



Volunteer Spirit

By Donna LeBlanc

Volunteer: 1.) Somebody who works without being paid. 2.) Somebody who does something voluntarily.

Spirit: 1.) The vital force that characterizes a human being as being alive. 2.) Enthusiasm and energy.

When you combine the words volunteer and spirit with North Medford Club a couple of people instantly come to mind. Dave Duval is one of those people. Dave scores just about every club race and many other local races when the NMC clock is in use. Dave can be counted on to arrive on time with the necessary timing equipment. He sets it all up and patiently stands at the finish line recording each racer's time until the last runner or walker crosses. Dave makes it look easy, but a mistake timing a race almost certainly results in runner dissatisfaction. Dave's experience and attention to detail means few errors or omissions when it comes to NMC race results. If you need Dave's help, all you need to do is call.



Marge Gladwin, is another person who embodies the volunteer spirit. In fact, Dave and Marge are often a package deal. She is invariably pitching in to help in whatever capacity is needed at our club sponsored races. Great organizational skills and a knack for keeping track of club funds means Marge is the go-to person when anyone needs anything at club race.

Fitchburg, MA – Dave Duval and Marge Gladwin at the Burbank 5 Mile Trail race show us volunteering is fun... or maybe it's just that the sun in their eyes when the photo was taken.

Photo by Paul McDermott

In This Issue

Volunteer Spirit	1, 10
Barely Running	2
Know When	3
Winni 2012 Recap	4
14 Minutes	4
Save the Date	4
Race Results	5-9
Volunteer Points	11

Turn to **Spirit** /Page 10

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Barely Running

By Donna LeBlanc

It seems that the latest running trend is minimalism when it comes to running shoes. The pendulum has swung away from motion control and stability shoes to the idea that less is more when it comes to what you put on your feet. Anyone who has entered a race recently has seen runners literally toeing the line in a pair of Vibram Five Fingers or shoeless. I was curious about the hype and recently purchased a pair of Adidas Gazelle running shoes. At 5.1 ounces, they are the lightest running shoes I've ever worn. For me, the jury is still out and it will be a couple more months of training and racing before I decide whether minimalism is right for me or if I should take my old pair of 12.3 ounce motion control Brook Ariels back out of the closet.



I confess, they feel different and have taken some getting used to. A secret desire was that these new sock-like shoes (yes, they are extremely comfortable), would shave seconds, if not minutes off my per-mile pace. This wish has not yet come to fruition. What I have found is going downhill is more jarring. Each foot strike resonates through-out my entire body as there is little in the way of cushioning to lessen the blow of a steep descent. On the other hand, I feel light and lithe on the uphills. Thinking of trying a minimalist model? Before you do, consider the following sports medicine article. 'Barefoot Running – The Pros and Cons of Going Shoeless' spells out the risks and benefits. Here are a few excerpts from the article:

Studies have found that running efficiency increases by 4% while running barefoot, however, there is still a lack of well-designed studies

comparing the incidence of injuries in runners wearing shoes with those running barefoot.

Some experts agree with the shoeless runners; wearing shoes causes the small muscles in our feet to weaken and the tendons, ligaments and natural arches to stop doing their job. They believe that the result of supportive shoe inserts, orthotics and extra cushioning is poor foot biomechanics and increased risk of foot, leg and knee injuries.

Other experts argue that the right shoes can, in fact, correct biomechanical problems and help reduce injury risk. One could also argue that if treating foot pain was as simple as going barefoot, more podiatrists would recommend this simple solution.

Potential Benefits of Barefoot and Minimalist Running

- ❖ You may develop a more natural gait and strengthen the muscles, tendons and ligaments of the foot.
- ❖ Removing the heel lift of most shoes helps the Achilles tendon and calf muscle stretch and lengthen. It **may reduce injuries**, such as calf pulls or Achilles tendinitis caused by short, tight tissues.
- ❖ Runners will **learn to land on the forefoot** rather than the heel. The heel strike during running only came about because of the excessive padding of running shoes, but research shows this isn't the most effective natural running stride.
- ❖ You may **improve balance and proprioception**. Without shoes, you activate the smaller muscles in your feet, ankles, legs, and hips that are responsible for better balance and coordination.
- ❖ You may **feel more grounded**. Being barefoot helps you improve balance, but it also helps you stay grounded and connected with your environment. You'll learn to spread your toes and expand your foot while it becomes a more solid and connected base that supports all your movements.



