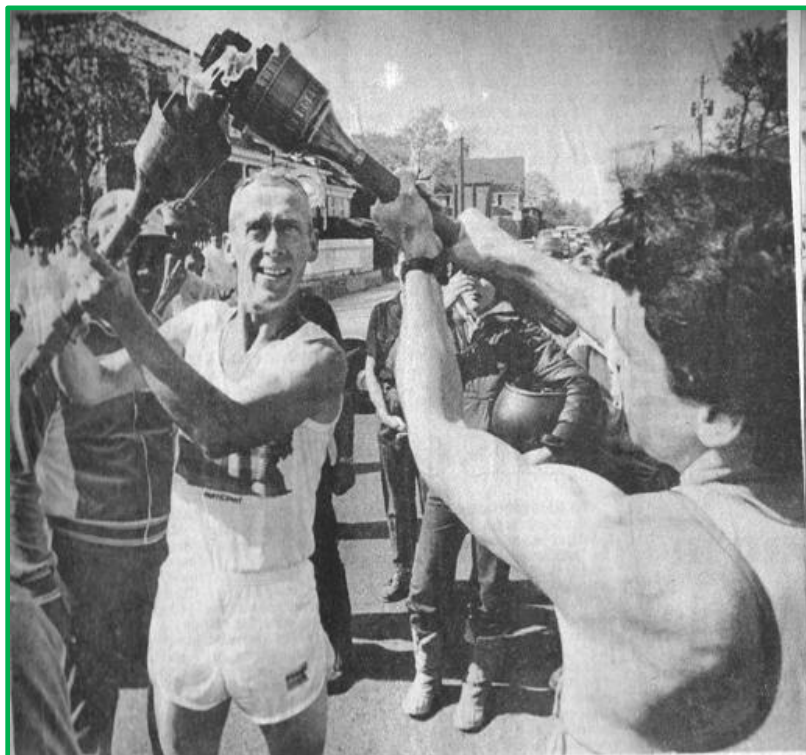
(Sun Photo by Steve Scydnowski)

APRIL 16, 1984



May 1984

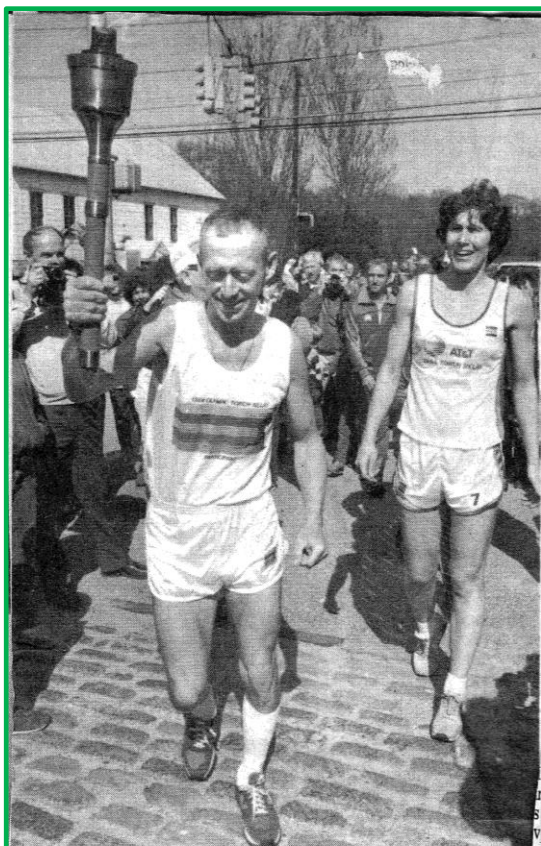
A great honor for one of the
Club's most beloved members



PASSING THE FLAME — Tom McCoy (left) of Pawcatuck passes the flame to Tom Donahue (right) of New Jersey after running with the Olympic Torch near the Mystic Seaport on Wednesday. McCoy, a member of the Westerly Track Club, is employed by Electric Boat,

which sponsored his participation in the nation-wide Olympic Torch Relay. The \$3,000 torch run entry fee paid by E.B. will be donated to the Westerly-Pawcatuck YMCA.

May 10, 1984 (Sun Photo by Steve Szydlowski)



Bulletin photo by John Shishman

Tom McCoy, 49, of Pawcatuck, left, takes the Olympic torch from Virginia van Hengel of New York City and runs one kilometer through Mystic Seaport yesterday.

Pride glows in torch flame

By BILL TOSCANO
Bulletin Staff Writer

MYSTIC — Yesterday morning, Tom McCoy punched in for another day as an Electric Boat crane mechanic.

Yesterday afternoon, he left the shipyard behind and became part of the 1984 Olympics.

"I felt myself doing it, but I wasn't really there," McCoy said after carrying the Olympic flame through the Mystic Seaport. "I

was in another world. I'm not used to this world with all these people taking pictures."

McCoy, who has run in six Boston Marathons and countless local road races, was one of two General Dynamics representatives in the 8,700-mile relay which will carry the flame from New York to Los Angeles. More than 4,200 people will carry the torch across the country.

Please see last page of section/RUN

(Continued from Page One)

The torch run is serving as a fund-raiser for youth sports in the U.S. By donating \$3,000 to youth sports, General Dynamics was allowed to pick a runner for the one-kilometer leg of the relay. McCoy was chosen after being nominated by a fellow worker.

"This is just the average working-class people transporting the flame across the country so the super athletes can compete," said McCoy. "I'm just honored to be doing something like this for my country."

The Olympic flame was ignited Tuesday morning in front of the United Nations and will be carried across the country in 82 days before a runner arrives July 28 in Los Angeles for the opening ceremonies of the summer Games.

Runners carried the flame along Route 1 in southeastern Connecticut early yesterday afternoon en route to Boston, where the torch will arrive this morning. The torch will return to eastern Connecticut tonight, passing through Woodstock on routes 193 and 44 at about 10 p.m. on the way to Storrs.

McCoy was one of two local runners to carry the flame yesterday. Carl Schuman, a 1972 graduate of New London High

School and now a Litchfield resident, carried it for one kilometer in New Haven yesterday morning.

McCoy was to start his five-minute run at 3:15 p.m., but the flame arrived nearly 45 minutes late.

McCoy, who will receive his associate's degree from Mohegan Community College next month, spent the time posing for pictures and signing autographs.

By the time Virginia van Hengel, a 28-year-old New York City resident, ran in with the flame and ignited the torch McCoy held, the crowd had swelled to nearly 300.

After the 45-minute wait, McCoy's five-minute run seemed even shorter than that. McCoy loped through the Seaport's north gate and ignited a torch held by Tom Donahue of Denville, N.J., who started off toward the caravan's next stop, Westerly, R.I.

Even with the run over, McCoy, who will keep the torch he carried, was still the center of attention as far as his friends were concerned.

But McCoy was just relieved it was over.

"I was more nervous for this than any time I ran the Boston Marathon," McCoy said. "I was never more nervous than this."



May/June 1984

5-3-84 Boosters Given WTC Surplus

By JUNE BOYLES
WESTERLY — The Westerly Track Club was originally founded for the purpose of providing a track program for the youths of the Westerly area.

Through the years the club has evolved into primarily a road-running group with a much broader range of ages involved at all levels.

Several pieces of track and field equipment owned by the club was no longer being utilized and the board of directors decided to donate the equipment to the Sports Boosters Club of Westerly, an organization which aids, assists and promotes the Westerly High sports programs. Through the donation, the approximately \$500 in equipment can be put to good use serving the youth of the area.

Recently, Zallee Rosso, president of the Sports Boosters, symbolically accepted a running baton passed from June Boyles, president of the WTC. Vic Morgan, vice president of the Boosters' organization and Phyllis Comforti, Ways and Means chairwoman of the Boosters were also present.

Westerly Track Club Results

By JUNE BOYLES
WESTERLY — Several Westerly Track Club members were busy at area road races during the past holiday weekend.

In the Sub Base 5-mile Road Race held in Groton on Monday, Mike Gillen placed 12th out of some 400 runners with a time of 29:15. Wendy Carr took the top honor in the girls teen division with a time of 32:40, good for 66th place. Her father, Bob Carr finished just ahead of her in 32:12 (57th place). Virginia Ereshena ran a 33:42 and placed in the Women's Sub-Master division. Joyce Richmond was the top Women Master in 36:32. Rounding of the WTC group were: John Cohoon (34:32), Alan Burnett (44:24), Beth Marshall (46:19), and Sumner Lang (5:07).

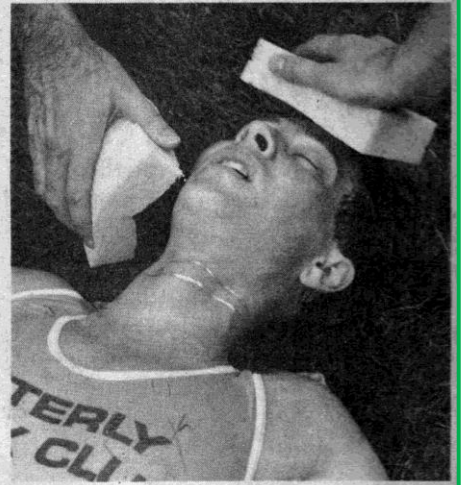
Meanwhile, in Wickford, WTC member Jim Crowley ran to a second place overall out of 400 runners in the Wickford 5-K (3.1-mile) Road Race. His time was 15:13. Joe Light cross the line in 16:24, good for 17th place. Following were: Mike Conway Sr., in 17:21, Bob Benson in 18:19, and Forrester Safford in 18:26. All placed in the top 100 finishers.

Three other WTC members traveled to the Main Coast for a marathon there on Saturday. Brad Safford recorded a two hour, 53 minute time for the 26.2-mile course. Tom Beattie had an off day, finishing in 3:07 and Roger Gibson finished in 3:35 in only his second marathon event.

May 31, 1984

TEN Norwich Bulletin, Monday, June 4, 1984 *

TOUCHING ALL THE BASES



Bulletin photo by John Shishmanian

John Cohoon, of Westerly, R.I., is helped up by a race official after collapsing at the finish line of the Father Casey Road Race yesterday in Ledyard. Cohoon finished 48th.

Westerly Track Club Results

By JUNE BOYLES
WESTERLY — Westerly Track Club members comprised more than half the field during the Annual Larry Hirsch-Elks 5-mile road race Sunday, and laid claim to a good portion of the awards presented.

Taking top honors in their divisions were: Mary Crane (38:19) first high school girl; Joyce Richmond (34:44) first Woman Master; Mike Conway Sr. (28:30) first Men's Sub-master; Charlie Ross (33:12) first Men's Senior; Greg Hawk (32:59) first youngest 12-year-old runner.

Also placing in divisions were: June Boyles (35:44) third Women's Open; Agnes Hall (40:27) second Women's Master; Arlene McCoy (49:59) third Women's Master; Mike Gillen (28:56) third Men's Open; Nick Botone (29:20) third Men's Sub-master; Adrian Pelchat Jr. (29:43) second Men's Master; Bob Benson (30:07) third Men's Master; Gerard Nardone (33:33) second Men's Senior; Colburn Graves (35:22) third Men's Senior.

Rounding out the WTC group were: Bob Payne (30:27), Mark Hawk (30:29), Forrester Safford (30:36), Jim Martell (31:43), Terry Tarallo (33:35), Curt Bonville (34:04), Louis Crowe (37:00), and Jim MacGlaflin (39:01).

6-5-84

In other WTC news, the heat and humidity didn't stop 87 runners from competing in the Expo 5-mile road race Sunday in Groton.

Jim Crowley led the club's representatives with his second place finish in a time of 25:46. Mike Gillen and Tom Peck followed in 29:12 (17th) and 29:53 (24th) respectively. Bob Benson took top honors in the Masters division with a 30:00 clocking. Colburn Graves (34:12), John Cohoon (35:11), Beth Marshall (47:46), and Sumner Lang (51:44) rounded out the WTC group.

6-17-84

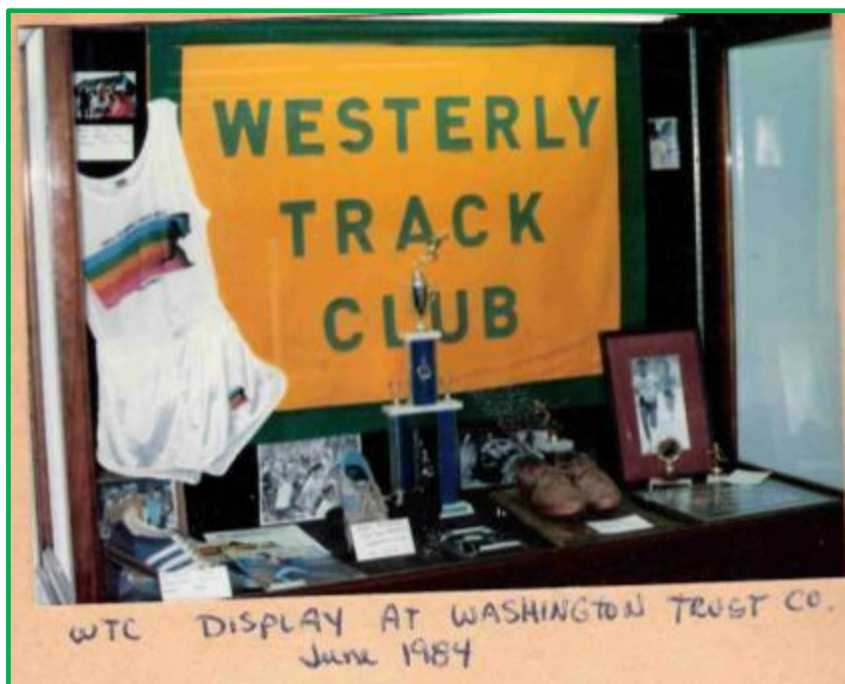
Westerly Track Club Results

May 24, 1984
By JUNE BOYLES
NARRAGANSETT — The Second Annual "Run for the Dogs" 5-mile road race this past weekend for the benefit of the Animal Rescue League attracted 172 runners among them Westerly Track Club members: Joe Light (4th place, 27 minutes, 44 seconds), Mike Conway Sr. (8th, 28:45), Bob Payne (25th, 31:24), Forrester Safford (31:37), and Tom Jones (38th, 32:17).

The WTC-sponsored Fun Run series will take place on Tuesdays at 6 p.m. again this summer, beginning June 19 and continuing eight weeks.



June/July 1984



The white uniform was worn by Tom McCoy for his Olympic torch run

Westerly Track Club Results 6-21

By JUNE BOYLES
WESTERLY — Three Westerly Track Club members challenged Mount Washington last weekend, and all three survived.

Andy Clapham's time was best, 1 hour 40 minutes. Colburn Graves finished the route seven minutes later, and Tom Beattie finished but his time was unavailable.

Other WTC members participated in a weekend 10-mile road race in Bristol, R.I., all finishing in the top 100.

Joe Light finished 28th out of a 300 field, in 57:21. Mike Conway Sr. also broke the 60-minute barrier, at 59:08. Forrester Stafford finished in 63:32, followed by Bob Payne in 64:45.

