



Crossing Into North Medford Multisport

By Mark Fontaine



South Berwick, ME - Ken Brown riding at the Pumpkinman Half Ironman

I think we'd all agree that running is a very positive activity – a great way to exercise, simple to do and a good way to socialize. There's not much that's negative about our sport. Unless, heaven forbid, you get bitten by the injury bug! Let's face it – running is a sport that can potentially cause injury and most of us have been there/ done that. It takes luck and it takes sense and it takes caution to avoid injury.

I can absolutely put myself in that 'lucky' category. In over 30 years of running moderately high mileage, I have missed only a handful of days due to injury. Along with good luck, I've also benefited, I believe, from some sound advice given to me years ago by running friends who also happened to be tri-athletes. The advice was to cross-train – swap some running miles for other forms of exercise. I'm convinced that cross-training has helped me to stay relatively injury-free and I'm sure it would work for most runners.

My friends were really enthusiastic about triathlons, so that seemed like a great way to get into cross-training. I got some great advice on getting started from my NMC friends Marc Pilon, Bob Johnson, Mike Burke and Rick Hebert, all of whom are experienced tri-athletes.

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Marathon Training Record

By Jack Thornton

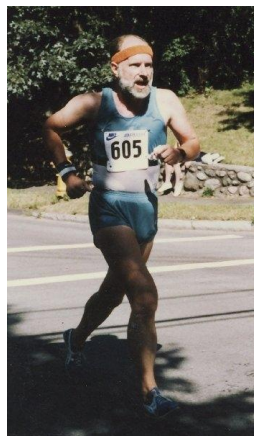
Ten thousand nine hundred fifty (10,950) days is a long time to train between marathons, but that's the approach that Templeton NMC member Jim Brehio decided to take. Utilizing his self-developed 30-year training program, Jim ran the Providence Cox Marathon on May 2nd, 30 years to the day since he completed the now defunct Five College Marathon in Western Massachusetts in 1980. His extended training program paid off running a 3:47 in Providence and qualifying him for Boston 2011. Rumor has it though that he might ask the BAA for a waiver to see if his Providence qualifying time can be applied toward Boston 2040 instead.



Providence, RI - Jim Brehio describing his two-year marathon taper program to reporters after his finish in Providence. Nice hat Jim!

And the Winner is...

Bob Whitney wins again. He has earned not one, but two 6-packs of his favorite beverage this year. You may recall that Bob was the first reader to identify Julian Siegal, the mystery runner from the Late Winter 2010 issue.



Paul Schell was last issue's mystery runner. In his e-mail, Bob described Paul as 'a champion racewalker and all around nice guy'. According to Ken Robichaud, Paul is still active, lives in Brockton and continues to enjoy racewalking.

Other winners include Ron Kmeic who came in a close second followed by Ken Robichaud. Rick Hersey, Jeff Gould and Ken Parker also recognized Paul Schell in the Spring issue.

Mt Washington Results

By Jeff Gould

He who runs Mt. Washington does so to attain wisdom. He who runs Mt. Washington twice is a damn fool. At 21 consecutive, I'm not sure where that leaves me. The 2010 Mt. Washington Road Race has now come and gone, and NMC shared in the success.

Overall, NMC Mt. Washington Jeff Gould led the club, followed by John Trunik, Todd Brown, Mike O'Hara and Keith Orni. Times slowed for most by a warm day. Several NMC teams finished well, men's masters in 5th, with Jeff Gould, John Trunik, Todd Brown, Mike O'Hara and Chris Howard. Women's masters over 40 also did well, Carolyn Finch, Deb Wallgren, Deb Parker, Sandy Superchi and Lori Berkey carrying that flag.

Two stories stand out, first and foremost that our women's seniors team took the title in their division for the second year in a row. Carolyn Finch rowed against the tide as one of the few to run faster than last year, followed by Deb Wallgren, Sandy Superchi, Molly Reid and Marge Gladwin to take the women's seniors (over 50) division. Carolyn's time of 1:33 stands as one of the strongest in the women's seniors division in a race that has attracted national level runners for many years.



