



An Attitude of Gratitude

Written by Donna LeBlanc

'The ship of my life may or may not be sailing on calm and amiable seas. The challenging days of my existence may or may not be bright and promising. Stormy or sunny days, glorious or lonely nights, I maintain an attitude of gratitude. If I insist on being pessimistic, there is always tomorrow. Today I am blessed.'...Maya Angelou

I wish I could take credit for the catchy title of this story, but I can't! It's a phrase that I first heard spoken by Maya Angelou at the Hanover Theatre in Worcester back in May, 2012; two years before her death. For those of you who don't know about Maya Angelou, she was an amazing woman: Author, poet, dancer, actress and singer. Perhaps best known for her series of seven autobiographies, including *I Know Why the Caged Bird Sings*.



Lawrence, MA - NMC club members enjoy each other's company at the Mill Cities Relay après party. Photo by Roger Perham

Thinking about Angelou's idea of developing an attitude of gratitude and being that it's the beginning of a new year, I thought a newsletter story about thankfulness would be a good way to mentally prepare for another year of running. Here's the question recently posed to current board members: 'When it comes to running, what are you thankful for?' Themes of personal redemption, longevity, comradery, and community were evident among all of the comments. Here's what several NMC board members had to say:

First, credit to Rene Lavoie for identifying and explaining the idea of personal redemption: 'I have always felt that it is the one sport/activity that offers personal redemption. After a loss or harsh self-assessment those incremental triumphs from one time around the track to a marathon and beyond confirms the belief that we can and that we are.'

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Gratitude, Continued

Along those lines, Paul McDermott adds, 'It has been great to see the accomplishments of runners who thought that it was not possible to race a 5K, 10K, half marathon and then a full marathon.'

Mike O'Hara's comments emphasized gratitude for running as a sport that we can enjoy throughout the year for many years. 'I think it's cool that we can still run and have fun and compete (on a friendly basis) with other folks all through the year. What other sport gives you an opportunity to do that, well into your forties, fifties, sixties, and hopefully beyond? Baseball, basketball, football? Nahh. Bowling, golf? Maybe. But I said a *SPORT*.'

And then there were several comments about the friendship and social network that running provides. According to Marge Gladwin, 'If I didn't take up running, I wouldn't have met all the great people and friends with NMC.' Paul McDermott echoes this sentiment, saying he is grateful for 'finding people who enjoy running just as much as I do. The best thing for me is family and friends who have also joined the club.'

And finally a word of thanks for volunteers. Jeff Gould points out the strong volunteer network that NMC has with members who selflessly give of their time at club races. 'The same people seem to volunteer at an inordinate number of races, especially the smaller races like the NMC club ones. Without them, the races would fall apart.'

As for me, I agree with all of the comments above. In addition, I'd like to say thanks for the opportunities running has provided me to meet great people that I would have not otherwise have met and to travel to new places and truly experience them.'

In closing, my mantra for 2015 is to run with an 'attitude of gratitude, and I wish you the same.'



Fitchburg, MA - Group shot of happy club members at the annual holiday party held December 20, 2014.
Photo by Roger Perham

Please check the NMC website or contact a board member to verify the schedule for the remaining Winter Series races. Donnelly's and Merrimac races are currently postponed to February 22nd and March 22nd respectively due to snow! Additionally, the date for the Baldwinville Snowshoe race originally scheduled for Saturday, February 14th has been moved to Saturday, February 28th.



Mill Cities One More Time

By Jeff Gould



Headed to Lawrence, MA – Peter Orni running this year's Mill Cities Relay for NMC.

Photo by Marge Gladwin

For those on the e-mail distribution list, you have already received and possibly even read Jeff Gould's annual recap of the annual Mill Cities Relay. For those of you who haven't and wish to, read on. Below is an abbreviated version of Jeff's reflection of the Mill Cities Relay 2014:

I got a few laughs last year by including this line near the end of my Mill Cities recap, so this year, I'll open with it. Does anybody actually make my time worthwhile by reading this claptrap?

I just wanted to say thanks to those of you who ran the Mill Cities Relay this year. Nothing beats freezing your butt off waiting for your handoff to see how fast 5 runners (3 runners for you elderly folk), can transport a magnetic wristband from Nashua to Lawrence. NMC had 77 runners on 17 teams, a fine showing despite snow the day before, the weather was unusually cooperative this year, with dry roads and decent conditions. For those of you neophytes that have never run it before, if you think the race ended at the finish line, I have a surprise for you. Ask any Mill Cities veteran.

NMC had some success, though other clubs have stepped up the competition. Top 3 teams in each division are awarded bricks,

the gist being that Nashua and Lawrence are the two 'Mill Cities'. Dave LaBrode, ever the cheapskate, does a fine job of saving the race money by scrounging bricks from local demolition sites. Mark Fontaine's team of mixed seniors took 3rd, our only brick this year. Several other teams placed from 4th to 8th against strong competition. Men's 60+ and men's 70+ were both 4th, mixed 60+ 5th, and women's 50+ 6th. Men's open, master's and senior's managed 8th places.

