



Milestones

By Donna LeBlanc

(Contributions from Ken Brown, Mark Fontaine, Ron Kmeic and Jeff Gould)

As runners, we seem to enjoy keeping track of numbers. We can't help ourselves. We want to quantify the miles per week, per month, per year – these are the statistics so diligently logged in our training journals. There seems to be some validation in writing it down or recording it in a spreadsheet that is rewarding in and of itself. It is as if the act of recording our sweat and footsteps gives personal meaning to our efforts. When it comes to milestones, many club members have earned boasting rights. Some of these accomplishments have been noted in past newsletters.

It comes as no surprise that among the numbers we keep track of are how many races we run each year and how many times we run a particular event. This article honors a few of our club members who consistently run the same race year and year.



Manchester, CT - Kevin McCusker at the Manchester Thanksgiving Day Road Race holding up his arms forming a '4' and a '0'.

*'Running is not, as it so often seems,
only about what you did in your last race
or about how many miles you ran last week.
It is, in a much more important way,
about community, about appreciating
the miles run by other runners, too.'*

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2010 Iron Runners

What involves seven races ranging in distance from a 5K to a full marathon taking place in four different states over the span of nine months? The question sounds like a riddle or a joke, but it's not. It's the USATF-New England Grand Prix race series that takes place each year at various racing venues in Massachusetts, Rhode Island, Vermont and New Hampshire. The Grand Prix tests a runner's versatility and sanity.

Completing all of the races is truly an endurance award that deserves recognition. NMC club members who passed the test in 2010 and earned 'the jacket' include:

Michael Auger
Tim Blouin
Joe DiMucci
Dan Dodson
Jim Fay
Jonathon Miganowicz

And the Winner is...



The full photo (right) included the following caption:
Warren Fowler & Ed Sicard at Alley Pond Park, Queens NY, January 1967.

OK, I give up. I clearly made this one too hard. And to compound the problem, I don't really know much about this runner. His name is Ed Sicard and the photo is from Frank Niro's archives.



Anyone who has additional knowledge about this runner's identity, please share. A reasonably believable description earns an honorable mention in the next issue.

Mill Cities 2010 Results

By Jeff Gould



Thanks to all who journeyed north to the Mill Cities Relay to see how fast a team of five runners (or three for you elders) could transport a magnetic wrist band from Nashua to Lawrence on foot with the added attraction of freezing your extremities while waiting for a handoff.

This relay is one of the best races in New England. It is really the last true club race. It was a new record for the club, 85 runners on 19 teams, with nary a no-show. For a change of pace, the weather was good this year, cool but not cold, with nice dry roads, and the headbands were a nice touch. (Just what Steve Penney, Charlie Herbert, and Mark Fontaine need to keep the hair out of their eyes!)

We have a new race director at Mill Cities. If you happen to stumble across Jessica Costa, thank her for the effort. Race Director is Swahili for 'she who gets all the headaches'. Thank her if you get the chance.

The club did quite well, though it was evident that other clubs are coming alive in divisions we once dominated. We managed a second and four thirds, but no division titles. Our sole defending champions returned, ran very well, and got third place in women's seniors (50+).



Mill Cities, Continued

Senior Cindy Beaudoin displayed her amazing speed on the 2.5 miles leg. The other fine success story involves Carol Allain who accomplished two goals, running a superb long leg, and this year, keeping track of her wristband all the way to the hand-off. Their team was ably and tastefully anchored by NMC's finest epicurean, Darlene Hoover. Mark Fontaine and his mixed seniors, Kris Gleason's mixed masters, and ancient George Leslie and his merry band of 70+ runners (average age on this team was 80!) all managed third place finishes as well. It was a pleasure to see Mr. Leslie parading their brick around the room eight feet in the air. A second place finish in mixed vets (60+) went to Linda Usher, Vin Rivard and Mark Wigler. Finishing fourth were women's masters Sheila, Lori, Terri, Julie and Steph, and the mixed 60+ concoction of Dan Dodson and Rich and Jackie St. Hilaire. Anybody that knows Dan, Rich and Jackie know that THAT'S a team. Other teams fared well, finishing between sixth and tenth in their respective divisions. Overall, we got 4th of about 20 teams in the overall club competition. Not bad at all.