Mt. Washington, Continued

The other fine success story involves NMC member Tom Manning, formerly of Ashburnham, now living in Colorado, who also bucked the trend and ran a faster time this year than last year, finishing in a national class time of 1:03. As a result of finishing 6th, Tom made the 2010 U.S. Mountain team. The team will be competing in the World Mountain Championships in September in a country whose name I cannot pronounce, much less spell.

Best of luck to Tom and the rest of the mountain runners who will be there.

The only sad note was that only half of the coveted waiver numbers the club receives were used. NMC sends volunteers to help at the race, and gets entries as a result. If we're fortunate enough to continue this tradition, we need more runners to step up and fill these spots. You must enter on time and be rejected in the lottery to be eligible. Mt. Washington is going through a change of race directors, so any changes in policy remain to be seen. Let me know if you have any questions.

NMC Mt. Washington Finishers

Jeff Gould	1:27:01
John Trunik	1:28:04
Todd Brown	1:30:33
Carolyn Finch	1:33:50
Michael O'Hara	1:37:37
Keith Orni	1:38:38
Chris Howard	1:44:42
Jim Fay	1:51:13
Craig Reid	1:52:19
Deb Wallgren	1:55:10
Deb Willard-Parker	1:57:51
Jim McDermott	1:59:14
Thomas Spinelli	2:00:37
Sandra Superchi	2:06:49
Charlie Herbert	2:07:27
Brian Slattery	2:08:11
Lori Berkey	2:13:35
Molly Reid	2:16:02

Peter Orni	2:16:39
Marge Gladwin	2:57:57

Volunteers are listed alphabetically by first name:

- Allison Joyce
- Chris Reid
- Denise Lawson
- Dick Hawkins
- Jen Bergeron
- Kathy Cioffi
- Ken Parker
- Pam Trunik
- Sandy McAneany

The Coach's Column
Summer Running

By Gary Leavitt

'I use to run to compete and now I run to eat.'



Summer can be a very productive time to getting in top shape, just don't overdo it.

The heat alone will allow you to have that extra slice of pepperoni pizza without sacrificing the waist line. However, as we get up there in age our metabolism slows down a bit.

If you followed my spring/early summer training here's what you have left for July and August.

Grab a nice steamy track workout once a week. Running halves at a six minute mile pace, then run four halves at three minutes with three minute rest. That might be one lap. Keep the pace within two seconds of the previous one.

And if you can't stay within that time then the pace was too fast. So then try and repeat the second half time. Make sure you are drinking water between each half. Know



Summer Running, Continued

when you've had enough water. No drinking and running. You might hit a wall.

Is summer your race season? Then you should have no more than four races scheduled between now and Labor Day. That's the number to go by.

Or, is Fall your race season? Then these summer road races should be your speed workout. Do not race the whole thing.

Take the 5K for example. As long as you warmed up properly beforehand (minimum of one mile), go out hard for a half, slow down for a quarter pick it up for a half, slow down for a quarter and your half way done--fast half--slow quarter--fast half--ease on in. This can be fun because people have actually PR'd this way. I don't suggest that as a race strategy, but if it comes by accident then just think how good it is going to be when you run it all out.

And, **Hostess Cupcakes** taste so good after a good workout.

USATF Mountain Series

By Jeff Gould

This year's Mountain Series has come to a close. For those that want a change of pace and venue, the series is a refreshing change from the humdrum 5k's that charge \$40 to run. Five of the six races sported entry fees of \$15 or less, not many frills, just good races, assuming of course, that running up a mountain is your cup of tea. NMC had more runners than in the past, with seven runners completing the entire series. As an added bonus, finishing all six races gets you a lottery bypass for the following year's Mt. Washington race. It also earns you 'mountain goat' status, as well as a special t-shirt awarded to those who run all the races. C'mon, admit it, you'd run up six mountains for a \$2 shirt, wouldn't you?



As for this year, the series was completed by Jeff Gould, Todd Brown, Don Slovenkai, Chris Howard, Vin Rivard, and Jim McDermott, special mention going to Josh Curtis, who ran half the series, but travelling the most to do it. For a reason known only to him, Ray Boutotte ran 5 of the 6, missing only one. Word has it that Ray ventured to an alternative race where the gist was to run a 5k with no clothes on. Talk about running light. Ask him about it the next time you see him.

