

North Medford Club

84Years and Running

2017 Summer Racing Series

- June 6, Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 7pm
Directions: rte. 2 to South Street exit toward Fitchburg, left onto Electric Ave., KofC on left.
POT LUCK. Entry: see below. For information: rainman52@verizon.net
- June 13, Tuesday, Ballot Box 3.4M Run**, 7pm 11 Kelley Square, Worcester
MA. Entry: see below. For information contact Lori Berkey, loribcharlieh@aol.com
- June 20, 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.
For information: jdimucci5@comcast.net
- June 27, Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, 538 Clark Street Gardner, MA, 7pm. 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. For information: sarahlee52@comcast.net
- July 11, Tuesday, Hill Top 5K**, Hubbardston State Forest, Mt. Jefferson Rd., Hubbardston. 6:30pm.
From rt 2 take exit 22In Hubbardston center turn right onto Williamsville Rd. then turn right onto Mt. Jefferson Rd. Continue up Jefferson Rd. until you see Malone Rd. on the right. The start is just past Malone Rd. Drivers must park on the right side of road.
For information: Runningkid47@yahoo.com
- July 18, Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles, 7pm
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. For information: fgorham2@yahoo.com
- July 25, Tuesday, NMC Burbank 5M Trail Race**, 275 Nichols Rd, Fitchburg, MA, trails behind the Health Alliance Hospital. 6:30pm. For information contact Chris Reid at reidcc@comcast.net
Entry: see below
- July 29, 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.
(Club members only).
- August 2, Wednesday, Lynn Woods, 5.5 miles (trails)**, 6:30pm. Directions: rte. 128 north to exit 44B, rte. 129 east, 3 miles just before cemetery take right around church. (978)535-3905. Entry: see below.
- August 8, Tuesday, Blood Hill 2.8M Trail Race**, 71 Byfield Rd, Ashburnham, MA, 6:30pm. Directions: route 31N to intersection/rotary with John Fitch Hwy, third exit on to Rindge Rd. Travel 6 miles turning right at Wagg Hill Rd then left on Byfield Rd. For information: orni@netzero.com
- August 15, 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 22, 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. For information: philipmcgaw@comcast.net
- August 29, Tuesday, Log Cabin 10K**, 135 Westminster St., Fitchburg, MA, 6:30pm.
Directions: rte. 2 to rte. 31 exit towards Fitchburg, right at stop sign. Entry: see below
- September 5, Tuesday, Whitney Memorial 5K at Devens**, Devens, MA 6:30pm. From route 2 take the Jackson Road exit (#37). Parking and registration at parking area at Rogers Field off of Jackson Road. Entry: see below.
- October 14, 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.
For information: philipmcgaw@comcast.net
- November 5, Sunday, Templeton 5K Trail Race**, behind Narragansett High School, 464 Baldwinville Road, Templeton, MA. 9am. 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 *Narragansett Alumni event combined.*

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 7-September 13 at 6:30pm, 6pm beginning August 23, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/9 at 6:00pm and the 5.75 mile handicap race on 8/23 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905.
- June 24, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, The Cellar, 14 Mill St., Fitchburg, MA. 10am start for walkers, 11am for runners. \$20 before 6/25, \$25 thereafter. For information: contact Mark Jackson by email at mdjackson1289@gmail.com Proceeds benefit the Veteran Homestead. Tshirts to first 250 registered.
<http://fitchburgpolice5k.racewire.com/>
- August 5, Saturday, Wind Turbine 5K Walk-Run**, Narragansett Regional H.S., 464 Baldwinville Rd Baldwinville, MA. 9am walk, 9am run. \$17 before July 23, \$22 after and day of race. For information: www.windturbine5k.org
- September 4, Monday, West Fitchburg Homecoming Days 5K**, Log Cabin, 135 Westminster St, 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 9, Saturday, 20th Annual Hubbardston Library 5K Run/Walk**, 8 Elm St. Hubbardston Center School, Hubbardston, MA.
This years race is being held in the memory of Matthew Ellowitz- who passed away in a car accident in October of 2016.
Registration begins at 8am, race at 9am. \$20 pre-registration \$22 after August 4. 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 17, Sunday, 4th Annual Smokin' Embers 5K**, 34 Lakefront St Lunenburg, MA. 5K Walk 12:15pm, 5K Run 1pm. \$15 until 9/4, \$20 to race day. Online registration at active.com. For information: Mark.fontaine@comcast.net
- October 29, Sunday, NMC/Eagles 5K-Halloween**, 1K-kids and 5K Walk 12:15pm, 5K Run 1pm Eagles Hall, 456 Litchfield St, Leominster, MA Entry fee: \$5 kids, \$20 over 18 until 10/16/17 \$25 10/17/17 to day of race. Prizes for best costume, 1st, 2nd, 3rd, male and female runners. For information: Deb Fontaine at debholiday@aol.com
- November 23, Thursday, 20th 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

NMC Homepage: <http://www.NorthMedfordClub.org>
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.