The club's Fun Run series has already started, with this week's outing at the Stonington High field starting at 6 a.m. sharp.

Westerly Track Club Results 6-27

By JUNE BOYLES
For the first time in quite a few years, the weather wasn't a big factor in the running of the 18th Annual Norwich Rose Arts 10.6-mile road race. The hot sun and high humidity was replaced this year with overcast skies, moderate temperatures, and a cooling breeze.

Jim Crowley was the top Westerly Track Club (WTC) member to complete the challenging course. His time of 59 minutes, 57 seconds earned him 22nd place overall.

Joyce Richmond took 3rd in the women's Master Division by running the course in 79:45.

Adrian Pelchat Jr., placed

6th in the Master Division with a time of 64:35, good for 82nd place.

The weather allowed some WTC runners to perform well: Bob Benson (67:16, 119th), Bob Crocker (69:26, 160th), J.E. Vancans (72:18, 208th), Colburn Graves (74:03, 245th), Charlie Ross (75:12, 269th), John Cohoon (76:33, 296th), Andy Clapham (79:48, 346th) and Bruce Richmond (85:40, 425th). No time was recorded for Reginald Grover. More than 500 runners took part in the event.

Thursday evening is an

unusual night for a road race, but this week Preston held its St. Catherine of Siena 3.8-mile race with about 100 runners participating. Mike Gillen of the WTC took 7th place with a time of 21:07. Tom McCoy was the first Master Division finisher in 22:40. Beth Marshall ran a 33:52 and Arlene McCoy finished in 37:09.

Westerly Track Club Results 7-11

By JUNE BOYLES
WESTERLY — The road racing season is in full swing now and many Westerly Track Club members have been busy pounding the pavement.

At the East Lyme Appreciation Week 3-Mile Road Race, Bob Benson and Tom McCoy captured second and third respectively in the Men's Master division. Benson recorded a time of 17 minutes and 25 seconds; followed by McCoy in 17:43.

Arlene McCoy was second in the Master Women's division with a time of 28:19. Jim Carper led all WTC members with a time of 16:29. Pete Cardinal followed in 18:20 as did Colburn Graves in 19:27.

In the Groton Week 3.5-mile Road Race, Colburn Graves took top Grandmaster honors in 20:42. Beth Marshall finished the run around the sub base grounds in 27:31.

Graves captured the Grandmaster division again a few days later in the New London Cerebral Palsy Run. He toured the 3-mile course in 18:25. Mike Gillam recorded a 15:49 time and Beth Marshall ran a 24:31.

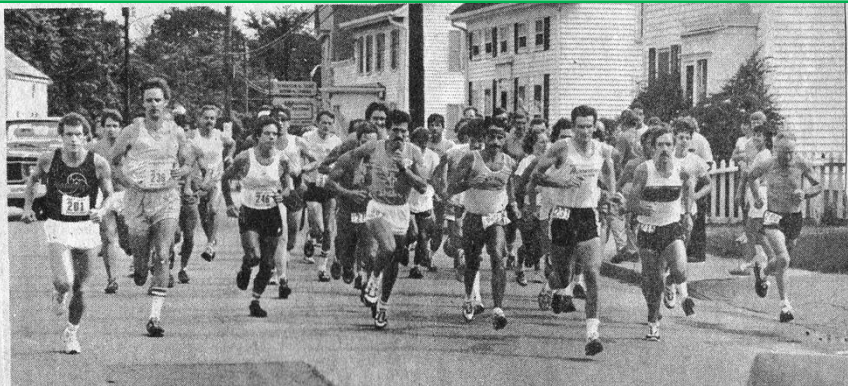
WTC Results in 7-25 March of Dimes Run

By JUNE BOYLES
PAWCATUCK — Karen Ceresa of the Westerly Track Club was the first woman to finish Sunday's March of Dimes 10-k road race. Despite very warm temperatures, she finished the race with a time of 41:28. Other members of the Westerly Track Club who participated in Sunday's race were: Brian Ceresa (41:49), Jim Hirst (42:14), Larry Hirsch (37:06), Tom McCoy (38:25), Mary Beth Crane (51:30), Joyce Richmond (44:15), Virginia Coy (51:54), Arlene McCoy (69:41), Charlie Ross (41:42), Colburn Graves (42:00), Jim MacGlaflin (46:59), Joe Light (35:17), Mike Conway Sr. (35:51), Mike Gillen (36:00), Forester Safford (37:59), Mark Hawk (40:07), Peter Cardinal (40:34), Curt Bonville (43:29),

John Cohoon (44:12), Bruce Richmond (47:47), and Bob Brooder (48:53).

Two members of the Westerly Track Club, Steve Iacoi and Roger Gibson, participated in the Barrington Triathlon. The 250 Triathlon contestants swam a half mile, rode 8 miles on a bike and ran 4 miles. Iacoi finished 12th in the race with a time of 61 minutes, and Gibson finished his first triathlon coming in 115th with a time of 74 minutes and 7 seconds.

The Westerly Track Club picnic will be held August 18th at Camp Watchaug beginning at noon. There will be swimming and other activities organized in the afternoon. Dinner will be served at 6 p.m. All club members and Fun Run participants are welcome to attend.



AT THE START — Runners break from the starting line during Sunday's March of Dimes 10-k Road Race in Pawcatuck. Joseph Banas was the overall top finisher in 32 minutes and 38 seconds. Karen Ceresa was the top woman

finisher in 41:28. The race was part of a two-day "July Jamboree" held by the Eastern Connecticut and Rhode Island chapters of The March of Dimes. See results this page.
(Sun Photo by Steve Szydlowski)

Westerly Track Club Results 8-2-84

By JUNE BOYLES
NARRAGANSETT — Cool, damp conditions contributed to some commendable times over the 10-mile route last Friday at the Narragansett Blessing of the Fleet Road Race.

Leading the way for the Westerly Track Club was Joe Light with a new personal record of 56 minutes, 30 seconds. The time placed him 30th out of 805 finishers.

Also cracking the one hour barrier was Mike Conway Sr. in 58:39.

Adrian Pelchat ran a 60:14 which placed him third in the Men's Master Division. Joyce Richmond captured second place in the Women's Master Division with her time of 74:09.

Other WTC members recording good times were: Forrester Safford (63:33), Bob Payne (personal best of 63:52), Dennis McGarty (personal best of 66:40), Charlie Ross (68:55), Andy Clapham (74:06) and Jim MacGlaflin (79:34).

One of the few cross-country races was held this week at Fitch High School. The "Bramble Scramble" is a 4.9-mile race through the Haley Farm area and runners do their best to outrun the bugs. Ray Nilles led the WTC runners by finishing in 32:42. Colburn Graves took top honors in the Grandmaster Division in 34:28. Laura Holly wasn't far behind in 35:46, while Beth Marshall won her division of 13-19 year olds in 46:14.

Volunteers will be needed to assist with the running portion of the Sri Chinmoy Triathlon, slated in Misquamicut on Sept. 9.


**July/August
1984**

Our Lady Race Competitors Time

By MARK HAWK *AUG 15*
ASHAWAY — The Second Annual Our Lady of Victory Road Race held Friday, Aug. 10 featured 18 members of the Westerly Track Club. Contestants ran a 3.1-mile course that took them through the Potter Hill Dam area.

Of the Westerly Track Club Members who participated, Joe Light finished with the best time, 17 minutes, 13 seconds. Karen Ceresa finished first in the women's division in 19:42. Dave Bell ran for a first place finish in the men's open division in 17:35, followed by Steve Iacoi and Jim Azzinaro in 17:50 and 18:18 respectively.

In the Master's Division, Adrian Pelchat finished second with a time of 18:21. Gary Dobson followed with a time of 18:49, and Tom McCoy posted a time of 19:03 for third place. Arlene McCoy came in third in the women's division with a time of 31:30.



FRONT RUNNERS — It didn't take long to work up a sweat as hot weather greeted the approximately 65 participants in the Our Lady of Victory Church's annual 5-k road race Friday afternoon in Ashaway. Paul Piliero (421), running in the sub-master's division, was the overall winner in a time of 16:39. Other divisional winners were: Marie McNamara, women's sub-master, 20:03; Dave Bell, men's open, 17:35; Karen Ceresa (268), women's open and

women's overall winner, 19:42; Henry Golet, masters, 17:11; Pat Urso, women's master, 28:51; Charlie Ross, grand masters, 20:36; Brian Ceresa, junior division, 19:24; Mary-beth Crane, women's junior division, 23:29; Pete Cardinal, first parishioner, 19:25. Others shown here are: Ken Delano (433), Steve Iacoi (257), and Jim Azzinaro (267).
(Sun Photo by Steve Szydlowski)

The Junior Division featured Brian Ceresa finishing first in a time of 19:24. Peter Cardinal ran a 19:25, and Bob Benson finished in 19:26. Curt Bonville posted a time of 20:18.

In the Grandmaster's Division, Charlie Ross ran a first place 20:36, Colburn Graves finished in 21:03, and Robert Brooder posting a time of 22:20. Jim MacGlaflin and Beth Marshall ran in 22:27 and 27:54 respectively.

This Friday evening race was put on by Track Club member Mark Hawk on behalf of his church.

Track Club Results

AUG 20
WESTERLY — Two Westerly Track Club members challenged a hilly 7.2-mile course Saturday at the Preston City Fair Road Race.

Charlie Ross was finished first in the Grandmaster division in 46:49. Jim MacGlaflin finished in 52:18.

Volunteers will be needed to help with the Sri Chinmoy Triathlon to be held Sunday Sept. 9.



Westerly Track Club Newsletter

SPRING-SUMMER 1984

Clamdigger Results

In spite of the wet weather, 115 runners turned out for this year's WTC "Clamdigger" 5 mile road race. First place went to Kenny Skelly of Belle Watling Track Club in 25:50. Kim Marie Pursley of the Johnson and Wales Athletic Club topped all women in 31:49.

Several WTC members set divisional course records. Wendy Carr/Women's Jr. Division/32:00; Larry Hirsh/Master Division/28:43; and,

Colburn Graves/Men's Grandmaster Division/33:16.

Many thanks to all the volunteers who helped the race go off smoothly. The race was deemed a financial success by ending up only \$10 in "the red."

BAKE SALE WILL AID FUN RUNS

The Track Club will be sponsoring its Bake Sale for the third straight year on July 28. In past years, this bake sale has been held in conjunction with the Downtown Merchants Hometown Festival Days, but due to the lack of notification of this event at this time, the Track Club has decided to schedule the bake sale anyway on the traditional date. If the Hometown Festival is discontinued this year, the Track Club Bake Sale will be held. This bake sale is an important fundraiser for the club's Fun Run program in which anyone may participate at no charge. Carolyn Payne, this year's chairperson, will be contacting every club member for a donation of a baked good or volunteer work--or both--at a later date. Any questions may be directed to her.

WTC Picnic in August

The Annual Club Picnic will be held this year at Camp Watchaug on Saturday, August 18. It will be an all day affair with swimming and games beginning at 12 NOON and continuing until the evening meal at 6 P.M. Each family is to bring a main course dish or salad or vegetable suitable to serve 10 or more people. Each person must provide his/her own plate, utensils, and beverage. Beer is allowed on the grounds. Dessert will be provided by the club. Refrigerators and ovens are available for foods requiring storage or warming.

All club members, fun run participants, and their families are welcome!

WTC Discounts Available

Again this year the Westerly Track Club has contacted area sports stores to determine their policy toward discounts for Track Club members. Stores from Waterford to Wakefield were contacted, and six of the seven stores agreed to offer ten (10) per cent discounts for running shoes or clothing upon the presentation of a 1984 Westerly Track Club membership card. The stores offering the discount, in alphabetical order, are:

ARRES SPORTING GOODS

WESTERLY, R.I.

(just shoes--10%) _ _ _ _ _

BURDICK'S SPORTING GOODS

WESTERLY, R.I.

(all running equipment--10%) _ _

FEET FIRST

WAKEFIELD, R.I.

(just running shoes--10%) _ _ _

KELLEY'S PACE

MYSTIC, CT.

OLYMPIC ATHLETIC TEAM SUPPLY

WATERFORD, CT.

OLYMPIC SPORTING GOODS CO.

NEW LONDON, CT.

Also, it is noted that there are other sports stores in the Groton, Norwich, and Wakefield areas that are not that well known to the author; however, based upon the above response, it appears that many of these stores are willing to offer discount prices to club members.

Generally speaking, it is recommended that each member inquire about the availability of club member discounts. After all,

1984 OFFICERS AND BOARD OF DIRECTORS

PRESIDENT--June Boyles

VICE PRESIDENT--Bob Benson

SECRETARY--John Cohoon

TREASURER--Paul Ceresa

BOARD--Gerianne Chapman

Louis Crowe

Mark Hawk

Larry Hirsch

Steve Iacoi

Joe Light

Tom McCoy

Jim MacGlaflin

Ray Noles

Terry Tarrallo

COMMITTEES AND CHAIRPERSONS:

LONG DISTANCE--Ray Noles

FUN RUNS--Tom McCoy

MEMBERSHIP--Joyce Richmond

PUBLICITY--June Boyles

NEWSLETTER--Tom Jones/Louis Crowe

SOCIAL--Carolyn Payne

they can do no more than say--"No!" Also, if you succeed in receiving a discount, let the author know so that next year we may be able to expand on the above list.

BRUCE RICHMOND

FREE OFFER!

Maxwell House coffee can plastic lids and bags are being collected to be redeemed for a free 30-cup percolator for the club. This coffeemaker would be useful at club functions, such as the picnic, the bake sale, open meetings, races, etc. Start collecting and turn in the lids and bags to June Boyles as soon as possible.

This may be the first newsletter created on a home computer. Editor Tom Jones, a former principal at Stonington High School, was an early home computer user.



Spring-Summer 1984 cont.

On the Run.....

Members are reminded and encouraged to report their race results by Sunday nights so that they can be included in the week's press release. Call June Boyles at 596-9275.

WTC singlets are now available in a variety of sizes. Sweatshirts will soon be available. Contact June Boyles.

FUN RUNS '84

Articles for the newsletter are accepted from the general membership. All contributions will be considered for publication. Send written or typed material to:

WTC Newsletter
c/o Tom Jones
RFD #3
Westerly, R.I. 02891

WTC "colors" should be worn by members at road races. The club colors consist of a WTC top (yellow t-shirt or singlet with green lettering) and green shorts. This outfit stands out in a crowd and helps to promote the Westerly Track Club and to identify club members to each other.

The Westerly Track Club will have a display in the display case at the Washington Trust Co. during the first week of June. Anyone with WTC memorabilia, trophies, newspaper clippings, photos, etc. should contact June Boyles.

The WTC Fun Run series is again slated to run for 8 weeks this summer starting on June 19. The series is organized by Tom McCoy and starts at 6:00 sharp on Tuesday evenings. Locations for the Fun Runs alternate each week between the Fenway Beach parking lot in Weekapaug and the track and pavilion areas at Stonington High School. The first Fun Run will be at Weekapaug on Tuesday, June 19; the second one will be at SHS, and so on.