Years ago, when I first ran it (yeah, I'm old), there were only a few dozen teams, and the winning team (using the Mill Cities scoring system), usually scored 40-60 points. This year's relay had 248 teams, and it took well over 100 points to finish 3rd in the club competition, the winner amassing an incredible 145 points. Whatever the reason, as one of the clubs that enters big numbers of teams and runners, it's evident that we're doing something right.

Mill Cities is arguably the best race around, definitely the last true club race. Yes, it's easier to zip down, run the local 5k, and make it back home as the family rolls out of bed to have breakfast with the kids, but a relay like this is worth the time commitment. Mark your calendar for next year, first Sunday in December.

Boston Bound

Six (6) Boston Marathon waivers were awarded at the annual meeting held in January. That's right – six is the number of waivers NMC received from the BAA this year. You have to wonder if the trend will reverse going forward or if club waivers will become a thing of the past. Awards were based on volunteer points earned in the previous year. Boston Marathon entries went to the following club members:

1. Joe DiMucci
2. Tim Blouin
3. David Bellew
4. Matthew Moison
5. Beth LeBlanc
6. Steve McAvoy



2014 Volunteer Stars



A heart-felt congratulations and thank you to the volunteers who make NMC and all of the races we host possible. The final tally is in. Here are our top twelve volunteers for 2014 based on an earned point system (See the next article, 'North Medford Club Volunteer Points System', for detailed information on ways to earn volunteer points.)

Rene Lavoie	49
Marge Gladwin	39
Denise Lawson	38
Dave Duval	31
Larry Morris	25
Chris Reid	25
Molly Reid	23
Jeff Gould	22
Joe DiMucci	18
Ken Parker	18
Brian Slattery	18
Mark Fontaine	17

North Medford Club Volunteer Points System

In 2013, the NMC Board of Directors reviewed, revised, and finalized the points that members earn for their volunteer efforts. These points are used as the basis for awarding BAA Boston Marathon waivers. Here's a summary of the ways in which volunteer points can be earned.

Race director①	4
Race volunteer	1
Mt. Washington water stop	8
Mt. Washington driver	8
Relay race director(s)	8
Relay race committee member	4
Relay course layout, signs & cleanup	8
Relay exchange set-up	8
Relay exchange scoring and timing	8
Relay water stop②	2 points/hour
Relay traffic control②	2 points/hour
Mill Cities relay team coordinator	8

Holiday party organizer	4
Holiday party committee member	2
Newsletter editor	2
Newsletter contributor	2
Membership director	2
Webmaster	2
Volunteer points record keeper	4
USATF team coordinator	4
Race series points record keeper	4
Clock setup/timing for non-race series races	4
Special events③	2
Board of Director member④	1

- ① Points are shared if there is more than one race director
- ② Not to exceed 8 points
- ③ May be increased at BOD discretion
- ④ Points per meeting attended - not to exceed 5 points

Bus to Boston

Once again, the club is sponsoring a bus and use of the Marriot Boston at Copley Place hotel room on Marathon Day, April 21st.

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; the other at Orchard





Boston Bus, Continued

Hills Athletic Club in Lancaster. The price for round trip bus transportation and use of the hotel room, including a hot shower and light snacks, is \$55 per person.

For information and to reserve a seat, contact Joe DiMucci by email at jdimucci5@comcast.net or by phone at 978-518-1587. Payment should be sent in the form of a check payable to The North Medford Club c/o Marge Gladwin, 16 Village View Road, Westford, MA 01886.

Bob Hersey Memorial Race
4 Miles
January 4, 2015
Fitchburg, MA

1. John Kinnee	NMC	25:38
2. Jon Miganowicz	NMC	25:42
3. Matt Moison	NMC	31:09
4. Kris Gleason	NMC	31:12
5. Charlie Salmond	NMC	31:22
6. Mike O'Hara	NMC	31:41
7. Tim Blouin	NMC	32:53
8. Steve Penney	NMC	32:53
9. Julie Wright	NMC	33:05
10. Jim Brehio	NMC	33:18
11. Tom Spinelli	NMC	36:28
12. Janice Bellew	NMC	36:45
13. David Bellew	NMC	36:45
14. Jim Shope	NMC	36:47
15. Rick Hersey	NMC	38:19
16. Juice Forbes	NMC	39:00
17. George Corff	NMC	39:27
18. Sau-Mei Leung	NMC	40:15
19. Steve McAvoy	NMC	40:21
20. Larry Morris	NMC	41:29
21. Megan Therriault	NMC	43:58
22. George Higgins	NMC	44:04
23. Denise Lawson	NMC	46:06
24. Molly Reid	NMC	48:07
25. Jane Perrault	NMC	48:07
26. George Leslie	NMC	59:28
27. MaryLou Crohan*	NMC	48:06
28. Kevin Perrault	NMC	N/A

*3 Miles

Fresh Pond
Cambridge, MA
September 20, 1975

As reported in Yankee Runner on November 2, 1975 (V4 N14). Note that almost 40 years later, John Babington takes first place in the 2.5 mile race at Fresh Pond.

