### MANCHESTER ROADARACE

Souvenir Program

November 19-25, 2020







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## MANCHESTER ROAD RACE

#### 2020 Official Souvenir Program Magazine

- 2019 Road Race Highlights
- Former college teammates and rivals Edward Cheserek and Eric Jenkins provided Road Race fans with one of the most interesting back stories and breathtaking finishes in recent Road Race history.
- Honorary Chairpersons & Race Officials
  They are physicians nurses and healthcare providers first response
- They are physicians, nurses, and healthcare providers, first responders, government workers, delivery drivers, teachers and store employees. They are all the essential workers who have been on the front lines of the pandemic to keep us safe. And we owe them everything.
- 2020 Road Race Sponsors
- We are deeply grateful for the sponsors that have stuck with us during this difficult year. Please take note of them and remember their contributions to this event and the community non-profits it supports.
- Past Road Race Stars Will Run the Race VIRTUALLY This Year.

  If this year's Race wasn't virtual, we'd announce that we had the greatest field or runners in Race history. But we're going to brag about it anyway, as dozens of former MRR Champions and crowd favorites are supporting their favorite event this year by running the Race virtually.
- Veterans' Tribute Salutes Our Vets and Active Duty Military
- The ongoing pandemic precludes a social gathering for military veteran Road Racers. But our Veterans Tribute acknowledges the debt we owe our heroes.
- Catastrophes Have Paused the Race Before
- This is the 84th Running of the Manchester Road Race. But that's not 84 consecutive years. The Great Depression and World War II caused a long hiatus in the traditional Thanksgiving Day event.
- Amateur Runners Around the World Will Run the Virtual MRR It's sort of like a Chuck Berry song... They'll be running in Paris, and in Ireland, too. Also in London, maybe in Timbuktu? Well, we're not sure of that, but thanks to the virtual nature of this year's Race we have entrants from runners all over the world!
- Amby Burfoot to Keep His Streak Alive
- Amby Burfoot has won the Manchester Road Race more times than anyone else. And he has the longest consecutive run streak of anyone. And he aims to stretch that 57-year streak to 58 in 2020 even though the Race is virtual.
- Nothing could Stop Frederich From Running His 50th
  Wilhelm "Willi" Frederich is a survivor of war and cancer. And he's a runner. And he's 86 years old.
  But nothing could stop him from walking the MRR course last year with family and friends for one last time, the 50th time.
- 2019 Race Results By Division
  Who had the fastest times? Who won their age divisions? Check out the accomplishments of some of your friends and neighbors in last year's edition of the Manchester Road Race.

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#### 2019 Road Race Highlights

#### by Lori Riley



At the University of Oregon, they were teammates, but also rivals.

Edward Cheserek won his second NCAA cross country title in 2014. Eric Jenkins finished second. Jenkins beat Cheserek for the NCAA indoor 3,000-meter championship and he also won the 5,000 meters that winter. Cheserek and Jenkins finished 1-2 in the NCAA 5,000 and 10,000 meter outdoor championships that spring.

When the two runners came to the Manchester Road Race in 2018, Cheserek won the 4.748-mile Thanksgiving Day Race going away, while setting the course record. Jenkins was fifth.

This year, Jenkins knew the course a little better, the idiosyncrasies of the downhill and uphill portions on the way to the finish line. He was in better shape. He was in third place for the turn onto Main Street when he unleashed a kick worthy of honorary Race Chairman John Gregorek, who won the Race four times between 1988-1995. Jenkins picked off Andy Butchart and set his sights on Cheserek, who was already looking over his shoulder.

Once, twice, three, four times, Cheserek glanced back, and suddenly, there was Jenkins at his side. He passed Cheserek and

held on, winning the Race in 21:19, only three seconds off Cheserek's 2018 record.

"Once I passed Butchart to get into second and I was closing on Ed, I knew I was closing on him, but I wasn't entirely sure I was going to get him - until I got him," said Jenkins. "Then once I passed him, I wasn't too sure if he was coming back on me. But luckily, I held on strong."

Cheserek finished three seconds behind and Butchart, of Scotland, was third for the second straight year, in 21:23.

"Second place is good, motivating for next year," Cheserek said. "You know, if my friend takes it, that's OK with me."

Edna Kiplagat of Kenya, who won the 2010 New York City Marathon and the 2017 Boston Marathon and finished fourth in the marathon at World Championships in late September, won the women's Race in 24:30. At age 40, she became the Race's oldest champion.

"It was not in my mind to win," said Kiplagat, who won world marathon championships in 2011 and 2013. "I said, 'This is going to be my fastest race since the world championships and I would try my best and see.' I'm really happy when I ran, the body responded well."

Sally Kipyego of Eugene, OR, who won Manchester in 2010 and 2011, was second (24:43) and Molly Seidel of Boston was right behind her in third (24:43).

There were over 11,000 runners and walkers who entered the 83rd annual Race and the weather was warm but very windy.

The pace went out fast from the start, with the men's lead pack going through the first mile in 4:18. The pack included Cheserek, Jenkins, Butchart and local favorite Donn Cabral of Hartford, who ended up seventh (22:09).

Cheserek reached the top of the hill first, winning the "King of the Hill." He and Butchart started to gap the field down the other side on Porter Street. But then Jenkins caught up and so did three others.

Cheserek broke away near the Dollar General on East Center Street, right before the turn onto Main Street. He looked strong. Butchart wasn't far behind. Jenkins was back a little ways.

