



Let the Celebration Begin - NMC turns 80

By Donna LeBlanc



That's a lot of years and a lot of miles when you think about all of the people who have run for NMC over the past 80 years. Just for fun, I tried to come up with a cumulative number. Here goes: If you take an average of 100 members per year, (for 2012, we had 224 active members, but presumably the club was much smaller in its formative years) for 80 years, each running a modest 20 miles, on average per week, that comes out to 8,320,000 collective miles. Granted there are a lot of averages and assumptions tied to this figure, but it's still a really long distance that equates to running around the world 334 times, give or take a few miles. It's a collective accomplishment worth celebrating even if the numbers represent a gross approximation of our joint labor of love over the years.

To honor the longevity of the club, we'll kick off 2013 with the Annual Meeting following the Bob Hersey race on January 6th. Look for NMC 80th anniversary running gloves that will be available at the race and at races to follow. Also in the works is a new look for the club singlet. The Board of Directors were not able to finalize it in time for the Mill Cities Relay, but plans are still underway to update our singlet to include a screen print of our club logo on the front and the letters 'NMC' on the back.

Last, but not least, a big thanks to lifetime member Phil McGaw, a club historian of sorts, who generously shares his knowledge and insight about our club's beginnings. His must-read article can be found on page 2 of this issue.



Newburyport, MA - Fred W. Brown, Sr. still in good shape at age 83, in June, 1989

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The Formative Years

By Phil McGaw

Back in the 1920s, Fred Brown and some others from the Medford area decided to form a Football club. In those days, most towns had their own athletic clubs, and there was already a Medford Club in existence. Therefore, they decided to call the club the "North" Medford club; since most of the founders lived in the northern part of Medford. There is in fact, no official North Medford on any maps. They used to play football against other towns such as Chelmsford and would pass the hat after games to raise money for equipment. Tony "The Bull" Mederios played for Chelmsford and eventually joined up with the North Medford club. He finished 3rd place in the Yonkers Marathon - which at the time was more prestigious than Boston. As time went on, the athletes would run in the off season to stay in shape - eventually the club became a running club, rather than a football club.

Jimi Hennigan won the Boston Marathon as a member of the North Medford club prior to our incorporation in 1933. So although NMC was incorporated in 1933, it was in existence for several years prior to that. Joe Smith also won Boston as a Member of the North Medford club in the 40's. So NMC has had more Boston winners than the BAA, who only had Johnny Kelley the younger win for them! Fred Brown was also fond of noting that Johnny Kelley the elder was a dues paying member of the NMC at times; although he did not compete for us when he won his two marathons.

During those depression years, money was tight and they would car pool to go to remote races such as Yonkers. Jock Semple, Andy Brunelli (a 4th place finisher for NMC at Boston - also known as "Pocket Hercules"), Fred, and others would squeeze in one car, drive to NY and stay in the YMCA to save money. Jock and Fred were fierce competitors - not only in races, but in

recruiting runners. Fred often came out on top as NMC won many team championships against the BAA in the 30s and 40s. They even came to blows on at least one occasion - Fred getting the better of Jock in fist-i-cuffs. Jock was quoted as saying "I thought he was gonna kill me!" Of course, it was Fred that recited the quote most often.



Boston, MA - James Henigan of NMC was the winner of the 1931 Boston Marathon, prior to the official formation of the North Medford Club.



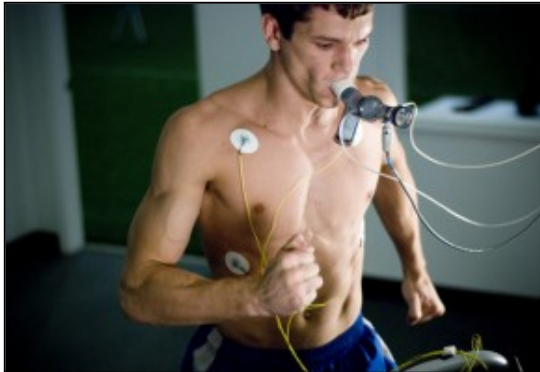
Boston, MA - Joe Smith of NMC winning the 1942 Boston Marathon, the only Boston winner running while a member of the North Medford Club.