A youngsters' short course of a half mile is always the first event, followed by concurrent runnings of 1.5 and 3.5 miles in Weekapaug or 1.4 and 3.0 miles at SHS. If you are interested in your time for 1 mile, the Golden Mile will be scheduled (to be announced) at the Westerly High School track.

These Fun Runs are steadily growing in popularity, and fun runners need not be club members. By all means, bring a friend or invite any runners you may know to show up and run. Although there is a "fast pack" of front-runners at every Fun Run, the emphasis is definitely on participation, and runners of all ages and abilities will be there to enjoy the gathering. Awards for Fun Run performance will be presented at the annual club picnic.

The Training Log

by Louis Crowe

A training log can be a very valuable aid in your efforts to peak for a race. A training diary should contain just about every aspect of your life. For example, if you are preparing for a 10 mile race, start making entries in your log about a month prior to the race date. List all the daily factors that had an influence on your training, such as:

- type and amount of food eaten
- amount of sleep
- weather conditions
- new running shoes (?)
- job or home commitments
- stress or emotional health

All of these factors can have a definite effect on your training.

My own experience has shown that a daily input into the diary helps to monitor my training.

EXAMPLE:

March 1, 1984

Ran 6 miles--was tired.
Had only 5 hours rest.

OR

March 2, 1984

Ran only 4 miles.
Had to work 4 hours overtime.

Also, it is very helpful if you list personal goals to achieve over a period of time, remembering, of course, to use reasonable expectations. For instance, if you are able to do 10 miles at a 6:00 clip, your goal might be to run 10 miles at 5:40 pace.

Finally, the training log can be useful as a reference for future races and how you will plan them. Keep training!!

GROUP TRAINING RUNS

Here is a list of people and days and their training schedules. All would welcome companionship so pick a day and event and make training more enjoyable.

TOM BEATTIE

long distance/every Thursday
322-7830

RAY NOILES

triathlon training/no set days or times yet, but some biking, swimming & running...

...also, trail running/different trails each week/every Wednesday--weather permitting
599-3134

TOM JONES

10 miles/Monday, Wednesday & Friday mornings--6 A.M. sharp/
YMCA parking lot/377-2903

JUNE BOYLES

Sunday runs of various distances--June also joins a group of beginners on Tuesdays & Thursdays who do a slow, enjoyable 6 miles around the Mystic River. Begin and end at the old Mystic Community Center. Call 596-9275.

TOM MCCOY

track speed workouts/Mondays
599-1219

Any other people who are interested in group training are welcome to call Ray Noiles at 599-3134. Ray is keeping a list of names, workouts, dates, and phone numbers in an effort to coordinate group training. Call for information.

UPCOMING ROAD RACES

MAY	4	FRI. NIGHT ESKEP POINT FUN RUNS (8 WEEK SERIES)	6 P.M.	ESKEP POINT, GROTON, CT.
	20	GROTON REC. (FISHTOWN 5M)	1 P.M.	CUTLER JR. HIGH, MYSTIC
	20	RUN FOR THE DOGS 5M	11 A.M.	CANONCHET BEACH, NARR.
	19	FRANK SHERMAN 5M	1 P.M.	COMM. CTR. COVENTRY, R.I.
	28	WOODSTOCK MEM. DAY 10K	9 A.M.	WOODSTOCK, CONN.
	28	SUB BASE MEM. DAY 2M ROAD RACE 5M	8:30 A.M. 10 A.M.	SUB BASE MARINE BARRACKS GROTON, CONN.
	27	WESTERLY YMCA 3.5, 10M	12 NOON	HIGH ST. WESTERLY, R.I.
JUNE	3	FR. CASEY MEMORIAL 4.7M	1 P.M.	GALES FERRY, CONN.
	3	LARRY HIRSH RUN 5M	11 A.M.	ELKS CLUB WESTERLY, R.I.
	10	EXPO 5M	8:30 A.M.	WHALE OIL ROW NEW LONDON
	17	MT. WASHINGTON 8M UPHILL		PINKHAM NOTCH, N.H.
	24	ROSE ARTS 10.47M	9:30 A.M.	NORWICH, CONN.
	29	DIMINISHING RETURNS 5M	7 P.M.	PEARL ST. MYSTIC, CONN.
JULY	1	EAST LYME 5M	9 A.M.	NIANTIC, CONN.
	3	GROTON IS GREAT 3.3M	7 P.M.	SUB BASE GROTON, CONN.
	7	CANTERBURY ROAD RACE 10K	9 A.M.	CANTERBURY, CONN.
	21	LEDYARD 5 PERSON RELAY	8 A.M.	LEDYARD, CONN.
	25	BRAMBLE SCRAMBLE 5K	6:30 P.M.	FITCH H.S. GROTON, CONN.
	27	ST. MARY'S FESTIVAL 5M	6:30 P.M.	NORWICH, CONN.
AUG.	4	KELLEY ROAD RACE 11.6M	10 A.M.	OCEAN BEACH NEW LONDON
	4	FORT ADAMS ROAD RACE 7M	6 P.M.	NEWPORT, R.I.
	12	MARCH OF DIMES 10K	10 A.M.	PAWCATUCK, CONN.
	18	TJR TRACK MEET	2 P.M.	FITCH H.S. GROTON, CONN.
SEPT.	8	TOM HEWES MEMORIAL 8.8M	10 A.M.	LEDYARD FAIR
	13	NORWICH MERCHANTS 2M & 4M	6:15 P.M.	NORWICH, CONN.
	30	EAST LYME MARATHON	8:30 A.M.	EAST LYME HIGH SCHOOL
		SRI CHINMOY TRIATHLON	8 A.M.	MISQUAMICUT BEACH, R.I.

The WTC sponsors a water station on the course of the East Lyme Marathon. People are needed to hand out water to the runners. The WTC is responsible for handling the road race portion of the Sri Chinmoy Triathlon. A large number of helpers will be needed to man water stops and aid stations.



Fun Runs Summer 1984

Westerly Track Club's Fun Run

By TOM McCOY

WESTERLY — A total of 50 runners turned out for the Westerly Track Club's first Fun Run of the season on June 19, on a hot, humid evening.

The following are the results:

Boys' 1/2-mile: 1. David Abosso 4:29; 2. Robert Crane; 3. Eric Martell; 4. Brian Abosso.

Girls' 1/2-mile: 1. Dacia Benson 5:03; 2. Brandy Richmond; 3. Amy Crowley; 4. Kimberly Crowley.

Men's 1.5-mile: 1. Way Hedding 8:15; 2. Tom McCoy; 3. John Abosso.

Girls' 1.5-mile: 1. Heidi Perrin 10:32; 2. Gretchen Mehringer; 3. Jody Richmond.

Men's 3.5-mile (top 10): 1. Mike Gillen, 19:27; 2. Jim Crowley; 3. Joe Light; 4. Scott Derouin; 5. Bob Benson; 6. Jeff Morin; 7. Larry Hirsch; 8. Forrester Safford; 9. Bob Crocker; 10. Janis Vancans.

Girls' 3.5-mile (top 10): 1. Karen Ceresa, 22:17; 2. June Boyles; 3. Joyce Richmond; 4. Mary Beth Crane; 5. Heather Banahan; 6. Melinda Hedding; 7. Beth Marshall; 8. (tie) Arlene McCoy and Chant Clapham.

The next Fun Run will be held on June 26 at 6 p.m. at the Stonington High Athletic Field.

July 8

WTC Fun Run Series Starts

WESTERLY — The Westerly Track Club recently sponsored "Fun Runs" of various distances for different age groups.

In the half-mile run for boys, the top 10 runners and the order in which they finished were:

Robert Crane, 4:32
T. J. Murray
Peter Renz
Michael Roberts
John Linton
Nathan Jones
Eric Martell
Brad Benson
Matthew Cardinal
Jason Cardinal

In the half-mile run for girls, the top 10 runners were:

Desiree LaFrance, 5:07
Dawn LaFrance
Dacia Benson
Brandy Richmond
Amy Crowley
Stephanie Holder
Kim Crowley
Amanda Jones
Becky Musto
Allison Barber

In the 1.5 mile run, the top four runners were:

Pete Cardinal, 8:39
John Linton
John Abosso
Steve Middel
Heidi Perrin, 10:50
Lorrie Grimaldi
Jean Ceresa

In the 3.5 mil race for men the top five finishers were:

Jim Crowley, 18:43
Adrian Pelchat III
Jim Martell
Forrester Safford
Bob Crocker

In the 3.5 mile race for women the top five finishers were:

Karen Ceresa, 22:41
Tricia Gagnon
June Boyles
Joyce Richmond
Mary Beth Crane
In the Masters Division the top five finishers were:
Charles Ross, 23:13
Andy Clapham
Paul Ceresa
Bruce Richmond
Jim MacGlaflin

Next weeks fun run will be at the Stonington High School athletic field, Tuesday, July 10, 6 p.m.

Fun Run Results

By TOM McCOY

WESTERLY — A total of 50 people turned out for the fifth week of the Westerly Track Club's Fun Run series. The results were (in order of finish):

Boys' half-mile: Dave Abosso 4:17, Bob Crane, T.J. Murray, Nathan Jones, Eric Martell and Brad Benson.

Girls' half-mile: Desiree LaFrance 4:51, Dacia Benson, Brandy Richmond, Kristen Jancewicz, Dawn LaFrance, Corrie Jancewicz, and Amanda Jones.

Men's 1.5-mile: Way Hedding 8:11, John Abosso.

Girls' 1.5-mile: Mary Beth Crane 9:49, Jody Richmond, Beth Marshall.

Men's 3.5-mile: Jim Hirst 18:17, Joe Light, Mike Gillen, Dave Bell, Larry Hirsch, Wayne Hanson, Forrester Safford, Tom Jones, Steve Middel and Bill Evanski.

Boys' 3.5-mile: Bill Miner 21:14, Brian Ceresa, Mike Duplin, Steve Cote.

Girls' 3.5-mile: Karen Ceresa 21:44, Tricia Gagnon, Laura Holly, Mary Holly.

Women's 3.5-mile: Joyce Richmond 25:17, Arlene McCoy.

Men Masters' 3.5-mile: Colburn Graves 24:08, Bob Brooder, Jim McGaflin.

Next week's Fun Run will be held Tuesday, July 24, at 6 p.m. at the Stonington High School Athletic Field.

WTC Fun Run

7-25-84

WESTERLY — Heat, humidity, and vacations cut into this week's attendance at the Westerly Track Club's Fun Run. The results were, in order of finish:

Boys' half-mile: Robert Crane (3:27), Tom Murray (3:29), Nathan Jones, Eric Martell, Benjamin Kepple.

Girls' half-mile: Desiree LaFrance (3:45), Dacia Benson (3:55), Dawn LaFrance, Brandy Richmond, Julie White, Amanda Jones.

Boys' 1.4-mile: Ryan Zemanek (11:36), Brad Benson (17:26).

Girls' 1.4-mile: Mary Crane (9:38), Jodi Richmond (10:45), Rebecca Musto.

Men's 1.4-mile: Way Hedding (7:46), Adrian Pelchat Jr. (9:31), Paul Ceresa.

Women's 1.4-mile: Melinda Hedding (10:36), Jean Ceresa (13:25), Nancy Zemanek.

Men's 3-mile (top 5): David Bell (16:47), Bob Crocker (17:32), Bill Miner, Bob Benson, Dennis McGarty.

Women's 3-mile: Karen Ceresa (18:42), Joyce Richmond (23:25), Beth Marshall.

Next week's Fun Run will be held in Weekapaug, starting from Fenway Beach. The Fun Run picnic is aug. 18 at Camp Watchaug. All Fun Runners are welcome to attend.



October 14, 1984 3rd Annual Fall Foliage 10-Miler



FALL FOLIAGE RUNNERS — The Westerly Track Club held its annual Fall Foliage 10-Mile Road Race Sunday along the rolling streets of Avondale and Watch Hill. Among those participating were third-place finisher Joe Light

(165), Mark Lussier (183), Gerald Browning (back left) and Cas Grygorcewicz (back right). See accompanying story for results.

(Sun Photo by Steve Szydlowski)

WESTERLY — Despite gale warnings and the threat of rain, the Westerly Track Club's Third Annual Fall Foliage 10-Mile Road Race drew 66 participants Sunday morning.

Jeff Kotecki led all runners to the finish line with a fine time of 54 minutes, 25 seconds. He was chased the entire route by second place finisher Dennis Crowe (55:12) and third place finisher Joe Light (58:02) of the Westerly Track Club.

Rose Buckingham led all women in the race with a time of 70:16.

The award winners in each division were:

Jr. Men — David Cozzolini, 71:11.

Jr. Women — Mary Beth Crane, 83:20.

Open Men — Mark Lussier, 59:37; 2. Thomas Spann, 63:04; 3. Peter Burbelo, 64:05.

Open Women — Margaret Kirner, 73:54;

2. Anne Marie Barnaby, 79:39.

Sub-master Men — Dennis Crowe; 2. Joe

Light; 3. Cas Grygorcewicz, 58:29.

Sub-master Women — Kathy Isbister,

72:28; 2. Michaelen Haeslar, 80:04.

Master Men — Ted Phillips, 80:40; 2.

Jim Kennett, 82:05; 3. Jan Slonski, 82:50.

Grand-master Men — Charlie Ross,

69:53; 2. Joseph White, 77:16; 3. Colburn

Graves, 78:33.

Other WTC participants were: Mike

Conway (6th, 59:57), Tom Beattie (8th,

61:18), Jim Carper (11th, 61:53), Bob

Crocker (22nd, 65:14), J.E. Vancans (23rd,

65:25), Roger Gibson (33rd, 69:14), Andy

Clapham (78:07), Alan Burnett (79:01).

Nick Bottone ran in the Stroh's Run for the Statue of Liberty on Saturday in Lincoln, R.I. He placed 22nd out of 599 finishers and his time for the 8-k course was 28:28. Sumner Lang also ran for the same cause, but in West Hartford. He took a fifth place finish in his age division, but no

time was reported.

Joyce richmond was the top woman master in the Woonsocket 10-k "Milk Run" with a time of 44:57.

Jim McGlaflin recorded a time of four hours and two monites in the East Lyme Marathon.

Adrian Pelchat Jr. ran in the Norwichtown Mall 5-Mile Road Race on sunday and came in eighth overall, first in the masters division, with a time of 28:58.



October/November 1984

October 20, 1984 Cape Cod Relay open team placed 35th overall. I think we also had a masters team and a mixed team, but I have no other data.

Track Club Spreads Thin In Covering Many Races

By JUNE BOYLES

WESTERLY — With so many road races available to the runner these days, it's easy for only a few members of any track club to be present for a race.

Westerly Track Club members have been trying some new and different races this year and some have been the only local representative.

Nick Bottone made a fine showing in the Warwick 10-k road race with a 33rd place finish out of some 300-plus participants. His time was 35:35.

