The Eagle-Tribune
Andover Townsman
FEASTER FIVE
PROFILES • RACE HISTORY • COURSE MAPS
Feaster Five
Thanksgiving Day Road Race
2019
32nd year

OFF THE COUCH, HEALTHIER THAN EVER

At 72, Andover man credits Feaster Five training program for newfound health

By Bill Burt
bburt@eagletribune.com

Gerry Fennessey, a member of the Merrimack Valley Striders, has competed in the annual Feaster Five since 2011.

RYAN HUTTON/ Staff photo

FENNESSEY AT THE FEASTER

Gerry Fennessey's results since he started running the Feaster Five 5K:

- **2018:** .....32:53 (min)
- **2017:** 30:22
- **2016:** 33:56
- **2015:** 34:10
- **2014:** 33:53
- **2013:** 35:34
- **2011:** 36:23

Gerry Fennessey was in his mid-60s when another Feaster Five Road Race had come and gone in his hometown of Andover.

The retired owner of a printing company had lived there for all 25 or so of those years, and he always wondered what the big deal was, causing the early morning traffic issues every Thanksgiving.

Yeah, he heard about the excitement it "allegedly" created. Then, in 2011, he literally got off the couch and decided to give it a try.

He labored through the first one, jogging and walking, probably more of the latter, finishing in 36 minutes, 23 seconds.

The next year he saw a story in The Eagle-Tribune about a six-week training program, hosted by the Merrimack Valley Striders, to prepare non-runners who wanted to run the Feaster Five.

Called the "Couch to 5K" program and coached by the Striders, who sponsor the race, a group meets on Sunday mornings beginning in early October for training runs, advice and instruction.

"I've never been much of an athlete, and I was getting fat," said Fennessey. "I just wanted to get a little healthier."

The first training run started at the nearby bagel joint in downtown Andover, where a few Striders talked about the training, mapping out a few options with different distances.

His first run was about two miles. His second was the same.

Then he was ready to run the 5K distance (3.1 miles).

"There's little things they help you with, what you're doing wrong," he said. "Get your heart going early, before you start running. Do some exercises to stretch and open up your hips … and don't run with your head down.

"Then there's the mental side, like picking out telephone poles and breaking the course up," he said. "I really learned a lot about running."

Thanks to the program, he finished his second Feaster Five in 35:34, knocking a minute off his first race.

He also found another benefit, beyond the improved times — they got even better — and health. Fennessey joined the Merrimack Valley Striders and made some friends, some of whom are among his best pals today.

"That's been the best part," he said. "You realize these are great people."

Fennessey joined the Striders track program, which includes speed workouts two nights a week after work.

It's an impetus to keep improving. The competition helps, too.

"We were training and I met this guy who I thought was younger than me," said Fennessey. "I realized he was older. It made me want to work harder and try to beat him. I guess I still have that competitive spirit."

Indeed.

In 2017, after turning 70, Fennessey finished the Feaster Five 5K in 30:22, third among those 70 and older, and breaking his previous best by 3 1/2 minutes.

What's also helped

See **TRAINING,** Page S2

TRAINING

■ *Continued from Page S1*

Fennessey was joining the Striders' Iron-man Runner Series, which encourages members to run at least one race per month.

One of those races was the Mt. Wash-ington Road Race in June, which is 7.6 miles up an incline of 4,650 feet (0.88 miles). He finished in 2:42:30.

"It's by far the hardest thing I've ever done in my life," he said.

Fennessey said running is his hobby, not an obsession. He runs about twice a week, covering about 7 miles per week.

He runs a little more often if he's pre-paring for a race.

An unintended benefit has been his inspiring members of his family, includ-ing his and his wife Anne's only son, Jason, and Jason's wife, Leah, to join the Feaster family.

In fact, Jason, 36, has been participat-ing in the "Couch to 5K program" the last two years and is improving every session.

"It changed my life," said Fennessey. "I know it sounds funny, but at 72 years old, thanks to the Feaster Five, I've never felt better. Hopefully, focusing a little bit on my health will keep me around a few more years."

Courtesy Photo

The 2019 Feaster Five hoodies look spectacular. Showing them off here are the Lippman family, daughter Lexi on left, mom Crissy in center, and son Zach. Crissy's parents are Tom and Lyn Licciardello, both of whom were instrumental in starting and organizing the Feaster Five.

Feaster Five hoodies get some color for 2019

By Bill Burt
bburt@eagletribune.com

Never mind the weather —and that's tough to do around here on Thanksgiving morning — there will be a big difference in this, the 32nd Feaster Five Road Race.

It'll be the brightly colored, sports tech, long-sleeve hood-ies guaranteed to the first 9,000 entrants.

"In an effort to always go bigger and better, this year's hoodie features a soft cloth feel, full zipper, pockets and thumb hole sleeves," said Tom Licciardello, one of the race organizers from the Merrimack Valley Striders, the host running club. "It's really a top-shelf commemo-rative jacket that we think participants — adults and kids —are going to love.