"We took the left into the home stretch and it was me and Edward, we were clear, then Eric Jenkins came from nowhere," Butchart said. "I wasn't surprised to see him because I know he's in good shape. But I thought me and Ed were clear.

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"I had strict instructions not to let Edward go, ever. If he was going to go at any point in the Race, I had to go with him, no matter what the consequence was."

What about Jenkins? "I did have instructions to go with Eric – I just couldn't go with Eric," Butchart said. "I tried." Jenkins passed Cheserek with about 150 meters to go.

"When I passed him, it was 150 meters left, and at that point, I was even wondering if I caught him too early and I was wondering if he was going to come back," Jenkins said. "So I was just trying to stay as strong as I could for that last few meters."

"Last year was the first year I ran it. I was definitely inexperienced. I didn't really understand when you turn that corner, you can see the finish, but it's still pretty far away. I think last year I didn't use the downhill enough and I was a little more reserved and this year, I tried to give it everything I've got."

Before the Race, Jenkins didn't want to call what he had with Cheserek a rivalry. "Ed bested me more than I bested him," he said Wednesday. "I got him a few times but he's got the much better record against me."

Asked again after winning the Race, he said, "I needed this to even stay in contention to make it a rivalry," and laughed.









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#### **Honorary Road Race Chairperson**

First Responders, Healthcare & Essential Workers



Race officials have designated the community's health care professionals, first responders and essential workers as the Honorary Chairpersons of this November's Virtual Manchester Road Race in recognition of their heroism and selflessness during the pandemic.

#### **Manchester Road Race Committee**

Executive Officers	Race Director	Development Committee		
Tris Carta, President Irene Smith	Jim Balcome	Jack Leonard, Cha Jim Balcome		
Jack Leonard, Secretary	Assistants	Thayer Redma	Gary Willion	
Paul Gibson, Treasurer	Wes Sargent	Jerry O'Conn	1 000 0100011	
Rick Dyer	Thayer Redman	Drew Crandall Kevin I		
Lance Morgan	č	Peter Grose		
Dani Kennedy				
Finish Line Coordinator	Irene Smith	Blood Bank	Lance Morgan	
Asst. Finish Line Coord.	Liz Wilson-Thornton		Peter Boucher	
Finish Line Manager	Tom Galvin	Sports & Fitness Expo	Sarah Jones	
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	Tris Carta	Water Distribution	Vincent L. Diana, Jr.	
Communications	Paul Gibson	Legal Advisor	Tim O'Neill	
	Phil Crombie	Bus Shuttle	Tony St. Marie	
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	Chief of Police	Photographer	Steve Dunn	
Results	Ken Larson			
Starter	Bob Moran		Kris Pelletier	
Protocol Officers	Joe Camposeo	Social Media	Dani Kennedy	
	Molly Devanney	Military Recognition	Jim Balcome	
	Kevin Noridge		Tamara Womack-Speaks	
Awards	Jack Leonard		Rick Dyer	
Housing	Peter Boucher	Medical	Dan French,	
	Molly Devanney		Deputy Chief MFD	
Announcer	Merrill Meyers	Spaghetti Dinner	Tris Carta	
	Tim O'Neill		Rick Webster	
Press Officers	Tom Kelly	Little Manchester	Thayer Redman	
	Molly Devanney	Road Race	Stephanie Blozy	
Registration	Kris Pelletier		Deb Fafard	
Bands	Christina Baldwin	Timers	Kyle Dunnack	

#### **General Committee**

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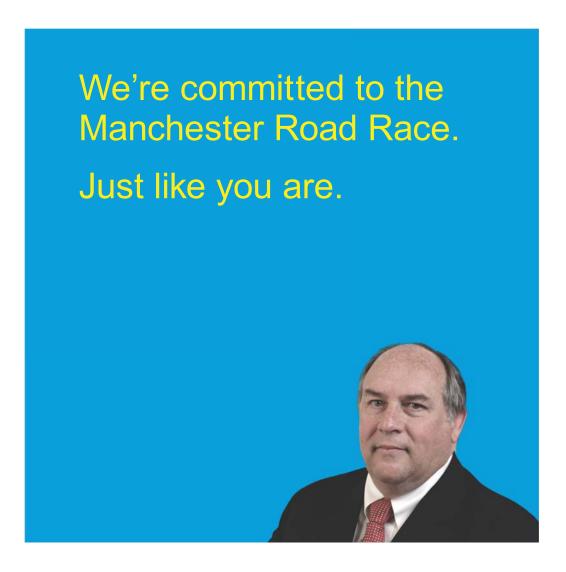








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#### Virtual Manchester Road Race Boasts World-Class Elite Field

by Rick Dyer

Runners who sign up for the 2020 Virtual Manchester Road Race will find themselves in excellent company this November. They will be joined by some of the best performers in the history of Manchester's storied Turkey Day run.

Twelve former winners who have accounted for 35 MRR championships, and ten other elite athletes who have strong connections to the Race, have volunteered to participate in the virtual event by running the Road Race's 4.748-mile distance at locations throughout the country and the world.

"These great athletes won't be receiving prizes or appearance fees this year, but they will all earn our eternal gratitude for supporting the Manchester Road Race during the Covid-19 crisis," said Dr. Tris Carta, President of the Manchester Road Race Committee. "Jim Harvey, our elite runner coordinator, did a terrific job soliciting their participation, which adds excitement and enthusiasm for the Virtual Race."