Barely, Continued

Potential Harms of Barefoot Running

- ❖ If you have no problems and no pain, do you really need to change anything?
- ❖ **Little foot protection** - Shoes offer a significant amount of protection from road debris such as glass, nails, rocks and thorns. They also offer insulation in cold weather and protect us from frostbite in ice and snow.
- ❖ Most of us aren't used to going barefoot, so a minimalist shoe will be a shock to our feet and our muscles will initially feel overworked. In some people, this may even lead to injuries such as **Achilles tendinitis or calf strain** when the typical heel lift is removed from the shoes.
- ❖ The bottom of the feet (plantar surface) for most people is soft and tender. Going without a stiff-soled shoe may initially cause plantar pain, or in those susceptible, increase the **risk of plantar fasciitis**.
- ❖ Almost everyone who switches to a minimal shoe or starts going shoeless will find themselves battling **blisters** for the first few weeks until calluses are formed.

The complete article can be accessed via following link:

<http://sportsmedicine.about.com/od/runningworkouts/a/Barefoot-Running.htm>

Know When to Say No

By Gary Leavitt

I write this Coach's Corner column lying in bed. I've done exactly what I have told others not to. And, for that I've injured myself and have a long road to recovery. Labor Day Weekend I was playing basketball in my yard trying to dunk on a nine foot hoop. Five attempts no go. I should've stopped there. On the sixth one my knee buckled and I ruptured my patella tendon.



Yup, there I was 51 years of age trying to act like I was in my 20's. I should've known that after the first five attempts it wasn't my day.

Know when it is not your day. Speed workouts, not hitting the interval time you were aiming for. Distance run with a planned 10 miler, but just not feeling it? Then don't. Here's why.

Speed workouts when the times aren't clicking could be the result of several different factors. Muscle fatigue, lack of sleep, stress, wrong food. Better foods definitely help the body train better. In this instance you either back down on your expectations time-wise or you cut down on the amount of repetitions or both. What do you gain or what do you lose? You gain the satisfaction of staying healthy and you lose nothing.

Most injuries occur when the body is fatigued for one reason or another. Too many miles. Too many speed workouts. Too many hills. Too many pavement runs. This all can contribute to it.

You got to know when to say NO.

If anything, backing down on a workout means you will have that much more energy the following day. Don't be afraid to open it up a little bit if you feel good. Only you know if your body can handle it. As a coach, I can tell you the kind of workouts that will make you better at different distances and how to build upper body muscle to enhance your effort without slowing down. I can also give you workouts that have worked for me as well as the guys and gals that I've coached.

But, in the end every runner is different. Their tolerance for aerobic or anaerobic workouts is never the same and again only you know what your body can handle when it comes to a workout.

Coaches (the good ones) can zone in on exactly what you are capable of, but that would come from seeing you on an everyday basis. These running columns are more of a reminder to play it smart.

So do as I say and not as I just did on Labor Day....'I will be back.'



2012 Winnepesaukee Relay Recap

By Jeff Gould

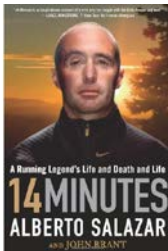


Weirs Beach, NH – Steve McAvoy brings it home, as rain threatens, for the NMC Mixed Masters team who finished second in their division. *Photo by Chris Reid*

Well, the Lake Winnepesaukee Relay has come and gone for another year. As it is with many races across the board, numbers are down at the relay. A shame really, as Winni is one of the few true road relays run these days, with next year's race being the silver anniversary, a rarity these days that a race lasts this long. Otherwise, the race was a fine success, the warm, humid weather and late rain not withstanding. The Somerville Road Runners set the standard with over 100 runners on 13 teams, and as such, lugged home the lion's share of awards. NMC fared quite well as well, with two division wins. Men's 60+ and women's 50+ took top honors, our mixed master's took 2nd, and men's 50+ took 3rd place. Winni is our biggest effort of the year, and it showed, an all but flawless race with few or no problems, and looking forward to next year's 25th annual relay.