Joe Light and Tom McCoy ran a 5-mile road race to benefit the Niantic Center School. Joe finished fifth in 27:27. He was also the second Sub-master to cross the

line. Tom was 15th and the third Master to complete the run, doing the course in 29:49.

Mike Conway defended his title in the recent Chariho Charge 10-k Road Race by winning with a big lead in 35:12. Teammate Mark Hawk was second in 38:45. Karen Ceresa was the first woman to cross the line, also defending her title. Noran Safford was the first woman Sub-master. Their times were not reported.

The WTC's annual general membership meeting will be held Nov. 14 in a location to be announced later. All members and those interested in joining the organization are welcome to attend for an informative program, a short business meeting to elect new officers, and refreshments.



NATIONAL RUNNER — Adrian Pelchat III of Westerly, a freshman at Barrington College, has qualified for the National Cross Country Championship, scheduled Saturday in Ohio. Pelchat is the son of Mr. and Mrs. Adrian Pelchat of Westerly. A 1984 graduate of St. Bernard High School, Pelchat was a member of the school's 1981-83 cross country teams that compiled a 30-1 three-year record, while winning the Class "L" State Championship twice, the State Open Championship, the top spot in the Connecticut Coaches' Poll, and was twice named the All American Cross Country Team.

Adrian Pelchat III was an outstanding teen runner. He's the son of Adrian (Pete) Pelchat Jr. who, for many years has been the leader in improving Westerly's North End, and was also a fine runner for the Club.



Westerly Track Club Newsletter

WINTER, 1985

EXECUTIVE BOARD

Once again, the nominating committee has done a fine job presenting a slate of officers and board members to serve the Westerly Track Club in 1985. They are: June Boyles-President and publicity chairperson; Mark Hawk-Vice President; Joyce Richmond-Secretary; Terry Tarallo-Treasurer; Tom Beattie; Lou Crowe-newsletter; Mike Gillen; Larry Hirsch; Steve Iacoi; Tom Jones-long distance; Joe Light-newsletter; Jim MacGlaflin; Tom McCoy-fun runs; Jim Martell-long distance; Forrester Safford.

Any of these people may be contacted if you have questions, suggestions, or problems concerning the Club. Also, all members are invited to the monthly meetings as non-voting participants.

1985 MEMBERSHIP DRIVE: Enclosed in this newsletter you will find a membership application for 1985. Dues are the same low amount for the same excellent benefits. Participate in just one of our two annual races and you've already saved the cost of your dues.

CLAMDIGGER: Preparations are already underway for the annual Clamdigger 5-mile race, scheduled for Sunday, April 14 at 11 A.M. The start, finish, and post-race festivities will be at the Watch Hill Fire Station.

The task of managing a road race requires the co-operation of many members. Help is needed NOW to make this year's event one that will continue to attract runners from far and wide. Even if you plan to run the race, there are many jobs that you could do. If you are willing to help in any way, please contact co-directors Tom Jones (377-2903) or Jim Martell (377-8163).

KEEP YOUR SHIRT ON! Once again, members are reminded to please wear their club shirts at races. This helps promote club unity and also makes the job easier for people who are compiling Club results for the Westerly Sun column.

RACE RESULTS: June Boyles urges members to phone in their times from far-flung races. At races attended by many Club members, make



Newsletter Winter 1985 cont.

sure your time and place are recorded by the person compiling Track Club results. June can be reached at 596-9275.

IS THE RUNNING BOOM FADING? Ask the 129 finishers at the Kelley's Pace Road Race on a windy, snowy, 18 degree day over a hilly 4-mile course!

SOME THOUGHTS ON TRAINING by Lou Crowe

The main ingredients: The athlete when preparing a training program should approach it as a mathematical equation. The equation would go like this: training + proper nutrition + rest & recuperation = progress. When preparing a training program there must be a proper balance--too much of any one element and progress will suffer.

When setting up a program, the needs and goals of the athlete and the "event" itself should be thought out well in advance. In considering nutrition, the athlete's natural body weight needs to be monitored daily. Calories consumed should always be from high quality sources and in proper balance (25% protein, 60% carbohydrate, 15% fat). Body weight should not vary by more than 5 pounds. Losing 5 pounds is not always easy. Consider that it takes approximately 3500 calories to equal one pound.

Next you have the training itself which should encompass strength, speed, and endurance. Balancing these elements can be tricky. More is not always better. For example, weight training can really help one's running but too much and certain exercises (squats, deep knee-bends, etc.) can be detrimental or actually dangerous to runners. Just as a power lifter need only run a moderate amount to improve strength, a runner needs only moderate weight training to improve running performance.

Next is rest & recuperation. When I was stationed at Kirtland AFB in New Mexico, there was a facility for sports training that was second to none. The base gym had it all--weight room, squash, racquetball and basketball courts, and just about anything one would need to fully enjoy the athletic life. The weight room was where my friends and I would spend many happy hours training. The subjects we always agreed on were the importance of a good diet, a proper amount of training time, and especially time for rest & recuperation. A good night's rest made all the difference in the next day's workout. This

point is rarely emphasized by the training pros, yet in my opinion it is as important as the actual training and nutritional programs. Lack of proper rest coupled with an overly intense training program leads to overtraining and ultimately no progress. In the next newsletter I will have a detailed weight training program for the runner. Till then, keep training.

HEALTH CLUB OFFERS The January board meeting was held on the aerobic exercise floor of the Downtown Health Club. After the meeting we heard from two employees of the Club, both triathletes, on the benefits of weight training for runners. They are offering reduced rates for Track Club members, if 10 members join. The one-time initiation dues would be \$100 per person (regular is \$150), and \$15'er month maintenance fee thereafter. Visit them for more information.

Nautilus of Westerly also offers group rates if at least 5 members join within a 30-day period. Special rate is \$209 for a year's membership. See them for details.

MARCH MADNESS The Spring racing season unofficially opens the weekend of March 2 with a race in East Lyme on Saturday and the March Madness race at URI on Sunday. For entry forms call Tom Jones (377-2983 or Joe Light (596-3173).

WATCH FOR THE FIRST EVER WEBSTERLY TRACK CLUB RUNNER'S SURVEY IN THE NEXT ISSUE OF THE NEWSLETTER!

Please submit articles, ideas for articles, etc. to newsletter editors Lou Crowe (596-5884) or Joe Light (596-3173).

LATE-BREAKING NEWS....The Long Distance committee is holding a meeting on Tuesday, Feb. 19, 7:00 at Calabrese Club. Anyone who can help with planning for Clamdigger race is urged to attend.



Joe Light Leads WTC Runners in 'Frostbite' Race

By JUNE BOYLES

WESTERLY — Winter's cold weather and snow doesn't stop many dedicated runners, as witnessed by the turnout at the Kelley's Pace "Frostbite" 4.5-mile road race held at the Old Mystic Village on Sunday.

Unsure footing prevented outstanding times during the race, but most were satisfied with their results since the racing was out-of-season.

Joe Light was the top WTC finisher, finishing 14th of the 130 participants in the event with a time of 23:53. Following Light were WTC runners Tom McCoy (25:22), Tom Jones (26:19), Mark Hawk (26:30), Jim Martell (27:37), Reginald Grover (30:29), Louie Crowe (32:02), Mary Beth Crane (34:37), Bob Brooder (34:51), Elace Comrie (35:57), Pete Apgar (36:38), Sumner Lang (38:04), Beth Marshall (38:06), and Arlene McCoy (41:28).

The previous week, Joe Light placed third in the Wickford 3.4-mile Frosty Fun Run with a time of 18:39. Jim MacGlaflin ran a 24:15 in the same race.

WTC members are reminded that 1985 memberships are now due. Contact any board member for applications.

WS 1/23/85

Westerly Track Results

3-8-85

By TOM JONES

WESTERLY — The Westerly Track Club was well represented at the Fourth Annual March Madness 5-mile Road Race on Sunday at URI.

Ten WTC runners competed in an overall field of 135 on the challenging course, which features a mile-long hill at the half-way mark.

The first WTC runner to cross the finish line was sub-master Joe Light, seventh overall with a time of 28:03.

Sub-master Tom Jones (31:06) was the second WTC member to finish, and Steve Letterle, in the Junior Division, was third in 31:16.

Other WTC racers and their times were: Mark Hawk

(master/32:17), Bob Payne (sub-master/32:29), Dennis McGarty (sub-master/32:52), Jim Martell (sub-master/32:57), Bob Benson (master/35:07), Gerard Nardone (grand-master/34:12), and Mary Crane (junior/40:34).

The WTC is planning a bus trip to the Boston Milk Run 10k Race on April 21. Transportation will be arranged at a minimal cost to the first 40 club members who want to go.

The race is a big event, with \$20,000 offered in prize money. Friends and family of runners are welcome to join the bus trip. Those wishing further information or race applications should call Tom Jones (377-2903) or Jim Martell (377-8163) as soon as possible.

Westerly Track Club Results 3-1985

By JUNE BOYLES

NORTH STONINGTON — Conditions were ideal for the 4th Annual St. Patrick's Day 6.2-mile Road Race on Sunday in Stonington as 147 runners took on the hilly course, including 12 Westerly Track Club members.

WTC's Joe Light was the first to cross the line in 18th place overall with a time of 35 minutes, two seconds. He was followed by Norman Kim (26th, 36:19), Brian Ceresa (37th, 39:03 — second male in the Under-18 Division), Bob Payne (55th, 40:44), Jim Martell (57th, 40:52), Tom Jones (58th, 40:54), Janis Vancans (60th, 41:11), Gerard Nardone (72nd, 43:00 — first in Grandmaster Division), Karen Ceresa (79th, 43:58 — first in the Under-18 Female Division), Colburn Graves (80th, 44:25 — second in the Grandmaster Division), Beth Marshall (59:15), and Sumner Lang (59:47).

Beth Marshall also participated in the East Lyme 5-miler, finishing in 47:54. Sumner Lang ran the East Lyme 3-miler in 26:54.

Information about the bus trip to the Boston Milk Run on April 21 is available from Tom Jones (377-2903) and Jim Martell (377-8163). The trip is open to runners as well as spectators. Club membership is not required to take part in the bus trip.

Five Track Club Runners in Race

WESTERLY — Five Westerly Track Club runners competed in the Groton Elks' Third Annual Bud Jennings 3-mile Memorial Road Race this past Sunday with Nick Batone the first club member to cross the finish line in 11th place with a time of 16 minutes and 10 seconds.

Way Hedding was the next WTC runner to finish, crossing the line in 17th place in 17 minutes flat. He was followed by Mark Hawk (23rd, 17:28), Tom McCoy (27th, 17:32, first in grandmaster division), and Arlene McCoy (27:52, second in grandmaster division).

Money raised by the event was given to the Newington (Conn.) Children's Hospital.

The WTC's "Clamdigger" 5-mile Road Race will be held April 14, beginning at the Watch Hill Firehouse at 11 a.m.



Westerly Track Club Race Times

By JUNE BOYLES

WESTERLY — A total of 24 Westerly Track Club runners trekked to Boston Sunday to join 4,000 other runners in the 6.2-mile Milk run.

Arlene McCoy was the fastest in her age category with a time of 60 minutes, while Joe Light was the first club finisher in 34:21, followed closely by Nick Bottone in 34:50. After them came Tom McCoy (37:19), Pete Volkmar (38:30), Way Hedding (38:53), Tom Jones (39:17), Jim Martell (40:57), Bob Benson (41:06), Curt Bonville (42:59), Mark Schroider (44:17), John Sulima (44:21), Del Robertson (45:18), Don Lussier (45:20), Bob Coachman (47:14), George Gillespie (49:36), Louis Crowe (50:02), Paul Gruben (52:00), Pete Marble (53:58), Bob Carroli (54:00), Mary Crane (54:15), Ray Renski (58:30), Mike Taylor (58:42), and Beth Marshall (59:43).

Beginning Wednesday, May 1, at 6 p.m. the WTC will sponsor timed one-half mile and mile runs at the Westerly High School track. These timed sessions are not designed for competition with other runners, but, instead, for self-development.

Each participant will keep a progress record of his or her times throughout the summer to help show improvement. There will be no awards, no mandatory attendance and all ages are welcome to participate. There is no fee and participants do not have to be a member of track club. The running sessions will be held every Wednesday at 6 p.m. until October.

Interval training at the WHS track, for both club members and non-members, will also be available on Wednesdays, starting at 5:15 p.m.

4-25-85

April 21, 1985 Boston Milk Run

The WTC placed 4th in the club division of this mega-race that had many world-class runners.

MDA-BOSTON MILK RUN

Fight Osteoporosis In The Long Run

Press Release

For Entry Blanks and More Information
MDA-Boston Milk Run Office
P.O. Box 915
Back Bay Postal Annex
Boston, MA 02117-0915
(617) 277-5154

TEAM RESULTS

MEN'S CLUBS

Name	Place	Time
BAA	1	2:06:10
John Kessinger		30:07
David Castinholz		30:47
Brian Igoe		31:28
Tom Sullivan		33:48
Greater Boston A	2	2:06:23
Brad Hurst		30:49
Chris Horison		31:48
Ralph Duquette		31:50
Rich Larson		31:56
Greater Boston B	3	2:18:25
Joel Teichman		33:32
Rodney Pearson		34:45
Bob Clifford		34:44
Paul Brickman		35:24
Westerly Track Club	4	2:25:36
Joe Light		34:24
Way Hedding		38:58
Tom McCoy		37:19
Nick Bottone		34:55
Tri-Valley Bolts	5	2:31:14
Vern Porter		46:10
Daniel Fields		35:00
Joe Drugan		35:02
Bill Kelly		35:02



Six Records Tumble In Fifth Clamdigger

WESTERLY — Age outshone youth Sunday during the 5th annual Clamdigger five-mile road race sponsored by the Westerly Track Club.

Course records were broken in six of the 12 age divisions, all over them over 30.

Dan MacAlpine was the overall winner in 26 minutes flat. Ted Phillips, representing the Mohegan Striders, led the attack on the record board by establishing a new men's master mark of 28:09. David Porter rearranged the grandmaster record to 31:01.

Pat Swim of the Thames River Road Runners won the overall women's title and obliterated the submaster record with her 31:04 time, and Carl Hammen is the new men's senior record holder for 34:11.

Not everyone broke somebody else's record. Westerly Track Club entry Mary E. Macauley took out her own mark in the women's grandmaster with a 38:53 finish, and Barbara Henning crossed the line in 47:19 for a new standard in the women's seniors.

In each case, of course, the record holders won their respective divisions.

Rounding out the division win-

ners were: Brian Ceresa in the men's junior (29:11); Heather Banahan in the women's junior (38:43); Ann Dunham in women's open (31:56); and George Hirst in men's submaster (28:22, first over the line).

Withstanding the unseasonably cold temperatures and drizzle were 143 runners who finished the race.

Westerly Track Club runners posted the following times: Michael Leonard (28:48), David Bell (28:54), Dan Draper (29:13), Larry Hirsch (29:18), Gary Dobson (29:40), Forrester Safford (29:46), Jim Azzinaro (30:47), Tom Wilcox (30:55), Bob Payne (31:06), Dennis McGarty (31:44), and Roger Gibson (31:48).

