

THE MARATHON



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Pat Moulton, Providence, RI - Our two-time defending champion won the 2008 ING Hartford Marathon in 2:21:49 for a 14-second victory over Sweden's Jonas Buud. Last year, heat and humidity were Pat's main challenge as he won handily in 2:25:22. This year, they'll be very serious challenges from fellow NEF participants. Pat started the year off with a bang, setting the Martha's Vineyard 20M course record of 1:48:34 this February.

Plagued by stomach cramps in defense of his Sun Trust National Marathon (DC) title in March, Pat placed second in 2:26:03. In the hottest marathon he's run to date, the Buffalo Marathon on May 30, Pat was fourth overall, 1st US, in 2:26:47. In April, he placed third in the Danbury (CT) Half Marathon in 1:10:24. On June 6, Pat was 3rd at the USATF-NE 5K Championship in 15:22 and five days later won the Market Square Day 10K in 31:09.

Following a 7th place finish at the USATF-NE 8M Championship in July, Pat's been looking to regain his form from the 2008 US Olympic Trials Marathon (2:18:35) for a shot at the 2012 US Olympic Trials qualifying mark of 2:19:00.

Jeannette Faber, Somerville, MA - A lot's happened in the year since Jeannette Seckinger ran a 2-minute PR of 2:46:33 to win the 2009 ING Hartford Marathon. For one, she got mar-

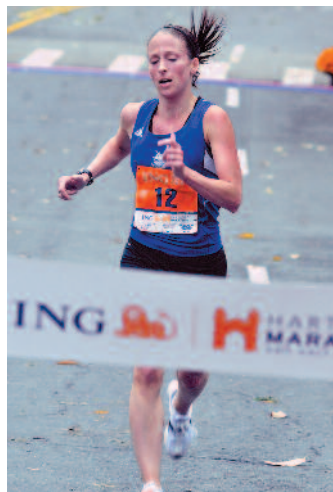


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ried to Chad Faber. For another, she bagged the 2:46:00 US Trials mark after warming up with a 2nd place showing at the USATF-NE 10M Championship followed by a 3rd in the USATF-NE Half Marathon Championship (in a PR 1:17:45). Following this, Jeannette was the second American woman at Grandma's Marathon in a PR 2:42:39. Two more PRs were in the offing for the 28 year-old from Somerville, MA. This summer she won the New Balance Twilight Meet 10,000m in 34:25 and also logged 16:56 for 5,000m.

Returning to Falmouth this August, Jeannette ran 39:01 (5:34 pace and 50 seconds faster than in 2009) to place ninth among women, third US. She is the prohibitive favorite in this year's women's field.

Pat Tarcy, Yarmouth, ME - In last year's ING Half Marathon, Pat went out crazy fast with Ethiopia's Derese Deniboba, the defending champion. The pair hit the two-mile mark in 9:16. In a war of attrition, Tarcy prevailed, winning in 1:04:43 while Deniboba arrived a shade over 1:06. Next up was Pat's marathon debut in Gotham. This didn't go as planned as he hit the NYC Marathon halfway mark in 1:06:44 but struggled the next 13.1M, walking some of the final three miles. Still, he finished in 2:20:43 so there's a lot of upside to his second attempt at the distance.

Now working in Finance at the Bath Iron Works in his native Maine, the former Brown University standout had an on-again, off-again spring, but the switch



Photo by FitzFoto

has definitely been turned 'ON' heading toward autumn. In June, he won the USATF-NE 5K in 14:55. At July's Newburyport 10M, Pat placed second in 51:19 to, ironically, Derese Deniboba. At August's TD Bank Beach to Beacon 10K in Cape Elizabeth, ME, Tarcy ran a scintillating 29:27 to finish as 2nd American in the world-class field.

Eileen Combs, Schenectady, NY - NER's 2007 female New York "Runner of the Year" started 2010 with a 1:22:58 showing at the Houston Half Marathon before winning the Celebrate Life Half Marathon (Rock Hill, NY) and Olesak Lumber Half Marathon (Westfield, MA). In June, Eileen placed second at the Adirondack USATF-NY 10M Championship in Lake George, in 1:02:55. The 7th US woman at this year's Utica Boilermaker 15K in 59:16, Eileen is once again aiming for the marathon in an

attempt to move closer to the 2:46 Trials qualifier. Her PR of 2:50:19 came via a win at the 2007 Kentucky Derby Festival Marathon. Gearing up for this year's ING Hartford Marathon, Eileen will run the New Haven 20K and then the Applefest Half Marathon on Sept. 25 (where she's the defending champion).