NMC in 14 Minutes

Alberto Salazar's memoir begins framed in the 14 minutes in which Salazar was clinically dead after a heart attack in 2007.



One of the book's highlights is where Salazar describes running in the North Medford Track Club summer race series as a 15-year old competing against grown men.



Alton Bay, NH – Six members of the first place NMC Women's Senior team, 'Girls Just Wanna Have Fun', strikes a pose by the gazebo in Alton Bay. *Photo by Chris Reid*

Save the Date

Find those dancing shoes because the Annual Holiday Party is less than three months away. Festivities will take place at the usual spot...the Fitchburg Knights of Columbus on Electric Avenue. The date is **Saturday, January 12th**. More details to follow in the next issue.

New Club Singlets Soon

The NMC Board is looking into updating our club singlets and will finalize the purchase over the next few months with the goal of having them available to purchase and wear at the Mill Cities Relay. Possible choices include the design shown below available in white/orange (women) and orange/black (men). The singlets would include a screen print of our club logo on the front and the letters NMC on the back.





Lake Dennison
4.2 Mile Trail Race
June 12, 2012
Baldwinville, MA

1.	Jon Miganowicz	NMC	25:05
2.	John Kelley	NMC	26:23
3.	Arthur Besse	NMC	26:34
4.	Steve Penney	NMC	26:37
5.	Marty Ellowicz	NMC	27:14
6.	Jerry Hughs	UNATT	27:21
7.	Lee Meunier	NMC	27:45
8.	Charlie Salmond	NMC	27:56
9.	Kim Tabor	UNATT	28:12
10.	Kevin Fallon	NMC	28:39
11.	Elizabeth Bond	NMC	28:56
12.	Mike O'Hara	NMC	29:01
13.	Travis Spinelli	NMC	29:20
14.	Joe Sumner	UNATT	29:29
15.	Heidi Bixby-Handy	NMC	29:44
16.	Joseph Hebert	UNATT	29:51
17.	Tom Spinelli	NMC	30:43
18.	Mike Davieau	UNATT	30:46
19.	Joe DiMucci	NMC	30:52
20.	David Martin	UNATT	31:12
21.	Rick Hersey	NMC	31:58
22.	Ken Johnson	NMC	32:24
23.	Amy Paquette	NMC	32:39
24.	Phil McGaw	UNATT	33:04
25.	Erin Vantuyl	UNATT	33:10
26.	Kris Dorsey	NMC	34:28
27.	Denise Lawson	NMC	34:49
28.	Deb Willard-Parker	NMC	35:09
29.	Peter Orni	NMC	35:19
30.	Jessica Bancroft	UNATT	35:24
31.	Steven Talbot	UNATT	35:34
32.	Amanda Simkewicz	UNATT	35:37
33.	Martha Hanright	UNATT	35:37
34.	Paul Cormier	NMC	36:48
35.	Neil McManus	NMC	37:28
36.	Abby O'Sullivan	NMC	38:58
37.	Megan Therreault	NMC	39:19
38.	Bonnie Sumner	UNATT	41:35
39.	Jamie Talbot	UNATT	43:48
40.	Marge Gladwin	NMC	46:37
41.	Leslie Caponigro	UNATT	50:53

