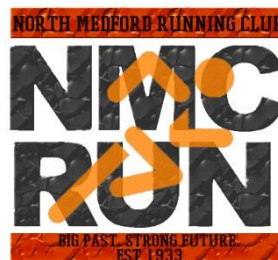




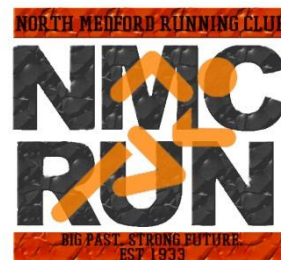
North Medford Club
83 Years and Running
2016 Summer Racing Series (rev3)



- June 7, 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.
POTLUCK. Entry: see below. For information: rainman52@verizon.net.
- June 14, Tuesday, Blackstone Tap 3.4M Run**, 7pm 81 Water St, Worcester
MA. Entry: see below. For information contact Lori Berkey, loribcharlieh@aol.com
- June 21, 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 28, Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, 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 5, Tuesday, Hill Top 5K**, Hubbardston State Forest, Mt. Jefferson Rd., Hubbardston. 6:30pm.
From rt 2 take exit 22 In 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 12, 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@comcast.net. Entry: see below
- July 19, 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 23, 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).
- July 26, 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 3, 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 9, 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 16, 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 23, 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 6, Tuesday, Whitney Memorial 5K at Devens**, Devens, MA 6:30pm. 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 15, Saturday, 4C's Race, Shirley**, 29 Chapel St., near St. Anthony's Church parking lot.
5.7 miles, 12:10pm. **POTLUCK**, runners must wear orange and black. Entry: see below.
For information: philipmcgaw@comcast.net
- October 30, Sunday, Templeton 5K Trail Race**, behind Narragansett High School, 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 1-September 14 at 6:30pm, 6pm beginning August 24, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/10 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.

June 25, 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 there after. 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 6, Saturday, Wind Turbine 5K Walk-Run, Narragansett Regional H.S., 462 Baldwinville Rd Baldwinville, MA. 9am walk, 9am run. \$17 before July 24, \$22 after and day of race. For information: www.windturbine5k.org

September 5, 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 10, Saturday, 19th Annual Hubbardston Library 5K Run/Walk, Hubbardston Center School, Hubbardston, MA. 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 11, Sunday, 3rd Annual Smokin' Embers 5K, 34 Lakefront St Lunenburg, MA. 5K Walk 12:15pm, 5K Run 1pm. \$15 until 9/4, \$20 to race day. Sport packs to first 100 to register. Online registration at active.com. Proceeds to benefit Leominster High track. For information: Mark.fontaine@comcast.net.

November 24, Thursday, 19th 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 24, Thursday, 37th 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.

November 24, Thursday, 27th Annual Whitin Five, 5 mile road race, Whitin Community Center, 60 Main Street, Whitinsville, Ma. 01588. For information: Linda Usher juniperhill@charter.net. www.whitinfive.com and www.facebook.com/whitinfive

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

NMC on Facebook <https://www.facebook.com/NorthMedfordRunningClub>

Race results and other information can be mailed to NMC Club site or Board Member

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.