"We have plenty now, but only for the first 9,000 regis-tered," said Licciardello. "So, we encourage folks to enter soon."

One of New England's larg-est and most festive running events, the Thanksgiving Day Feaster Five Road Race is just a couple of weeks away.

Each year is different, as a football coach based in Fox-borough often says. For the Feaster Five, the variation is mostly due to weather.

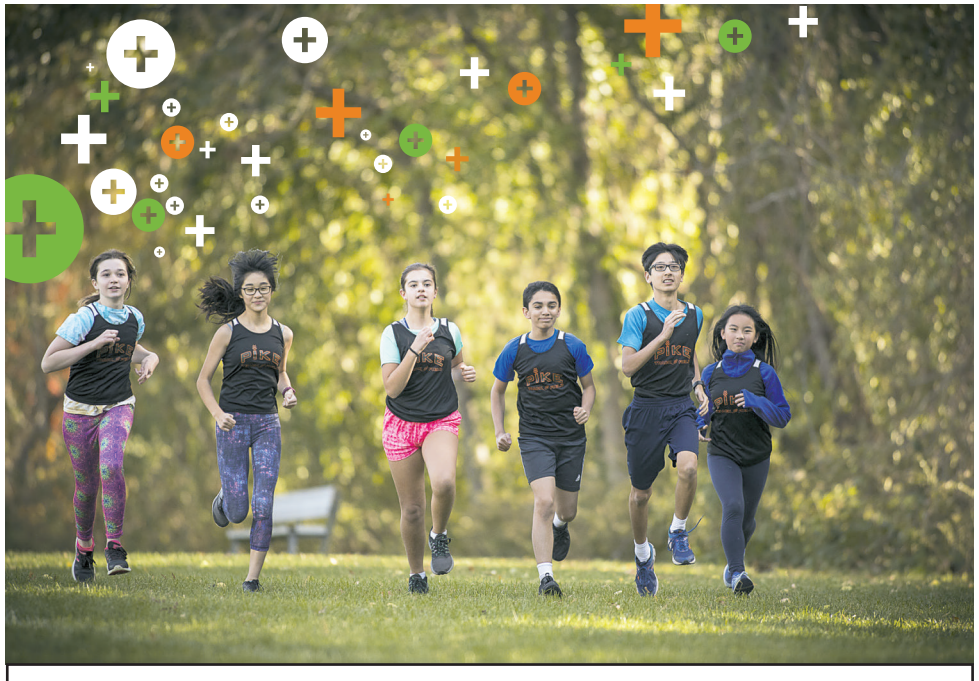
As for the race staples — apple pie, refreshments, Kids K, etc. — all are back.

Proceeds from the race benefit the Merrimack Valley YMCA, Challenge Unlimited at Ironstone Farm, Bellesini Academy and the Merrimack Valley Striders.

For those planning to walk the course, the Feaster Five will continue a tradition started a few years ago by providing a dedicated "walker lane," a rarity for competitive road races. In 2017, the first year of the walker lane, about a third of the participants pre-ferred it, making it a popular addition to the event.

Returning as the presenting sponsor for 2019 is Schneider Electric, a global specialist in energy management and automation with its North American headquarters in Andover.

"Schneider Electric has stepped up as a phenom-enal financial supporter of the Feaster Five," said race director Dave McGillivray, of DMSE Sports. "This company is so dedicated to the health and wellness of its employees, and many of them take part in the Feaster Five."



ACORN
HOME & DESIGN

Holiday Open House

Enjoy Light Refreshments & Cheer

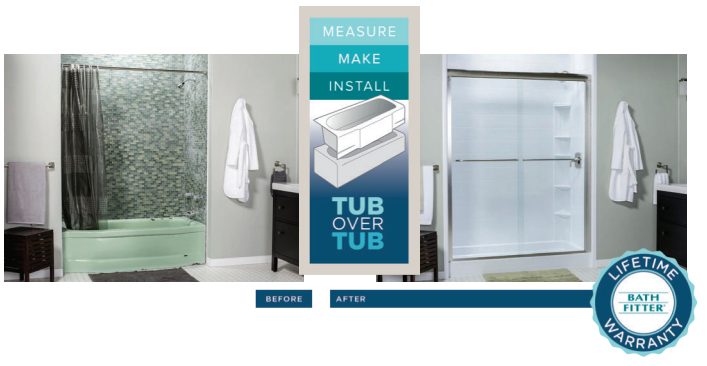
Thursday, December 5
6 - 9 pm

Holiday Decor & Gifts

Custom Draperies • Furniture • Rugs • Lighting • Home Accessories
Re-upholstery • Blinds • Shutters • Full Service Design Center

10 Essex Street Andover, MA 01810 • 978-273-9717 • acorndesigncenter@gmail.com

Looking for an innovative solution for your bathtub?



* For as long as you own your home.
See location for details.

