

Tenth Running of the Mount Washington Road Race Preparation Day

Sunday Morning
May 16, 2004 7:30 am

Kick-off the final 4 weeks of Mountain preparation
with practice repeats on Rockport's Doctor's Run!



TEAM

GLOUCESTER

CONGRATULATIONS!

You are among the chosen to be invited to be part of the 10th Annual "Rockport Hill Repeat." Anyone known to have ever run THE HILL, will run THE HILL this year, plans to run THE HILL someday or simply doesn't think it is a totally wacko thing to do has been invited to this Mt. Washington Road Race preparation event. **Please invite like-minded people.**

Lost in the mist of history is how it came to be that running up Mt. Washington became a cottage industry in sea level Gloucester. Perhaps the sheer unlikeliness and/quirkiness of it all made it so compelling. Whatever. Here is as complete a list as there is, in neither chronological nor alphabetical order, of those of us who have done it: Mark Asaro, Gus Saulnier, Eric Saulnier, Mal Coles, Carol Coles, Lisa Natti, Bill Bode, Mike Cronin, Austin Connors, John Connors, Joe Orange, Arnold Morton, Peter Dane, Ebrahim Rhanbari, Jimmy Brown, Peter Sheedy, Deb Sheedy, Peter Vadala, Frank Aiello, Jr., Bill Niemi, Robert Anderson, Joe Frontiero, James Milone, Mike Gillis, Maryke Gillis, Dave Gallagher, Matt Curran, Mike Ronan, Tom Bigford, Peter Watson, David Dow, Ronald Pierce, David McDermott, Kevin Brown, Brian Ganley, Valerie Marino, Kevin Douglass, R. Maasen, Tom Paradis, Yvonne Swartz, Jeff Rutchick, Jim Butler, Desmond Keefe, Jim Conrad, Richard Aprans, Tracey Souza, John Barbour, Mike Ferrante, Gary Porter, Steve Davis, Maureen Collins, Weylin Symes, Tom Davis, Linda Davis, Don Andrus, Alan Estes, Ellen Clark, Donna O'Donnell, Richard O'Donnell, Gerhard Huber, Pixie Harrinton, Jeff Kaneb.

Last year for the first time we entered a "Team Gloucester" masters racing team and it won the masters competition and placed 5th in the combined open and masters competition. We defend that masters title this year. Team Gloucester, is comprised of all of us, our top five whose scores will be totaled for this year's competition and the rest of us who have and who will run The Hill.

IMPORTANT INSTRUCTIONS (please read carefully)

You will need to read and follow these directions to avoid Prep-Day problems!

THE START: 7:30am at Peter Watson's House, 68 Granite St, Rockport. (978) 546-2080.

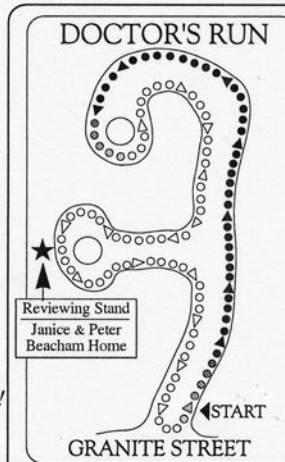
PARKING: Next-door at Burbank-Lucas Auto (observe parking signs).

CLOTHING: Mt. Washington Race T-Shirts, older the better are preferable. Changes in weather between the base of Doctor's Run and the Summit are generally not as severe as those experienced at Mt. Washington. Please monitor the weather forecasts and dress accordingly.

DIRECTIONS: When entering downtown Rockport turn left on Rte. 127 ("Pigeon Cove," "Lanesville"). Drive 1 1/4 miles to the biggest blue (or bluest big) house you're likely to see. That's us.

THE COURSE: From the Watsons' through the woods a 1.5-mile warm-up to Doctor's Run. There to run repeats up the quarter-mile Doctor's Run (approx. 13% average grade) at your own pace until Peter gets tired...probably 6 or 7 repeats for him. Because the hill repeats are truly at your own pace it means that even those who are not running a lot have no real excuse not to show up. Repeats are followed by an easy 2-mile quarry run (and swim if you want) with a water tower finale. Overall duration: 70-90 minutes.

POST RUN GET TOGETHER(s): Blueberry pancakes and "On the Edge" (see right) movie showing at the house. AND for those with an appetite for more breakfast the Rockport High School Class of 2007 is having and eggs and bacon, pancakes and sausages and hash browns breakfast until 11 a.m. a two-mile run or five-minute drive away. \$7 per person.



Mt. Washington

Highest peak in the
Northeast United States



Base Elevation
1565 feet above sea level
Summit Elevation
6288 feet above sea level
Total Elevation Gain
4727 feet
Length of Course
7.6 miles

Doctor's Run

One of the highest peaks
in Peter's neighborhood



Base Elevation
25 feet above sea level
Summit Elevation
180 feet above sea level
Total Elevation Gain
155 feet
Length of Course
approximately 1/4 mile

WARNING: The Doctor's Run course is in no way meant to represent an accurate duplication of the extreme difficulty of the Mount Washington course. The Doctor's Run course is meant only to serve as a "wake-up call"...a teeny-weeny reminder of the pain, heartbreak and terror that Mt. Washington runners will face in just one month's time.



The Imp(h)oster Cup which is no cup and is also known for long-time runner Gus Saulnier as the Old Panther Cup, is awarded each year (though only sometimes given to) that Prep day runner who most distinguishes herself or himself. Past recipients include Laurie Fleming for her altitude-induced nosebleed and Matt Curran for several reasons. This year the committee has awarded it to Wes Holman, aka Bruce Dern, for his film ("On the Edge") depiction of a 40-something, bearded great runner (eerily like John Barbour) returning to his California glory days in a fictionalized Dipsea race. Couldn't reach Dern so he doesn't know of the honor. Tell him if you see him.