Past champions who are participating in the Virtual Road Race are Edna Kiplagat, John Treacy, Amy Rudolph, Amby Burfoot, Diane Nukuri, Eamon Coghlan, Kim Smith, Paul Chelimo, John Gregorek, Aaron Bruan, Mark Carroll and Charlie Duggan.

Other notable entrants include Molly Huddle, Donn Cabral, Chris Thompson, Eilish McColgan, Johnny Gregorek, Christine Gregorek, Ray Treacy, Frank Conway, Brendan Reilly and Richard O'Flynn.

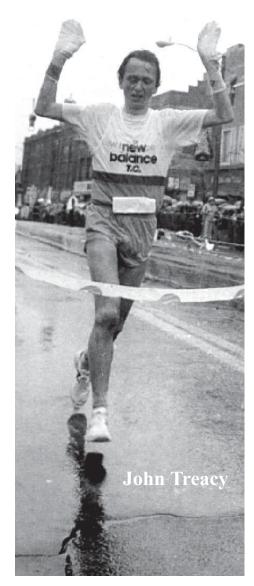
Brief profiles of the participating elite runners can be found online at <a href="mailto:manchesterroadrace.com/News.html">manchesterroadrace.com/News.html</a>

Carta said that the elite runners will download apps with GPS capabilities to their smart phones that will permit them to run the Virtual Race at any location of their choice between November 19-25. An event map depicting the MRR route will appear on their phones, enabling them to monitor their progress on the actual Manchester course as they run.

Their names and times will be uploaded to MRR officials when they complete the Virtual Race.

Carta added that Manchester Road Race fans can download a tracking app from the Race's website that will notify them when an elite athlete is running in the Virtual Race and enable them to monitor that runner's progress on the course and finishing time.

Registration for the Virtual Manchester Road Race started October 1 and is open through November 24. On-line entry applications and more information about the event are available at manchesterroadrace.com.









In these unprecedented times it's even more important to stand together and honor all branches of our past and present armed forces.



#### **Veterans Honored in MRR's Veterans' Row**

by Drew Crandall



## Veterans' Tribute 2020



This year, the Virtual Manchester Road Race is honoring active and past members of the U.S. Armed Forces, but in a different way than in recent years. Due to COVID-19, there will not be any activities on Thanksgiving Day, such as the Veterans' Row reception prior to the Race or the veteran runner cheering squad during the Race.

Instead, the Race launched a Veterans' Tribute communications campaign to thank veterans across the region. This campaign features email messages to registered runners who are active military or veterans; special thank-you packages with posters to over 200 military offices, bases, hospitals, VFW and American Legion Posts; targeted social media posts to veterans groups; and an expanded schedule of thank-you advertisements during the week of Veterans' Day on November 11. In addition, the Race will make a financial donation to a local veterans' organization.

KAMAN Corporation in Bloomfield is the top-level Patriot sponsor of the Veterans' Tribute. Horst Engineering in East Hartford is the U.S. Army sponsor; KAMAN Aerospace in Bloomfield is the U.S. Marine Corps sponsor; Mastercam in Tolland is the U.S. Coast Guard and U.S. Navy sponsor; and Tsunami Solutions in Glastonbury is the U.S. Air Force sponsor.

Runners who are active or past members of the U.S. armed forces are encouraged to register for the first-ever Virtual Manchester Road Race. If they identify themselves as "Veteran/Active Military" on the registration form, they will receive special emails and news about future veterans-related Manchester Road Race activities and resources. "One of the advantages of the Virtual Race," says Drew Crandall, son of a World War II U.S. Navy Submarine veteran and founder of the Manchester Road Race Veterans' Tribute, "is that veterans from anywhere in Connecticut, across the United States, and around the world can register and run." More information is available online at www.ManchesterRoadRace.com.







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(Above) Three of the WWII veterans who helped revive the Manchester Road Race in 1945: Joe McCluskey, Charlie Robbins and Earl Yost. (Below) That year's Race sponsor, the Army-Navy Club on Main Street, is still a focal point on Race Day every year.





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#### Catastrophes Have Paused The Race Before

by Rick Dyer

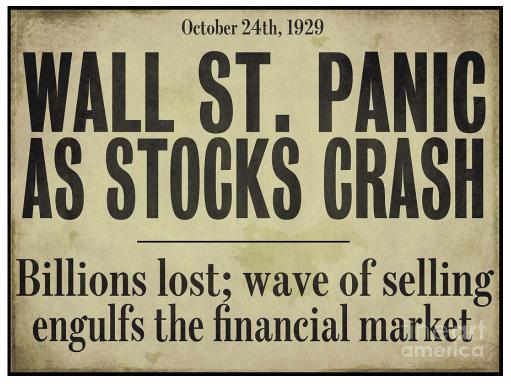
Manchester Road Race officials responded with resiliency this fall when the Covid-19 pandemic forced them to cancel their plans for an on-site road race in downtown Manchester on Thanksgiving Day. In order to maintain the spirit and tradition of the holiday run, they're sponsoring a 4.748-mile Virtual Race, and are working hard to make it a world-class event.

This isn't the first time that catastrophic global events forced organizers to hit the pause button on the iconic Turkey Day run through Manchester's central streets. It happened once before, 85 years ago. A look back at what transpired then reveals some interesting details about the Race, and the Town where it has been held 83 times.

The first Thanksgiving Day "five-mile cross country run" was held in Manchester on November 24, 1927. This was seven years after a devastating influenza epidemic ended in the United States, and two years before the New York Stock Market crash started the economic crisis known as the Great Depression.

