North Medford Club
81 Years and Running
2014 Summer Racing Series

June 3, Tuesday, Bob Hersey Memorial 5 mile, K of C, 165 Electric Ave. Fitchburg, MA 6:30pm Directions: rte. 2 to South Street exit toward Fitchburg, left onto Electric Ave., KofC on left. **POT LUCK**. Entry: see below.

June 10, Tuesday, Greyhound Pub Mr. Bean Memorial Run, 3.4M, 6:30pm Kelley Square, Worcester MA. Entry: see below. For information contact Lori Berkey, loribcharlieh@aol.com

June 17, 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 24, Tuesday, Tom and Ron Boone Memorial 10K, Gardner Fish & Gun Club, Clark Street Gardner, MA, 6:30pm. 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 8, Tuesday, TBD

July 15, Tuesday, Donnelly's Tavern Run, 43 Summer St. Lunenburg, MA, 5 miles, 6:30pm 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 17, 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 22, 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 26, 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. (Club members only).

August 5, 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 12, Tuesday, Country Road 5K, Templeton, 703 South Rd. 6:30pm. Directions: Rte 2N to exit 21, turn right onto rte 101, left onto South Rd. Address is on the right side of road. Parking on right side of road. For information contact Jon Miganowicz at runningkid47@yahoo.com.

August 19, 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 26, 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 9, 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.

October 18, 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.

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Other races organized by the NMC or its members:

Lynn Woods races begin Wednesday, June 4-September 17 at 6:30pm, 6pm beginning August 27, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/13 at 6:00pm and the 5.75 mile handicap race on 8/20 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808.

May 10, North County Quad Series, 5K series begins with Fitcon 5k w/kid run in Gardner, June 28th Lake Dennison 5K, September 27th Run For Beer 5K, October 18th Pumpking Run 5K. For information: www.ncquadseries.com or joyce@fitconcepts.net.

June 14, Saturday, 7th 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 28, Saturday, Fitchburg Police Association Community 5K Road Race/Walk, The Cellar, 14 Mill St., Fitchburg, MA. 11am start for walkers, 12 noon for runners. $20 before 6/28, $25 thereafter. For information: contact Mark Jackson by email at mdjackson@fitchburgpolice.com. Proceeds benefit the Wounded Warrior Project.

July 26, Saturday, Asbury Grove Duathlon Race, 2.4 mile run/9.7 mile bike/2.4 mile run. $10 fee. 8am start. For information: www.stewchase.com or call 978-468-7934.

August 2, Saturday, Wind Turbine 5K Walk-Run, Narragansett Regional H.S., 462 Baldwinville Rd Baldwinville, MA. 8:45am walk, 9am run. $16 before July 19, $20 after and day of race. For information: www.windturbine5k.org

September 1, 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 6, Saturday, 17th 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.

November 2, 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 jdimucci5@comcast.net.

November 27, Thursday, 17th Annual Thanks For Running Road Race, 3 miles, 151 Boutelle St., Fitchburg. 8:30am for walkers, 8:45am for runners. $25 to benefit The Hydrocephalus Association. Long Sleeve tee shirts. For directions and information, 508-341-1279, 978-273-5179, 4gboys@comcast.net, elizabethwalsh1@verizon.net.

November 27, Thursday, 35th 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: GardnerTurkeyTrot@gmail.com.

Multisport Race Schedule:

For information on upcoming events check the NMC Homepage.

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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 Fay to run for the NMC team at Championship Races. USAT&F card must list North Medford Club, #37.

HELP AT THE RACES IS ALWAYS APPRECIATED.