Just Breathe

By Donna LeBlanc

Maybe yoga has shifted my attention from heart beats per minute to oxygen saturation. For some reason I've been thinking about breathing these days. I'm really not sure what the impetus was, but curiosity got the best of me. Given the power of the web, answers are readily available to even the most mundane of inquiries. So what is the best way to breathe while running? Several articles came up in the search results. After reading through those that appeared to be from reputable sources, the answer to the question is a resounding 'Yes'.



The article I found most helpful and the one I am sharing here was posted by Mark Iocchelli. It's titled 'How to Breathe When Running' and can be found under Our Best Running Articles, Running Tips on the website Complete Running.

As an aside, the U.S. military has conducted a great deal of research on the topic of breathing while exercising.

I was surprised to learn that there are actual breathing techniques that can be employed while running. The most common are the 3:2 Technique and the 2:1 Technique. Quite honestly up until now, I had never counted breathes, instead letting pace dictate the oxygen required to keep me upright and moving forward.

3:2 Technique

The most common breathing technique for running is often referred to as the 3:2 technique. This basically means that the ratio of inhaling to exhaling is 3 to 2. In practice, this is often tied to your running cadence. For example, while you are running, inhale for three steps and then exhale for two steps. The purpose behind this technique is to fully inflate your lungs with new oxygen and completely replace the leftover carbon dioxide.

2:1 Technique

While the 3:2 ratio is good for most runners and joggers, it can become hard to use when sprinting. In practice this would mean that you would inhale twice as long as you exhale. In practice, this might mean inhaling for two steps and exhaling for one. However, with faster running, it might involve inhaling for 4 steps and exhaling for 2. What is important is that the ratio of 2 to 1 is kept constant.

The Last Word: A Few Breathing Tips

1. Try slowing down before attempting to change your breathing.
2. Focus on longer, deeper breaths.
3. Breathe more from your diaphragm (belly) than your chest (chest breathing is more shallow).
4. Focus on exhaling more fully. This will remove more CO₂ (Carbon Dioxide) and allow for deeper inhalations of O₂ (Oxygen).
5. Allow air to enter through both the nose and mouth. This will allow for maximum O₂ intake.
6. Aim to take three footsteps for every inhale, and two footsteps for every exhale (3:2 ratio).

To read the full article visit:
<http://completerunning.com/archives/2009/05/27/how-to-breathe-when-running/>



2012 USATF-NE Iron Runners

By Jim Fay

Congratulations to the NMC Iron Runners. Mike Auger, Tim Blouin, Charlie Salmond, and Larry Morris. They ran all 7 races of the USATF Series culminating with the Cape Cod Marathon. There were 15 NMC Members who ran at least one of the races. All who ran will receive NMC Singlet + those who ran at least 4 will get NMC Jackets.

Please E-mail Jim Fay at gottarun449@comcast.net to let him know the size you want. All who ran at least 3 races will get re-imbusement for USATF fees.

2013 USATF - NE Grand Prix Schedule

- | | | | |
|----|---------|----------------|-------|
| 1. | Feb 24 | Jones 10 Miler | 10 M |
| | 11 AM | Amherst, MA | |
| 2. | Mar 17 | New Bedford | 13.1M |
| | 11 AM | N. Bedford, MA | |
| 3. | Jun 13 | Hollis Fast 5K | 5K |
| | 6:30 PM | Hollis, NH | |
| 4. | Sep 15 | Lone Gull | 10K |
| | 9 AM | Gloucester, MA | |
| 5. | Sep 29 | Nahant | 30K |
| | 9 AM | Nahant, MA | |
| 6. | Nov 3 | Manchester | 26.2M |
| | 8:30 AM | Manchester, NH | |