Boxford State Forest
10K Mile Trail Race
Boxford, MA
June 19, 2012

1.	Jon Miganowicz	NMC	44:33
2.	Matt Drury	GAC	45:12
3.	John Kelley	NMC	45:54
4.	Tom Bardy	GAC	46:33
5.	Dennis Donoghue	WCRC	47:31
6.	Charlie Salmond	NMC	49:50
7.	Erika Boecheler	UNATT	50:42
8.	Ewan Douglas	UNATT	50:42
9.	Aaron Toleos	Wicked	51:41
10.	Sal Genovese	NMC	52:20
11.	Tom Brazil	GAC	53:07
12.	Dom Moruzzi	NMC	53:21
13.	Herb Nunes	GAC	53:37
14.	Sau-Mei Leung	NMC	53:45
15.	Heidi Bixby-Handy	NMC	53:53
16.	Paul Hennessey	NMC	55:09
17.	Leanne Tierney	GAC	55:14
18.	Rick Hersey	NMC	55:23
19.	Linda Brodette	Mystic	55:37
20.	Michael Flanagan	ME Fein	55:41
21.	Roy Van Buren	GAC	56:11
22.	Bruce Douglas	UNATT	57:57
23.	Peter Orni	NMC	59:22
24.	Matt Gelineau	UNATT	59:22
25.	Ed Mulvey	GAC	60:15
26.	Jim Barry	GAC	61:40
27.	Karen Johnson	GAC	62:02
28.	Denise Lawson	NMC	63:33
29.	Aimee Jefferson	GAC	63:50
30.	Steve McAvoy	NMC	65:59
31.	Kathleen Walsh	GAC	71:05
32.	James Gilford	GAC	71:36
33.	Manuel DeSouza	GAC	72:13
34.	Skip Cleveland	GAC	72:13
35.	Nick DiBenetto	GAC	72:13
36.	Scott Chandler	GAC	75:11
37.	Marge Gladwin	NMC	92:09

Volunteers: Dick Bennett, Race Director, Dave Duval, Royce Sawyer, Julie Christo, Marge Gladwin and Joe Bennett



**Tom and Ron Boone Memorial
10K Road Race
Gardner, MA
June 26, 2012**

1. Sean Duncan	GBTC	33:45
2. John Miganowicz	NMC	36:37
3. Brad Fors	NMC	36:48
4. Steve Penney	NMC	40:49
5. Lee Meunier	NMC	41:29
6. Charlie Salmond	NMC	43:45
7. Heidi Bixby-Handy	NMC	44:37
8. Anthony Lombardi	NMC	44:44
9. Jeff Aquinaga	UNATT	44:57
10. Tim Blouin	NMC	47:19
11. Jim Brehio	NMC	47:30
12. Sau-Mei Leung	NMC	47:42
13. Rick Hersey	NMC	50:17
14. Lisa Lombardi	NMC	50:31
15. Ken Johnson	NMC	50:56
16. Larry Morris	NMC	50:58
17. Joe DiMucci	NMC	51:44
18. Darlene Hoover	NMC	51:57
19. Kris Dorsey	NMC	52:15
20. Steve McAvoy	NMC	52:58
21. Phil McGaw	NMC	52:42
22. Denise Lawson	NMC	53:15
23. Kyle Beyrouthey	UNATT	53:56
24. Peter Orni	NMC	54:21
25. Sandy Superchi	NMC	54:36
26. Greg Beyrouthey	UNATT	55:13
27. John Waters	UNATT	55:18
28. Alicia Vitello	UNATT	56:09
29. Jessica Bancroft	UNATT	56:40
30. Ken Becker	NMC	57:25
31. Megan Therriault	NMC	57:28
32. Stephanie Garlisi	UNATT	58:16
33. Deb Walgren	NMC	58:40
34. Molly Reid	NMC	58:44
35. Molly Superchi	NMC	68:59
36. Marge Gladwin	NMC	69:13
37. MaryLou Crohan	NMC	87:49

Volunteers: Carol Allain, Race Director, Dave Duval, Jim Fay, Jeff Gould, Jim Shope, Chris Reid, Deb Walgren, Molly Reid, Marge Gladwin, and Rene Lavoie

