North Medford Club 79 Years and Running 2012 Summer Racing Series

- **June 5, Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 7:00pm Directions: rte. 2 to South Street exit toward Fitchburg, left onto Electric Ave., KofC on left. **POT LUCK**. Entry: see below.
- **June 12, Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30pm, dirt road and trails. Directions: rte. 2, exit 20 to Baldwinville Rd., right onto rte. 202. Entry: see below.
- June 19, Tuesday, Boxford State Forest, North Andover, MA, 10K trail run, 6:30pm.
 Directions: rte. 495 to rte. 114 east, 6 miles then go left onto Sharpners Pond Road then 1.5 miles to Boxford State Forest. Possible team competition-NMC vs Gil's AC. Entry: see below.
- June 26, Tuesday, Tom and Ron Boone Memorial 10K, Gardner Fish & Gun Club, Clark Street Gardner, MA, 7:00pm. Directions: rte. 2 to exit 23, bear onto Pearson Blvd. and take right onto Elm Street for .9 mile, bear left around rotary (rte. 101) onto Central Street and bear right at fork onto Park St. for .4 mile, follow Park St. for .7 mile to Clark St., take a left onto Clark St. to the Fish & Gun Club 1.25 miles on the left. Entry: see below.
- July 10, Tuesday, Temple 10K & 5K, 111 Laurel View Rd. Templeton, MA. 6:30pm. For information: Jim Fay, gottarun449@comcast.net. Directions: From the east, rte 2 to exit 21, turn right at end of exit. Travel one mile then turn onto sharp left onto Hubbardston Rd (blinking yellow light). 3/4 mile to left onto Laurel View, then first left to house. From the west, rte 2 to exit 20 then right at end of exit. Travel one mile to stop sign then turn left and bear right onto Hubbardston Rd. Left onto Laurel View, left to house. Entry: see below.
- July 17, Tuesday, NMC Burbank 5M Trail Race, Fitchburg, MA, trails behind the Health Alliance Hospital. 6:30pm. Directions: from Main St. Fitchburg, right at light at upper common onto Mechanic St. Left after church up Miller St. and follow Burbank St. past urgent care entrance. For information contact Chris Reid at reidcc@comast.net. Entry: see below
- **July 19, Thursday, Westford Academy Summer Series,** Westford, MA, 3.58 miles, 6:30pm. Walkers 6:15pm. Directions: call (978) 692-5570 ext. 389 or (603) 883-6021. Entry: \$5.00.
- **July 24, Tuesday, Donnelly's Tavern Run,** 43 Summer St. Lunenburg, MA, 5 miles, 7:00pm Directions: rte.2, exit 32 to rte.13 north, Main St. for 2 miles, left onto North St. at King's Corner for 1 mile to Donnelly's Tavern. Entry: see below.
- **July 28, Saturday, Fresh Pond,** Cambridge, MA, 10am, 2.5 and 5 mile races, FREE. Parking behind Cambridge Honda to avoid possible parking ticket on Fresh Pond property. For information call: (617) 381-0532.
- **August 7, Tuesday, Lynn Woods,** 5.75 miles (trails), 6:30pm. Directions: rte. 128 north to exit 44B, rte. 129 east, 3 miles just before cemetery take right around church. (781) 592-3808. Entry: see below.
- **August 14, Tuesday, Paisanos 5K Road Race,** 450 Lancaster St. Leominster, MA. 7:00pm Entry: see below. This race will be run in memory and tribute to Tom McDonough.
- **August 21, Tuesday, Merrimac,** 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30pm. Directions: rte. 495 to exit 53 on Broad St., turn onto rte. 110 to center of town then left onto Locust St. Entry: see below.
- **August 28, Tuesday, Log Cabin 10K,** rtes. 2A &31 Westminster St., Fitchburg, MA, 6:30pm. Directions: rte. 2 to rte. 31 exit towards Fitchburg, right at stop sign. Entry: see below
- **September 11, Tuesday, Whitney Memorial 5K at Devens,** Devens, MA 6:15pm. From route 2 take the Jackson Road exit (#37). Follow past Devens Commons and turn left onto Buena Vista. Registration is at the Devens 5K Series site. Entry: see below.
- **September 22, Saturday, So. Hamilton 5M,** Asbury Grove, So. Hamilton, MA, 10am. Directions: rte. 128 toward Gloucester. Exit 20A for rte. 1A, Hamilton, follow rte. 1A into Wenham for 3 miles. Left at white church, Arbor St., and follow for 1.25 miles to left at blinking light at gas station into Asbury Grove. After the arch take first right onto Essex Ave. Host: Roger Perham, (978) 468-7934. Entry: see below.
- **October 20, Saturday, 4C's Race, Shirley,** 29 Chapel St., near St. Anthony's Church parking lot. 5.7 miles, 12:10pm. **POT LUCK**, runners must wear orange and black. Entry: see below.

Entry fees: \$5.00 for all non-NMC members, \$3.00 for NMC members who want a prize, free for NMC members who do not wish a prize.

All races with the exception of the trail races include a race walk.