To run for our club, USATF-NE membership is required. Your USATF card must list North Medford Club, #37. For additional information about the Grand Prix series visit the USATF-NE website: <http://www.usatfne.org>

The races can be a lot of fun and truly make you feel part of a team. In the past few years, it has been difficult for NMC, as a club, to field enough runners to score in many team categories. This is especially true in the women's division where there haven't been

enough runners to score in team categories since 2008. To run for NMC teams at championship races contact Jim Fay at gottarun449@comcast.net or Jeff Gould at twentyquarters@comcast.net



Somewhere Between Nashua, NH and Lawrence, MA – Rick Hersey's and Phil McGaw's smiles break through the fog on the morning of the Mill Cities Relay.

Photo by Paul McDermott

New Year's Resolution 2013 Keep a More Detailed Running Log

Most of us do, but the benefits of tracking miles, time, and other relevant information helps us learn what's working and what's not. A running log acts as a mirror in which we can see the error of our ways and make adjustments. While most of us track date, route, time and distance, consider logging a few additional pieces of information this year:

Weather: Hot, too cold, or just right? Was it windy, was it humid, was it perfect?

Food: Write down what you ate, if anything, before you ran and what time you ate it as well as what you consumed during the run.

Feelings: Be honest. If you get a runner's high, celebrate it. If you are nauseous or physically or mentally tired, say so. Don't over analyze yourself, just write it down. It can help you see the slumps we all occasionally go through.



Southwick, MA – Judging by the team name, several girls (and a few boys) from the North Medford Club just wanted to have fun at Rugged Maniac New England. Rugged Maniac is a 5K (3.2 mile) obstacle course race that combines the most rugged terrain and crazy obstacles with a rocking after party featuring live music, food and plenty of beer. *Photo by Paul McDermott*

**Whitney Memorial
5K Road Race
Devens, MA
September 11, 2012**

1. Brad Fors	NMC	17:37
2. John Kinnee	NMC	17:49
3. Brian Nelson	UNATT	19:01
4. Kevin McCusker	NMC	19:27
5. Kevin Fallon	NMC	20:29
6. Charlie Salmond	NMC	20:47
7. Evan Broderick	HCS	21:02
8. Heidi Handy	NMC	21:38
9. Tom Default	UNATT	21:54
10. Matt Lipo	UNATT	22:37
11. Josh Lawrence	UNATT	23:12
12. Rene Lavoie	NMC	23:17
13. Juice Forbes	NMC	23:42
14. Jim Shope	NMC	24:21
15. Amy Fallon	NMC	24:21
16. Rick Hersey	NMC	24:35
17. Peter Orni	NMC	25:15
18. Steve McAvoy	NMC	25:27
19. Phil McGaw	NMC	25:38
20. Denise Lawson	NMC	25:54
21. Darlene Hoover	NMC	26:06
22. Megan Therriault	NMC	26:29
23. Sau-Mei Leung	NMC	28:53

24. Rebekah Selvey	UNATT	29:46
25. Leo Hollingsworth	UNATT	29:46
26. Candee Graves	NMC	30:09
27. Marge Gladwin	NMC	31:02
28. Nanette Taylor	NMC	31:09
29. Mike Grunt	UNATT	32:10
30. Kathy Labbe	UNATT	36:22
31. Deb Fontaine	NMC	36:23
32. Molly Reid	NMC	36:23

Volunteers: Rene Lavoie, Race Director, Dave Duval, Chris Reid, Marge Gladwin, and Peter Orni

**Overlook Trail Race
5.4 Miles
Fitchburg, MA
September 23, 2012**



Fitchburg, MA – Chris Reid working up a sweat at the Overlook Trail race. *Photo by Paul McDermott*

1. Nic Scachetti	UNATT	39:54
2. Anthony Lombardi	NMC	43:02
3. Joe DiMucci	NMC	46:14
4. Lisa Lombardi	UNATT	46:15
5. Jason Cote	RGnomes	48:03
6. Jim McDermott	NMC	49:30
7. Lisa Stone-Mutti	NMC	50:44
8. Gary Campbell	NMC	50:56
9. Peter Orni	NMC	53:16
10. Rishi Kamdar	NMC	53:28
11. Denise Lawson	NMC	57:27
12. Deb Fontaine	NMC	66:27
13. Molly Reid	NMC	66:27



Paisano's 5K Road Race
August 14, 2012
Leominster, MA



Leominster, MA – Runners at the start of the First Annual Paisano's 5k Race.