Deserving a paragraph of her own, classy Paulette Slovenkai polished off the series in fine fashion, placing 3rd among senior women in the overall series. Aside from a small conglomeration of runners that ran Wachusett, presumably because it's so local, Paulette was the only female to run any of the series. Congratulations go to her.

Here's hoping more club runners get involved in the series next year, if for no more than to try something different.

Summer Reading

By Donna LeBlanc

I just finished *Born to Run*. A great story that chronicles an epic adventure that begins with the question: *Why does my foot hurt?* In search of an answer, author and runner Christopher McDougall sets off to find a tribe of the world's greatest distance runners and learn their secrets.





Who Is This?



Be the first person to correctly identify this issue's mystery runner. Yes, the photo is old and the runner is young, but at least a few of you will remember who this is.

The prize for winning is a six pack of beer.

E-mail your responses to donnajleblanc@yahoo.com. The winner will be announced in the next issue of the newsletter along with the identity of mystery runner.

Bob Hersey Memorial 5M Road Race
June 1, 2010
Fitchburg, MA

1. Brian Allen	UNATT	30:16
2. Chris Howard	NMC	34:31
3. Tim Blouin	NMC	35:12
4. Mike O'Hara	NMC	35:18
5. Charlie Salmond	NMC	35:40
6. Matt Moison	NMC	35:53
7. Mike Auger	NMC	36:11
8. Dan Allen	UNATT	37:13
9. Ryan Hastings	UNATT	37:55
10. Joe Dimucci	NMC	38:34
11. Heidi Bixby-Handy	NMC	39:09
12. Jim McDermott	NMC	39:12
13. Cindy Beaudoin	NMC	40:15
14. Amy Paquette	NMC	40:56
15. Steve McAvoy	NMC	41:50
16. Carol Allain	NMC	42:06
17. Lori Berkey	NMC	42:12
18. Darlene Hoover	NMC	43:30
19. Jim Shope	NMC	43:30
20. George Corff	NMC	43:51
21. Ken Becker	NMC	44:48
22. Rick Hersey	NMC	45:07
23. Sherisa Sterling	NMC	46:11
24. Molly Reid	NMC	48:31
25. Chris Reid	NMC	48:46
26. Deb Fontaine	NMC	49:10

27. Jim Gaffney	NMC	49:32
28. Dan Dodson	NMC	57:03
29. Sandra McAneany	NMC	58:01
30. Marge Gladwin	NMC	58:58
31. Michelle Hagstrom	NMC	75:00
32. Paul McDermott	NMC	75:00
33. Mary Lou Crohan	NMC	87:11
34. Paul McDermott	NMC	56:11
35. Marge Gladwin	NMC	56:11
36. MaryLou Crohan	NMC	76:00

Greyhound Pub Mr. Bean Memorial
June 8, 2010
Worcester, MA

1. John Pajer	CMS	19:36
2. Dan Ford	CMS	19:52
3. Josh Curtis	NMC	20:01
4. Dave Corbett	Mystic	20:19
5. Jon Miganowitz	NMC	20:42
6. Jeff Gould	NMC	21:26
7. Justin Bergerson	UNATT	21:33
8. Ben Adler	CMS	21:41
9. Ken Hutton	HCS	21:54
10. Cathy Malloy	HCS	21:57
11. Chad Onofrio	UNATT	22:27
12. Matt Moison	NMC	22:44
13. Mike Auger	NMC	22:49
14. Kevin Coyle	HCS	22:55
15. Charley Salmond	NMC	23:10
16. Dan Milton	HCS	23:24
17. Jim Grady	NMC	23:26
18. Dennis Claire	UNATT	23:42
19. Bill Sicard	NMC	23:59
20. Jim McKenna	HCS	24:21
21. Al Barrara	CMS	24:45
22. Jim Fay	NMC	24:52
23. Lynne Hanco	HCS	24:57
24. Joshus Meduna	ANATT	25:12
25. Jim Shope	NMC	25:13
26. Rene Lavoie	NMC	25:22
27. Jack Goolsky	NMC/CMS	25:30
28. Kevin Murphy	UNATT	25:59
29. Helen O'Hara	NMC	26:21