Save **10%** up to **$500** off* on a complete Bath Fitter System

SPECIAL FINANCING AVAILABLE**

Get your new tub or shower and one-piece seamless wall system installed in as little as **ONE DAY.**

Call for your FREE in-home CONSULTATION

800-928-2284

BATH FITTER®

BATHFITTER.COM

SERVING BOSTON'S NORTH SHORE FOR OVER 20 YEARS

©2016 Bath Fitter. Bath Fitter Distributing Inc. *See locations for details. One coupon per customer. May not be combined with any other offer. Coupon must be presented at the time of estimate. Discount applies to same day purchases only. Previous orders and estimates excluded. Offer valid only at these locations. **Subject to credit approval. Minimum monthly payments required. Details in store. †Certain conditions apply.

MA LIC#9654

Indian Ridge Country Club

73 Lovejoy Road, Andover, MA
978-475-9484
www.indianridgecountryclub.us

PAUL BILODEAU/Staff photos

A group of kids runs for the finish line during the annual Feaster Five Kids K in 2017

Where kids are king

Many younger runners get their start in Kids 'Fun Run'

By Bill Burt
bburt@eagletribune.com

Dave McGillivray has directed several hundred road races, including the granddaddy of them all, the Boston Marathon.

He's met and befriended all of the greats. Name someone of substance who has won a race of substance, and McGillivray has probably "directed" that person on some street.

But when it comes to running and health, McGillivray has a soft spot for kids he'll never meet.

Thanksgiving Day is one of those times when McGillivray shows off his passion for the sport. The Feaster Five, another one of his big races that draws about 10,000 runners and walkers to Andover, is where he began noticing something after nearly four decades promoting races, particularly in the popular races for children 4 through 12.

The Kids K, run 45 minutes before the Feaster Five, started at 100 kids. Then it was 500. Now it's up to around 750 entrants.

"When kids are running, they are smiling," said the 64-year-old McGillivray. "It's something you don't see too often with adults."

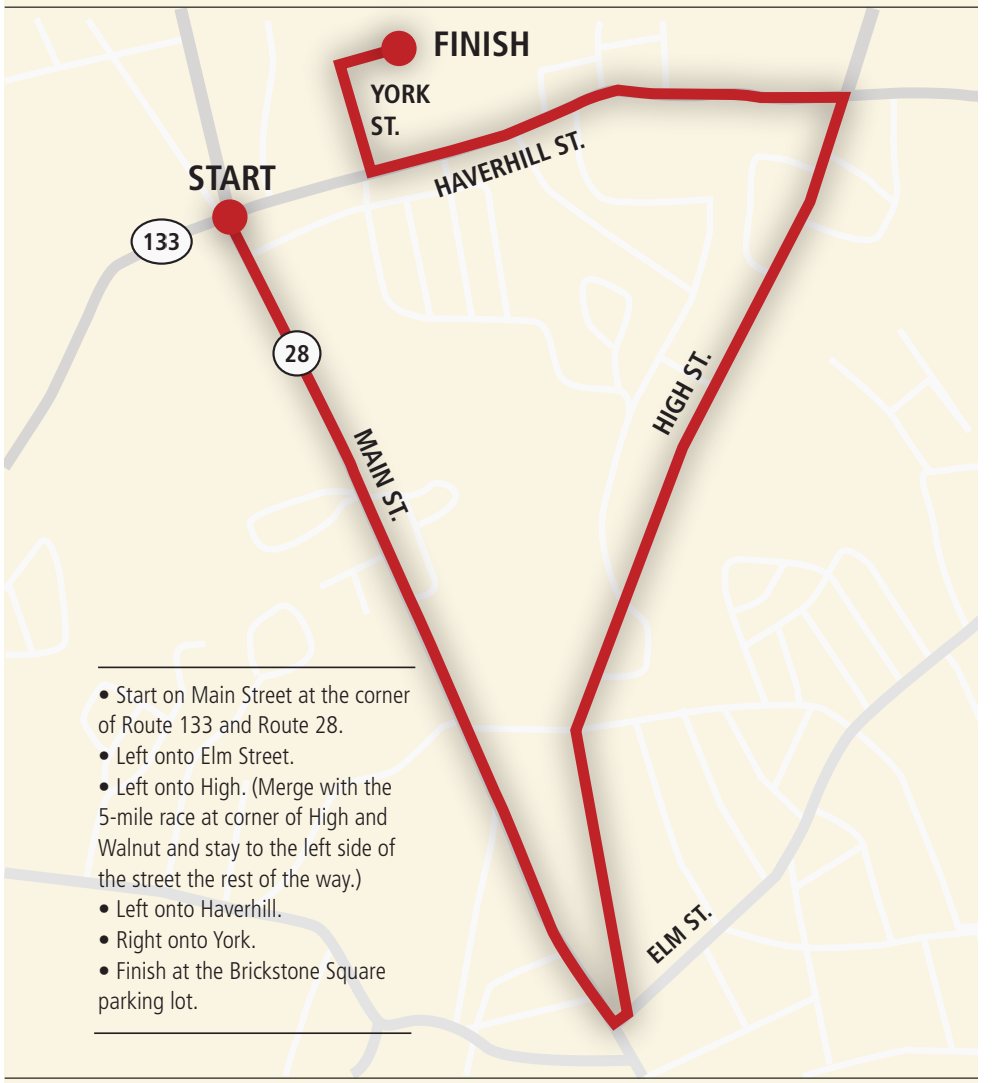
McGillivray was running one day four years ago with his son Luke, then 10, and realized it even more.