Bob Benson (32:38), Gerard Nardone (33:22), Curt Bonville (33:24), John Sulima (34:05), Colburn Graves (34:18), Alan Burnett (35:05), Bill Gingerella Jr. (35:53), Charles J. McDonald (35:55), David Parks (36:20), Ernest Campbell (36:55), Cathi Cocores (38:51), John J. Comforti (38:52), Gary Martinelli (39:24), Andrew Serra (40:11), Beth Marshall (45:12), Michael Taylor (47:07), and Arlene McCoy (47:21).



LEADERS — The Westerly Track Club sponsored its 5th annual Clamdigger race on Sunday, and this photo taken in the going shows just about how things finished. Leading the race are Dave Jervis (231, finished second), Jim Hirst (wearing

Nike, finished third), Dan MacAlpine (301, winner), and Bill Wadyga (292, finished fourth). The race saw course records broken in half of its 12 divisions.

4-15-85 (Sun Photo by Steve Szydlowski)



May 1985

By JUNE BOYLES

WESTERLY — Westerly Track Club members dominated the recent 3rd Annual Robert Beam Memorial 5-mile Road Race sponsored by the Westerly Sports Boosters.

Joe Light finished second with a time of 27:56 to lead 12 WTC runners in the event. He was also the first Sub-master runner to finish.

Norman Kim took second in the Open division in 29:38, while Larry Hirsch was first in the Men's Masters in 30:17 and Joyce Richmond was first in the Women's Masters in 37:55.

Gerard Nardone crossed the line in 34:38 for top honors in the

Grandmaster division for men and Arlene McCoy was the top Grandmaster for women in 49:03.

Paul Gruber and Brad Borden rounded out the Grandmasters in second and third place with times of 42:19 and 43:40 respectively.

Completing the WTC group in the race were Tom Jones (33:20), Jim Martell (33:22), Curt Bonville (33:35) and John Sulima (34:21).

Wednesday nights at the Westerly High School track, the WTC sponsors a training session with intervals at 5:15 p.m. and a timed mile run at 6 p.m. Both are open to all runners at no charge.

Westerly Track Club Results

NARRAGANSETT — Seven Westerly Track Club members were in the 183-member field at Narragansett's "Run for the Dogs," a weekend benefit race for the Narragansett Animal Rescue league.

Joe Light was third overall with a time of 27:43; Larry Hirsch was the top master, in 29:42; Mike Conway's 29:05 placed him 12th.

Other WTC runners were Forrester Stafford (30:19, 26th), Bob Payne (31:50, 39th), Dennis McGarty (32:21, 46th), and Bob Benson (32:55, 51st and third master).

Seven other runners also participated in a 3.7 mile cross country run near Bluff Point, and Joe Light came in ^{2nd} again, in 20:31.

Tom McCoy followed in 22:17, best in the grandmaster division. Way Hedding finished in 22:25, J.E. Vancato in 22:30, Colburn Graves in 25:11, Bob Carroll in 30 minutes even, and Beth Marshall in 35:19.

Westerly Track Club Results

By JUNE BOYLES

WESTERLY — Several Memorial Day weekend races around the local area attracted a number of Westerly Track Club members:

The most popular holiday race was held at the sub base in Groton where 383 runners turned out to run a 5-mile course. David Bell was the first WTC runner to finish, crossing the line in 17th place with a time of 30:26. Way Hedding and Gary Dobson cracked the top 100 in 53rd and 74th places respectively, with times of 32:51 and 34:00. Joyce Richmond was the top Female Master in 39:37.

Also running in the Groton race were: Colburn Graves (35:39), Bruce Richmond (40:59), Melinda Hedding (48:01), and Beth Marshall (49:59).

George Gillespie and Pete Marblo ran the two-mile fun run at the sub base, finishing in 13:21 (16th) and 14:33 (37th), respectively.

In Wickford, five WTC members participated in the 5,000-meter (3.1 mile) race. Joe Light finished in 16:25 for 16th place overall. He was followed by Forrester Safford (18:09) and Bob Benson (19:31). Times were not reported for Mark Hawk and Dennis McCarthy who also ran in the event.



June 1985

Hirst Is Best in Elks' Hirsch Run

By JUNE BOYLES

WESTERLY — James Hirst of Ashaway won the Westerly Elks' annual Larry Hirsch 5-mile Road Race Sunday in Westerly, crossing the finish line unchallenged in 26 minutes, 19 seconds.

Only 33 runners participated in this year's event.

Joyce Richmond of the Westerly Track Club, took top honors in

the Women's Division with a 37:15 finishing time.

Divisional winners were:

14-under Women — Jodi Richmond (WTC), 44:39.

Men's High School — Todd Callaghan, 31:08.

Women's High School — Mary Crane (WTC), 42:29.

Men's Open — Frank Williams, 29:18.

Men's Submaster — Michael Conway (WTC), 28:23.

Men's Master — Mark Hawk (WTC), 32:06.

Women's Master — Joyce Richmond (WTC), 37:15.

Men's Grandmaster — Hal Henry (WTC), 29:25.

Women's Grandmaster — Arlene McCoy (WTC), 50:49.

Other WTC runners who finished were:

Nick Bottone (28:51), Norman Kim (29:23), Tom McCoy (30:13), Forrester

Safford (30:49), Jim Martell (31:23), Bob

Benson (32:14), Bob Payne (32:45), Jim

Azzinaro (33:25), Gerard Nardone (33:48),

Curt Bonville (33:55), Terry Tarallo

(35:06), Colburn Graves (36:37), Bruce

Richmond (38:21), Andrew Serra (41:46),

J.P. Hernandez (44:33), and Linda

Abrahamson (50:48).

The Westerly Track Club

members comprised more than

two-thirds of the field in the race.

The WTC is sponsoring Sunday

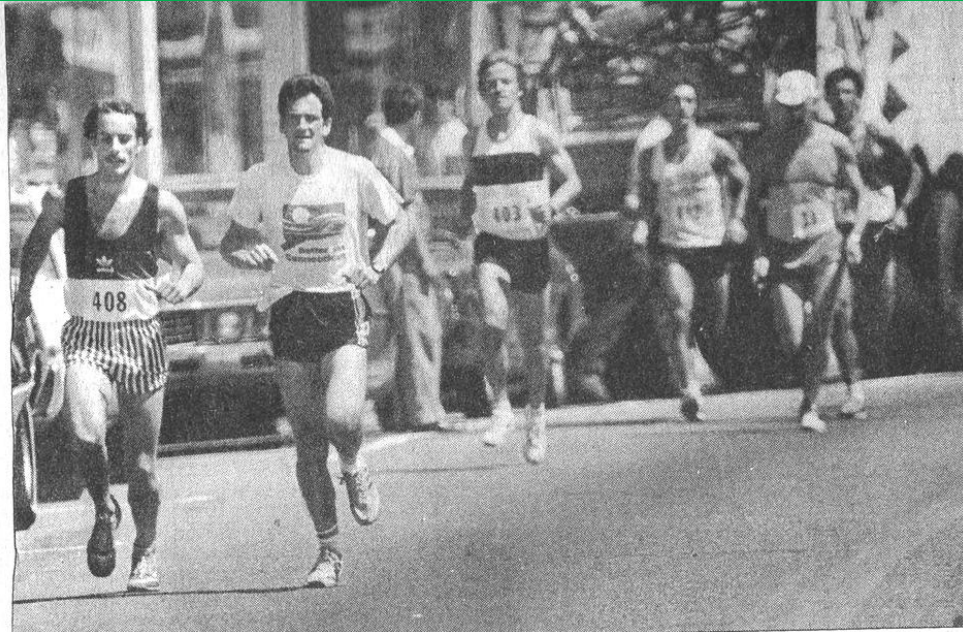
morning runs of any distance at 9

a.m. starting from the Downtown

Health Club. Also, the Fun Run

series begins June 18th at 6 p.m.

at Fenway Beach in Weekapaug.



HIRSCH RUN LEADERS — Jim Azzinaro (408) takes an early lead over Jim Hirst during Sunday's Larry Hirsch 5-mile Road Race in Wester-

ly. Hirst came on to win the event, sponsored by the Westerly Elks. Story Page 9.

6-5-85 (Sun Photo by Steve Szydlowski)

By JUNE BOYLES

WESTERLY — Joe Light led the way for the 11 members of the Westerly Track Club who traveled to Block Island on Saturday for the annual "Run Around the Block" 15-K (9.3 mile) Road Race.

The weather was favorable this year, cooler than usual for the mid-day race.

Light showed the way for the WTC members with a time of 53 minutes and 44 seconds, good for third place overall in the men's submaster division. He was followed by Nick Battone in 54:55.

Tom McCoy was the first in the grandmaster division in 59:07.

Rounding out the Westerly contingent were: Tom Jones (1:01:51), Dennis McGarty (1:02:30), Way Hedding (1:03:00), Jim Martell (1:05:11), John Sulima (1:10:00), Andy Clapham (1:11:55), Bruce Richmond (1:15:20) and Joyce Richmond (1:15:27).

September 1985

WESTERLY — Joe Light took home first place honors, as six members of the Westerly Track Club participated in the Downtown Merchants' two and four-mile road races held Thursday in Norwich.

Light placed first in the two-mile event with a time of 10 minutes and 42 seconds, while WTC members George Gillespie and Peter Marblo finished with times of 13:50 and 15:58 respectively.

In the four-mile event, Jim Mmartell led the club contingent with a time of 23:59. Bob Benson followed in 24:37 and Jim MacGlaflin was clocked at 28:03 over the hilly course.

Coming up on Oct. 13 will be the WTC's annual Fall Foliage 10-mile road race. Volunteers are needed to help with the race.

Westerly Track Club Newsletter

SUMMER 1985

FUN RUN PICNIC

The WTC annual Fun Run Picnic is set for Tuesday, August 6 immediately following the final fun run of the season which will consist of ½ and 1 mile track runs. We will then meet at the right side picnic pavilion which is near the playground behind the high school field. Everyone is requested to bring a main dish or salad to feed about 10. The Club will provide charcoal for the grills (bring your own barbeque items if you wish), and watermelon. Bring your own utensils, plates, and beverages--alcohol is allowed at pavilion. The picnic is open to all fun run participants, all Club members, families, and guests. Ribbons will be awarded after supper.

CLUB OUTFITS

A new line of nylon singlets and shorts with lettering is available for ordering. Shirts are \$7.50 and shorts only \$6.00 in sizes extra-small to extra-large. Call Pete Cardinal 401 377-2376 to place your order.

June Boyles has 3 hooded sweatshirts in size large at \$15.00. Call her at 596-9275 if interested.

OLV ROAD RACE

WTC Vice President Mark Hawk announces the 3rd annual running of the Our Lady of Victory 5k road race on Friday, Aug. 9 at 6:00. Applications for this well organized race are available from Mark at Box 162, Ashaway, R.I. 02804.

WTC FALL FOLIAGE RACE

Our annual 10 mile race is set for Sunday, Oct. 13 at 11:00. Co-directors Tom Jones and Jim Martell need many volunteers to help plan this event. Please call Tom at 377-2903 or Jim at 377-8163 if you can help in any way.

BOSTON MILK RUN

About 40 members and guests took advantage of the Club subsidized charter bus to Boston on April 21 for the annual 10K Milk Run which featured the classiest field ever assembled for a 10k race in this country. The Club placed 4th among 8 men's clubs entered in the amateur division. Mick Bottone, Way Hedding, Joe Light, and Tom McCoy scored for the Club with a 2:25:36 composite time.

CAPE COD RELAY

The annual Plymouth Rock to Provincetown 8-Person Relay Race is set for Oct. 19. Distances for this exciting 8½ mile event range from about 7 to 15 miles. We have already assembled an open men and masters men teams. It is not too late to get another team together--preferable a mixed team. For details, call Forrester Safford, 401 364-3456. Many participants spend the weekend on the Cape at off-season rates and have a truly memorable time.

NIGHT RUNNING

All runners are reminded that we are required by law to wear reflective gear when running after dusk.

NEWSLETTER SUBMISSIONS

Articles, ideas for articles, and information for the newsletter may be submitted to Joe Light, 401 596-3173. The next issue should be out in October.

TRAINING

The article reprinted on the following two pages is from WorkOut Magazine by Ardy Freidberg. It was submitted by Lou Crowe. Hope members find it useful.

SOME DATES TO KEEP IN MIND

- July 24 Bramble Scramble x-country race at Fitch
- July 26 Narragansett 10 miler
- Aug 3 Kelley 11.6 mile race at Ocean Beach Park
- Aug 6 Final WTC fun run and annual picnic
- Aug 9 OLV 5k race in Ashaway
- Aug 21 T3R track meet

WTC RUNNERS' SURVEY

Here, at last, is the runners' survey as promised in the Winter Newsletter. The purpose of this survey is to get an informal profile of the Club's members. Please fill out for yourself and make copies so other runners in your household can respond. You do not need to write your name. Results will appear in the fall issue. Please submit to: Joe Light 34 George St. Westerly, RI 02891. The more responses we get, the better!

What is your age?

Sex?

How many years have you been running?

Why did you start running?

How many days per week do you run on average?

How many miles per week do you average?

What running-related injuries have you experienced?

What is the longest time you have been forced to stop running due to injury?

What is the longest distance you have ever run in one outing?

What other active recreation do you do on a regular basis?

If you compete in road races and fun runs, please complete the following:

About how many races (including fun runs) do you participate in during a year?

What is your best time for the following standard racing distances? (fill in only for distances you have competed in)

1 mile _____; 3 miles _____; 5k _____; 5 miles _____; 10k _____;

10 miles _____; 13.1 miles _____; Marathon _____; other _____

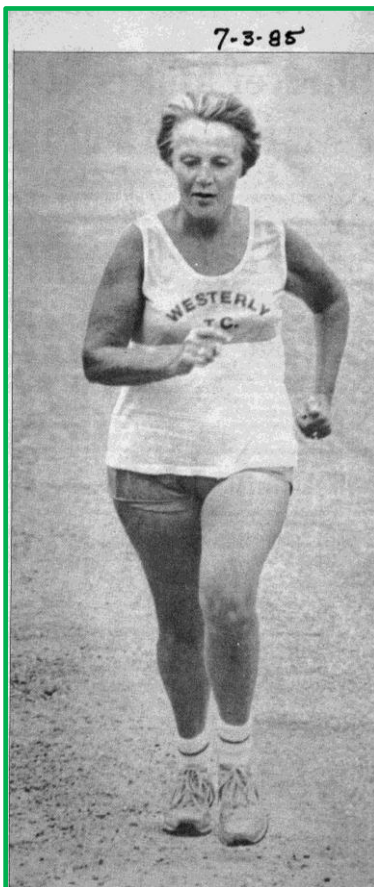
There has been some thought about changing our Fall Foliage 10 mile race back to the original 13.1 mile distance. How do you feel about this?