Overall, the relay was a big success. In the past two (or maybe three) years, just enough snow fell the night before to mess things up for the first two legs. This year, the weather was cooperative, and the race went well. More teams than ever: 220+. The first year I ran, there were about 60 teams (yeah, I'm old). As recently as 2003, it took 40 points to win the overall club title. This year, it took 92 points to make the top three. The hierarchy of this race is doing something right. The competition is strong and deep.

In any event, thanks again for those of you who ran. For you neophytes, the relay isn't over, indeed, it's just begun. Ask anybody that's a decade veteran of this race. I'll be on your backs again in about ten months or so to run next year's version.

The Coach's Column Just Another Runner in the Night

By Gary Leavitt

'I was revved up like a Deuce another Runner in the Night.'

It was the winter of 1976. I was 14 going on 15. The running bug had hit me. And, boy did it hit me hard.



It was one of those cold winter days, a snowy one at that, where my running streak (a mere 300 days in a row) was going to be jeopardized. Not so much by the snow but, the fact that my parents wouldn't let me go out and run in it.

Mom said, 'too dangerous and I'll get your father on the phone if you don't listen.' I thought to sneak out, but very rarely did I disobey Mom or Dad (that came later).

So the streak was over. Not so fast. I came up with a brilliant idea and to this day am very proud to say that if I had it to do all over again that I would. That's why I'm sharing this story with you.

That winter Manfred Mann had just released a single that would shoot to the top of the music charts. It was Bruce Springsteen's 'Blinded by the Light'. However, this was their version and the pop style was what the country loved, moving it to number 1. Those old local AM radio stations would wear the needle out in an hour's time playing the same song at least five times an hour. WRKO's Dale Dorman would introduce the song each time.

Down to the Basement I went. Conveniently our old stereo was down there. You remember those old stereos, don't you? They were the ones that opened up like a cabinet.



Just Another Runner, Continued

With the music on, I proceeded to move the rest of the furniture to the middle of the floor. I created a path all around the perimeter of the cellar. It was my first indoor track and I was going to do my first indoor track workout.

For dizzying reasons I decided not to count the laps but, just the time. I was actually ahead of my time with this workout. Knowing that 'Blinded by the Light' was about to come on again I laced up my sneakers and waited for the keyboard intro that set this version apart from the Boss's.

3 o'clock start and some 60 minutes later it was over. Sure the pace wasn't blazing but, it wasn't snail slow either. One corner was somewhat hard to maneuver. I only banged my hip two times on it.

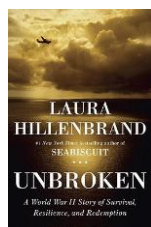
When I finished I felt a real sense of accomplishment. It was like Gunny Highway (Clint Eastwood) said in the movie Heartbreak Ridge: 'Adapt, improvise, overcome.'

I'd do that workout no less than 25 more times that winter while keeping the streak alive.

Inspirational Reading - Unbroken

By Donna LeBlanc

I just downloaded and started reading an inspiring true story of Louie Zamperini who, as an athlete, ran in the 1936 Berlin Olympics and then became an airman when World War II broke out. When his plane crashed into the Pacific Ocean, he and two other crew members float in a tiny raft across thousands of miles of ocean only to be rescued by the Japanese and placed in a POW camp.



Boston Marathon Bus

By Chris Reid



Looking for a ride to the Boston Marathon start and a ride back home from Boston at the end of the day? Once again, the club is sponsoring a bus and use of the Marriot Boston at Copley Place hotel room on Marathon Day, April 18th.

The bus transports runners and spectators to the start in Hopkinton and carries luggage and spectators to the Marriott in Boston. The bus makes a return trip back to the pick-up sites early in the evening.

As in years past, there will be two pick-up locations: One in East Templeton at the Wilson Bus terminal, and the other at Orchard Hills in Lancaster.

The price for round trip bus transportation and use of the hotel room, including a hot shower and light snacks, is \$50 per person.