"Luke kept pace with me, step for step," said McGillivray. "Either he is getting much faster, or I am getting much slower – I am sure it is some of both. But he loved it. I think he could've kept running.

"I believe all kids are born runners," he added. "They have greater powers of adaptability and endurance than most of us give them credit for."

When he concocted one of the biggest road racing events he's ever produced, from scratch, the DMSE Classic, McGillivray opened

5K COURSE MAP



- Start on Main Street at the corner of Route 133 and Route 28.
- Left onto Elm Street.
- Left onto High. (Merge with the 5-mile race at corner of High and Walnut and stay to the left side of the street the rest of the way.)
- Left onto Haverhill.
- Right onto York.
- Finish at the Brickstone Square parking lot.

REGISTRATION & PARKING

REGISTRATION AND NUMBER PICKUP AS FOLLOWS:
- WHERE: Andover-North Andover YMCA, 165 Haverhill St., Andover
- WHEN: Monday, Nov. 25, noon to 7 p.m.; Tuesday, Nov. 26, noon to 7p.m.; Wednesday, Nov. 27, noon to 6 p.m.
- Race Day: 7-8:15 a.m. at Woodworth Motors, 339 North Main St., Andover.

ONLINE REGISTRATION: www.feasterfive.com.
PARKING: Free and convenient.

AndoverLaw, P.C.
Atty. T. Michael Sullivan
One Elm Square
Andover, MA 01810
TEL (978) 470-2700
msullivan@andoverlaw.com

Bellmores Transportation
24 Hour Service
Barnard Ave., Andover MA
978-474-4244
www.bellmorestransportation.com

MAIN STREET MOBIL
14 N. Main Street
Andover, MA
978-475-2566
www.mainstreetmobil.com

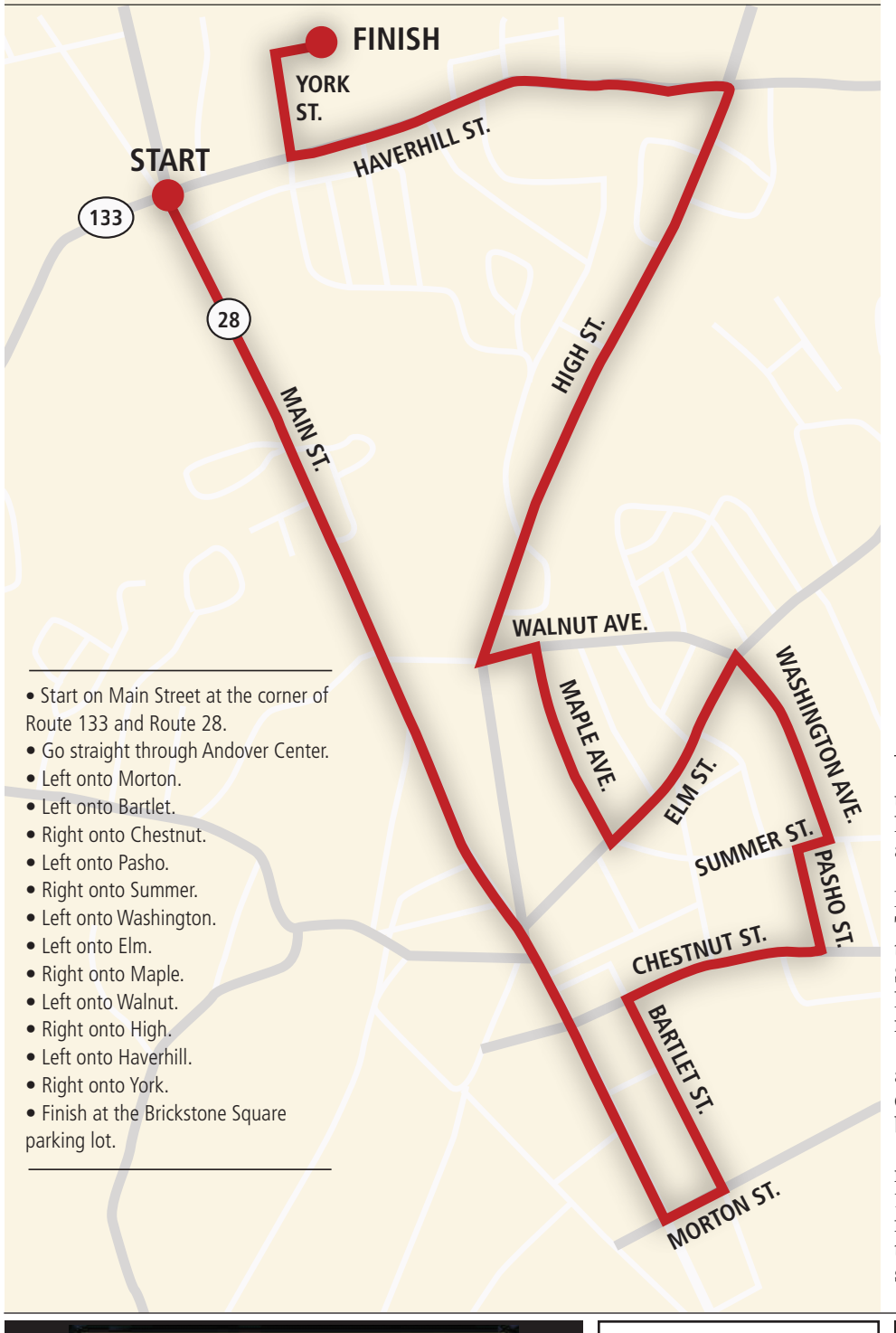
OXYGEN MIND + BODY
Live and move better with Pilates!
Enter FF10 at checkout
for $10 off any online purchase
www.OxygenFitness.net