2.5 Mile Race

1. John Babington	12:58
2. Brad Kron	13:09
3. L. McDonald	13:30
4. A. Joyner	13:34
5. J. Teriault	13:52
6. Ed Wood	14:09
7. J. Kelliher	14:13
8. E. Mahlowitz	14:19

Fresh Pond
Cambridge, MA
January 17, 2015

2.5 Mile Race

1. John Babington	NMC	20:27
2. Juice Forbes	NMC	20:59
3. Donna LeBlanc	NMC	21:16
4. George Higgins	NMC	22:43
5. David Duval	NMC	26:13
6. Denise Lawson	NMC	27:09
7. Marge Gladwin	NMC	29:02
8. MariLou Crohan	NMC	46:42

5 Mile Race

1. Charlie Salmond	NMC	36:50
2. Steve McAvoy	NMC	42:02
3. Linda Usher	NMC	42:49
4. Doug Usher	NMC	42:49

Volunteers: Marge Gladwin. And a special thanks to Joe McDonald and Diane McLaughlin for being there every week.





**Greyhound Pub
Mr. Bean Memorial 3.4 Mile Race
Worcester, MA
January 11, 2015**

1. Jon Miganowicz	NMC	19:59
2. Joshua Curtis	NMC	20:06
3. John Pajer	CMS	21:36
4. Jeff Gould	NMC	21:50
5. David Cararius	CMS	22:37
6. Gennaro Conte	NMC	23:08
7. Nick Antkowiak	NMC	23:30
8. Vin Garofoli	CMS	23:41
9. David Hanson		24:35
10. Charlie Salmond	NMC	25:21
11. Mike O'Hara	NMC	25:17
12. Helene Winn		26:38
13. Steve O'Leary		27:20
14. Jim Shope	NMC	28:03
15. Denise Lawson	NMC	28:09
16. Steve McAvoy	NMC	28:27
17. Juice Forbes	NMC	28:29
18. April LaHair		29:06
19. Mark Johnson	NMC	30:01
20. Jack Goolsky	CMS	30:04
21. Donna LeBlanc	NMC	30:26
22. George Corff	NMC	30:44
23. Darlene Hoover	NMC	31:20
24. George Higgins	CMS	31:33
25. Karen Pajer	CMS	35:52
26. Samantha Kelley		36:06
27. Mandy Talbot		36:48
28. Ken Becker	NMC	40:42
29. Dan Dodson	NMC	45:00
30. Chris Reid	NMC	57:00
31. Marge Gladwin	NMC	57:00
32. Marylou Crohan*	NMC	41:05

*2 Miles

5. Ray Anair	NMC	49:34
6. Craig Reid	NMC	51:43
7. Lee Meunier	NMC	51:44
8. Joe DiMucci	NMC	52:10
9. Dan Anair	NMC	54:18
10. Denise Lawson	NMC	54:20
11. Paul Lambert	NMC	55:28
12. Donna LeBlanc	NMC	55:42
13. Jan Jones	UNATT	56:33
14. Jessica Lynch	L Street	60:39
15. Megan Therriault	NMC	61:09
16. George Higgins	NMC	65:02
17. Samantha Kelley	NMC	75:43
18. Marge Gladwin	NMC	84:04
19. MaryLou Crohan	NMC	90:48



Lunenburg, MA – Looks like these people are happy that Santa is coming to town. Pilon/Tousignant family members smile for the camera at NMC's annual Jingle Bell Fun Run.

Photo by Paul McDermott

**Log Cabin 10K Road Race
Fitchburg, MA
January 25, 2015**

1. Tim Blouin	NMC	46:33
2. Charlie Salmond	NMC	46:45
3. Mike Auger	NMC	46:46
4. Mike O'Hara	NMC	47:07

Road racing
1/17/2015
SATURDAY'S RACES
at Fresh Pond, Cambridge
(2 1/2 miles)
Men – 1. Bob Strout, Salisbury, 15:27; 2. Andy Milne, Medford, 16:37; 3. Joe Conti, Newton, 17:16; 4. John Babington, Hattick, 20:27; 5. William Forbes, Ashby, 20:54.
Women – 1. Donna Antkowiak, Sot-ton, 21:16; 2. Jenice Tsai, Watertown, 22:19; 3. Denise Lawson, Uxbridge, 27:09; 4. Marge Gladwin, Westford, 29:02; 5. Marilou Crohan, Leominster, 46:42.
(5 miles)
Men – 1. Mark Albertson, Cam-bridge, 38:32; 2. Charlie Salmond, Fitchburg, 36:50; 3. Howard Berman, Concord, 41:47; 4. Steven McAvoy, Ev-erett, 42:02; 5. Doug Usher, Upton, 42:49.
Women – 1. Linda Usher, Upton, 42:49.

Cambridge, MA – NMC club members dominated the Fresh Pond race results reported in The Boston Globe on January 17th, 2015.