1. Jon Miganowicz	17:20	36. Jenny Solano	24:52
2. Brad Fors	17:45	37. Darlene Hoover	24:55
3. John Kinnee	18:09	38. Harry Howe	25:06
4. Jeff Gould	19:53	39. Steve McAvoy	25:14
5. Steve Penney	20:16	40. Hannah Chetkowski	25:24
6. Mark Fontaine	20:24	41. Marge Gladwin	25:37
7. Ryan Hastings	20:35	42. Phil McGaw	25:40
8. Charlie Salmond	20:47	43. Rebecca Spencer	25:57
9. Kevin Fallon	20:53	44. Peter Orni	26:14
10. Tony Reardon	20:58	45. Denise Lawson	26:19
11. Nick Normandin	20:59	46. Alina Tobojka	26:34
12. Peter Wojtas	21:04	47. Megan Therriault	26:48
13. Jay Foster	21:07	48. Leann Nault	26:52
14. Mike Auger	21:12	49. George Donahue	27:12
15. John Triolo	21:16	50. Elizabeth Small	27:30
16. Keron Plouffe	21:27	51. Katie Fortier	28:49
17. Kris Gleason	21:40	52. Donna DeCarolis	29:00
18. Heidi Handy	21:43	53. Sharon Basteri	29:05
19. Shannon Dunn	21:47	54. Aldo Bianco	29:56
20. Tim Pauszek	21:49	55. Molly Reid	30:00
21. Jennifer Hogan	22:06	56. Ken Becker	30:02
22. Nicole Hollums	22:15	57. Karen Bergeron	31:00
23. Tim Blouin	22:35	58. Deb Fontaine	31:00
24. Alice Jellison	22:36	59. Elizabeth Moison	31:29
25. Mike Seretto	22:45	60. Matt Moison	31:29
26. Jim Shope	22:58	61. Melanie Desmarais	32:57
27. Bill Austin	23:00	62. Brenda Baron	33:07
28. Taylor Ladue	23:00	63. Dave Jensen	34:37
29. Rene Lavoie	23:09	64. John Hazelrigg	33:41
30. Elaine Carroll	23:19	65. Jenn Jensen	34:37
31. Jim McDermott	23:26	66. Kathy Cormier	34:43
32. Gary Savoie	23:51	67. John Dignard	35:20
33. Tina Ladue	23:58	68. Tonya Gasbarro	35:41
34. Amy Fallon	24:16	69. Robin Gallagher	36:31
35. Rick Hersey	24:23	70. Susan Oram	36:35
		71. Hilary Nolin	36:53
		72. Lisa Normandin	37:03
		73. Melony Letarte	38:31
		74. Brenda Fortier	45:00
		75. Kathie L'abbe	45:00
		76. Kristine Pepin	52:42
		77. Sylvia Pepin	52:44
		78. MaryLou Crohan	66:49

Volunteers: Deb Fontaine, RD, Chris & Molly Reid, Dave Duval, Marge Gladwin, Larry Morris, Kathie L'abbe, Brenda Fortier, Michelle Haggstrom, Brian Slattery, Karen Bergeron, Brenda McDermott, Nancy Orni, Laurie Savoie, Lori Berkey and Charlie Herbert



Overlook, Continued

Volunteers: Rene Lavoie, Race Director, Marge Gladwin, Chris and Molly Reid, Peter Orni, Paul McDermott, Jim McDermott, Deb Fontaine, Julie Wright, Jim Fay, Denise Lawson and Mike O'Hara