J. Brian's
pub & grille
615 South Union Street
Lawrence, MA 01843
Tel: 978-687-9321

BROADWAY TIRE PROS
HASSLE-FREE. GUARANTEED.®
456 BROADWAY, LAWRENCE, MA 01841
(978) 682-0000
WWW.BROADWAYTIRE-AUTO.COM

CEDARDALE HEALTH + FITNESS | Live Better, Be Well
cedardale.net

5 MILE (8K) COURSE MAP



- Start on Main Street at the corner of Route 133 and Route 28.
- Go straight through Andover Center.
- Left onto Morton.
- Left onto Bartlet.
- Right onto Chestnut.
- Left onto Pasho.
- Right onto Summer.
- Left onto Washington.
- Left onto Elm.
- Right onto Maple.
- Left onto Walnut.
- Right onto High.
- Left onto Haverhill.
- Right onto York.
- Finish at the Brickstone Square parking lot.

FEASTER FIVE FACTS

DATE
- Thanksgiving Day, Thursday, Nov. 28

ON THE WEB
- Get all race information, and register online at www.feasterfive.com

RACE HIGHLIGHTS
- Live music along the course
- Digital clocks at every mile for accurate split times
- Light refreshments following the race
- Free parking
- Results posted on the Feaster Five website and at www.coolrunning.com

DISTANCES
- Kid's K; 5-mile; 5K – Races and walks
- (Walkers encouraged)

START/FINISH
- Starts at the corner of Routes 28 and 133, Andover; Ends at Brickstone Square, Andover

RACE TIMES
- 7:45 a.m. - Kid's K
- 8:30 a.m. - 5K run and walk, 5-mile run and walk

ENTRY FEES
- $45 (race week); 12-and-under in 5K, $35; Kid's K, $10
- Checks payable to "DMSE/Feaster"

REFRESHMENTS
- Fruit, bagels and other traditional holiday treats

SPORTS TECH COLORED HOODIES:
- First 9,000 registered entrants are guaranteed a colorful, long-sleeve, colorful hooded sports tech T-shirt.

APPLE PIES
- The first 9,000 finishers receive a homemade apple pie.

BENEFITS
- Merrimack Valley YMCA, Ironstone Farm, Bellesini Academy and the Merrimack Valley Striders

SANCTIONER
- Road Runners Club of America

REGISTRATION/NUMBER PICK-UP
- Pre-registration and number pick-up is at the Andover/North Andover YMCA, 165 Haverhill St., Andover
- Monday, Nov. 25: Noon to 7 p.m.
- Tuesday, Nov. 26: Noon to 7 p.m.
- Wednesday, Nov. 27: Noon to 6 p.m.
- Thursday, Nov. 28: 7 a.m. to 8:15 a.m. (at Woodworth Motors, 339 North Main St., Andover)
- Online registration closing date is Saturday, Nov. 23, at 5 p.m.

AWARDS
- Top three in each age division in both the 5-mile and 5K races (age-group prizes to be mailed).
- Certificates given to all children participating the Kid's K

TIMING AND RESULTS
- Granite State Race Services

HOST
- Merrimack Valley Striders

RACE MANAGEMENT
- DMSE Inc., 77 Bear Hill Road, North Andover, Mass., 01845, (978) 258-8226 or dmse@dmsesports.com

up a big race for kids. Just like the Feaster Five, it was a huge success.

Kids races at the Feaster Five are short and quick. They start at 7:45 a.m. at the track off Balmoral Street, near the starting line for the 5K and 5-mile races.

Distances vary by age. It's a non-scored, fun run. Each child gets their own sports bib, No. 1.

McGillivray started running seriously when he was 12. He hasn't stopped. In fact, he's picked up the pace the last few years, after some health concerns.

"The Fun Run, for many children, plants the seed of good health and physical fitness," he said. "As they grow older, many of these kids move up to the 5K or 5 mile race. Who knows how many will become world-class athletes?