Volunteers: Amy Paquette, Race Director; Gus Curley, Dan Dodson, Dave Duval, Jim Gaffney, Marge Gladwin, Jeff Gould, Charlie Hebert, Dave Krom, Tom Lynch, Kevin Fallon, Dominic Naples, Sherry, John and Karen Pajer, Harold Paquette



Boxford State Forest
10K Trail Run
North Andover, MA
June 15, 2010

1. John Kinnee	CMS	40:19
2. Dave Hannon	NETT	40:41
3. Paul Young	NETT	42:40
4. Wayne Chan	BAA	47:04
5. Evan Douglas	UNATT	48:14
6. Charlie Salmond	NMC	50:29
7. Paul Hennessey	NMC	50:49
8. Jim Hamilton	UNATT	50:57
9. Sean Maney	GAC	51:13
10. John Burke	NETT	51:41
11. Robert Croke	Shamrock	51:52
12. Robert Nevin	UNATT	52:20
13. Eric Wyzga	UNATT	52:44
14. Paul Fortin	GAC	53:17
15. Jim Barry	UNATT	54:10
16. Rob McDonald	UNATT	54:12
17. Bruce Douglas	GMAA	55:40
18. Jim Fay	NMC	56:50
19. Luke Whalen	UNATT	56:52
20. Charles Peabody	UNATT	57:03
21. Herb Nunes	GAC	57:06
22. Jim Martin	We Like Dirt	57:41
23. Becky Snyder	UNATT	58:36
24. Kelly Parks	GAC	59:12
25. Geroge Corff	NMC	59:20
26. Mike Bartlett	UNATT	59:26
27. David Penn	UNATT	59:37
28. Jen Emblidge	Whirlaway	59:57
29. Greg Rodier	UNATT	59:57
30. Tim Curtin	UNATT	60:35
31. Steve McAvoy	NMC	60:45
32. Amuj Khetarpal	UNATT	60:46
33. Joe DiMucci	NMC	61:09
34. Vicky Blais	GAC	61:33
35. James Gilford	GAC	63:37
36. Peter Cepelas	GAC	63:39
37. Rhondra O'Hearn	UNATT	63:49
38. Mike Fitzgerald	LAC	65:20
39. Phil McGaw	NMC	65:48
40. List Conti	UNATT	66:27
41. Kitty O'Connell	GAC	66:27
42. Cheryl Mulvey	GAC	69:29
43. Melanie Haber	GAC	70:59
44. Aimee Jefferson	GAC	71:01

45. Ray Boutotte	NMC	78:53
46. Jennifer Boucher	UNATT	80:40
47. Sandra Flammia	UNATT	88:25
48. Gene Fay	BRC	95:06

Volunteers: Dick Bennett, Race Director; Dave Duval, Joe Bennett, Julie Christo, Royce Sawyer

Lake Dennison
4.2 Mile Trail Run
Baldwinville, MA
June 22, 2010

1. John Kinnee	CMS	23:55
2. Jon Miganowicz	NMC	24:17
3. Joshua Bouchard	GHS	24:23
4. John Pager	CMS	24:26
5. Arthur Besse	CMS	25:23
6. John Kelley	NMC	26:16
7. Mike O'Hara	NMC	27:23
8. Tom Bockus	UNATT	27:52
9. Tim Blouin	NMC	27:57
10. Mike Auger	NMC	27:57
11. Steve Penney	NMC	28:03
12. Charlie Salmond	NMC	28:05
13. Kevin Fallon	NMC/CMS	28:24
14. Joe Sumner	UNATT	28:56
15. Stephanie Ellis	GHS	29:03
16. Joe Dimucci	NMC	29:53
17. Sara Dorsey	NMC	30:09
18. Don Brutvan	UNATT	30:11
19. Craig Reid	NMC	30:13
20. Dave Dorsey	NMC	30:16
21. Heidi Bixby-Handy	NMC	30:25
22. Rene Lavoie	NMC	30:45
23. Elizabeth Bond	UNATT	30:48
24. Jim Fay	NMC	31:03
25. Jessica Bancroft	UNATT	32:03
26. Steve McAvoy	NMC	32:24
27. Amy Paquette	NMC/CMS	32:27
28. Christy Boris	UNATT	32:37
29. Rachel Brutvan	UNATT	33:20
30. Kris Dorsey	NMC	33:57
31. Justice Graves	UNATT	34:23
32. Rick Hersey	NMC	34:41
33. Sherisa Sterling	NMC	34:46
34. John Haemhouts	UNATT	35:10
35. Jasmine Bancroft	UNATT	35:18