Five Miles of Roads and Trails

Hamilton, MA

September 22, 2012

- | | |
|--------------------|--------|
| 1. John Kelley | 33:12 |
| 2. Katie Cooper | 34:59 |
| 3. Charlie Salmond | 35:23 |
| 4. Heidi Handy | 36:51 |
| 5. Dag Holme | 37:06 |
| 6. Paul Quinn | 37:41 |
| 7. Tina Kelley | 42:20 |
| 8. Steve McAvoy | 42:27 |
| 9. Phil McGaw | 43:09 |
| 10. Roger Perham | 43:54 |
| 11. Ana Hubert | 44:47 |
| 12. Peter Orni | 45:14 |
| 13. Denise Lawson | 45:20 |
| 14. Jan Holmquist | 50:09 |
| 15. Rick Collette | 50:10 |
| 16. Marge Gladwin | 59:44 |
| 17. Marge Gladwin | 77:38 |
| 18. Karen Bergeron | 77:38 |
| 19. Russ Syrjala | 117:57 |

Volunteers: Roger Perham, Race Director, Julian Seigel, Dick Bennett, Nancy Orni, and Marge Gladwin

4C's Race

5.7 Miles

Shirley, MA

October 20, 2012

- | | | |
|--------------------|-----|-------|
| 1. Jeff Gould | NMC | 36:54 |
| 2. Steve Penney | NMC | 39:29 |
| 3. Tim Blouin | NMC | 40:11 |
| 4. Charlie Salmond | NMC | 40:19 |
| 5. Sean Landers | NMC | 41:15 |
| 6. Heidi Handy | NMC | 42:52 |

- | | | |
|-------------------|----------|-------|
| 7. David Martin | Colonial | 44:53 |
| 8. Ernest Landry | NMC | 46:01 |
| 9. Tom Lynch | NMC | 46:19 |
| 10. Steve McAvoy | NMC | 48:30 |
| 11. Rick Hersey | NMC | 48:45 |
| 12. Denise Lawson | NMC | 49:48 |
| 13. Phil McGaw | NMC | 49:48 |
| 14. Peter Orni | NMC | 49:49 |
| 15. Kevin Fallon | NMC | 55:13 |
| 16. Amy Fallon | NMC | 55:13 |
| 17. Sau-Mei Leung | NMC | 55:13 |
| 18. Suzanne Burke | NMC | 55:13 |
| 19. Deb Fontaine | NMC | 66:10 |
| 20. Marge Gladwin | NMC | 66:10 |

Volunteers: Phil McGaw, Race Director, Dave Duval, Royce Saywer, Julie Christo and Marge Gladwin

Templeton 7 Mile Trail Run

Templeton, MA

November 4, 2012

- | | |
|-----------------------|-------|
| 1. Steve Penney | 54:47 |
| 2. Ryan Twohey | 56:47 |
| 3. Elizabeth Bond | 57:19 |
| 4. Justice Graves | 57:41 |
| 5. Erick Herrera | 62:13 |
| 6. Eric Despres | 62:13 |
| 7. Brian Bernard | 62:49 |
| 8. Erin Vantuyl | 67:58 |
| 9. Ken Johnson | 67:58 |
| 10. Lisa Stone-Mutti | 69:09 |
| 11. Steve McAvoy | 73:56 |
| 12. Kathi Coleman | 74:02 |
| 13. Kris Dorsey | 74:08 |
| 14. Mike Fanelli | 74:47 |
| 15. Yvonne Wandless | 76:28 |
| 16. Christine Fanelli | 76:38 |

Volunteers: Joe DiMucci, Race Director, Dave Duval, Jim Brehio, Jim Fay, Ed Chartier, Jack Thornton and Marge Gladwin