"More importantly, though," he said, "they all will have a better sense of how important family, fitness and fun is in their lives."

The cost to enter the Kids K Fun Run is only $10. Each participant will receive a bib and medal.

Brian Amidon, 15 months at the time, runs to his dad, Luke, during the annual Feaster Five Kids K in 2011.

AndoverLaw, P.C.
Atty. Timothy D. Sullivan
One Elm Square
Andover, MA 01810
TEL (978) 470-2700
tsullivan@andoverlaw.com

Ardito, Toscano & McCollum
Certified Public Accountants
Let our experience work for you!
40 Bayfield Drive, North Andover MA
Ph: 978-688-2880 | www.atm-cpa.com

SAM'S MOBIL
12 Massachusetts Ave.
North Andover, MA
978-689-2719
www.samsmobil.com

Smart Start Tutoring, LLC
Cathy Wallace
Director
21 Central Street
Andover MA
508-451-2924
smartstarttutoring@hotmail.com
smartstarttutoring.net

COADY'S
978-685-4138
888-685-4138
AUTOMOTIVE & HEAVY-DUTY TRUCK REPAIR
FLEET SERVICES • STATE INSPECTION STATION
LIGHT • MEDIUM • HEAVY DUTY TOWING/RECOVERY
CARRIER AND LOW BED SERVICES • LANDOLL
AIR CUSHION RECOVERY • 75-TON CRANE • ROTATORS
SPECIALIZING IN HAZMAT RECOVERY SERVICES
ICC RIGHTS IN 48 STATES
www.coadystowing.com
SINCE 1972

Feaster Five year-by-year history

1988

Roughly 300 runners compete in the first "Feaster Five" on Thanksgiving Day. The race starts and finishes at The Park on Bartlet Street in Andover, and is an out-and-back course, looping through the Blueberry Hill subdivision off Holt Road. Ken Pliska is the first men's winner. Amy Legacki of Boxford takes the top spot for women.

1989

The infamous Thanksgiving nor'easter dumps 6 inches of snow on the course by morning race time. Ken Mahony, town manager at the time, nearly stops the race, but participants change his mind by saying they will run with or without official approval.

1990

Organizers come up with the idea that puts the "Feast" in Feaster Five. They begin giving out apple pies. Nearly 2,000 runners compete.

1991

In the Feaster's fourth year, organizers unveil a new mission: The event becomes associated with Lazarus House, with a portion of the proceeds going to the organization that helps feed and care for the homeless.

1992

Runners appreciate the light rain and 40-degree temperatures. They also appreciate an appearance by Johnny Kelley, the well-loved 87-year-old marathon great whose original oil paintings are given as prizes to the top men's and women's finishers. Perhaps not coincidentally, three course records are set. For the first time, walkers are invited to join the Feaster Five, too. Dave McGillivray, who has been helping out in previous years, officially takes over as race director.

1993

Temperatures are well below freezing, causing the water at the water stops to turn to slush in cups. Despite the cold, more than 4,000 runners participate.

1994

Temperatures hover around 20 degrees, and the race draws a record 6,696 participants, making it New England's fifth-largest race. Organizers settle on a course that has not changed since. Lisa Senatore edges out Olympic gold medalist Joan Benoit Samuelson by 21 seconds for her win. In the masters race, Andy Palmer out-kicks four-time Boston Marathon winner Bill Rodgers for a one-second victory.

1995

Olympic gold medalist and former Boston Marathon winner Joan Benoit Samuelson is the first woman to break the tape, with a time of 27:39 — 17 seconds ahead of Kara Molloy of Lowell. George Yiannelis of Medford wins his second consecutive 5-mile race. Of 7,820 participants, 4,950 run or walk the 5-miler, 2,301 the 5-kilometer, and 569 the Kids 1-kilometer.

1996

Three-time Olympian Lynn Jennings begins what becomes a tradition of her own — winning the women's 5-mile race.

1997

Race founder Bill Pennington runs for the first time. Both Lynn Jennings and men's winner Chris Teague win the race for a second time. Winds are so strong they actually knock over a telephone pole holding a banner.

1998

For the second time, the Feaster Five is taped and later aired on ESPN. "That was great," says McGillivray. "We did get national exposure."

1999

Smith & Nephew joins The Eagle-Tribune Publishing Co. as a presenting sponsor for the race, a commitment the medical device company would hold for three years. McGillivray says the support of local businesses helps greatly raise the Feaster Five's profile.