**Jim Fay's Temple
10K/5K Road Race
Templeton, MA
July 5, 2012**

10K Results

1. Jon Miganowicz	NMC	37:16
2. Steve Penney	NMC	41:54
3. Lee Meunier	NMC	41:56
4. Kim Tabor	UNATT	43:24
5. Tim Blouin	NMC	43:31
6. Elizabeth Bond	NMC	43:44
7. Matt Moison	NMC	43:44
8. Heidi Bixby-Handy	NMC	43:59
9. Mike O'Hara	NMC	44:48
10. Charlie Salmond	NMC/CMS	44:51
11. Adam Porter	UNATT	45:15
12. Kevin Fallon	NMC	46:06
13. Paul Vasington	NMC	46:50
14. Ralph Borseth	UNATT	48:46
15. Sharon Dunn	UNATT	49:38
16. Bill Austin	NMC	49:47
17. Ken Johnson	NMC	50:48
18. Rick Hersey	NMC	51:02
19. Amy Fallon	NMC	51:33
20. Jay Foster	UNATT	51:35
21. Phil McGaw	NMC	52:02
22. Nicole Hollums	NMC	52:28
23. Peter Orni	NMC/CMS	53:10
24. Steve McAvoy	NMC	54:26
25. Sandy Superchi	NMC	54:58
26. Steve Talbot	NMC	56:06
27. Denise Lawson	NMC	56:36
28. Megan Therriault	NMC/CMS	56:45
29. Ken Becker	NMC	59:44
30. Candee Graves	NMC	64:59
31. Molly Superchi	NMC	69:10
32. Marge Gladwin	NMC	73:03

5K Results

1. Justice Graves	NMC	21:02
2. Ryan Twohet	NMC	21:13
3. Andrew Hill	UNATT	24:48
4. Jasmine Bancroft	UNATT	25:31
5. Joe DiMucci	NMC	25:58
6. Hunter Graves	NMC	28:00
7. Ben Bancroft	UNATT	34:06
8. Shannon Caponigro	UNATT	36:56
9. Leslie Caponigro	UNATT	37:16



Temple 10K/5K Continued

Volunteers: Jim Fay and Joe DiMucci, Race Directors, Dave Duval, Colleen Fay, Chris and Molly Reid, the Miganowicz Family, and Marge Gladwin

Burbank Hospital 5 Mile Trail Run
Fitchburg, MA
July 17, 2012



Fitchburg, MA – Runners line-up at the start of the Burbank 5 Mile Trail Race

Photo by Paul McDermott

- | | | |
|-----------------------|---------|-------|
| 1. Bob Hult | UNATT | 33:12 |
| 2. Phil McCormack | UNATT | 33:45 |
| 3. Matt Spano | NMC | 35:13 |
| 4. Jon Miganowicz | NMC | 35:51 |
| 5. John Kinnee | NMC | 35:57 |
| 6. Zach Rolfe | UNATT | 38:18 |
| 7. Kim Tabor | UNATT | 41:11 |
| 8. John Kelley | NMC | 42:06 |
| 9. John Londa | UNATT | 42:58 |
| 10. Josh Kaddy | NMC | 42:59 |
| 11. Heidi Bixby-Handy | NMC | 43:10 |
| 12. Charlie Salmond | NMC/CMS | 43:12 |
| 13. Don Brutvan | UNATT | 44:13 |
| 14. Dave Halacy | UNATT | 44:51 |
| 15. Alice Jellison | UNATT | 45:22 |
| 16. Jay Foster | UNATT | 45:22 |
| 17. Tom Spinelli | NMC | 45:46 |
| 18. Nicole Hollums | NMC | 47:21 |
| 19. Rick Hersey | NMC | 48:02 |
| 20. Tim Blouin | NMC | 48:31 |
| 21. Lisa Lombardi | NMC | 48:39 |
| 22. Travis Spinelli | NMC | 49:56 |
| 23. Peter Lillie | UNATT | 50:32 |
| 24. Sandy Superchi | NMC | 51:06 |
| 25. Peter Orni | NMC/CMS | 51:24 |
| 26. Kris Dorsey | NMC | 51:37 |
| 27. Woody Syrjala | NMC | 53:44 |
| 28. Phil McGaw | NMC | 55:22 |

- | | | |
|----------------------|---------|--------|
| 29. Denise Lawson | NMC | 56:41 |
| 30. Joe DiMucci | NMC | 64:14 |
| 31. Megan Therriault | NMC/CMS | 65:59 |
| 32. Molly Reid | NMC | 74:00 |
| 33. Deb Walgren | NMC | 74:00 |
| 34. Marge Gladwin | NMC | 77:38 |
| 35. Karen Bergeron | NMC | 77:38 |
| 36. Russ Syrjala | NMC | 117:57 |

Volunteers: Chris Reid, Race Director; Dave Duval, Lee and Tyler Meunier, Marge Gladwin, Deb Walgren, Paul McDermott, Molly Reid, Karen Bergeron, Brian Slattery and Jim Fay