Brendan Callahan, Middletown, CT - Brendan Callahan, a social studies teacher for Hartford Public Schools and asst. coach at Wesleyan, will be on home turf come Oct. 9. Brendan's Half Marathon PR of 1:07:13 was set in the 2008 ING Half Marathon where he placed 7th. Brendan ran Boston this April in 2:27:53 but his PR of 2:23:25 (10th US finisher) came the year before



Photo by FitzFoto

at the ING New York City Marathon.

Brendan started the year by winning the USATF-NE 10M Championship in 50:53 on the hilly Amherst course and he most recently won the "Not Your Typical 5K" in 16:15.

Chuck Terry, Albany, NY - A member of the vaunted Willow Street AC, Chuck Terry of Albany, NY, carries a 2:28:50 PR from the 2007 Vermont City Marathon and won the 2008 Hudson Mohawk Winter Marathon in 2:30:41. He's a three-time winner ('07, '08, '10) of the 3.5-Mile Albany Workforce Team Challenge (nee Corporate Cup).

A 2005 graduate of SUNY Cortland, Chuck ran 1:10:32 at this year's Cellcom Green Bay (WI) Half Marathon, placed 2nd



Photo by Ken Shelton Photography



Photo courtesy of Chuck Terry

at the Memorial Mile in 4:19, and won the Kinderhook (NY) OK 5K in 15:12.

Master Blasters

Mary Pardi, Falmouth, ME

Hitting the Big 4-O, Mary Pardi started the year on a tear, winning the Disney Princess Half Marathon Masters title while placing fourth overall among women. She then set a 40+ course record at the Mid-Winter 10M (1:04:26) in Cape Elizabeth, ME, and followed up with a superlative 1:22:21 at the New York City Half Marathon, winning the 40+ title by over six minutes. She again hit one out of the park at Boston, posting up in 2:53:31 to place 4th overall among Masters. She also may have run Boston with a stress fracture. Keeping fit through cross training, in her first race back following a two-month absence from running, Mary placed as 3rd Master in 39:37 at the Beach to Beacon 10K this August 7.

Mary-Lynn Currier, Canton, CT

If there's a female marathon icon, it's last year's ING Marathon fourth place female finisher. Currier went out way too fast and still managed to run 2:55:31. To atone for that mistake, she jumped into the Cape Cod Marathon two weeks later and won in 2:56:14 (a marathon she's won twice before).

Currier dnfed at Boston this year, but is currently running 70 miles a week. She's run Hartford 10 years straight and ran her 100th marathon last year—a Masters win at Vermont City (another

marathon she'd previously won). In 1998, Mary-Lynn was the top US finisher at Boston, 11th female overall, in a PR 2:35:18.

Maureen Terwilliger, Guilford, CT

Like Mary-Lynn Currier, Guilford, CT's Maureen Terwilliger, has an affinity for the ING Hartford Marathon—this year will be her 7th. She also happens to be on a roll. In 2010, the 42 year-old mother of three has set 5K, 5M and marathon PRs, running 17:46 at the Run 4 Veterans 5K, 29:44 at the Leprechaun 5M, and 2:56:51 in winning this past April's inaugural Exeter (RI) Marathon. In addition to Hartford, Maureen is training for her first Half Ironman Triathlon.

Claire Gadrow, South Kingstown, RI

Running for the Rhode Runner TC and coached by Senior ace Glen Guillemette, S. Kingstown, RI's Claire Gadrow was part of the "bad weather" crowd at the 2009 ING Hartford Marathon and finished fourth among Masters in 3:04:54. She's since rebounded nicely, copping top Masters honors at this year's Boston Prep 16-Miler in Derry, NH, running 1:24:05 at the USATF-NE Half Marathon Championship and finishing fourth overall at the Martha's Vineyard 20M.

Next up was Boston and a 2:56:52 clocking, good for 9th Master overall. Most recently, Claire placed 2nd among Masters at the Blessing of the Fleet 10M in Narragansett, RI in 1:07:57.