2012 Summer Grand Prix Series Results

By Rene Lavoie

The 2012 NMC Summer Series was recently completed with the 4C's race. The series included sixteen races. Within this series the club also held a trail series that included five trail races included in the summer schedule as well as two additional club sponsored trail races, the Overlook trail race and the Templeton 7M Trail Race. Altogether ninety-four club members participated in at least one of the Grand Prix races. Three club members completed all sixteen races. First time Grand Prix Ironwomen Heidi Handy and Denise Lawson will be awarded jackets recognizing their achievement. Second time winner Peter Orni will have his jacket embroidered to note his achievement as well. In order to qualify for Grand Prix winner status a member must complete at least seventy-five percent of all the races. For runners who complete more than the twelve of sixteen races, the best twelve finishes were taken for their total. The following members are this year's overall Grand Prix winners:

1.	Charlie Salmond	15/16 races	1055.48	Total	1303.49	pts.
	Heidi Handy	16/16 races	1199.77	Total	1592.22	pts.
2.	Rick Hersey	14/16 races	908.18	Total	1050.93	pts.
	Denise Lawson	16/16 races	986.30	Total	1294.27	pts.
3.	Peter Orni	16/16 races	891.02	Total	1161.95	pts.
	Marge Gladwin	15/16 races	802.44	Total	968.23	pts.

Age Group Winners

Men		Women	
<u>00-15</u>		<u>00-15</u>	
Justice Graves	79.15 pts.	Elizabeth Moison	68.82 pts.
<u>16-29</u>		<u>16-29</u>	
Jon Miganowicz	898.23 pts.	Nicole Hollums	364.62 pts.
<u>30-39</u>		<u>30-39</u>	
John Kinnee	292.34 pts.	Amy Fallon	860.73 pts.
<u>40-49</u>		<u>40-49</u>	
Kevin Fallon	911.45 pts.	Heidi Handy	1592.20 pts.
<u>50-59</u>		<u>50-59</u>	
Tim Blouin	488.55 pts.	Denise Lawson	1294.3 pts.
<u>60-69</u>		<u>60-69</u>	
Charlie Salmond	1303.50 pts.		
<u>70-79</u>		<u>70-79</u>	
Ken Becker	369.13 pts.	MaryLou Crohan	331.70 pts.



Summer Series Results, continued

NMC Trail Race Series Final Results

Men

1. John Kelley-475.78 pts
2. Peter Orni-448.35 pts
3. Charlie Salmond-447.1 pts

Women

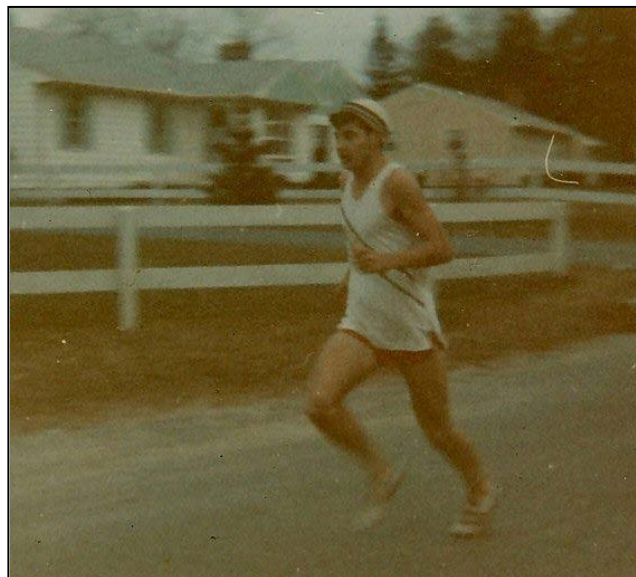
1. Heidi Handy- 497.06 pts
2. Denise Lawson- 485.36 pts
3. Marge Gladwin-232.51 pts

Congratulations to all. Awards will be presented at the annual meeting and the running of the first winter series club race; the Bob Hersey Memorial 5 mile road race on January 6th. Trophies will also be awarded to age group winners and the winners of the trail series.



Somewhere Between Nashua, NH and Lawrence, MA - Jim McDermott demonstrates his knack for changing on the run at this year's Mill Cities Relay.