Westford Academy Race
3.58 Mile Road Race
Westford, MA
July 19, 2012

NMC Finishers

- | | | |
|-------------------|-----|-------|
| Jon Miganowicz | NMC | 20:45 |
| Kevin Fallon | NMC | 24:48 |
| Tony Readon | NMC | 25:02 |
| Charlie Salmond | NMC | 25:06 |
| Heidi Bixby-Handy | NMC | 25:33 |
| Justice Graves | NMC | 26:13 |
| Rene Lavoie | NMC | 27:10 |
| Rick Hersey | NMC | 28:04 |
| Amy Fallon | NMC | 29:03 |
| Peter Orni | NMC | 30:05 |
| Denise Lawson | NMC | 31:30 |
| Molly Reid | NMC | 32:00 |
| Tricia Gabor | NMC | 32:28 |
| Phil McGaw | NMC | 32:30 |
| Sarah Dennechuk | NMC | 32:57 |
| Hunter Graves | NMC | 33:10 |
| Dave Duval | NMC | 36:54 |
| Candee Graves | NMC | 38:07 |
| Marge Gladwin | NMC | 39:19 |
| Chris Reid | NMC | 49:11 |
| MaryLou Crohan | NMC | 60:22 |

Volunteers: Paul Poissun, Peter Dennechuk, Trish Gabor, Sarah Dennechuk, and Rob Therrien





**Donnelly's Tavern 5 Mile Trail Run
Lunenburg, MA
July 24, 2012**

1.	Jon Miganowicz	NMC	30:00
2.	Brad Fors	NMC	30:07
3.	Zack Rolfe	UNATT	32:16
4.	Travis Wheeler	CMS	32:26
5.	Jeff Gould	NMC	32:54
6.	Tim Blouin	NMC	35:34
7.	Charlie Salmond	NMC	35:39
8.	Anthony Lombardi	NMC	36:02
9.	Heidi Bixby-Handy	NMC	36:20
10.	Kevin Fallon	NMC	36:48
11.	Ryan Hastings	UNATT	37:22
12.	Alice Jellison	NMC	38:25
13.	Sau-Mei Leung	NMC	38:30
14.	Bill Austin	NMC	39:35
15.	Nicole Julius	NMC	39:47
16.	Lisa Lombardi	NMC	39:48
17.	Elizabeth Ward	UNATT	40:36
18.	Rick Hersey	NMC	41:17
19.	Peter Orni	NMC/CMS	42:27
20.	Darlene Hoover	NMC	42:31
21.	Steve McAvoy	NMC	43:22
22.	Kristina Sanders	NMC	44:16
23.	Sandra Superchi	NMC	44:31
24.	Jessica Bancroft	UNATT	45:13
25.	Denise Lawson	NMC	45:33
26.	Megan Therriault	NMC/CMS	45:40
27.	Phil McGaw	NMC	48:51
28.	Lexi Rolfe	UNATT	49:57
29.	Ken Becker	NMC	51:45
30.	Nannette Taylor	NMC/CMS	56:38
31.	Marge Gladwin	NMC	56:49
32.	Karen Bergeron	NMC	57:00
33.	Molly Reid	NMC	57:02
34.	Sam McDermott	NMC	70:00
35.	Deb Fontaine	NMC	79:45
36.	Chris Reid	NMC	79:46
37.	MaryLou Crohan*	NMC	76:26

*4 miles

Volunteers: Frank Gorham, Race Director; Dave Duval, Deb Fontaine, Marge Gladwin, Jim Shope, Rene Lavoie, Larry Morris, Chris and Molly Reid, Karen Bergeron, and Sam McDermott

**Fresh Pond
2.5 & 5 Mile Road Race
July 28, 2012**

2.5 Miles

1.	Sarah Dennechuk	NMC	20:26
2.	Dave Duval	NMC	24:21
3.	Marge Gladwin	NMC	26:55

5 Miles

1.	Heidi Bixby-Handy	NMC	21:38
2.	Steve McAvoy	NMC	22:46
3.	Peter Orni	NMC	22:48
4.	Denise Lawson	NMC	23:05

Special Thanks for Phil Keeley and Joe MacDonald for handling the timing. This race is held every Saturday...rain, shine, or HOT!