Barbara McManus, Worcester, MA

On a tear in 2010, Barbara has won the Masters title at the USATF-NE 12K, 10M and 8M Championships with additional Masters wins at the Groton 10K, Stu's 30K and the Mississippi Blues Marathon (3:01:33). The year before she'd run 2:59:54 at the Bay State Marathon and sports a 2:50:33 PR from 2006. It's obvious that this year she's in superior racing shape.

Connie Grace, Hopewell Junction, NY

Connie Grace has 24 marathons under her belt, including three in 2009. Connie jogged through Boston in the spring. Getting serious in the fall, she was third among Masters at last year's ING Hartford Marathon in 2:59:25 and then Masters

runner-up at the Philadelphia Marathon in a time of 2:57:15. At this year's KeyBank VT City

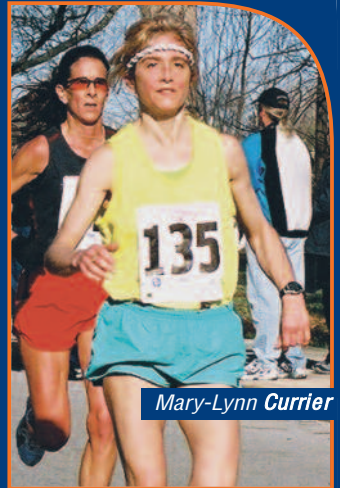
Marathon, Connie was nothing if not consistent, placing second among Masters in 2:59:28.

... in the marathon, there are no less than six (6) Masters women in the program who have run between 2:53 and 2:59 in the past year.



Mary Pardi

Photo by FitzFoto



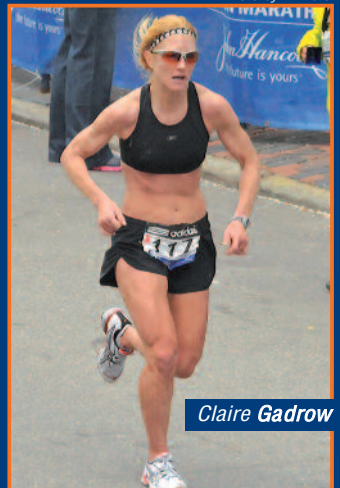
Mary-Lynn Currier

Photo by FitzFoto



Maureen Terwilliger

Photo courtesy of Maureen Terwilliger



Claire Gadrow

Photo by FitzFoto



Barbara McManus

Photo by FitzFoto



Connie Grace

Photo by FitzFoto

Keven O'Neil, North Kingstown, RI - Keven O'Neil is undefeated since turning the Big 4-O. Not hard to imagine, considering he's still winning races outright. On June 6, Keven ran 16:47 to earn his eighth title at the Ali Dunn Packer Memorial 5K in Jamestown. Looking to do a tempo run with a 20-miler scheduled for the next day, O'Neil got an early lead in the 48th John and Jessie Kelley



Photo by FitzFoto

Ocean Beach 11.6-Miler (Aug. 7) and held it to the wire in 1:03:47.

A former Cape Cod Marathon winner, Keven won the Amica Breakers Marathon (RI) in 2009 at age 39. Despite running in a monsoon and going off course at one point, he was still first across the line in 2:42:50. He started his season with a 33:33 Masters win at the James Joyce Ramble 10K.

Glen Guillemette, Narragansett, RI - Glen Guillemette, 50, sat out 2009 with Lyme disease. In 2008, at age 48, he made a splash at Hartford by running 2:33:19 to place fourth overall. The president of Guill Tool in Narragansett, Glen is a former winner of the Ocean State, Clarence DeMar and Bay State marathons. Glen ran 2:37:30 at Boston this year to win the Senior division by three minutes. A three-time winner of the Blessing of the Fleet 10-Miler in Narragansett, Glen returned this July 23 and ran 55:29 (5:32 pace) to win the Senior division by 8-minutes.



Photo by George Ross

The 18 year-old US single age (50) record for the marathon is 2:34:21.