Photo by Paul McDermott



Thank You, Thank You, Thank You Frank Niro (pictured here in 1967) for locating, scanning, and sharing photos on NMC's Facebook page. His contributions to our club's history are invaluable and remind us of our success as a club in bygone days. To see more pictures and read captions describing club members from the 1930s on, visit: <http://www.facebook.com/groups/99164753633/>



**North Medford Club
80 Years and Running
2013 Winter Racing Series**

- ❖ **January 6, Sunday, Bob Hersey Memorial**, K of C 165 Electric Ave., Fitchburg, MA, 5 Miles, 1pm. **POT LUCK. ANNUAL MEETING.** (Directions: Rte. 2, South St. exit towards Fitchburg, left on Electric Ave., K of C on left.). Call 508-380-6268 or Rainman52@verizon.net for directions.
- ❖ **January 13, Sunday, the Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, 1pm Kelly Square Worcester, MA. Check NMC website for exact location. For information contact Amy Fallon at photogirl77@email.com.
- ❖ **January 19, Saturday 3, Fresh Pond**, Cambridge, MA, 2.5 and 5 Mile races, 10am. (Parking behind Cambridge Honda or at school to avoid possible parking ticket on Fresh Pond property). **Entry fee: FREE.**
- ❖ **January 27, Sunday, Log Cabin 10K**, Rtes. 2A & 31, Westminster St., Fitchburg, MA, 1:00pm. (Directions: Rte. 2 to Rte. 31 exit towards Fitchburg, right at stop sign).
- ❖ **February 3, Sunday, Tom & Ron Boone Memorial 10K**, Gardner Fish & Gun Club, Clark St. Gardner, MA. 1pm. (Directions: Rte. 2 to exit 23. Bear onto Pearson Blvd. and then right on Elm St. for .9 miles. Bear left around rotary, Rte. 101, onto Central St. Bear right at fork onto Park St. for .7 miles then bear left on Clark St. to Fish & Gun Club 1.25 miles on left).
- ❖ **February 10, Sunday, Bennett Estate Race**, 115 Forest St., Danvers, MA, 6.2 Miles, 1pm. Hilly. For directions, call Dick Bennett at 978-774-5986.
- ❖ **February 17, Sunday, Merrimac**, 1 Locust St., Merrimac, MA, 7 Mile handicap run, 1pm. (Directions: Rte. 495 to Exit 53 onto Broad St. Turn onto Rte. 110 to the center of town. Turn left onto Locust St.).
- ❖ **February 24, Sunday, Donnelly's Tavern 5 mile**, Donnelly's Tavern, 43 Summer St., Lunenburg, MA, 1pm. (Rte 2 to exit 32 to rte 13 north, Main St. for 2 miles. Left on to North St. at King's Corner for 1 mile to Donnelly's Tavern on right).

Entry fees: \$5.00 for all non-members; \$3.00 for NMC members who want a prize.

There is no entry fee for NMC members who waive prize.

All races with the exception of trail races include a race walk.

OTHER RACES SUPPORTED OR ORGANIZED BY NMC OR ITS MEMBERS

- ❖ **Saturdays, Fresh Pond**, Cambridge, MA, 2.5 and 5 Mile races. (Parking behind Cambridge Honda to avoid possible parking ticket on Fresh Pond property). **Entry fee: FREE.**
- ❖ **February 5, Sunday, The Great Stew Race**, K of C Lynnfield St. (rte. 129) Lynn, MA 15K, 10am. \$12 no shirt, \$25 with shirt. Contact Alan Peterson at 781-592-1667. Directions, information: www.stewchase.com, Facebook, *15K Great Stew Chase*
- ❖ **March 17, Sunday, On the Rocks 5K**, Whalom waterfront, Lunenburg, MA, 1 pm, \$5. For information contact Chris Reid at reidcc@comcast.net.

NMC Website: www.NorthMedfordClub.org

**To run for the NMC teams at championship races see Jim Fay or Jeff Gould.
USAT&F card must list North Medford Club, #37**