To reserve a ride, please send your name, phone number, e-mail address and a check made out to North Medford Club to:

Marge Gladwin
16 Village View Road
Westford, MA 01886





Bob Hersey Memorial 5M Road Race
January 2, 2011
Fitchburg, MA

1. Brian Allen	UNATT	29:06
2. Martin Tighe	TNT	30:04
3. John Pajer	CMS	30:54
4. Jon Miganowicz	NMC	31:29
5. John Kinnee	CMS	31:41
6. John Kelley	NMC	34:24
7. Tim Blouin	NMC	34:59
8. Steve Penney	NMC	35:00
9. Kevin Fallon	NMC	35:36
10. Heidi Bixby-Handy	NMC	36:21
11. Charlie Salmond	NMC	36:29
12. Mike Auger	NMC	36:50
13. Kris Gleason	NMC	37:18
14. Matt Moison	NMC	37:19
15. Joe DiMucci	NMC	37:19
16. Anthony Cali	NMC	38:21
17. Mark Wigler	NMC	38:46
18. Craig Reid	NMC	39:48
19. Scott Jansens	NMC	39:55
20. Kristina Sanders	NMC	40:54
21. Lori Berkey	NMC	40:57
22. Amy Paquette	NMC	41:28
23. Lisa Stone-Mutti	NMC	41:43
24. Geri Gardner	UNATT	41:47
25. Steve McAvoy	NMC	42:14
26. Jim Shope	NMC	42:58
27. Matt Dellachai	NMC	43:21
28. Brian Dellachai	NMC	43:22
29. Beth LeBlanc	NMC	43:41
30. Peter Orni	NMC	43:55
31. Mary Jane Davis	GF	44:17
32. Rick Hersey	NMC	44:20
33. Roger Perham	NMC	44:34
34. Zack Tibbetts	NMC	44:43
35. Helen O'Hara	NMC	44:51
36. Mike O'Hara	NMC	44:51
37. Darlene Hoover	NMC	45:07
38. Drew Kleinknezat	UNATT	45:52
39. Ted Rideout	NMC	46:01
40. Marisol Ficaro	NSS	46:46
41. Ken Becker	NMC	47:44
42. Tina Kelley	NMC	49:02
43. Jennifer Sheehan	UNATT	49:28
44. Karen Pajer	CMS	49:32
45. Sherisa Sterling	NMC	52:31

46. George Leslie	NMC	53:20
47. Dan Dodson	NMC	55:54
48. Ray Boutotte	NMC	55:59
49. Marge Gladwin	NMC	57:38
50. Molly Reid	NMC	57:39
51. Kathy Cioffi	NMC	58:07
52. Dick Hawkins	NMC	58:08
53. Kristin Dellachai	NMC	58:09
54. Jim Imprescia	NMC	58:09
55. Julian Siegel	NMC	58:09
56. Karina LeBlanc	NMC	79:31
57. Donna LeBlanc	NMC	80:39
58. Mary Lou Crohan	NMC	90:23

Volunteers: Rene Lavoie, Race Director; Carol Allain, Darlene Hoover, Mark Fontaine, Dave Duval, Marge Gladwin, Jeff Gould, Charlie Herbert, Jim Gaffney, Larry Morris, Jim Sicard, Roxanne Robert, Jim McDermott, Lorie Landry, Jim Brehio, Tom Spinelli



Fitchburg, MA – Club members Steve Penney and Tim Blouin appear to be enjoying the close competition at the Bob Hersey Memorial race. Tim went on to edge out Steve by a single second. *Photo by Paul McDermott*

Fresh Pond 2.5 & 5 Mile Road Race
January 15, 2011
Cambridge, MA

2.5 Mile NMC Finishers

1. John Kelley	NMC	14:29
2. Tina Kelley	NMC	19:29
3. Dan Dodson	NMC	23:06
4. Marge Gladwin	NMC	23:09
5. Mary Lou Crohan	NMC	42:49