Lake Dennison, Continued

36. Sandy Superchi	NMC	35:22
37. Danielle Gravel	GHS	35:30
38. Peter Orni	NMC/CMS	36:00
39. Phil McGaw	NMC	38:20
40. Karen Pager	CMS	40:23
41. Leslie Caponigro	UNATT	42:21
42. Ray Boutotte	NMC	43:03
43. Marge Gladwin	NMC	62:10
44. Molly Reid	NMC	62:11
45. Jim McDermott	NMC	62:12
46. Deb Fontaine	NMC	62:36
47. Marie Auger	NMC	62:36
48. Paul McDermott	NMC	62:36

**Tom and Ron Boone Memorial
4 Mile Road Race
Gardner, MA
June 29, 2010**

1. Brad Fors	NMC	23:45
2. Jon Miganowicz	NMC	24:33
3. Arthur Besse	CMS	24:55
4. Steve Penney	NMC	25:22
5. John Kelley	NMC	26:18
6. Matt Moison	NMC	27:17
7. Tom Bockus	UNATT	27:34
8. Charlie Salmond	NMC	27:44
9. Tim Blouin	NMC	28:28
10. Stephanie Ellis	NMC	28:36
11. Joe DiMucci	NMC	29:02
12. Heidi Bixby-Handy	NMC	29:05
13. Tom Spinelli	NMC	29:23
14. Julie Mondreda	NMC	29:39
15. Justin Bergeron	NMC	29:39
16. Jason Hebert	UNATT	30:29
17. Elizabeth Bond	UNATT	30:52
18. Jim McDermott	NMC	31:03
19. Steve McAvoy	NMC	31:53
20. Helen O'Hara	NMC	31:57
21. Jim Fay	NMC	32:36
22. Cindi Beaudoin	NMC	32:46
23. Darlene Hoover	NMC	33:15
24. Lori Berkey	NMC	33:16
25. Rick Hersey	NMC	33:25
26. Heidi Besse	CMS	33:37
27. Katie Miville	UNATT	33:42

28. Michael Ward	UNATT	34:43
29. Phil McGaw	NMC	38:34
30. Sherisa Sterling	NMC	38:47
31. Ray Boutotte	NMC	45:22
32. Marge Gladwin	NMC	45:29
33. Martha Hamhousts	UNATT	N/A

Volunteers: Cindi Beaudoin and Carol Allain, Race Directors; Mark Fontaine, Rene Lavoie, Jim and Janet Brehio, Chris and Molly Reid, Deb Wallgren, Jeff Gould, Danielle Grave Dave Duval