The Road Race was initially sponsored by the Manchester Recreation Department. It was extremely popular with local residents, and quickly became a prominent stop on the New England road racing circuit. This was largely due to the participation of home-town hero Joe McCluskey. Known as "Shufflin' Joe," McCluskey was a track star at Manchester High School and Fordham University who earned 27 national running championships and a bronze medal in the 3000 meters steeplechase at the 1932 Los Angeles Olympic Games.

McCluskey won the MRR three times during the early 1930's. His presence at the Main Street starting line on Thanksgiving morning attracted other elite athletes to compete here. Among the other notable runners who



raced in the Silk City then were Clarence DeMar, an Olympic medalist and Boston Marathon champion, Les Pawson, a three-time Boston Marathon winner, and "Bricklayer" Bill Kennedy, who won the Boston Marathon in 1917.

The Thanksgiving Day competition drew thousands of spectators along Main Street each year, and was held



successfully on an annual basis from 1927-1934. But despite its great popularity and fields containing world-class competitors, the Road Race couldn't outrun the Great Depression.

Manchester faced a serious municipal budget crisis in 1935. Although the Cheney Brothers Silk Manufacturing Company (the Town's largest employer) continued operating, the unemployment and economic woes that gripped the nation left many local residents and businesses unable to pay their property taxes. The situation was so dire that municipal workers sometimes worried they might not be paid their salaries. A headline in the October 31, 1935 edition of the Manchester Evening Herald read: "Teachers to Get Wages Tomorrow-Income from Delinquent Taxes Permit Payment of Town Obligations." The Herald article noted: "The payroll for teachers and school janitors due tomorrow will be paid, Town Treasurer George Waddell promised today. Income from delinquent taxes and other sources have permitted the payment of





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all bills outstanding against the Town up to October 1 and all salaries and wages have been paid to date, Mr. Waddell announced."

Manchester's Board of Selectmen, the Town's governing body at the time, commissioned a group of 15 prominent citizens to study the budget dilemma. The "Committee of 15," as the blueribbon panel was nicknamed by the press, was asked to suggest all possible ways that the Town government could cut its expenses.

The "Committee of 15" recommended that the Town eliminate funding for the Recreation Department. The Herald reported on October 29, 1935 that the Selectmen "solved one of their headaches" by renting the Town's two recreation centers to Recreation Director Frank Busch "for one dollar a year, with expectations he will place the activities on a self-supporting basis." The newspaper called the action by the Town leaders "a return to the old fashioned, toll-road, toll-bridge idea."

With Manchester's recreation program defunded and operated solely on a pay-to-play basis, Busch cancelled the 1935 Thanksgiving Day five-mile Road Race. The Herald lamented the loss of the Race in a sports column that appeared on October 31, 1935: "We're looking at it only from the angle that touches upon sports...the fact that this situation has brought about the abandoning of the annual Thanksgiving Day cross country run...an event that has come to be regarded as a fixture in New England sports during the past eight years...a colorful, exciting affair that gave townspeople an opportunity to witness some of the East's finest distance runners in action...It's unfortunate and regrettable that its elimination was necessary and it is hoped that it will be resumed when circumstances warrant."

Unfortunately, a decade passed before another Turkey Day five-miler was held in the Silk City.

Busch found enough money to sponsor a 3.1-mile road race, limited to 16 local high school students, on Thanksgiving Day in 1938. The competition was held on a route different from the five-mile loop course followed during the earlier races, and was won by David Heatley, the top performer on the Manchester High School cross country team. It was hoped at the time that the event would prompt Manchester to resume holding a big-time road race on Main Street each

November. But just as the Town and the nation started to emerge from the global depression, a world-wide war broke out.

With many of Manchester's youth serving in uniform, and everyone in Town preoccupied with the war effort, Main Street remained deserted on Thanksgiving morning throughout World War II.

In 1945, a group of returning World War II veterans, led by Herald Sports Editor Earl Yost, formed a committee to bring back the Town's Turkey Trot. The local Army-Navy Club agreed to sponsor the Race. Yost, an Army Air Corps vet, was joined in the effort by Pete Wigren, the track coach at Manchester High School, and Charlie Robbins and Fran Leary, two Navy veterans who had starred in track and cross country for Wigren at Manchester high school.

Robbins, a world-ranked marathon runner, won the 1945 MRR and Leary finished third. Joe McCluskey returned to Manchester from Naval service in 1946. Still rusty from the time he had spent onboard a troop transport ship sailing in the Pacific, the Olympic medalist placed third here on Thanksgiving Day in 1946, and then won the Road Race for the fourth time the following year, at the age of 36.

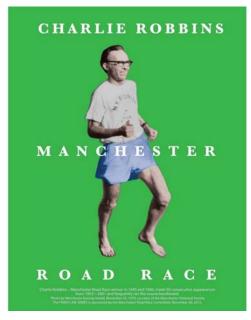
The MRR has been held annually, in good times and bad, on every Thanksgiving morning from 1945 through 2019. It was run throughout the Korean and Vietnam Wars. In 1963, the Road Race was held less than a week after President John F. Kennedy was



killed by an assassin in Dallas. And in 2001, 11,812 runners passed under a huge American Flag that had been suspended from fire trucks over Main Street to honor the victims of the 9/11 attacks. While this year won't be our usual "Thanksgiving in Manchester," the Virtual MRR will keep an important tradition alive. And Race organizers are already looking forward to next year.