Keep 10 mile distance _____ Change distance to 13.1 miles _____

Optional Essay Questions (answer all, none, or as many as you wish on back)

1. What achievement in running has brought you the most satisfaction or biggest thrill?
2. What has been your most memorable run?
3. What is the funniest or weirdest thing that has happened to you on a run?
4. In what ways can the Westerly Track Club improve?

7-3-85



KEEPING FIT — Westerly Track Club member Arlene McCoy gets in a little road work during Tuesday's Fun Run Handicap Race in Weekapaug. The track club holds the Fun Runs every Tuesday evening during the summer, alternating between Weekapaug and the Stonington High track. The Fun Runs, featuring half-mile, 1.5-mile and three-mile distances are open to the public free of charge. (Sun Photo by Steve Szydlowski)



Road Race Win Proves His Mettle

WESTERLY — New London's Jim Kotecki won the 10-mile Fall Foliage Road Race Sunday and he had to overcome some pretty tough circumstances in the process.

Kotecki, a 25-year old teacher at St. Bernard's High School, was nudged by a car during the Westerly Track Club race, and still won in a time of 54:29.

"He was kind of proud of the fact that he got hit and still managed to win," Kotecki's father Richard said Tuesday morning. "He said the car barely hit him from the side and it made him stumble. The guy in the car kept going and so did he, but I'm sure Jim had a few choice words for him. He said he never saw the car coming."

The younger Kotecki attended St. Bernard's and was a member of the school's basketball team.

"He's always been a good athlete," the father said. "We used to go camping and he would get out about a mile from the campsite and dribble a basketball while running to the campsite."

Ashaway's Jim Hirst finished second in a time of 54:42. Lois Patterson May was the top women's finisher in a time of 70:39.

60 Runners Enter Fall Foliage Race

By JUNE BOYLES

WESTERLY — Despite a light rain, 60 runners turned out for the Westerly Track Club's third annual Fall Foliage 10-mile road race, with Jeff Kotecki leading the event from almost the beginning to win in 54 minutes, 29 seconds.

Jim Hirst of Ashaway was second overall and also won the Men's Open Division in 54:42.

Lois Patterson May was the top woman finisher in 70 minutes, 39 seconds.

Divisional winners were:

Men's Junior — Jamie Medeiros
Women's Junior — Mary Beth Crane (WTC)

Men's Open — Jim Hirst
Women's Open — Kathy Manizza

72:55
Men's Submaster — Jim Lynch
56:05
Women Submaster — Rose Buckingham 73:57

Men's Master — Bob Benson
(WTC) 66:23
Men's Grandmaster — David Porter 68:44

Men's Senior — Hal Henry (WTC)
62:00

The top 10 finishers, in order, were: Kotecki; Hirst; Lynch; Dennis Crowe, 56:11; William Millea, 56:38; John Brennan, 58:26; Mike Conway (WTC), 59:00; Jim Capozza, 59:16; Fred Macabi, 60:17; Tom Peck, 60:41.

Other WTC members finishing the race were: Jeff Morin, 63:00, 17th; Brian Ceresa, 64:13, 18th; Way Hedding, 67:27, 19th; Dennis McGarty, 67:39, 25th; Bob Payne, 69:21, 29th; Gerard Nardone, 71:40, 32nd; Curt Bonville, 72:13, 36th; Colburn Graves, 73:12, 38th; Dale Renski, 89:32, 58th, and Beth Marshall (in her first attempt at a 10-mile race), 97:30, 60th.

Turkey Trot Run

11-18-85

WESTERLY — The Westerly Track Club will sponsoring a Turkey Trot Fun Run of various distances on Thanksgiving Day beginning at 7 a.m. in the parking lot behind the Westerly Police Station. The run is open to the public and free of charge. No times will be kept. Free refreshments will be provided.



November 1985

Short Races Top WTC Activities

By JUNE BOYLES

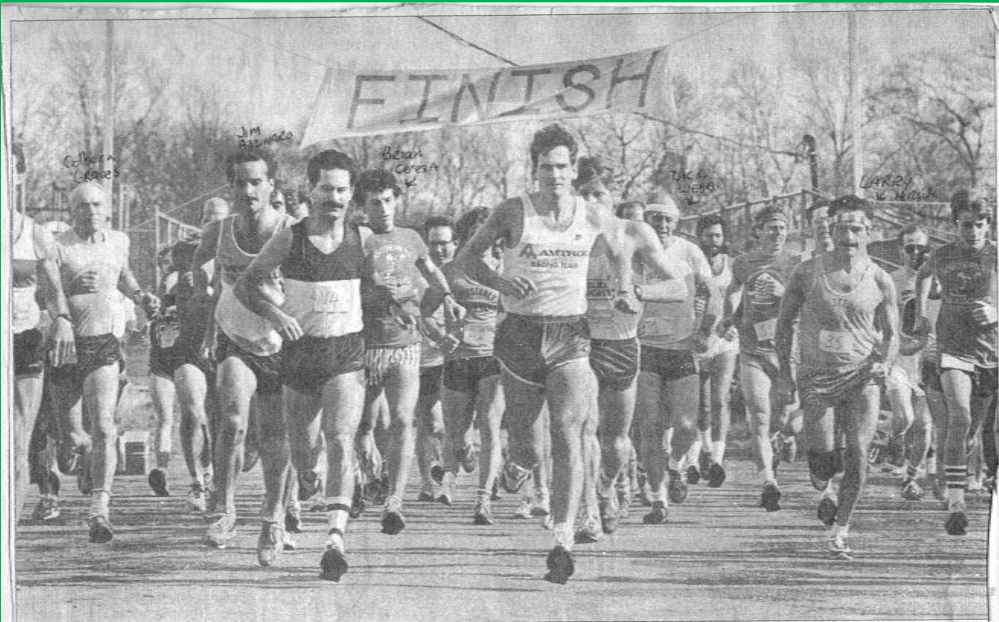
WESTERLY — Westerly Track Club members have been busy in various fall races around the local area, and although this is the favorite marathon season, not many WTC competed in the 26.2-mile events this year for various reasons.

Those who did run the distance were Bob Payne (3 hours, 19 minutes), Tom Jones (3:27) and Jim Martell (3:49) in the recent East Lyme Marathon. Dale Ren-ski ran her first marathon — the Ocean State in Newport — and finished in 4:30:50.

The shorter races around the area are still drawing large numbers of participants. In the three-mile "Strides for the Handicapped" in Harkness Park in Waterford, Mark Hawk led the WTC runners in a time of 18:08. He was the second master to cross the line. Tom McCoy followed closely in 18:18. Paul Gruber finished in 23:10 as did Beth Martell in 30:15.

The annual Tarzan Brown 5.5-mile road race held in Mystic attracted 470 runners. Joe Light and Nick Bottone were the top WTC finishers, coming in 30th and 31st in a very tough field. Joe was timed in 30:11 and Nick in 30:19. Way Hedding crossed next in 32:27 with Tom McCoy at his heels in 32:36. Tom was the top Grandmaster.

Among the WTC runners in the Tarzan Brown race were: David Bell (33:11), Bob Benson (34:48), Gary Dobson (34:52), Steve Iacoi (35:31), Curt Bonville (36:51), Colburn Graves (36:59), Jim MacGlaflin (37:11), George Gillespie (38:40), Bob Burnside (no time), Robert Rose (39:19), Melinda Hedding (40:01), Paul Gruber (43:40), Joanne Nikodem (45:09), June Boyles (45:58), Beth Marshall (49:05) and Arlene McCoy (50:45).



GETTING UNDERWAY — Though the banner says finish, the participants — led by Jim Hirst (center) — are just beginning the fourth annual Westerly Knights of Columbus 5-mile road race at Cimalore Field on Sunday. A total of 52 runners participated in the run, with Spyros Barres the overall winners in the men's division in 25 minutes, 35 seconds. Kim Goff captured the women's division crown in 32:23. Other winners were: junior men's division, Brian

Hopkins; boys' high school division, Brian Ceresa; men's open division, Barres; men's submaster, Jim Crowley; men's masters, Tom Beattie; men's veteran, Tom McCoy; women's Junior, Heather Agar; girls' high school, Mary Crane; women's open, Goff; women's submaster, Mary Monaghan.

(Sun Photo by Steve Szydlowski)

11-18-85

Westerly Track Club Results 11-20-85

By JUNE BOYLES

WESTERLY — Westerly Track Club members comprised half of the field in this past Sunday's Knights of Columbus 5-mile road Race.

The top WTC finisher was Joe Light in fifth place and second in sub-master with a time of 28 minutes and six seconds. Nick Bottone was right on his heels in 28:08, coming in as the third sub-master.

Divisional winners were: High School division — Brian Ceresa and Mary Beth Crane with times of 30:17 and 43:53 respectively; Tom Beattie, top Master in 29:50; and Tom McCoy, the first Veteran in 30:12. Colburn Graves was second Veteran in 33:36. Larry Hirsch was second in the Master division in 29:57 with Mark Hawk taking third in 30:02.

Completing the WTC contingent were: Mike Conway, 28:36; Jeff Morin, 29:52; Jim Az-zinaro, 31:01; Tom Jones, 31:02; Bob Benson, 31:19; Bob Payne, 31:21; Jim Martell, 32:27; Steve Sullivan, 32:41; Curt Bonville, 33:53; Peter Ceresa, 34:34; Gerald Nardone, 35:03; Dick Webb, 38:22; Paul Gruber, 39:11; Beth Marshall, 43:54.



Westerly Track Club Newsletter

WINTER 1986

ANNUAL MEETING

The 1985 annual meeting of the Westerly Track Club was held November 13 at the Calabrese Club. 29 members elected a slate of officers for 1986. They are: June Boyles, pres.; Ida Benson, v.p.; John Sulima, sec.; and Terry Tarallo, treas. The new Board of Directors consists of: Pete Cardinal, Andy Clapham, Mary Crane, Louis Crowe, Mark Hawk, Larry Hirsch, Tom Jones, Joe Light, Jim Martell, Arlene McCoy, Tom McCoy, Forrester Safford.

Following the business meeting we enjoyed refreshments and viewed a tape of a very moving tv program on carrying the Olympic torch, with footage of our own Tom McCoy.

MEMBERSHIP RENEWAL

Along with this newsletter, you will find a 1986 membership form. Please renew as soon as possible to ensure inclusion in our group insurance policy. If you know anyone who would like to join, they may get applications through any of the officers or BOD members.

ONCE-IN-A-LIFETIME DEPARTMENT

Looking for a unique experience? The Amtrol Racing Team in Coventry is planning a 24-hour relay for next spring. Teams of 8-10 runners do 1-mile legs in rotation for 24 hours. Anyone interested should call June Boyles, 596-9275

MARK YOUR CALENDARS

Jan. 5, 1986 Frosty Fun Run. 1:00 N. Kingstown Public Lib.
Jan. 16 WTC monthly board meeting. 7:00. Calabrese Club. All are welcome.
Jan. 26 Kelley's Pace Frostbite Run. Olde Mystick Village.
April 20 WTC Clamdigger 5-mile race
April 27 Bus trip to Boston Milk run (tentative)
June 17 WTC summer fun run series begins (tentative)
Oct. 12 WTC Fall Foliage 10-mile race
TBA Mystery run at Ninigret Park. Sometime this winter.

YO, FATSO!

The Westerly Downtown Health Club will arrange for underwater weighing and fat testing for about \$15 if enough people are interested. Call them if you really want to know your percentage of fat.

SURVEY RESULTS

Only 5 people responded to the questionnaire in the last issue of the Newsletter. From this tiny sampling it is clear that some of our members have enjoyed many exciting running experiences all over this country and abroad. Unfortunately, there's just not enough data to present any meaningful statistical profile of the Westerly Track Club.

GLAD TIDINGS

The Westerly Track Club wishes all its members and their families a happy, healthy, and safe 1986. May all our runners achieve their personal goals and enjoy every stride!

Announcements, ideas, contributions, etc. for the next newsletter may be submitted to Joe Light or John Sulima.

WESTERLY TRACK CLUB NEWSBRIEFS

FEBRUARY 1986

CORRECTION: The Boston Milk Run 10km race is set for April 13, not April 27 as listed in the last newsletter. Cost for the bus trip has been set at \$4.00 for members and \$6.00 for non-members. The bus will again take riders to the Quinoy Market after the race for shopping, eating and carousing. Call Jim Martell 3778163 for reservations and a race application.

CLANDIGGER: The annual WTC 5 mile race, set for April 20, has hired Merrie Nelson's race management group, Organization Plus, to manage registration, finish line and results posting. She has many years' experience handling some of Rhode Island's biggest races. The WTC Board of Directors feels that this will add an aura of professionalism to a steadily growing race.

KELLEY'S PACE FROSTBITE RESULTS: 5 mile hilly course, 50 degrees, rainy & windy, approx. 145 finishers. 15th place, Joe Light 28:27; 33rd Mark Hawk 31:15; 40th Bob Payne 32:16; 45th Bob Benson 32:32; 62nd Colburn Graves 34:37; 128th Beth Marshall 48:38.

CALENDAR: March 1, East Lyme 5 miler, 12:00; March 2, March Madness 5 miler at URI (tentative); March 8, Mystery Run at Ninigret Park (see attached form); March 15, St. Patrick's Day 10km at North Stonington fairgrounds. For further details, call Joe Light, 596-3173.



Westerly Track Club Race Times ³⁻¹²⁻⁸⁶

By JUNE BOYLES

WESTERLY — Westerly Track Club members spent the past few months away from the road racing scene, but with the near arrival of spring racing activity has begun to pick up.

This was evident on Sunday with five WTC members participating in local races: at the March Madness 5-mile race at URI, Mark Hawk placed 10th overall and captured the top Masters spot with a time of 30 minutes, 36 seconds, while following him across the finish line were Bob Benson (22nd, 32:29), Tom Jones (33rd, 33:36), and George Gillespie (68th, 39:37).

Meanwhile, Joe Light took third place out of 75 runners in a six-mile race held in Providence's Roger Williams Park, crossing in 33:22.

On Valentine's Day, four WTC members teamed up in the Couple's Caper held in Mystic. Jodi Richmond and Justin Renz captured top honors in their age division with a combined time of 35:59. Joyce and Bruce Richmond turned in a time of 38:09 for third in their age division.

The WTC's Clamdigger 5-mile road race will be run on April 20. Applications are available at several area locations, and early registration is recommended.

A banquet for road runners in Rhode Island has been planned for May 30 at the West Valley Inn in West Warwick. It has been designed as a social dinner-dance event for all road runners. For more information on the affair call Meredith Nelson at 885-1382.

Westerly Track Club Results ⁴⁻²⁻⁸⁶

By JUNE BOYLES

WESTERLY — Joe Light finished fifth overall in 16 minutes, 48 seconds as he and other members of the Westerly Track Club participated in the Third Annual Connecticut College April Fools 5K Run on Sunday.

WTC runners following him were Mark Hawk (12th, 18:20), Way Hedding (14th, 18:31), Bob Payne (23rd, 19:10), Bob Carroll (74th, 23:55), Paul Gruber (77th, no time reported).