**Bev and Ed Whitney Memorial
5K Road Race
Hudson, MA
July 6, 2010**

1. Kyle Schaeffer	BTC	17:47
2. Bill Gaudere	UNATT	19:39
3. John Kelley	NMC	19:54
4. Gary Cattarin	NMC	20:15
5. Mike O'Hara	NMC	20:44
6. Matt Moison	NMC	20:52
7. Cathy Malloy	HCS	21:03
8. Kevin Fallon	NMC/CMS	21:06
9. Kevin Coyle	HCS	21:20
10. Charlie Salmond	NMC	21:39
11. Todd Kitterman	HCS	21:51
12. Ken Hutton	HCS	21:59
13. Craig Reid	NMC	22:02
14. Heidi Bixby-Handy	NMC	22:17
15. Ryan Newman	UNATT	23:00
16. Tim Blouin	NMC	23:26
17. Jim Fay	NMC	23:32
18. William Forbes	NMC	24:11
19. Tom Vogel	HCS	24:15
20. Carol Allain	NMC	24:25
21. Steve Chaves	UNATT	24:44
22. Ken Johnson	NMC	24:50
23. Amy Paquette	NMC/CMS	25:05
24. Rick Hersey	NMC	25:10
25. Jim Shope	NMC	25:12
26. Jack Goolsky	NMC/CMS	25:18
27. John Pelliccio	UNATT	25:32
28. Jim Lanteigne	NMC	25:56
29. Darlene Hoover	NMC	26:26
30. Mark Vitale	HCS	26:38
31. Ken Becker	NMC	26:38
32. David Guimond	HCS	27:04



Whitney Race, Continued

33. Peter Dennechuk	NMC	27:11
34. Lori Berkey	NMC	27:46
35. Virginia Corrreia	UNATT	28:02
36. Stan Kielbowice	HCS	28:22
37. Larry Barbieri	HCS	28:48
38. Beth Hettrick	UNATT	28:50
39. Sarah Dennechuk	NMC	31:08
40. Lynne Hanko	HCS	31:20
41. Lindsay Chlebus	HCS	31:20
42. Chris Reid	NMC	31:35
43. Joe Ashe	WPDR	32:07
44. G. MacDougall	HCS	32:30
45. Liz Masterjohn	HCS	32:31
46. Anne Tashjian	WPDR	32:49
47. Molly Reid	NMC	38:55
48. Marge Gladwin	NMC	39:05
49. Chaney Miller	UNATT	40:14
50. Mark Miller	UNATT	40:17
51. John Hendrick	NMC	44:02
52. Daniel Miller	UNATT	DNF
53. Oliver Miller	UNATT	DNF

Burbank 5 Mile Trail Run
Fitchburg, MA
July 13, 2010

By Chris Reid

'Twas a hot steamy night atop Nurse Hill! The scent in the air was thick with a combination of bug spray and impending rain.

We all know Burbank is outpatient only now, and some say the woods have been haunted since! The trails knew the runners were here and it was their time.

One body went down 100 yards in, two more went down a half mile in. All told 15 went down at least once and some multiple times. The blood, the sweat, the skin, and the tears that were left behind told the tale: The trails fought back! Was it the walking rocks, or was it the wandering trees? Was it the tall grass grabbing our ankles or the limbs bending to slap us aside? Stay tuned!

There will be a rematch Sunday, September 12th starting from Saima Park at 10 a.m.

A huge thank you to all the volunteers: The water-stop boys, the two-wheeled sweep team, the timers, the markers, and the heralded NMC Trail clearing crew.



Photo by Paul McDermott

Fitchburg, MA – Ray Boutotte taking it all in stride at the Burbank 5 Mile Trail Run

1. Matt Spanno	NMC	30:15
2. John Kinnee	CMS	31:50
3. Jon Miganowicz	NMC	32:50
4. Matt Fiore	UNATT	32:50
5. Tom O' Riordan	UNATT	36:33
6. Alix Slayton	SISU	36:59
7. Matt Moison	NMC	37:02
8. Nick Normandin	NMC	37:12
9. Mike O'Hara	NMC	37:19
10. Mike Auger	NMC	38:09
11. Charlie Salmond	NMC	38:22
12. David Penn	LRR	38:36
13. Kevin Fallon	NMC/CMS	39:06
14. Vin Rivard	NMC	40:49
15. Heidi Bixby-Handy	NMC	40:58
16. Craig Reid	NMC	41:27
17. Greg Haskell	Puma/CMS	41:36
18. Tim Blouin	NMC	42:13
19. Jim Fay	NMC	42:36
20. Joe DiMucci	NMC	42:39
21. Rene Lavoie	NMC	42:54
22. Kyle Morette	Fitcamp	43:09
23. Patrick Lyden	Fitcamp	43:11
24. Kathy Hayward	NMC	44:05
25. Angela Lyden	Fitcamp	44:23
26. Mark Jackson	NMC	44:36
27. Kris Gleason	NMC	45:13
28. Rick Hersey	NMC	45:40
29. Julie Monfreda	NMC	45:51



