

# North Medford Club

## 77 Years and Running

### 2010 Summer Racing Series

- June 1, 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 8, Tuesday, The Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, 7pm, 11 Kelly Square  
Worcester, MA. Directions: exit 13 Kelly Sq. off of rte. 290. Enter rotary, first exit off  
Rotary is Water St. Parking is on street. The An Cu Liath (Greyhound Pub) is located  
at the top of the rotary. Entry: see below. For information contact Amy Paquette at  
[almassagetherapy@yahoo.com](mailto:almassagetherapy@yahoo.com).
- June 15, 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 22, 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 29, 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 6, Tuesday, Bev and Ed Whitney Memorial**, Finnegan's Pub Hudson, MA. 5K, 7:00pm.  
Entry: see below.
- July 13, 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-  
near the old landing pad For information- Chris Reid reidcc@comcast.net or 617-966-0095.  
Entry: see below
- July 15, 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 20, 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 31, Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races, FREE. Parking  
behind Cambridge Chevrolet to avoid possible parking ticket on Fresh Pond property.  
For information call: (617) 381-0532.
- August 3, 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 10, Tuesday, Temple 10K**, 111 Laurel View Rd. Templeton, MA. 6:30pm. For information:  
Jim Fay, [gottarun449@comcast.net](mailto: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).  
¾ 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.
- August 17, 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 24, 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 18, 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 23, 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.**

#### **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 [donnaibleblanc@yahoo.com](mailto:donnaibleblanc@yahoo.com).**

**See Jim Imprescia 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.**