"We are all running separately this Thanksgiving so that we can all run together next year," said Dr. Tris Carta, President of the Manchester Road Race Committee. "We will do everything possible to bring the Race back even bigger and better."

Carta is confident that the MRR will return. "The Manchester Road Race has bounced back before," he said. "We have 84 years of tradition, and a lot of resiliency, working in our favor."





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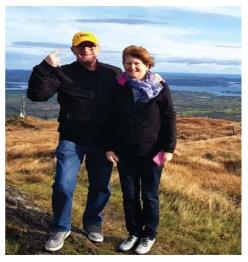
#### MRR Virtual Race Will Feature Runners Around The Globe

by Rick Dyer

They will run or walk the 4.748-mile distance in the shadow of the Eiffel Tower, at the site of an old gunpowder factory in Ireland, through the streets of an historic hamlet in Great Britain, and at a seacoast city in the "Land Down Under." When the Manchester Road Race went virtual this year due to the Covid-19 pandemic, it also went global.

Because entrants in the Virtual Manchester Road Race will use a smartphone app that enables them to run the MRR at any location, anywhere in the world, Race officials have been receiving a number of entries from runners in foreign countries.

Mary Cotard, the daughter of Olympic medalist and four-time Manchester champion Joe McCluskey, will run the MRR—her third—in Paris this November. Cotard is a financial manager who has lived in France for a number of years. Although the French government recently imposed stringent restrictions to combat rising coronavirus infections in the country, residents are permitted to exercise outside of their homes for an hour a day within one kilometer of where they live. "Which means that I definitely do intend to run in the virtual MRR," Cotard wrote in a recent email. "I would run the Race even if I had to run around the block many times," Cotard added. "I will not miss the Race."





Kieran Donovan of Cork, Ireland will walk the VMRR with his wife, Rita, at the 140-acre Ballincollig Regional Park, where a factory that produced gunpowder for the armies of the British Empire was once located. The Donovan's adult children, Ian and Susan, will also participate in this year's Virtual Manchester Road Race. Kieran Donovan was a standout Irish half-miler who competed for the College of the Holy Cross. He placed 19th at the 1968 Manchester Road Race and finished 12th here in 1971.

Two members of the "Irish Connection," John Treacy and Eamonn Coghlan, will also join the Virtual Road Race. Treacy took silver in the marathon at the 1984 LA Olympic Games and was a four-time champion in Manchester. Coghlan, had three Turkey Day wins here.

Fiona Warland plans to run the Road Race through the quaint streets of a town in Great Britain that was settled by the Saxons in the sixth century. "My husband Gary and I will be running in/around Bicester, very close to Oxford





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and an hour north of London," she said in a recent email to Race organizers. The Warlands traveled from Great Britain to Manchester to compete in the Thanksgiving Day run in 2015 and 2017. Gary placed fifth in the 40-45 age group at the 2015 MRR.

Dan and Molly Kennedy will use a double stroller to push their twins, Cora and Finn, when they all participate in the VMRR in Sydney, Australia. Cora and Finn were born there on June 23rd. Ned and Dani Kennedy of Vernon are the proud grandparents of Cora and Finn. Members of the Kennedy family have been long-time participants at the Manchester Road Race. Dani Kennedy is also a member of the MRR's Executive Committee.



Race organizers have already registered runners from France, Ireland, Great Britain, Singapore, Chile, New Zealand and Australia and expect to receive more foreign entries before the November 24th deadline when registration ends.

"There is an old saying that when life gives you lemons, make lemonade," Manchester Road Race President Dr. Tris Carta said. "We are doing that during the Covid-19 pandemic by sponsoring the Virtual Race. One of the great things this year is the fact that people are showing their solidarity with us during this crisis by running the Manchester Road Race at places all around the world."



#### **Burfoot Plans To Extend His Manchester Road Race Streak**

by Rick Dyer

Nine-time Manchester Road Race Champion Amby Burfoot will extend his longevity streak record when he runs in the event for the 58th consecutive year this November. It will, however, be a totally new experience for the former Boston Marathon Champion from Mystic.

Due to the Covid-19 pandemic, the Manchester Road Race is being held virtually this year. The Manchester Road Race Committee has indicated that anyone who runs in the Virtual Race will be credited as an official 2020 MRR finisher. The effort will count toward all longevity streaks.

"The Virtual Manchester will be very important to all us streakers, so we are very happy to have the opportunity to log another year and keep the streak alive," Burfoot said. "I don't think anyone is going to care very much what their time is this year but we're all going to care about putting another [Manchester] Race in the history books."

Burfoot, who is 74, first competed in the MRR in 1963, and he hasn't missed a November appearance in the Silk City since then. He won the Turkey Day Race nine times between 1968 and 1977, and has had 18 Top-25 finishes here.

Burfoot plans to run the Virtual Manchester Road Race with a small group of his friends. "We are discussing when and where," said Burfoot, who is an editor emeritus with *Runners' World* Magazine. "We may decide that we want to run the real Manchester course, just not on Thanksgiving, but within the assigned dates."

"We're so glad that Amby Burfoot will continue his streak and participate in our Virtual Road Race," said Dr. Tris Carta, President of the Manchester Road Race Committee. "Amby is one of our great champions, and we're looking forward to next year when he'll run down Main Street in his 59th straight MRR on Thanksgiving morning."









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#### At The Age Of 85, Willi Frederich Runs His 50th

by Lori Riley

Willi Frederich ran the Manchester Road Race for the first time in 1968. A friend talked him into it. And he was one of 243 runners that competed that day. "That was a fun race," Frederich said. "I didn't go too fast. I wasn't too involved at the time. That came later."