Burbank, Continued

30. Justin Bergeron	NMC	45:52
31. Allyson Bushey	Fitcamp	46:33
32. Sherisa Sterling	NMC	46:43
33. Kris Dorsey	NMC	47:02
34. Sandy Superchi	NMC	47:30
35. Amy Paquette	NMC	49:00
36. Peter Orni	NMC	49:59
37. Peter Dennechuk	NMC	50:59
38. Deb Wallgren	NMC	51:28
39. Molly Reid	NMC	51:38
40. Megan Therriault	CMS	52:29
41. Corrine Morette	Fitcamp	53:20
42. Tiff Thibodeau	NMC	53:21
43. Greg Day	Fitcamp	53:57
44. Michael Fanelli	NMC	54:37
45. Anthony Cali	NMC	54:38
46. Chris Reid	NMC	55:23
47. Joyce Gosselin	NMC	56:34
48. Sarah Dennechuk	NMC	56:38
49. Darlene Morse	UNATT	57:06
50. Christine Fanelli	NMC	58:16
51. Tina Spadafore	Fitcamp	62:52
52. Marge Gladwin	NMC	68:41
53. Paul McDermott	NMC	70:00
54. Deb Fontaine	NMC	70:00
55. Ray Boutotte	NMC	72:19
56. Gail Mercier	Fitcamp	73:17
57. Russ Syrjala	NMC	97:39

Westford Academy 3.6 Mile Race
Westford, MA
July 15, 2010

NMC Race Finishers

7. Kevin Fallon	NMC	22:40
12. Matthew Moison	NMC	24:10
15. Charlie Salmond	NMC	24:39
19. Craig Reid	NMC	25:06
22. Joe DiMucci	NMC	25:49
23. Heidi Bixby-Handy	NMC	25:53
31. Jim Fay	NMC	26:19
39. Amy Paquette	NMC	27:38
47. Steve McAvoy	NMC	28:59
50. Rick Hersey	NMC	29:19
62. Molly Reid	NMC	31:31
81. Ray Boutotte	NMC	35:31
83. Dave Duval	NMC	36:21

84. Marge Gladwin	NMC	39:46
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NMC Walkers

5. Chris Reid	NMC	48:55
9. Janice Boutotte	NMC	50:25
13. Russ Syrjala	NMC	59:44

Donnelly's Tavern 5M Road Race
Lunenburg, MA
July 20, 2010

1. Brad Fors	NMC	30:19
2. Jon Miganowicz	NMC	31:37
3. Travis Wheeler	UNATT	33:01
4. Jim Rhodes	SRR	33:07
5. Jeff Gould	NMC	33:42
6. Alex Slayton	SISU	33:45
7. Kevin Fallon	NMC/CMS	33:53
8. Justin Bergeron	NMC	34:10
9. Sam Morrison	UNATT	34:30
10. Tim O'Riordan	UNATT	34:46
11. Charlie Salmond	NMC	34:58
12. Matt Moison	NMC	35:04
13. Tim Blouin	NMC	35:21
14. Craig Reid	NMC	35:53
15. Mike Auger	NMC	36:00
16. Heidi Bixby-Handy	NMC	37:03
17. Seth Reid	UNATT	37:18
18. Steve Drouin	NMC	37:25
19. Kevin O'Riordan	UNATT	37:28
20. Ryan Hastings	NMC	37:40
21. Joe DiMucci	NMC	38:47
22. Jim Fay	NMC	39:11
23. John Londa	UNATT	39:21
24. Julie Monfreda	NMC	39:24
25. Amy Paquette	NMC/CMS	40:28
26. Cheryl Pikora	CMS	40:32
27. Juice Forbes	NMC	40:55
28. Rick Hersey	NMC	40:57
29. Lori Berkey	NMC	41:09
30. Carol Allain	NMC	42:06
31. Cindi Beaudoin	NMC	42:06
32. Larry Morris	NMC	42:32
33. Megan Therriault	CMS	45:05
34. Ken Becker	NMC	45:36
35. Peter Dennechuk	NMC	46:58
36. Sarah Dennechuk	NMC	47:56
37. Jim Laneigne	NMC	48:11
38. Beth Hettrick	UNATT	48:12