Fresh Pond, Continued

5 Mile NMC Finishers

Charlie Salmond	NMC	32:45
Mike Menovich	NMC	37:24
Peter Orni	NMC/CMS	40:00

Greyhound Pub Mr. Bean Memorial
January 9, 2011
Worcester, MA

1. John Pajer	CMS	19:36
2. Dan Ford	CMS	20:23
3. Arthur Besse	CMS	20:49
4. Jeff Gould	NMC	21:25
5. Josh Curtis	NMC	21:34
6. John Kelley	NMC	22:08
7. Ken Hutton	HCS	22:32
8. Charlie Salmond	NMC	23:03
9. Kevin Fallon	NMC	23:11
10. Ed McGuinn	CMS	23:29
11. Kris Gleason	NMC	24:40
12. Jim McKenna	HCS	24:46
13. Jim Imprescia	NMC	25:18
14. Richard Burke	UNATT	25:35
15. Tim Blouin	NMC	25:56
16. William Peters	NMC	26:05
17. Rene Lavoie	NMC	26:17
18. Lynn Hanco	HCS	27:09
19. Chuck Hanco	HCS	27:10
20. Lisa Stone-Mutti	NMC	27:10
21. Lori Berkey	NMC	27:18
22. Charlie Herbert	NMC	27:25
23. Annie Paquette	NMC	27:33
24. Amy Paquette	NMC	27:34
25. Jim Shope	NMC	28:08
26. Keith Harnden	NMC	28:23
27. Darlene Hoover	NMC	28:41
28. Todd Kitterman	HCS	29:00
29. Liz Masterjohn	HCS	29:00
30. Peter Orni	NMC/CMS	29:09
31. Phil McGaw	NMC	29:40
32. Kirsten Harnden	NMC	29:44
33. Sandee Fillios	HCS	30:05
34. Ken Becker	NMC	30:06
35. Tina Kelley	NMC	30:22
36. Leslie Paquette	NMC	32:09
37. Brie O' Hara	NMC	32:16

38. Mickey O'Hara	NMC	32:16
39. Mike O'Hara	NMC	32:16
40. Helen O'Hara	NMC	32:17
41. Karen Pajer	NMC/CMS	32:29
42. Paige Arnold	UNATT	32:45
43. Valerie Morin	UNATT	33:25
44. Marge Gladwin	NMC	34:56
45. Dan Dodson	NMC	38:40
46. Karina LeBlanc	NMC	52:09
47. Donna LeBlanc	NMC	52:18
48. Mary Lou Crohan	NMC	56:21

Volunteers: Annie and Amy Paquette, Race Directors; Gus Curley, Cyndy Curley, Dan Duval, Jeff Gould, Marge Gladwin, Tom Lynch, Gretchen MacDougall, Todd Arnold, Tyler Arnold, Kevin Fallon, Harold Paquette



Fitchburg, MA – Darlene Hoover, was recognized at the Annual Meeting for her years of dedication and commitment to the North Medford Club. Darlene was awarded the President's Cup for her on-gong active involvement in the Lake Winnepesaukee Relay, and for the work she does as Membership Director, among other contributions.

Photo by Paul McDermott



Bennett Estate 6.4 Mile Race
January 23, 2011
Danvers, MA

1. Nick Sousa	UNATT	39:53
2. James White	UNATT	40:42
3. Frank Kjaersgaard	NETT	40:55
4. John Kelley	NMC	43:02
5. Adrian Bishop	UNATT	44:15
6. Charlie Salmond	NMC	45:50
7. Rob O'Leary	UNATT	46:46
8. Brett Budzinski	UNATT	48:13
9. Linda Brodette	Mystic	49:02
10. Alex Cassie	UNATT	50:17
11. Adam Maienza	UNATT	52:01
12. Steve McAvoy	NMC	54:36
13. Peter Orni	NMC/CMS	57:41
14. Tina Kelley	NMC	62:26
15. Roger Perham	NMC	63:21
16. Steve Maienza	UNATT	64:03
17. Marge Gladwin	NMC	68:29
18. Judy GrahamGarcia	WCRC	80:49
19. Dan Dodson	NMC	80:49

6 Miles

20. Dan Coffey	NMC	67:34
21. Julian Siegel	NMC	92:00

Volunteers: Dick Bennett, Race Director; Dan Duval, Marge Gladwin, Dan Dodson, Edward and Rebecca Bennett

Log Cabin 10K
January 30, 2011
Fitchburg, MA

1. Dan Ford	NMC/CMS	38:59
2. Jon Miganowicz	NMC	40:58
3. Jeff Gould	NMC	41:03
4. Kevin Ciszewski	UNATT	41:53
5. Steve Penney	NMC	41:59
6. John Kelley	NMC	42:07
7. Jon Rice	UNATT	42:19
8. Kevin Fallon	NMC/CMS	43:11
9. Jesse Marquarot	UNATT	44:32
10. Charlie Salmond	NMC	44:41