Frederich, of Ellington, is 85. Willi competed again last year, and it was his 50th Manchester Road Race. He's only missed two years, in 1999 and 2000, when his parents died in Germany. Other than that, he's been there every year, rain or shine, cold and snow.

He thought about stopping in 2018 after battling bone cancer. But runners like nice, neat numbers and stopping at 48 didn't seem right. So his daughter found him a hand cycle and he finished his 49th race despite the bitter cold.

"That was kind of the object [to get to 50]," he said. "I just like the way this Race is. The camaraderie. The bands all around. Everybody's happy. People on the side, they all cheer. It's just the best. You don't find it any other place."

Frederich is a survivor. He was born in Germany in 1934 and was entering kindergarten when World War II started. His hometown, Mannheim, was targeted by the British, the bombing began in 1940 and destroyed the town over the next four years. An only child, he was separated from his parents and sent to Alsace-Lorraine at one point for safety. The family was reunited at the end of the war and Frederich decided to come to the U.S. when he was 18.

I had the opportunity to come here," he said. "I took the opportunity. It was pretty hard on my parents, leaving them behind." He spent two years in upstate New York on his uncle's farm before he moved to Connecticut and started to work as a carpenter and a contractor.

He enlisted in the U.S. Army and was stationed in Germany. He was in the same unit as Elvis Presley for a month, they had guard duty together



("He was a nice guy," Frederich said). His wife Shirley went to Germany, too; their first son Glen was born there. Both he and Willi became U.S. citizens upon their return to the country.

In 1968, their second son Brian was born. Frederich had watched the Manchester Road Race. One of his friends, Ernie Uthgennant, asked him if he wanted to run it. Frederich did and he ended up beating Uthgennant. Amby Burfoot won his first Manchester Road Race at age 22 that year. It was the year Burfoot had won the Boston Marathon. He and Frederich are friends.

"I told him every time I go up that [Highland Street] hill, I cuss you because it's your fault," Frederich said, laughing. Frederich's fastest time was 28:32. "I could never keep up with the elites," he said. "They're just too good."

He tried one year. "One year I trained so much because I wanted to be with the elites at Manchester and I did a mile in 5:20 and then all of a sudden, they took off and I burned out," he said. "Oh God. It was so bad. I had four miles to go and I could hardly move."

Frederich was one of the founders of the Shenipsit Striders trail running club. His longest race was the club's Soapstone Mountain Half Marathon, which is more like 13 miles. He started a race at his family's vacation camp in Shutesbury, Mass., called the Lake Wyola Road Race, which is still in existence. He ran the Mount Washington 7.6-mile road race 15 times.

But Frederich doesn't run anymore. "The body won't let me," he said. "I kind of petered out three years ago when I got the cancer. Everything hurts, you know. Even now, my back hurts. "You have to accept it. What else is there to do?"

Willi walked the MRR course last year along with his family, attired in specially made tee shirts

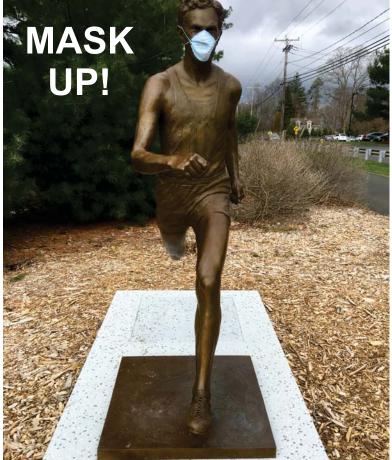
He will be wearing No. 85. After this, he will be done. He wants to watch the winners next year because he's never had a chance to do that.

"The resiliency, from going through a war, to coming here, to having to make a new life, it's presented itself in all these things he's stuck with," his son, Glen, said. "The race. Mount Washington 15 times. He's always had the resiliency to keep going."













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### Manchester Road Race RECORDS

<b>M/F AGE</b> F Open	<b>NAME</b> Buze Diriba	<b>TIME</b> 23:57	<b>YEAR</b> 2017
M Open	Edward Cheserek	21:16	2019
F 13+Under	Briana Jackucewicz	26:26	2003
M 13+Under	Aiden Puffer	25:29	2017
F 14-18	Leslie Wrixon	27:01	1982
M 14-18	Ellya Sidame	22:38	2002
F 30-39	Molly Huddle	23:58	2017
M 30-39	John Gregorek	21:28	1993
F 40-44	Edna Kiplagat	24:30	2019
M 40-44	Bernard Lagat	22:18	2017
F 45-49	Rebecca Stockdale-Woolle	y 28:34	1998
M 45-49	Francis Burdett	24:54	2011
F 50-54	Betty Geiger	26:08	2011
M 50-54	John Dugdale	24:52	1984
F 55-59	Elizabeth Remigino-Knap	p 33:06	2012
M 55-59	Chris Chisholm	25:22	2017
F 60-64	Rebecca Stockdale-Woolle	y 33:46	2015
M 60-64	Russell Blatt	27:56	2019
F 65-69	Rebeca Stockdale-Woolle	y 33:57	2016
M 65-69	Martin Keibel	30:21	2017
F 70-74	Lynette Walker	36:17	2010
M 70-74	Joe Fernandez	31:51	1999
F 75-79	Lynette Walker	39:24	2015
M 75-79	Hal Bennett	37:20	2017
F 80-84	Anny Stockman	51:55	2012
M 80-84	Bill Tribou	41:33	2001
F 85-89	Anny Stockman	1:04:00	2017
M 85-89	Bill Tribou	59:37	2010
F 90+	Elizabeth Hutchinson	1:17:31	2010
M 90+	Bill Tribou	1:05:05	2011