Mark Hawk also recently recorded his personal best time for a five-mile run with a time of 29:22 in the Second Annual Cystic Fibrosis 5-mile Run held in Coventry.

Runners interested in entering the WTC's Clamdigger 5-mile Road Race on Sunday, April 20, should mail in their entry forms as soon as possible. The first 100 to enter will receive a race T-shirt.

Westerly Track Club Results

WESTERLY — Nick Battone lead a contingency of 13 members of the Westerly Track Club who participated in the 6.2-mile Boston Milk Run Sunday.

Battone finished the race 35 minutes, 20 seconds, followed by Way Hedding (38:44), Pete Volkman (39:28) and Bob Benson (39:35).

Other local runners were: Tom Jones (41:07); Jim Martell (41:41); George Gillespie (50:20); Mary Crane (51:12); Pete Marblo (54:02); Pete Weathers (54:50); Richard Gillespie (55:56); Gary Martinelli (59:59) and Beth Marshall (61:00).

Battone also led a group of four local club members in the recent 5 mile "Run for the Rooster" road race in Lincoln, crossing the finish line in 28:33. Mike Conway finished second among the local runners (28:33), followed by Bob Payne (31:00) and Dennis McCarty (31:19).

The 5th annual "Calmdigger" 5-mile run hosted by the Westerly Track Club, and sponsored by the Washington Trust Company, will be held April 20 at 11 a.m.

The race, which has gained popularity over the years, is expected to draw 200 runners.

The course is a scenic loop along Watch Hill Road, Ocean View Highway and through Watch Hill with moderate grades making it attractive to both beginners and experts.

Registrations will be accepted up to 15 minutes prior to race time.

Awards will be presented in six categories for both men and women.

Calm chowder and soda will be available for all participants, and volunteers are needed.

4-15-86

The calm chowder was very relaxing.



April 1986



DIGGING FOR HOME — Westerly Track Club member Tom Beattie (127) leads a small pack of runners, including John Palmer (103) and Fred Macari (106), as they near the end of the WTC's 6th Annual Clamdigger 5-mile Road Race on Sunday in Watch Hill. A record 176 runners entered the race, with 154 finishing. Tim Smith

of the Mohegan Striders of Norwich won the event in 26 minutes 35 seconds, while Deborah DeVeau of Norwich was the top female finisher in 30:49. Palmer finished 23rd, Macari 25th and Beattie 26th overall. Complete Clamdigger results will be run in Tuesday's edition of The Sun.
(Sun Photo by Steve Szydlowski)

terly, R.I., Tuesday, April 22, 1986 **9**

Record Turnout For Track Club's 6th 'Clamdigger'

By JUNE BOYLES

WATCH HILL — Tim Smith of Norwich's Mohegan Striders was the first to cross the finish line as a record 176 from three states turned out Sunday for the Westerly Track Club's 6th Annual Clamdigger 5-mile Road Race in Watch Hill.

Smith finished the race in 26 minutes, 35 seconds, battling Doug Burdi of Mystic down to the wire. Burdi finished in 26:37.

Deborah DeVeau of Norwich was the top woman finisher in 30:49, with Pat Swim of Noank second in 31:27.

Following Smith and Burdi were Dennis Crowe (26:42), Bill Gaudere (26:43) and Stephen Neri (26:45).

Divisional winners were:

18-under men — 1. Neri 26:45, 2. Todd Callaghan of Westerly 28:23.

18-under women — 1. Mary Crane of Chariho (WTC) 38:46; 2. Amy Carey of Pawcatuck 46:42.

Open Men (19-29) — 1. Burdi 26:37; 2. Gaudere 26:43.

Open Women (19-29) — 1. Ann Marie Pace 33:42; 2. Angela Paraskevatos 35:02.

Sub-Master Men (30-39) — 1. Crowe 26:42; 2. Joe Light (WTC) 27:24.

Sub-Master Women (30-39) — 1. Swim (T3R) 31:27; 2. Virginia Eveshena 32:38.

Men Master (40-49) — 1. Henry Golet 27:32; 2. Bob Harding 28:34.

Women Master (40-49) — 1. Geraldine Palonen 37:10; 2. Joyce Richmond (WTC) 37:12.

Grandmaster Men (50-59) — 1. Gerald Nardone (WTC) 32:57; 2. Colburn Graves (WTC) 33:51.

Grandmaster Women (50-59) — 1. Mary McCauley 38:08.

Senior Men (60-over) — 1. Carl Hammen 32:36; 2. Tom McDonough 36:39.

Senior Women (60-over) — 1. Barbara Hennig 48:20.

The following WTC members finished the race: Mike Conway (19th, 28:47), Dave Bell (21st, 28:50), Tom Beattie (26th, 29:19), Larry Hirsch (27th, 29:19), Jeff Morin (28th, 29:20), F. Rester Safford (32nd, 29:50), Annis McGarty (34th, 30:02), Bob E. Mason (36th, 30:34), Bob Payne (38th, 30:41), Alan Burdett (36th, 31:10), Jim Martell (48th, 31:29), Tom Jones (54th, 31:46), Dave Pierce (59th, 32:16), Curt Bonville (61st, 32:21), Peter Volkmar (65th, 32:42), Robert Rose (71st, 33:46), James Tarallo (73rd, 33:52), Richard Webb (119th, 37:56), John Sulima (128th, 38:35), George Gillespie (131st, 38:46), Bob Carroll (132nd, 38:49), Paul Gruber Jr. (136th, 40:05), Mary Adamson (139th, 40:25), Dan Sumonelli (145th, 43:36), Mary Cochran (147th, 44:18), Robert Cochran (148th, 44:18), Beth Marshall (152nd, 47:04).

The scrapbook that June Boyles kept ends at this point and material thins out considerably.



June 1986



Larry Hirsch Race Results

WESTERLY — The following are the results of the 29th Annual Larry J. Hirsch 3-Mile Road Race held Wednesday in Westerly:

Top 10 finishers: 1. Joe Hall, 14:24; 2. Bill Pedace 15:04; 3. Drew Hamilton, 15:34; 4. John Brennan, 15:39; 5. Joe Light (Westerly Track Club), 15:43; 6. Jim Crowley (WTC), 16:04; 7. Todd Callaghan, 16:07; 8. Rob Alfiero, 16:12; 9. Nick Battone (WTC), 16:28; 10. Tom Beattie (WTC), 16:38.

First Female: Martha Grinnell, 17:45.
High School Boys: 1. Todd Callaghan 16:07; 2. Michael Conway, 20:41.

High School Girls: 1. Mary Crane, 21:47; 2. Kathryn Hall, 24:53.

Open Men: 1. Pedace, 2. Hamilton, 3. Alfiero.

Open Women: 1. Grinnell; 2. Thea Carey, 17:56; 3. Janice Burnett, 19:12.

Junior Girls: 1. Shelley Welshack, 23:57.

Junior boys: 1. Jon Dessaulles, 27:01; 2. Michael O'Brien, 27:09.

Sub-Masters, Men: 1. Hall, 2. Brennan; 3. Light.

Sub-Masters, Women: 1. Marilyn Hall, 27:09.

Masters, Men: 1. Beattie; 2. Clyde Beverly, 17:38; 3. Al Campbell, 17:50.

Masters, Women: Agnes Hall, 24:52.

Seniors, Men: 1. Garry Delea, 19:52; 2. Lloyd Whitman, 23:33.

Seniors, Women: Bettine Delea, 23:57.

Grand Masters, Men: Frank Vitro, 23:33.

Fifty five of the 56 runners who entered the race completed it.

The race went back to the traditional course, which was about 2.9 miles. Note that the Sun could **never** spell Nick Bottone's name correctly.



Westerly Track Club Newsletter

SUMMER 1986

ECONOMIC REALITY DEPARTMENT

The liability insurance crisis has hit the Track Club hard. Our premiums have jumped from about \$350 to over \$1300! Our agent, Ed Morrone explained at the May Board Meeting that it was difficult to find a carrier at any price. The Board agreed reluctantly that it was essential to maintain our liability and injury policies although the premiums would nearly wipe out our savings account.

As a result of this financial jolt, the following measures will be taken:

- Membership dues will increase in 1987
- No more free t-shirts for new members
- No more free entries to our two major road races. Members will pay reduced fees.
- Measures will be taken to maximize profits from our races without affecting quality.
- We will have a bake sale at this summer's Downtown Merchants Festival and possibly a yard sale next fall.

Details on the above measures will be decided on by the Board at future meetings.

FUN RUNS

The 1986 Fun Run season has a new look. We have replaced the Weekapaug site with an excellent five kilometer cross-country course at Ninigret Park in Charlestown. It is flat and consists of well-groomed trails and traffic-free runways. The Stonington High School courses remain the same. All runs are now held WEDNESDAYS at 6:00.

- July 9 Ninigret $\frac{1}{2}$ -mile and 3.1 miles
- July 16 Stonington $\frac{1}{2}$, 1.4, & 3 miles
- July 23 Ninigret
- July 30 Stonington
- Aug. 6 Ninigret annual picnic TBA

RUNNING DUDS

June Boyles has two large WTC sweat-shirts left at \$15 each. She may be reached at 596-4408. Track Club shorts and singlets may be purchased from Pete Cardinal, 377-2376.

MARK YOUR CALENDARS

- July 25 Narragansett 10 mile race 6:00. New course
- July 26 Voluntown Mt. Misery Cross Country. 6.3 miles. (Tentative)
- August 2 John Kelley Ocean Beach 11.6 mile race. 9:00. Still free!
- August 8 Our Lady of Victory 5k race, Ashaway (tentative)
- August ? Annual fun run picnic. Watch for date in Westerly Sun
- August 9 R.I. State Police 5 mile race E. Greenwich, 10:00

CAPE COD RELAY

Teams are already being formed for our 5th annual participation in this splendid late October event. The relay runs from Plymouth Rock to Provincetown and consists of 8 legs ranging in distance from 7 to 14 miles. We have teams entered so far in the men's open and men's master divisions. We'd love to field a mixed team as well. Forrester Safford has the details. Call him at 364-3456.

TRACK MEETS

A series of weekly track meets at the superb Westerly High School track will be starting soon. Bill Pedace will be organizing events for runners of all ages. Check the newspaper for dates or call him at 596-5948.

BOARD MEETINGS

The next meeting will be held at the Westerly Public Library on Tuesday, July 8 at 7:30. It will be preceded by a Long-Distance Committee meeting at 6:45. All members are invited.



November 1986



KNIGHTS' ROAD RACE — A total of 55 runners shook off chilly weather conditions Sunday morning to participate in Westerly's Narragansett Council No. 21 Knights of Columbus' fifth annual

5-mile road race at Cimalore Field. Lynn Cousineau of Pawtucket was the first male to finish in 26:16, while Kathy Isbister of Mystic was the first female in 36:45. (Sun Photos by Daniel Hyland)

Cousineau, Isbister Best in Knights' Race

WESTERLY — Lynn Cousineau of Pawtucket was the top overall male finisher, while Kathy Isbister was the first female to cross the finish line at Westerly's Narragansett Council No. 21 Knights of Columbus' fifth annual five-mile road race Sunday at Cimalore Field. Cousineau finished in 26 minutes, 16 seconds, while Isbister's time

was 36:45.

A total of 55 runners turned out for the event, proceeds from which are placed in the Knights' local high school scholarship fund.

The Top finishers in each division, and their times were:

Junior Division: Men — Justin Renz, 28:36; Sean Donahue, 37:13. Women — none.

High School Division: Men — William Jessop, 29:43; Brian Ceresa, 29:53; Bret Bruno, 31:03. Women — none.

Open Division: Men — Cousineau, 26:16; James Hirst, 27:16; Carl Kirstson, 31:13. Women — Jan Daman, 38:36.

Sub-master Division: Men — Kevin Gallerani, 38:11; Joe Light, 28:43; Nick Baton, 28:52.

Women — Lucille Gecevic, 29:19.

Master Division: Men — Tor Beattie, 29:29; Richard Dickson, 29:30; Larry Hirst, 29:45. Women — Marsha Zimmerman, 38:12.

Veteran Division: Men — Clifford Deveau, 32:19; Gerry Delea, 34:01; Charlie McDonald, 34:09. Women — Bettine Delea, 41:09.

Another creative spelling of Nick's name



Clamdigger April 1987

June 1987 Track Meet

LeBlanc, Burnett Win Clamdigger

MISQUAMICUT — More than 90 runners turned out under rainy skies for The Westerly Track Club's annual Clamdigger 5-mile Road Race held in Misquamicut on Saturday and sponsored by The Washington Trust Company.

Paul LeBlanc led the male contestants across the finish line in 25 minutes and 11 seconds. Janice Burnett was the first woman to finish, crossing in 31:08.

The following are the results for individual categories:

Men's Open

David Ball 26:58; Jim Murphy, 27:07; Rick Ely (WTC), 28:08; Don Fredrikson, 28:51.

Men's Submaster

Charles Collins, 27:30; Tom Gagnon, 27:48; Joe Light (WTC), 28:04; Bill Millea, 28:47.

Men's Masters

Ken Skelly, 25:56; Alex Stillman, 28:16; Ted Phillips, 28:48; Dave Jacobs, 29:23.

Men's Grandmaster

Allen Mendez, 32:38; Dan Jacobs, 32:53; Colburn Graves (WTC), 34:19; Charles McDonald (WTC), 34:42.

Men's Senior

Jim MacGlaflin (WTC), 37:07.

Women's Open

Ginny Horn, 33:55; Janey Sisson (WTC), 40:11; Karen Kindilan, 44:32.

Women's Submaster

Terry Weiss, 35:30; Mary Bonville (WTC), 36:51; Maggie Collins, 36:53.

Women's Masters

Michaelleen Haeseler, 36:49; Ramona Skelly, 39:25.

Women's Grandmaster

Arlene McCoy (WTC), 50:31; Rita Per-dix, 50:37.

Other WTC runners participating were: Tom Jones, 31:50; Roger Gibson, 32:47; Ray Wujcik, 36:15; George Gillespie, 37:12; Bob Payne, 31:51; Bob Benson, 32:56; Curt Bonville, 33:51; John Comforti, 36:17; Alan Burnett, 37:06.

Track

R.I. INTERCLUB MEET

AT NORTH KINGSTOWN HIGH SCHOOL

Results Yesterday

Team scoring — Open Male, Westerly Track Club 31; S. County Striders 28; 3. Johnston and Wales A.C. 6.

Open female — SC Striders 12; Thunderbolts 12

Male Master — SC Striders 30

Individual results

Open Male — 200 — J. Frenze, Unatt. 23.7; 400 — M. Bombard, SC, 52.7; 800 — J. Hird, JW, 2:10.1; 1,500 — J. Light, Westerly, 4:37.9; 3,000 — K. O'Neil, SC, 9:21.7; 4x400 relay — South County, 3:47.8 (K. O'Neil, M. Bombard, B. O'Malley, J. Williams)

Masters — 200 — K. Greene, SC, 31.6; 400 — G. Silva, SC, 74.4; 1,500 — G. Silva, SC, 6:02.2; 3,000 — A. Calafanisco, SC, 11:45.6

4x400 relay — S. County Striders (Calafanisco, E. Lewis, G. Silva, Green) 5:10.11.