11. Heidi Bixby-Handy	NMC	44:55
12. Kris Gleason	NMC	46:10
13. Patrick Haverty	NMC	47:11
14. Anthony Lombardi	GCS	47:36
15. Dave Martin	CRR	50:26
16. Amy Paquette	NMC	50:43
17. Geri Gardner	UNATT	50:46
18. Lori Berkey	NMC	51:02
19. Steve McAvoy	NMC	51:06
20. Lisa Stone-Mutti	NMC	52:40
21. Jen Hagan	Shamrock	53:07
22. Lisa Lombardi	GCS	53:52
23. Darlene Hoover	NMC	54:21
24. Keith Harnden	NMC	54:44
25. Rick Hersey	NMC	54:52
26. Peter Orni	NMC/CMS	56:28
27. Tina Kelley	NMC	56:53
28. Mike Edson	UNATT	57:03
29. Ernest Landry	UNATT	57:37
30. Ken Becker	NMC	58:02
31. Kirstin Harnden	NMC	58:38
32. George Corff	NMC	59:30
33. Phil McGaw	NMC	1:00:07
34. Adam Gerhard	GCS	1:00:27
35. Wayne Douglas	UNATT	1:00:43
36. Christine Fanelli	NMC	1:04:33
37. Mike Fanelli	NMC	1:04:34
38. George Leslie	NMC	1:04:54
39. John Pasquale	AS	1:06:59
40. Vicki Bush	AS	1:07:00
41. Valerie Moran	UNATT	1:08:17
42. Marge Gladwin	NMC	1:09:02
43. Molly Reid	NMC	1:09:02
44. Ray Boutotte	NMC	1:13:15
45. Mary Lou Crohan	NMC	1:49:00

Tom and Ron Boone 4 Mile Road Race
February 6, 2011
Gardner, MA

1. Jon Miganowicz	NMC	25:58
2. Matt Moison	NMC	26:36
3. Kevin Fallon	NMC/CMS	27:09
4. Charlie Salmond	NMC	27:47
5. Heidi Bixby-Handy	NMC	28:37
6. Mike O'Hara	NMC	29:06
7. Patrick Haverty	NMC	29:35
8. Bob Lalli	NMC	30:11



Tom and Ron Boone, Continued

9. Steve Penney	NMC	31:00
10. Tim Blouin	NMC	31:01
11. Alyssa Lombardi	NMC	31:06
12. Anthony Lombardi	NMC	31:14
13. Amy Paquette	NMC/CMS	31:34
14. Lee Meunier	UNATT	32:18
15. Keith Orni	NMC	33:00
16. Rene Lavoie	NMC	33:22
17. Lisa Lombardi	NMC	34:35
18. Ernest Landry	UNATT	35:11
19. George Corff	NMC	35:17
20. Rick Hersey	NMC	35:30
21. Peter Orni	NMC/CMS	35:55
22. Alissa Zbikowski	NMC	36:21
23. Kris Gleason	NMC	36:41
24. Cindy Beaudoin	NMC	36:41
25. Darlene Hoover	NMC	36:41
26. Phil McGaw	NMC	37:16
27. Steve Leonard	UNATT	38:12
28. Douglas Ramsey	UNATT	38:19
29. Sherisa Sterling	NMC	38:28
30. Greg Beyruwey	NMC	38:48
31. Valerie Morin	NMC	40:10
32. Mike Fanelli	NMC	40:54
33. Valerie Fanelli	NMC	41:00
34. Carolyn Leonard	UNATT	42:14
35. Woody Syrjala	NMC	45:32
36. Mary Lou Crohan	NMC	1:15:25

Guaranteed Entry to Mount Washington Road Race

By Ken Parker

If you run for the NMC and want to run in the MWRR event in 2011, you should sign up for the event on line at <http://mountwashingtonroadrace.com> between March 1st and March 15th. This will afford you and our club, the best opportunity for our fullest participation in the race. The event lottery will take place on March 16th and notification will go out via email from the event organizers shortly after to establish who has been accepted and who has been rejected. Prior to March 30th, the NMC will have the opportunity for 10 of our

members to be “guaranteed entry” into the race. The reason we are provided this opportunity is due to our volunteer effort at this event. Please understand that these guaranteed entries are not free and are not given out to everyone who is rejected. These entries are earmarked for members who provide volunteers for the event. Metrics to establish a clear method for establishing who will be lucky enough to receive these guaranteed entries include:

1. NMC Member in good standing
2. Provide at least one volunteer for the event
3. Rejected from Lottery
4. USATF registered for NMC
5. Ability to help team to divisional award.