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#### 2019 Race Results By Division

MALE 13 & Under 1 Logan Humphries 2 John Glidden 3 Andrew Carangelo	Moodus CT Vernon CT Vernon CT	29:18 29:51 29:57	2 Mia Gilbert	Glastonbury CT Manchester CT Plainville CT	34:14 35:16 36:31
MALE 14 to 18 1 Miller Anderson 2 Aiden Toth 3 Charles Brydges	West Hartford CT Newington CT Suffield CT	25:29 25:41 25:44	FEMALE 14 to 18 1 Alexandra Poole 2 Elizabeth Stockman 3 Gabrielle Zeller	Farmington CT Rocky Hill CT Suffield CT	29:04 30:29 31:06
MALE 19 to 29 1 Eric Jenkins 2 Edward Cheserek 3 Andrew Butchart	Portland OR Johnson City TN Johnson City TN	21:19 21:22 21:23	FEMALE 19 to 29 1 Molly Seidel 2 Sharon Lokedi 3 Aisling Cuffe	Boston MA Flagstaff AZ North Grafton MA	24:43 24:49 25:06
MALE 30 to 39 1 Hillary Bor 2 Christopher Thompson 3 William Sanders	Colorado Springs CO Missoula MT Wethersfield CT	21:34 22:50 23:37	FEMALE 30 to 39 1 Sally Kipyego 2 Nell Rojas 3 Violah Lagat	Johnson City TN Boulder CO Tucson AZ	24:43 24:44 25:08
MALE 40 to 44 1 Chris Naimoli 2 Mick Hill 3 Brian Graca	Philadelphia PA Manchester CT Rocky Hill CT	24:09 24:27 25:30	FEMALE 40 to 44 1 Edna Kiplagat 2 Shannon Sirag 3 Sybil Shapiro	Boulder CO Simsbury CT Vernon CT	24:30 28:24 28:42
MALE 45 to 49 1 Donal Osullivan 2 Brian Murray 3 Scott Livingston	Leeds MA Coventry CT Bolton CT	25:03 26:56 28:01	FEMALE 45 to 49 1 Roxanne Stepnowski 2 Eileen Rice 3 Melissa Emmerich	Glastonbury CT Cromwell CT Manchester CT	33:30 33:50 33:59
MALE 50 to 54  1 Brett Stoeffler  2 Armando Oliveira  3 Kevin Vallez	Tolland CT New York NY Ellington CT	27:42 28:04 28:33	FEMALE 50 to 54 1 Jennifer House 2 Kathleen Shaw 3 Mary Anne Hilliard	Westerly RI East Hartland CT McLean VA	32:11 33:08 35:57
MALE 55 to 59 1 Nat Larson 2 Chris Chisholm 3 Billy Barone	Amherst MA Farmington CT Stamford CT	26:10 27:33 28:23	FEMALE 55 to 59 1 Kris-Anne Kane 2 Nancy Fitzgibbon 3 Joan Makowski	Preston CT Rocky Hill CT West Hartland CT	34:41 35:02 37:12
MALE 60 to 64 1 Russell Blatt 2 Andre Bennatan 3 Kevin Glenn	West Hartford CT Mansfield Ctr CT Bolton CT	27:56 30:15 30:46	FEMALE 60 to 64 1 Dani Kennedy 2 Susan Dana 3 Kathy Manizza	Vernon CT West Hartford CT Lebanon CT	35:26 35:33 36:25
MALE 65 to 69 1 Martin Keibel 2 Bob McCusker 3 William Finlayson	Manchester CT Simsbury CT Higganum CT	31:52 32:26 33:14	FEMALE 65 to 69 1 Rebecca Stockdale-Woolley 2 Karen Saunders 3 Dorothy Paquette	Chaplin CT Manchester CT Vernon CT	35:44 43:23 45:20
MALE 70 to 74 1 Charles Whynacht 2 Tony Hollister 3 Joe Flynn	Glastonbury CT Glastonbury CT Catonsville MD	37:40 38:04 38:21	FEMALE 70 to 74 1 Mary Sharkey 2 Susan Leslie 3 Flo Dickie	Grosvenor CT South Windsor CT Newington CT	37:36 42:24 43:43
MALE 75 to 79 1 Mark Turkington 2 George Walker 3 Lee Paquette	Bolton CT Simsbury CT Vernon CT	45:11 46:46 48:53	FEMALE 75 to 79 1 Lynette Walker 2 Nicki Hall 3 Linda Beizer	Simsbury CT West Hartland CT Avon CT	41:07 49:09 51:16
MALE 80 to 84 1 Ray Prest 2 Peter Mitchell 3 Tom Butterfield	Ellington CT Jericho VT Windsor CT	46:08 47:44 49:39	FEMALE 80 to 84 1 Geraldine Lyon 2 Flora Tomassetti 3 Brenda Lerner	Manchester CT Marlborough CT Manchester CT	1:16:41 1:24:27 1:25:07
MALE 85 to 89 1 Harvey Goldstein 2 Bangalore Neelakantiah 3 Willhelm Frederich	Cheshire CT	1:14:16 1:32:38 1:35:21	FEMALE 85 to 89 1 Muriel Maschi 2 Bette Kelly	Newington CT Bloomfield CT	1:21:40 1:47:34

#### Enjoy the Virtual Race!

Thanks to the organizing team for adapting to this year's COVID-19 environment

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33rd Annual **MRR** 

#### Ray Crothers Blood Drive

You are invited to the Red Cross Blood Bank, to be held at Manchester High School, on Friday, Nov. 27, from 8:30 a.m. until 4:30 p.m. To schedule an appointment please call 1-800-733-2767 or visit www.redcrossblood.org

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Walk-ins will be accepted. All donors will receive a complimentary Race T-shirt and a pre-package lunch from Highland Park Market.