**Lynn Woods 5.75 Mile Trail Run
Lynn, MA
August 7, 2012**

1.	John Kelley	NMC	41:36
2.	Charlie Salmond	NMC	44:57
3.	Heidi Bixby-Handy	NMC	45:27
4.	Paul Quinn	NMC	49:21
5.	Rick Hersey	NMC	50:17
6.	Maco Santos	L Street	51:43
7.	Peter Orni	NMC	52:16
8.	Woody Syrjala	NMC	54:08
9.	Steve McAvoy	NMC	54:21
10.	Amy Fallon	NMC	54:21
11.	Dean Malerba	UNATT	54:48
12.	Kevin Fallon	NMC	55:06
13.	Denise Lawson	NMC	57:01
14.	Phil McGaw	NMC	57:35
15.	Roger Perham	NMC	62:47
16.	Dan Coffey	NMC	69:54
17.	Russ Syrjala	NMC	129:45

Volunteers: Bill Mullen, Race Director; Dave Duval, Rick Hersey and Marge Gladwin



Merrimac 7 Mile Handicap Race
August 21, 2012
Merrimac, MA

	Name	Gun	Est	Net	Club
3.	Brian Nelson	-22:45	47:15	46:07	UNATT
9.	Amy Fallon	-10:30	59:30	58:36	NMC
1.	Josh Curtis	-25:30	44:34	43:47	NMC
10.	Rick Hersey	-10:30	59:30	58:51	NMC
8.	Tom Lynch	-14:00	56:00	55:22	NMC
5.	Charlie Salmond	-19:15	50:45	50:12	NMC
4.	Kevin Fallon	-21:00	49:00	48:40	NMC
11.	Phil McGaw	-8:45	61:15	61:12	NMC
12.	Steve McAvoy	-7:00	63:00	63:12	NMC
6.	Heidi Bixby-Handy	-19:15	50:45	51:13	NMC
2.	Jeff Gould	-24:30	45:30	46:00	NMC
16.	George Leslie	+7:00	70:37	77:37	NMC
14.	Denise Lawson	-5:15	64:45	65:39	NMC
7.	Sau-Mei Leung	-17:30	52:30	54:44	NMC
13.	Peter Orni	-25:45	43:45	64:53	NMC
15.	Steve Penney	-24:30	45:30	66:54	NMC
17.	Marge Gladwin			96:02	NMC
18.	Marilou Crohan	4 Miles		74:34	NMC

Volunteers: Paul Tucker, Host; Phil McGaw, Race Director; Royce Sawyer, Julie Christo, Chet Fortier, Gil Emery, Nancy Orni, and Marge Gladwin

Log Cabin 10K Road Race
Fitchburg, MA
August 28, 2012

1.	Brian Allen	Whirl	36:27	16.	Rick Hersey	NMC	51:37
2.	Adam Lassila	UNATT	38:00	17.	Steve McAvoy	NMC	51:38
3.	Brad Fors	NMC	38:11	18.	Amy Fallon	NMC	52:30
4.	Nic Scahetti	UNATT	41:34	19.	Woody Syrjala	NMC	52:37
5.	Kevin Fallon	NMC	43:25	20.	Phil McGaw	NMC	53:40
6.	Karma Tousignant	NMC	44:21	21.	Darlene Hoover	NMC	54:09
7.	Charlie Salmond	NMC	44:25	22.	Peter Orni	NMC	55:20
8.	Steve Drouin	NMC	45:22	23.	Megan Therriault	NMC	56:11
9.	Heidi Bixby-Handy	NMC	46:13	24.	Deb Walgren	NMC	57:15
10.	Mike Auger	NMC	46:21	25.	Molly Reid	NMC	57:22
11.	Nicole Hollums	NMC	47:50	26.	Denise Lawson	NMC	57:59
12.	Jay Foster	UNATT	49:55	27.	Deb Fontaine	NMC	58:00
13.	Ken Jackson	NMC	50:51	28.	Amber Nevers	UNATT	59:48
14.	Howard Troughton	UNATT	51:32	29.	Ken Becker	NMC	60:34
15.	Deanna Deason	UNATT	51:37	30.	Marge Gladwin	NMC	72:11
				31.	MaryLou Crohan	NMC	86:44



Spirit, Continued

There are many others whose names I will not mention here for fear of leaving someone out. Our club is fortunate to have a large, dedicated contingency of reliable volunteers who offer time and energy at club events to register participants, direct traffic and runners, hand-out water and time results.