To establish a fair yardstick for measuring who will be chosen to receive one of these guaranteed entries, understand that members meeting all five of the listed criteria will certainly be most likely to receive one of the entries. Those meeting the fewest will be least likely to receive one of the entries. As a minimum to be considered, members should at least meet the first two criteria



listed above. If you have any questions, or interest in participating in this guaranteed entry program please contact us at: northmedfordclub@yahoo.com. Please be sure to contact us BEFORE March 30th. No opportunity to obtain an entry will be available after March 30, 2011. Good Luck in the lottery and we hope to see you at the mountain in June.



Milestones, Continued

Ken Brown reports that running 40 consecutive annual occurrences of any race is significant in itself. But, if you know Kevin McCusker, then you know he doesn't just show up, he usually torches the field! This year was no exception, at the 2010 Manchester Road Race, he ran 28:44 on the 4.75 mile course and finished 3rd in the 50+ age group out of 800+ entries in that age group! The top 4 finishers in the group were within 25 seconds of each other. Kevin's 3rd this year goes along with a 1st, 2nd, and 4th in the 4 years he's been in the age group. He was in the top 200 runners out of 15,000! Kevin isn't the only one with a streak at the Manchester Road Race. Todd Brown seems to like this race as well. He's run it 34 consecutive times (and he's only 45 years old).

Mark Fontaine brings another noteworthy milestone to our attention: NMC runner Peter Orni completed his 30th consecutive Slattery's Turkey Trot this past November. Peter has run the race in rain, snow, heat and cold and one year came very close to joining the sub-30 minute club for a 5-mile race, logging a 30:03. The always modest Orni, when asked about his feat, replied '5 miles over 30 years is only 150 miles; a total of only 5 ³/₄ marathons – no great feat considering that one year I ran 8 full marathons.' We're proud of you Pete, and apparently so were the race directors of Slattery's who awarded a new cruiser bike to Peter after the race.



Fitchburg, MA – Peter Orni heads up the final hill toward the finish line at Slattery's Road Race.
Photo by Paul McDermott

Those who run the Boston Marathon year after year may be eligible to join the ranks of the Boston Marathon Quarter Century Club (BMQCC). All you need to do is run (and finish) the Boston Marathon a mere twenty-five times, ideally 25 consecutive times. In line to achieve this notoriety is none other than NMC member Dave Audet, with 23 Boston finishes. Dave will join a small esteemed group of NMC members.



Ron Kmiec, Bruce Migell, Julian Siegel and Rick Hoyt, Jr/Sr (Team Hoyt) are club members who have already earned the BMQCC distinction with impressive Boston streaks. Ron Kmeic ranks sixth on the consecutive streak list with 37 finishes. And, if this isn't amazing enough, his average finish time over those 37 years is 3:26:31. Many of us, myself included, would be delighted to finish one Boston Marathon in that amount of time. It is also worth noting that Ron is the founder and director of the BMQCC. Bruce Migell, who passed away in January, 2006, deserves recognition for his Boston streak. Bruce ran Boston 34 consecutive times. Julian Siegel has run Boston 37 times, just not consecutively, but that doesn't diminish his accomplishment. And, Team Hoyt has 28 Boston finishes to their credit.

Last, but not least, on the topic of streaks and those who track them is Jeff Gould who reports several on-going streaks that he is currently pursuing. For those who know Jeff, he's a detail-oriented guy. He's also a creature of habit and an avid runner. Put these three attributes together and you have a man with a lot of racing streaks. Here's just a few that Jeff is currently working on: 24 at Stu's; 22 at Cape Ann, Lake Winnepesaukee Relay and Slattery's. Then there's Mt. Washington and the Gardner-to-Baldwinville Turkey Trot where Jeff has 21 consecutive finishes. Another streak that Jeff is working on is the Boston Prep 16 Miler held each January in Derry, NH. Jeff explains that he has run Derry 15 out of 16 times. 'Derry is only 16 years old. I still kick myself for missing the first year. I don't believe anybody has run all 16. Jeff's final thought on the subject, 'The streaks will end someday, but until then....' And on that note, I think I'll go for a run on the same route in the same direction that I always do on Tuesdays!



Lawrence, MA - Mark Wigler and Marty Ellowitz taking it all in stride at the Mill Cities Relay. Rumor has it that flashy orange running shoes make you ran fast and keep you from growing old.

Photo by Marge Gladwin