Open Female — 200r — E. Ferri, Thunderbolts, 29.6; 400 — J. Roome, SC, 74.1; 800 — J. Roome, SC, 2:56.0; 3,000 — T. Coppa, Thunderbolts, 12:02.5.

We competed as a 4-man team at this open track meet and took 1st place, beating Johnson & Wales, which was the top club in RI at the time. Other members of the WTC team were: Jeff Damberg, Kevin Kelliher and Paul Piliero

October 1987

A group of WTC members who lived in Charlestown formed their own group, the Ninigret Track Club. In addition to this race, they put on an excellent series of cross country summer fun runs in the park which alternated with the Westerly fun runs and for a few summers were held weekly.

Wild Goose Chase Road Race Results At Ninigret Park

CHARLESTOWN — The following are the results of the "Wild Goose Chase" 5-mile road race sponsored by the Ninigret Track Club in cooperation with the Charlestown Recreation Association at Ninigret Park in Charlestown on Oct. 4:

Under-14: Michael Riley (33:01).

15-19: Erich Heilmann (31:28).

20-29: Male — 1. Mike Fisher (28:53, first Charlestown overall finisher), 2. Mike Drummond (31:22), 3. Pat Farrel (31:31); Female — 1. Janice Burnett (32:36), 2. Jackie Gibbs (34:31).

30-34: Male — 1. John Brennan (27:40, overall winner for second year in row, set new course record), 2. Nick Botone (29:22), 3. Tim Mortenson (32:18); Female — Peg Dunn (32:08), 2. Mary Bonville (37:08).

35-39: 1. Jeff Morin (31:02), 2. Greg Behie (31:10), 3. Vin D'Ambra.

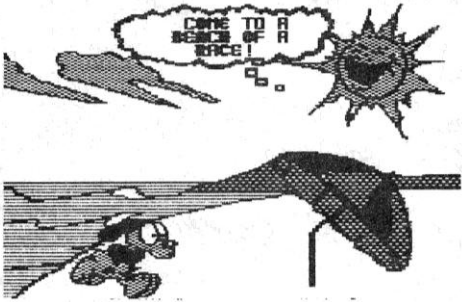
40-49: Male — 1. Joe Light (28:43), 2. Tom Beattie (30:29); Female — 1. Charlotte Schoonover (41:39).

50-and-over: Charles McDonald (34:30). In other Ninigret Track Club news: Michael Conway finished a recent 5-mile road race at the Naval War College in Newport in 28:58 for a 13th place overall finish. Forrester Safford was 19th in the same race in a time of 29:39, while Bob Crocker finished in 30:04 and Charles Blair completed the course in 32:00. A total of 450 runners participated in the race.



September 1987

THE WESTERLY TRACK CLUB AND
PLEASANT VIEW HOUSE INVITE YOU TO



Announcing the first ever (and perhaps annual) low-tide beach race, to be held WEDNESDAY, SEPTEMBER 9 6:00 P.M. at the PLEASANT VIEW HOUSE, 65 Atlantic Ave., Misquamicut Rhode Island.

ENTRY IS FREE AND OPEN TO ALL! The course is out and back along the beach for a total of 4 miles. Footwear is optional, but the hard-packed sand at low-tide is usually excellent for barefoot running.

The Pleasant View House, a beautiful resort hotel right on the ocean will provide free parking, refreshments for all, and prizes--free Spring weekends for two and dinners in their fine restaurant. Prizes will be drawn by lottery.

There is no entry fee for this event! Release forms will be available for signatures before the run. Hope you can make it to this unique race.

Questions: Call Joe Light (401) 596-3173.

Here I was playing with my 1st home computer, an Apple IIc.

No results were found for this race

Clem McGrath, who summers in Misquamicut, and I both loved barefoot beach running. We'd sometimes meet while running on the beach and once talked about how cool it would be to hold a race at low tide. We approached the Pleasant View House and they agreed to host one, and so the first race was held. It became an annual event, and at some point became the official closing of the Tom McCoy Fun Run series. When esteemed WTC member Charlie Stavros died suddenly in 1993, the race was named in his memory. It has always been free and PVH has been incredibly generous, giving us the rec room and free refreshments year after year.

The Track Club competed again in the Cape Cod Relay in October. No results found, but I think this was the year we sent 3 teams—that's 24 runners. I also think this was the year that Tom McCoy locked himself out of his car with the engine running! You'll have to ask Tommy what the outcome was, because I don't recall.



Clamdigger April 1988

April 1988

Jervis, Burnett Win Clamdigger

Dave Jervis was the first male finisher and Janice Burnett the fastest female participant in Sunday's Robert Beam Memorial Clamdigger 5 Mile run, sponsored by the Westerly Track Club and The Washington Trust Company.

Jervis finished the course in 25 minutes and 37 seconds while Burnett completed the Misquamicut/Watch Hill Loop in 31:18. About 110 runners participated in the race, with 99 finishing.

The top finishers in each division:

Mens's Under 1) Kevin O'Neill 27:37 2) Daniel Favali 3) Jeff Williams

Mens Open 1) Dave Jervis 25:47 2) Dave Neri 3) Karl Christensen

Mens Submaster 1) Dennie Crowe 26:27 2) Greg Murphy 3) Daniel Boumenot

Mens Master 1) Ray Nelson 27:18 2) Dave Jacobs 3) Ted Phillips

Mens Grand Master 1) Chuck Carey 37:39 2) Bill Bublitz 3) Lloyd Whitman

Mens Seniors 1) Otto Jurgensen 2) Ron Franklin

Women's Under 18 Sue Andrews 36:50

Womens Open Janice Burnett 31:18 2) Jackie Gibbs 3) Jan Damon

Womens Submaster Lois May 31:33 2) Peggy Dunn 3) Holly Ann Franklin

Womens Master Charlotte Schoonover 39:18 2) Patricia Phillips 3) Judy McGrath

Womens Grandmaster Arlene McCoy 53:19

Article by The (Westerly) Sun

Clamdigger History By W.A.S.P. Westerly Athletic Sports Promotions

The Robert Beam Memorial race was no longer being held, so it was decided to add his name to the Clamdigger. This lasted several years.

September 14, 1988

Brochu Winner Of Beach Run

MISQUAMICUT — Keith Brochu of Chariho, currently a student at URI, finished 20 seconds ahead of runner-up Joe Light to capture the Westerly Track Club's recent 3.5-mile Low Tide Beach Race, held at Misquamicut Beach.

Brochu took 19 minutes, 13 seconds to complete the race, sponsored by the track club and the Pleasant View House. Light finished second in 19:33.

Pat Swim was the event's fastest female finisher in 22:19, good for 12th place overall.

Other top finishers were:

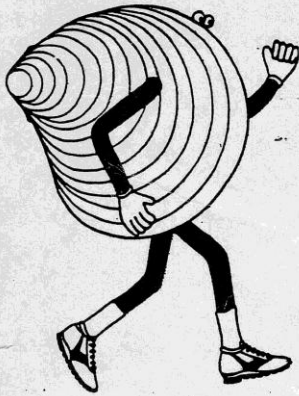
3. Pete Silva, 20:14; 5. Mike Healy, 20:41; 6. Eric Isbister, 20:50; 7. John Rabon, 21:09; 8. Dany Kerwin Sr., 21:22; 9. Jim Coggeshall, 21:23; 10. Way Hedding, 21:26; 11. Lance Magnuson, 21:32; 12. Tom McCoy, 21:36; 13. Swim, 22:19; 14. John Gardiner, 22:29; 15. Pete Volkmar, 22:38; 16. Clem McGrath, 22:38; 17. Al Chapman, 22:51; 18. Dean Taylor, 22:52; 19. Curt Bonville, 22:55; 20. Bill Jesso Jr., 23:34; 21. Tom Swim, 23:45; 22. Charlie Spellman, 24:17; 23. Edna Silva, 24:31; 24. G. O'Brien, 25:39; 25. Don Mackey, 25:45; 26. Mike Riley, 26:11; 27. Dick Roberts, 26:34; 28. Fred Ward, 27:37; 29. Judy McGrath, 28:06; 30. Michael Riley Sr., 29:11; 31. Pat Grande, 33:21;

This photo is from a later year-- just adding some color.





Clamdigger April 16, 1989



ROBERT BEAM MEMORIAL CLAM DIGGER RUN

Dedicated this year to the
Jon Recor Rehabilitation Fund

Sponsored by the Westerly Track Club and The
Washington Trust Company

When: Sunday, April 16, 1989 at 11 a.m.

Place: NOTE LOCATION! Better Parking and Less Traffic

The race will be held from the Misquamicut
Fire House, Crandall Avenue. From points
east take Route 1A (Shore Road) towards Watch
Hill. Crandall Avenue is on your left, about
1/2 mile from Tank Road intersection.
From points west, take Route 78 to Airport
Road (towards Misquamicut) then take right at
Route 1A (Shore Road). Crandall Avenue is
about 1/2 mile on your left.

*** Any Donations to The Jon Recor Fund will be Greatly Appreciated! ***

Distance: 5 miles

Course: Fast, single loop on scenic coastal roads, mainly flat with a few rolling
areas. Wheel-measured for accuracy. One water station. Light traffic.

Awards: To top finishers in six age groups (18 & under, 19-29, 30-39, 40-49, 50-59,
and 60+), male and female. Shirts available to early registrants.

Entry Fee: \$5.00 for pre-entries. \$7.00 day of the race. 1989 Westerly Track Club
members pay \$3.00. Please make checks payable to: Westerly Track Club
and mail entry to: Westerly Track Club, P.O. Box 211, Westerly, RI 02891
before April 8, 1989.

Questions: Call 377-8163 or 596-8228

Refreshments will be available

Clam chowder donated by the Westerly Knights of Columbus

Professional race management by SNERRO

Zubritsky Wins Clamdigger Run

WESTERLY — Ed Zubritsky,
running in the Open Division, was
the first to cross the finish line in
26 minutes, seven seconds, as he
led more than 90 participants
Sunday in the Westerly Track
Club's annual Robert Beam
Memorial Clamdigger five-mile
road race in Misquamicut.

Pat Swim was the top woman
finisher, finishing the event in
33:04.

For the first time, the Clamdigger
was run as a benefit race,
with the proceeds going to the
Jon Recor Rehabilitation Fund.
(Further donations to the fund
can be sent to the Westerly Track
Club, Box 211, Westerly, R.I.,
02891).

The top finishers in the 1989
Clamdigger were:

MEN

Junior (under 20): Dennis Zilembo,
31:29.

Open (20-29): Zubritsky; Christopher
Smith 27:49; Mark Spaight 29:28.

Submaster (30-39): Joseph Banas 26:36;
Jim Murphy 27:27; Jack Silva 27:33.

Master (40-49): Joe Light 28:45; Matt
Breede 29:27; Joe Norton 30:24.

Grandmaster (50-59): Larry Hirsh
29:34; Jerry LeVasseur 32:03; Chuck
Carey 37:53.

Veteran (over 60): Herb Silander 34:59;
Jim MacGlaflin 44:11.

WOMEN

Submaster: Pat Swim; Susan Gordon
39:41; Maureen Farrell 42:15.

Grandmaster: Arlene McCoy 52:53.
Veteran: Mary McCauley 39:37.

Other area finishers: Brad Safford
30:35; Bob Payne 31:21; Ernest Campbell
37:17; Bill Bublitz 38:51.

This race was a fund raiser to buy a computer for Jon Recor, son of founding member Robert Recor, who was partially disabled by an aneurysm. The race was moved from the Watch Hill fire station to the Misquamicut fire station and a new course was designed. Incidentally, the Clamdigger was not held in 1990. The Club was close to dissolving due to financial conditions.

Fun Run Results

WESTERLY — The following
are the results of the Westerly
Track Club's Fun Run held this
week:

Boys' half mile: 1. Eric Martell 3:01; 2.
Nathan Smith 3:09; 3. Ronnie Taylor 3:27.

Girls' half mile: 1. Kendra Smith 3:35; 2.
Emily Clapham 3:53; 3. Aimee Martell
3:58; 4. Tina Judge 4:55; 5. Lauren Martell
5:11.

Men's 1.7-mile: 1. John Gardner 9:58; 2.
Tom McCoy 10:24; 3. Tim Roderick 11:37;
4. Andy Clapham 18:35; 5. Dave Anderson
18:40.

Girls' 1.7-mile: 1. Liz Barrett 16:52; 2.
Angel Rockwell 17:30; 3. Emily Clapham
18:35; 4. Maggie Anderson 18:40.

Men's 5K: 1. Keith Brochu 16:58; 2. Joe
Light 17:09; 3. Terry Holbrook 18:02; 4.
Larry Hirsch 18:12; 5. Brad Safford 18:18;
6. Bob Payne 19:20; 7. Brian Bussiere
21:46; 8. Jim Martell 21:52; 9. Bill Bublitz
22:19; 10. Buddy Grills 22:30.

Women's 5K: 1. Nora Safford 24:55; 2.
Maureen Cabral 24:57; 3. Rose Montero
25:58; 4. Arlene McCoy 32:52.

The next Fun Run will be held Monday at
6 p.m. at the Misquamicut Fire House on
Crandall Avenue in Misquamicut. The
public is invited to attend.

Summer 1989

STONINGTON — The follow-
ing are the results of the Westerly
Track Club's weekly Fun Run
held Tuesday at the Stonington
High School athletic field:

Boys' half-mile: 1. Jesse Light
4:13.

Girls' half-mile: 1. Kristy Montero
3:26.

Men's 1.85-mile: 1. Terry Holl-
brooke 10:35; 2. John Gardiner 11:02;
3. Tom McCoy 11:18; 4. Martin
Garry 13:19.

Men's 3-mile: 1. Joe Light 16:36; 2.
Brad Safford 17:43; 3. Scott Anderson
18:01; 4. Leo LeClaire 20:17; 5. Hal
Henry 20:17; 6. Bruce Richmond
21:57; 7. Bill Bublitz 22:38.

Women's 3-mile: 1. Nora Safford
24:16; 2. Rose Montero 24:33; 3.
Agnes Hall 24:38.

The next Fun Run will be held on
July 4 at 6 p.m. at the Misquamicut
Fire House on Crandall Ave., Misqua-
micut. The public is invited to
participate.



In Memoriam

The following runners, who are no longer with us, were either WTC members or part of the area running scene.

Bill Bublitz
Roger Camire
Bobby Doyle
Ron Hall
Steve Hancock
Holton (Sam) Hathaway
Jessie Kelley
George Maine
Bruce Richmond
Roger Schonning
Charlie Stavros



And so ends this little project. I sincerely hope that another member, or members will continue it from 1990. I have quite a bit of material I can lend out.

As of this writing, the Club is as strong as it's ever been with excellent leadership and a Board of Directors that is energetic and committed. But that never lasts over the long term. I urge younger members to get involved in leadership and event organizing to keep the Westerly Track & Athletic Club strong well into the future.

Joe Light

December 2008



End of Part 3