Why volunteer? You could argue that volunteer points can be 'cashed' in for a Boston Marathon waiver. That is a motivator for some, as our current club president Jim Fay will attest. 'I started volunteering at races to acquire points for a waiver entry into Boston. I had been a member for a few years and didn't really know anyone. That changed in a hurry. I found members to be very encouraging and wanting to know how my training was going, often offering tips that helped me to become a better runner. I would do my long run on Sunday morning with the Birch Hill Gang and then head over to volunteer at that week's race. I began to feel I truly was a member.'

Interestingly enough, those with the most volunteer points often aren't interested in a waiver. I posed this very question to a few club members who volunteer regularly understand why they give their time, energy and enthusiasm to our club so willingly. Here's what they have to say:

Marge Gladwin explains, 'I love seeing and talking with people and watching them accomplish a race whether it's their first time or have done it many times. The spirit of people and everyone is equal whether they are fast or slow.' Rene Lavoie eloquently echoes Marge's sentiments, 'I've always believed it is both a privilege and a responsibility to volunteer. A low cost club like ours can't survive without member involvement. Volunteering at a race is a joy that shouldn't be passed up. Watching all the runners in motion reminds us of what the attraction is. For the runners at the head of the pack it is an opportunity to see the pride of the back of the pack runners who are often accomplishing something that did not seem possible to them. It can be humbling.' Brenda McDermott, who does not run, says 'I want to help the club. A lot of family members run and I want to be part of it.' Short and to the point, Deb Fontaine sees her volunteer efforts as supporting the club's growth. Deb writes, 'NMC is a good club and I want to see it grow,'



Fitchburg, MA – Deb Fontaine and Marge Galdwin working the registration table at the Paisanos 5K race.

Photo by Paul McDermott



If you haven't volunteered recently, consider doing so. It really is a lot of fun. Helping out at a club race can raise your enthusiasm for the club and for our shared sport of running.



Volunteer Points and Boston Marathon Waiver Policy

By Sarah Dennechuck

The club officers and members of the board of directors often get questions such as: *How do I qualify for a waiver for the Boston Marathon or Mt. Washington? Do I get anything in return for volunteering? What volunteer opportunities are available?* Over the course of the year, a sub-committee was established to refine the volunteer points policy for the North Medford Club, guidelines for receiving waivers, and guidelines for accruing volunteer points. The volunteer points accrued play a major factor in determining eligibility for a waiver, as well as being a member in good standing. A brief summary of guidelines for receiving waivers and accruing points is listed below:

Guidelines for Receiving Waivers

- A member shall be in good standing. As defined in Article 1.8 of the NMC bylaws: “A member in good standing shall be defined as a person who has been a club member for a minimum of twelve months and whose dues are current.”
- Points ‘reset’ as of January 1 each calendar year and cannot be carried over.
- A member must be an ‘active’ volunteer – cannot appear at an event to be counted, yet have no contribution to that event.
- A member cannot commit to an event and not show up or cancel at last minute.

Guidelines for Accruing Points

- Points will be accrued for volunteering at various events dependent on the role and amount of time involved.
 - ✓ Race director
 - ✓ Race volunteer
 - ✓ Lake Winnepesaukee Relay volunteer
 - ✓ Mt. Washington
 - ✓ Timer at races
 - ✓ Other miscellaneous NMC sponsored events

The actual points value for each event is in the process of being updated and will be posted on the website and in a future newsletter along with the final policy. Additionally, the names and contact information for our volunteer coordinators will be published once the policy is finalized by the Board.



Fitchburg, MA – A parting shot of smiling volunteers Deb Walgreen (left) and Denise Lawson (right) at the Log Cabin 10K Road Race. Notice the safety vests each is wearing. Vests were recently purchased for volunteers to wear at club sponsored races.