Other races organized by the NMC or its members:

- **Lynn Woods** races begin Wednesday, June 6-September 19 at 6:30pm, 6pm beginning August 29, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/17 at 6:00pm and the 5.75 mile handicap race on 8/25 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808.
- May 12, North County Quad Series, 5K series begins with Fitcon 5k in Gardner, September 28 Run For A Beer 5K in Gardner, October 21 Cider House 5K in Princeton, November 17 Field, Forest & Orchard 5K in Phillipston. For information: www.ncquadseries.com or joyce@fitconcepts.net.
- June 9, Saturday, 4th Annual Phillipston Bazaar Firefighter's 5K Road Race, \$20 entry fee.

 Walkers begin at 4pm, runners at 4:30pm. Pre-registration by June 1st, first 150 receive tee shirt,
 Chicken barbecue dinner, and \$10 gift certificate to King Phillip Restaurant. Contact:
 Craig Twohey at 978-249-6300 or Doug Wheeler at 978-812-9361, ctwohey@yahoo.com
- June 23, Saturday, Fitchburg Police Association Community 5K Road Race/Walk, The Cellar, 14 Mill St., Fitchburg, MA. 10am start for walkers, 11am for runners. For information: contact Mark Jackson by email at mdjackson@fitchburgpolice.com. Proceeds benefit the Wounded Warrior Project.
- **July 28, Saturday, Asbury Grove Duathlon Race,** 2.4 mile run/8.6 mile bike/2.4 mile run. \$5 fee. For information: www.stewchase.com or call 978-468-7934.
- **August 4, Saturday, Wind Turbine 5K Walk-Run,** Narragansett Regional H.S., 462 Baldwinville Rd Baldwinville, MA. 8:45am walk, 9am run. \$15 before July 23, \$20 after and day of race. For information: windturbine5k@gmail.com or www.windturbine5k.org
- **August 23, Thursday, Templeton 5K,** Templeton Developmental Center, Templeton, MA. Rte 2, exit 19N. 6pm walk, 6:30pm run at the blue farm stand. \$10 day of the race. Proceeds benefit American Cancer Society. For information: (978) 895-3263 or contact Sandy Superchi at SandySuperchi@yahoo.com.
- **September 3, Monday, West Fitchburg Homecoming Days 5K,** Log Cabin, Westminster St./ Rte 2A, Fitchburg. Children's races begin at noon. 5K begins approximately at 3pm. Entry fee: free Cash prizes. For information contact Brian at The Log Cabin.
- September 8, Saturday, 15th Annual Hubbardston Library 5K Run/Walk, Hubbardston Center School, Hubbardston, MA. Registration begins at 8am, race at 9am. \$17 pre-registration \$20 after August 3. Proceeds benefit the Hubbardston Town Library. Long sleeve tee shirts to the first 100 registrants. For information and directions: Mark Wigler at (978) 928-5120 or by email at mtwigler@gmail.com.
- **September 8, Saturday, 24th Annual Fred Brown Lake Winnipesaukee Relay,** Weir's Beach, NH, 65.1 miles, 8 person teams, \$250 entry per team \$300 after 7/23, 8:00am. For information: mark.fontaine@comcast.net or www.NorthMedfordClub.org.
- September 23, Sunday, North Medford Club Overlook 10K Trail Race & 5K Walk/Run, \$5 day of race only, Fitchburg, MA, trails behind the Health Alliance Hospital. 10am. Directions: from Main St. Fitchburg, right at light at upper common onto Mechanic St. Left after church up Miller St. and follow Burbank St. past urgent care entrance. For information: Rene Lavoie, rainman52@verizon.net., www.northmedfordclub.org.
- November 4, Sunday, Templeton 7M Trail Race, behind Narragansett High School, Templeton, MA 9am. \$15 entry fee before October 22nd, \$20 day of the race. Directions: west on rte. 2 take exit 20 and turn right off of exit. High school is on left. For information: Joe DiMucci, (978) 939-2577 or by email at idimucci5@comcast.net.
- November 11, Sunday, Magic Mountain 5 Mile Walk/Run, Leominster Sportsman Club, 1455 Elm St. Leominster, MA, 10am. \$15, \$20 day of the race. For information: Betty718711@verizon.net, www.timmyfund.com
- November 22, Thursday, 13th Annual Thanks For Running Road Race, 3 miles, 151 Boutelle St., Fitchburg. 8:30am for walkers, 8:45am for runners. \$20 to benefit The Hydrocephalus Association. Long Sleeve tee shirts. For directions and information, (978) 345-5284 or Ginnity@net1plus.com.
- November 22, Thursday, 33rd Annual Gardner Turkey Trot, 5 mile road race, Gardner City Hall 115 Pleasant St., Gardner, MA. \$10 pre-registration, \$15 day of the race. First 200 registrants receive a mystery gift. Proceeds benefit Gardner and Narragansett Regional High School cross-country and track teams. For information: Mike O'Hara, 94 Edgell St. Gardner, MA 01440, michael.ohara8@verizon.net.
- **Saturdays, Fresh Pond,** Cambridge, MA, 10:00am, 2.5 and 5 mile races, FREE. Parking behind Cambridge Chevrolet to avoid possible parking ticket on Fresh Pond property. For information: (617) 381-0532.

Multisport Race Schedule:

For information on upcoming events check the NMC Homepage.

NMC Homepage: http://www.NorthMedfordClub.org
Race results and other information can be mailed to NMC Newsletter Editor, Donna LeBlanc, 3
Attitash Avenue, Sutton, MA 01590 or by email to donnajleblanc@yahoo.com.
See Jim Imprescia to run for the NMC team at Championship Races. USAT&F card must list North
Medford Club, #37.