2000

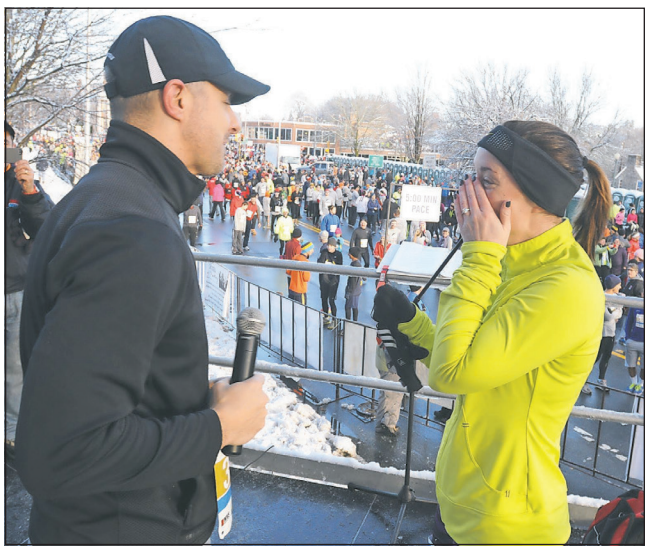
For the first time, electronic chip timing is used. Though the time-keeping method roughly tripled in cost with the use of chips, McGillivray says switching from gun timing to this more precise method is important. "People want their times and they want their place," he says. "It's very tough to have 100-plus people standing there and manually recording all this data."

2001

In the aftermath of the Sept. 11 terrorist attacks, a 14-by-28-foot American flag is suspended from a cherry picker at the top of the hill on York Street. The sight of the flag is moving for runners making their way toward the finish line. "We wanted to show our patriotism," McGillivray says. "I think people got goose bumps by that."

CARL RUSSO/Staff photo

Feaster Five winner Lynn Jennings crosses the line in 1997.



PAUL BILODEAU/Staff photo.

In a possible Feaster Five first, Tim DiNicola proposed to his girlfriend Julie Mazeika, both of North Andover, before the start of the annual Thanksgiving Day race in 2014.

2002

McGillivray proposes to now-wife, Katie, at the finish line, atop the tallest Christmas tree in the nation.

2003

Home Health VNA, provider of care and other services to patients facing life-limiting illnesses, joins Lazarus House as a beneficiary of the Feaster Five. Home Health VNA's Merrimack Valley Hospice becomes the sole beneficiary a year later. With an average of $20,000 to $30,000 raised annually in recent years, McGillivray estimates net proceeds from the Feaster Five over two decades have reached the half-million dollar mark.

2004

Movie star Matt Damon runs — along with more than 7,000 other participants. "I think it's all about star power," McGillivray says. "My job is to put on a quality road race, but at the same time, this is the business of entertainment."

2005

Another snowy Thanksgiving adds to the challenge of putting on a successful race. "I look at it as a 48-hour window," McGillivray says. "If Wednesday's bad, it's tough setting it up the way you want for Thursday." More women (51 percent) run the race than men. The Irwin family, 50

Phillips Academy

SKATING SCHOOL

Now Taking Reservations for

WINTER PROGRAMS

Basic Skills Classes
Friday, Saturday & Sundays
Adults and Kids

Tots Lessons
Mon., Thurs. & Fri. mornings
Tues.,Thurs. & Fri. afternoons

Additional Skating Programs Available

Phillips Academy Ice Rinks

(978) 684-7202
254 South Main St., Andover

"Like us on

www.andover.edu/ice

members strong, wins the family contest.

2006

Thirty-five states are represented among a near-record 7,483 registered participants. "It's really people coming home," McGillivray says. Men's winners are Patrick Moulton in the 8K and Harry Norton in the 5K. Terri Anne McGettrick wins the women's 8K.

2007

The weather is perfect and the 20th annual event again draws two of the biggest names in road racing, former Boston Marathon champions Joan Benoit Samuelson and Bill Rodgers. The 8,500 entries are 1,000 more than the previous record. All of the runners are given a commemorative medal in honor of the 20th anniversary.

2008

In perhaps the most exciting duel in the history of the race, Melissa Donais of Bradford, defending champ Allison McCabe of Cambridge and Jennifer Lee of Boston are side-by-side running up the last hill about 200 yards from the finish line in the 5K race. McCabe wins. The beautiful day helps draw a record 8,434 runners and walkers.

2009

It is another record-setting day as 9,147 runners take part, including legends by the name of wheelchair stars Dick and Ricky Hoyt, making their 15th appearance, and Olympic women's marathon champion Joan Benoit Samuelson. In fact, Samuelson takes the race seriously, winning the women's division for the 5-miler by two seconds over Andover's Nina Caron.

2010

The 23rd running of the Feaster Five draws 10,123 runners and walkers, breaking the previous year's record by almost 1,000. Just before the start, McGillivray has everyone in attendance say "Happy Thanksgiving," in unison, which apparently also sets a world record. Methuen native Kevin Alliette finally wins his first Feaster Five after a few times in third place.

2011

Boston Marathon legends Rodgers and Samuelson are again among the runners. Among those cheering is U.S. Sen. Scott Brown. Newlyweds Nate Jenkins (men's 5-mile) and Melissa Donais (women's 5K) both were victorious. Samuelson, 54, wins the 5-mile women's race at 30:21, a record for 50-and-over women. Amy Lane of South Deerfield (31:56) and former Andover High and BU soccer star Emily Pallotta (32:20) rounded out the top three.