ALSO IN THE MIX: Two runners not in the NEF program but worthy of mention are Titus Mitunda (MA) and Sean Sundwell (WA). Titus placed 2nd last year in 2:29:14. Sundwell ran a tough 2:30:41 at the 2008 Trials but qualified with a 2:18. He's shooting for sub-2:25 at Hartford. **Ryan Field** is a PhD student at Columbia looking to break 2:30 after a 2:32:30 PR at Chicago in 2009. **Karen Benway** (RI) ran 2:57:16 at this year's Boston. **Marc Robaczynski** (CT) ran Boston this year in 2:34:44. Medical student **Kevin Jillson** (MA) ran near identical splits last year at Hartford to finish 4th in 2:34:13. A "Profile in Courage" feature in the July/Aug issue of NER, **Carol Chaoui** (MA) ran Boston this year fighting stage 3 breast cancer. The 47 year-old had qualified in 3:36 but ran 4:00 and is looking to lower her seed time for Boston 2011. A 1,000 point collegiate basketball player, **Helen Dinan** (MA) won the Martha's Vineyard 20M and is an 18-flat 5K runner. She's hoping for a 2:55 PR. **John LaRosa** (MA) is looking to better the 2:31:20 he ran at Hartford in 2007. **Dr. Steve Reed** (ME) has run daily for 34 years and has done 22 straight Boston's. Steve opened his season with a 3:15 divisional win at VT City.

THE HALF MARATHON

Heidi Westover, Walpole, NH - In 2008, Heidi Westerling placed second at the ING Half Marathon in 1:18:25. In 2009, the 5th-grade schoolteacher got married, built a house and moved from Acworth to Walpole, NH. She was also NER's pick as female "Runner of the Year" after running PRs of 2:35:02 for the marathon, 1:11:35 for the half marathon, 34:00 for 10K and 27:06 for 5M.

Heidi started off 2010 with a 1:12:59 showing at the Houston Half Marathon, then won the USATF-NE 10M Championship in 57:58. After a win at the Ver-

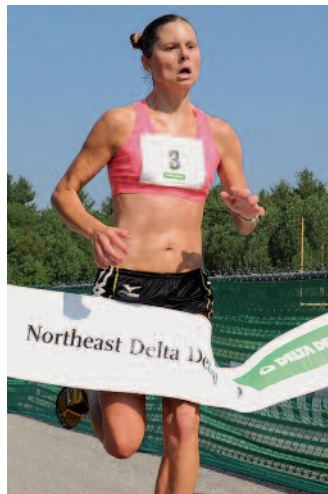


Photo by Gil Talbot/Courtesy of Northeast Delta Dental

mont City Marathon in 2:40:03 and a 2:43:05 at Grandma's, she placed 2nd to New Zealand Olympian Kim Smith at the Yankee Homecoming 10M on July 27, running 58:02.

The event record for the women's half is 1:15:11.

Lucas Meyer, Ridgefield, CT - In 2008, Lucas lived just two miles from the Hartford course while attending UConn Law School. The former Yale All American steepler jumped into the ING Hartford Half Marathon and ran 1:05:16 to place 5th (1st US). That performance spurred him to train harder for 2009 and he had a great year, winning a slew of races including the New England Cross Country Championships 10K in 30:05. He also ran



Photo by FitzFoto

29:14 for 10,000m at the US Track & Field Championships.

Lucas started this year with a 3rd place, 1:06:48 showing at the New Bedford/USATF-NE Half Marathon Championship. Making his marathon debut at Boston, he ran 2:21:29. In June, he ran 35:19 (5-flat pace) to place third overall (1st US) at the Litchfield Hills 7.04-Miler. Following that, Lucas ran 47:53 at the Utica Boilermaker 15K on July 11. At this writing, he's strictly training for Hartford. If things go swimmingly, there's a slight chance he'll jump up to the marathon, a decision he'll make in mid-September.

Heather Cappello, Waltham, MA - A former "Female Athlete of the Year for Individual Sport" and cross country All American while at Providence College, Heather has speed to burn. In 2009, the Waltham, MA resident debuted at both the half



Photo by FitzFoto

marathon and marathon distance. At the Buffalo Half Marathon she promptly set the new women's course record of 1:16:39. Her marathon debut at Twin Cities resulted in a 2:43:58 US Olympic Trials Marathon qualifier.

Heather has been laying low over the hot & humid summer, but she did stretch her legs on June 26 at the Bill Dunn 5M and on July 31 at the Carver Cranberry 5M. Only two men beat her to the finish line in both races as Heather ran 29:32 at the Dunn 5M and then laid down a 5:32 pace to post up third overall at Carver in 27:42.