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#### MRR Adds Two To **Executive Committee**

Danielle ("Dani") Kennedy of Vernon, and Lancelot ("Lance") Morgan of South Windsor, were recently selected to serve on the sevenmember Manchester Road Race Executive Committee, which acts as the event's policymaking body and corporate board of directors.

A long-time runner who has competed in the MRR since 1993, Kennedy has volunteered with the Race since 2011 and oversees its social media outreach efforts. Now retired, she served as the head track and field coach at Bolton High



School for 10 years, and prior to that was the cross country coach at Manchester High School for five seasons. In addition to her work with the MRR, she previously served as race director for the Bolton Road Race and organized the Bolton Summer Cross Country Series for many years. Kennedy is a graduate of the College of the Holy Cross in Worcester, MA

Morgan has directed the MRR's annual "Ray Crother's Blood Drive" since 2015. The Road



Race sponsors the blood drive in conjunction with the Connecticut Chapter of the American Red Cross each November on the day after the Race. In recent years it has become one of the largest and most successful single-day

blood collection efforts in the State. Morgan is a certified physician's assistant with Sports Medicine & Orthopedic Surgery in Manchester. He holds bachelor's and master's degrees from Springfield College.

"Dani and Lance each bring a tremendous wealth of energy, enthusiasm, and expertise to their work on behalf of the Manchester Road Race, and they make invaluable contributions to its success," explains MRR President Dr. Tris Carta. "We are very fortunate and thankful that they have agreed to assume additional leadership responsibilities with the Road Race."

#### MRR Sponsors Step Up To Meet Community Needs

by Jerry O'Connor

The Manchester Road wants to issue a special "Thank You" to all our sponsors, past and present, that are helping our communities through the pandemic.

You might have noticed that Stop & Shop is not a Principal Sponsor this year. That's because they have put all their efforts and resources into helping food banks that are struggling to keep up with needs, help which has already included a one million dollar cash donation!

Despite the disastrous effect the pandemic has had on the airline industry Pratt & Whitney, the MRR's oldest sponsor, continued their Road Race support this year.

There was no Little Manchester Road Race for Henkel to sponsor this year. But they stepped up and made their same generous financial commitment in sponsoring the phone app that is the central feature in this year's Virtual Manchester Road Race. Henkel's manufacturing and distribution folks have also been working hard to keep up with the demand for their hand sanitizers, soaps and cleaning products, while at the same time keeping a safe environment for all their hard-working essential employees.

Henkel has also donated over \$750,000 and 1.5 million units of essential household hygiene products to charitable organizations in the U.S. and Canada including Feeding America, Americares, and the United Way.

We probably don't have to mention — but we will — the comprehensive efforts of ECHN that have been expanded and refocused to meet the health care needs of Connecticut residents. The long hours and self-sacrifice of their workers is truly an inspiration. And the diagnostic experts at Eastern Connecticut Pathology Consultants have kept pace with the needs of ECHN and other community hospitals



























throughout southern New England, and been instrumental in bringing Covid testing and laboratory management services to their clients. ECHN and ECPC are sponsoring this year's MRR Ray Crothers Blood Drive which will help the Red Cross meet the critical need for blood.

The Antonacci Family, owners of MRR sponsors USA Hauling & Recycling and All American Waste, made a six-figure donation to launch the Millions of Meals food drive which will provide 500,000 meals to families rendered "food-insecure" by the pandemic. And both companies have kept their essential employees on the job safely in serving the needs of their customers.

The folks at Cigna have met the pandemic with a battery of efforts: information on avoiding the corona virus, supporting social connections for isolated seniors, facilitating the transition to telehealth care, and finding ways to relieve their customers' financial stress by waiving customer cost-sharing for treatment.

At Highland Park Market the challenges include keeping the shelves stocked, getting deliveries out, and keeping their stores a safe environment for both customers and employees. Always generous in their donations to the communities they serve, they have stepped up even more agressively during the pandemic.

Key Bank is trying to keep every branch open and their on-line banking service quick and efficient. They are offering assistance to customers facing financial hardship including extensions, waived late fees and penalties, and borrower assistance programs. They're also offering small businesses assistance with loans and government programs.

And how about a tip of the hat to our media sponsors – Fox 61, WTIC-AM, the Hartford Courant and Journal Inquirer – who work tirelessly to give their viewers, listeners, and readers complete and current pandemic information on a daily basis. Up-to-date information is vital in battling the Covid-19 pandemic, and our region is fortunate in having these excellent media resources.

Lastly, we'd like to give a shout-out to some of our sponsors who are suffering – gyms and sports-related businesses, restaurants, and many others. Please know that we're pulling for you and hoping you come out of this crisis stronger than ever.



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Thank you to all our entrants, sponsors and volunteers.

We wish you and your families a safe and joyful holiday season.

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#### The Manchester Road Race Committee

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