PAUL BILODEAU/Staff photo

Nate Jenkins hugs wife, Melissa Donais, at the 2011 race. Jenkins won the 5-mile race, while his wife won the 5K.

2012

The 25th race enjoys a big day. There were 10,720 entries, crushing the previous year's record by nearly 600. The Kid's K continues to grow, with a record 795 boys and girls entered, all of whom win a medal. Of the 8,100-plus who pre-registered online, only 249 did not run or pick up their number. According to McGillivray, "This is historic." Of course, the perfect running weather helped. The 5K has 6,467 finishers, and the 5-miler 2,830. It takes 15 minutes for the last person to cross the starting line, which means the men's 5K winner, Pat Fullerton of Bradford, has almost finished before the last person begins. Despite the record numbers, the Feaster Five does not run out of pies.

2013

Alan Dewhirst has a lot to be thankful for on a chilly Thanksgiving. Running with his daughter, Paige, a student at West Virginia University, the North Andover resident becomes light headed about 150 yards from the finish. He collapses with a heart attack. Thankfully, about 100 yards away, Dr. Larry Bourdeau, who works many races each year, is at the medical tent talking to an Andover police officer. Bourdeau gets to Dewhirst within a minute and uses an Automated Electronic Defibrillator he always keeps strapped over his shoulder when working a race to revive Dewhirst.

2014

The year of "The Proposal" sees Tim DiNicola search for a special way to propose to his girlfriend, Julie Mazeika. "This is my third year running and her sixth," he says. "We didn't meet at the race, but it was one of our first big events together. She is a huge fan of this tradition and I wanted to make it even more special."

2015

The 28th annual race sees Boston Red Sox catcher Ryan Hanigan as grand marshal. The former Andover High star, who was dealt to his hometown Red Sox the previous winter, signs autographs as runners and walkers pick up their bibs at the runner's expo. Two locals who'd never run the race before, Eric McDonald of Plaistow and Christina Supino of Windham, win their events on a picture perfect day.

2016

Ruben Sanca barely makes it to the race on time, three minutes before the start, but it doesn't change what has become a regular occurrence — a fourth straight Feaster Five winner's medal in the 5-mile race. The Whirlaway runner is joined by North Andover native and Taunton middle school teacher Danielle Poto, who at only 5 feet tall cops her first title. Andover's Gerry Callahan, WEEI radio personality and long-time Feaster Five runner, brings co-host Kirk Minehane, also a noted runner, to his first race in Andover on Thanksgiving Day.

2017

The 30th annual race sees a great day for Whirlaway Running Club, a big supporter of the Feaster Five through the years, as three of its stars win their respective races — Ruben Sanca of Chelmsford and Andover's Maggie Mullins in the 5-mile race, and Neil Carmody in the men's 5K. Another Andover runner, Alanna McDonough, takes home the 5K women's top prize in another year with 10,000 participants.

2018

Due to frigid conditions, the Kids K is cancelled and so is the 5-mile race. Still, more than 4,000 runners and walkers participate in the 5K. Catherine Beck, who usually runs the 5-mile distance, wins. She bests the 2017 winner, McDonough. "This was like running in January," said Beck. "It's not easy, especially the wind. But you just dress warm and deal with it." Carmody does it again for the men, repeating in the men's 5K. As for best performance? Legend marathoner Samuelson, at 61, wins the 60-and-over division, including men, at 21:54.

Adult Hockey Skaters Wanted at Phillips Academy Ice Rinks

Men's and Women's Leagues and Pick-ups

Mornings/Afternoons/Nights

Email rinks@andover.edu for more information

254 South Main Street, Andover
978-684-7200
www.andover.edu/ice
"Like" us on @ Phillips Academy Ice Rinks

We Do Our Personal Best So You Can Do Yours!

Sports Medicine

Same- or Next-Day Appointments Available

On-Site Physical, Occupational, Hand, and Pelvic Therapy

To Get Back to Living and Competing in Top Form, Contact Us Today!

Welcome the newest member of our team of Fellowship-Trained Orthopaedic Surgeons, Dr. Hayden N. Box!

ESSEX ORTHOPAEDICS & SPORTS MEDICINE

16 Pelham Road/Route 97
Suite 1
Salem, NH 03079
Tel: (603) 898-2244
essexortho.com

WHIRLAWAY SPORTS CENTER

New England's Premier Sporting Goods Store

Good luck to all the runners!

Come and visit us at Feaster Five Expo and take advantage of the Expo specials!

Visit our website and sign up to receive information for in-store events, new products, money savings coupons, discounts and more!
www.whirlawaysports.com

2 DAYS ONLY! GREAT SAVINGS!

BLACK FRIDAY SALE
NOV 29

SMALL BUSINESS SATURDAY
NOV 30

SPECIAL HOURS 9am to 8pm

500 Merrimack Street, Methuen, MA 01844 978-688-8356 X3 MON-SAT 10-8 SUN 10-6
www.whirlawaysports.com *info@whirlawaysports.com*