Photo by FitzFoto

Drew Best, Leverett, MA - A former runner for St. Michael's in Vermont, Drew was 9th in the 2003 NCAA D2 Northeast Re-



Photo by George Ross

gional Cross Country Championships, qualifying for NCAA's. He won the 2009 Cox Providence (RI) Marathon in 2:35:21. At the USATF-NE 10M Championships this year, Drew ran 53:08 to place 8th. He also placed 8th (4th US) at the hilly Holyoke St. Patrick's Day Race 10K in 32:21. Drew is often atop the podium in Western Mass races including the Lake Wyola 5M on June 13, which he won in 25:21.

Katie Twarog, Providence, RI - An eight-time New York State champion in cross country and indoor & outdoor track for South Colonie High School in Albany, NY, Katie rode a full-boat scholarship to Providence College. A 3K/5K special-

ist while running for the Friars, she was part of the bronze medal squad at the 2004 NCAA Div. I Cross Country Championships.

Now living in Providence, RI, Katie won the Fairfield 10K in 37:22 this June 20. Most recently, she won the challenging Stowe 8M USATF-NE Championship on July 18 in 48:38 (6:04 pace). In May, Katie ran the Buffalo Half Marathon, her debut at the distance, and placed third in 1:22:17. "I'm kind of kicking myself that I didn't go out faster. I was pretty conservative," said Twarog, "but it was my first half marathon." For Hartford, Katie's primary goal is to run 1:20; her secondary goal is to see how far under 1:20 she can go.

Kieron Tumbleton, Hopkinton, MA - Kieron, 44, is another former Providence College runner who's capable of winning races outright as a Masters runner. In 2009 he did just



Photo by MickFoto

that, winning several races, including the New Hampshire Marathon in 2:39:08.

This year he's won the Stu's 30K race and the Clinton Tribute 5M. At the hot Independence Day 10K at Patriot's Place this July 4, Keiron kept the pressure on University of Iowa incoming distance runner Jon-Michael Brandt. In the end, Keiron finished just 10 seconds behind the 19 year-old in 33:52. At Hartford, he's looking to run in the 1:10 to 1:12 range (which would have won last year's 40+ division by 8-10 minutes).

Reno Stirrat, Dorchester, MA - You'd think at 56 that Reno would show signs of slowing down. Perish the thought. The Whirlaway ace most recently



Photo by FitzFoto

won the Senior division of the Utica Boilermaker 15K in 54:50 (5:53 pace). Reno went to Iona College on a full scholarship, ran 29:52 for 10K as a freshman, 2:19 for the marathon post-collegiate, and would later coach Iona to an NCAA Cross Country championship.

At Boston this year he ran 2:42:47 to win the 55-59 division and become the first runner to run sub 2:45 for five straight decades.

Two years ago (the inaugural year for the NEF program), Reno ran 1:16:37 in the ING Half Marathon to win his division by 7-minutes. Last year he stepped up to the marathon and ran an 'alfredo cream sauce' tainted 2:51:38, stopping to walk in the final miles, but still winning his

division by 11 minutes. The moral of the story for 2010: no alfredo cream sauce at the Marathon-eve pasta party this year.

ALSO IN THE MIX: Former SUNY-Geneseo (NY) 2006 & 2007 NCAA D3 XC Championship harrier **Taryn Hand**, 23, (NY) is shooting for 1:24:00. **Laura Johnson** (MA) won the 2010 Big Lake Half Marathon and was 2nd at Boston's Run to Remember Half in 1:24:06. **Bill Riley**, 73 (MA) was the top age-graded athlete at this year's US Half Marathon Masters Championship, running 1:33:12. Last year he ran 1:32:58 to win the ING Hartford Half Marathon 70-79 div. by 52 minutes, by 40 minutes in 2008—Over/Under for 2010 anyone? A 2004 Olympic Marathon Trials qualifier, **Jennifer Rapaport**, 46 (MA) was 2nd Master at the 2010 Tobacco Road Half Marathon (NC) in 1:30:02. **Jo Marchetti**, 67 (CT) is a track/ road running icon in the Nutmeg State. Last year the Newington resident ran 1:49:00 (8:19 pace) in the ING Hartford Half Marathon to win her division (60-69) by over 34 minutes. Hello! An NEF participant since the inaugural year, **Marge Bellisle**, 55 (RI) consistently wins her division by over 5-minutes, just as she did at the 35th Blessing of the Fleet 10-Miler on July 23, where she clocked 67:46. **Evan Graves** (ME) placed 3rd in 2:32:23 at last year's ING Hartford Marathon. After a long layoff, he ran 32:47 at the Beach to Beacon 10K on Aug. 7.