Donnelly's Continued

39. Chris Reid	NMC	49:54
40. Ray Boutotte	NMC	55:49
41. Molly Reid	NMC	56:16
42. Marge Gladwin	NMC	58:38
43. Paul McDermott	NMC	58:47
44. Mary Lou Crohan	NMC	90:32

Jim Imprescia Rat Series Winner

By Chris Reid

Congratulations to Jimmy Imprescia on his performance over the last year running the Hockomock Rat Series. On June 27, in Montpelier, Vermont, Jim was crowned the #1 Rat for the 2009-2010 (and final) Rat Series.



Photo by Paul McDermott

For those who don't know what this involves, it is a series of 20 mandatory races (including back-to-back marathons) and five to seven optional races.

Other NMC members who ran part or all of the series include: Paul McDermott, Larry Morris, Bob Sullivan, Peter Orni, Ray Boutotte, Ted Ridout, Dan Dodson, Jeff Gould, Jim Gaffney, Jim Fay, and Jim McDermott.



Summer Series Update

By Rene Lavoie

Series standings and age group standings are now posted on the website results page. If you notice an omission please notify me (Rene Lavoie) immediately. The NMC Summer Series continues to demonstrate a strong showing of participants. Most encouraging is the number of non-club members attending our races. Perhaps it is a sign of the economic times that runners are looking for bargains even in competitive events.

Along with the updated series standings you will find entries for the NMC Trail Race Series. Three trail events have already taken place - Boxford State Forest 10K Trail Race, the Lake Dennison 4.2M Trail Race, and the inaugural running of the Burbank 5M Trail Race. The beautifully laid out course by Chris Reid and his running crew may bring back reminders of the long ago Burbank 7M Trail Race that was directed by Ken Gulliver. A popular race for a few years that once drew over a hundred runners. There has been an addition to the series. South Hamilton 5M will be the fifth and last race in the Trail Race series.

We have several runners in close competition. After two races, Currently Jim Fay leads the men's division and Sara Dorsey the women's.

Our thanks should go out to the race directors and volunteers who make these races possible as well as safe and enjoyable.

Here's hoping more club runners get involved in the series next year, if for no more than to try something different.



Crossing Into, Continued

We did lots of swim/bike/run workouts together and had a great time. Gradually, more people joined us and soon we had a good group of runners-turned-tri-athletes. We thought it would be fun to form a North Medford triathlon team. In 2004, we got permission from the NMC board of directors, and the NMC Triathlon Team became official. We are a registered club with USA Triathlon, the governing body of the sport.

There are definite similarities between the running club and the tri club. Most members are pretty laid back and tend to support one another. Our group swims, rides and runs have been a great way to get to know new people who've joined us.

Just as in road racing, triathlons vary in distance and type/venue. The shorter races usually consist of ½ mile swim, 15 mile bike and 5-K run. The ultimate long-course race is the Ironman – 2.4 mile swim, 112 mile bike and 26.2 mile run. We have tri team members who've competed at all of the distances and even a few who've raced in the Ironman World Championship in Hawaii. Some of us have raced in off-road triathlons which consist of a swim/mountain bike/ trail race. So, just as in running, there's plenty of variety to keep things interesting.

My favorite personal highlight in racing triathlon took place a few years ago at the Timberman Half-Ironman at Lake Winnepesaukee, where we had about 20 tri-team members racing. The half-marathon run at the end was a double out-and-back course, so we were all constantly crossing paths, cheering each other on, and enjoying the team feeling. That was a lot of fun!

When our newsletter editor, Donna LeBlanc, asked me to write about triathlon, she mentioned how much fun she had the week before, competing as part of a team in a triathlon. And that, to me is the most important part of any sport – have fun and stay healthy!

For more information on the NMC Triathlon Team, click on the link on our main website.



Photo by Mark Fontaine

NMC swim crew after a workout