



From Here to Uganda

By Donna LeBlanc

Uganda- In the winter of 2009, I received an e-mail from a woman by the name of Karen Sparacio. I soon learned that Karen is the founder of Project Have, Hope, a 501c 3 organization that works with a group of 100 women in the Acholi Quarter of Uganda to help them transform their lives and the lives of their families. She was seeking donations of gently-used running shoes.



Several club members thought it would be a great way to help a worthy cause and plans were soon underway to sponsor a small shoe collection at the Bev and Ed Whitney 5K road race in March of 2009. Thirty pairs were easily collected on race day and Karen arrived two days later to pick up the cargo. She explained that the shoes would be shipped via container ship and would likely arrive in Uganda several months later. 'How easy,' I thought. 'Our club can help others and the environment with footwear that, by our running standards, has lost its' usefulness'.

Turn to **From Here** /Page 9

In This Issue

From Here	1, 10
Attention Golfers	2
The Winner Is	2
Julian Siegel Writes	2
Who is This?	3
Summer Race News	3
Proclamation	4
Big Dogs	4
Boston Finishers	5
Another Iron Runner	6
My Boston Marathon	6
What Next?	8
Summer Schedule	12

Managing Editor:	Donna LeBlanc	donnajleblanc@yahoo.com
Mailed Circulation:	Sherisa Sterling	satinday@verizon.net
Virtual Circulation:	Chris Reid	webmaster@NorthMedfordclub.org
Contributing Writers:	Dan Dodson	mjadand7@msn.com
	Jeff Gould	twentyquarters@comcast.net
	Gary Leavitt	gleavitt69@gmail.com
	Rene Lavoie	rainman52@verizon.net



Attention NMC Golfers

As the old saying suggests about a round of golf goes, 'A good walk spoiled'. As antithetical as it seems, there are secretly many golfers in our running club. Secret because we pride ourselves as the blue collar unpretentious athletes that do it for the love of the sport as well as the camaraderie. It wasn't until I decided to take up the sport to spend time with my sister and brother-in-law did I see the benefits and attraction. On a good day we can enjoy each other's company as well as the manicured beauty of the course. And, it is a good walk. The social aspect of the sport is what really attracts me to the game. It can be a frustrating activity but as is true of all sport, it is still just a game. With this in mind, I am hoping to poll the club's membership and find out how many golfers there are in the club. If there is enough interest we are considering a golf outing. A non-competitive day of walking the course and chasing a little white ball around will be planned. As is true of all club activities, it will be an inexpensive event. If you are interested contact me, Rene Lavoie, by email at rainman52@verizon.net or by phone at 508-380-6268.

And the Winner is...

Rene Lavoie, NMC President extraordinaire, correctly identified Jim Daley, Jr. as the mystery runner.

Competition for the six-pack was heated this go round with many members



responding within minutes of each other. Good thing e-mails arrive with the date and time stamped on them as we have several long-time members who are proving to be in-the-know. In addition to Rene, Peter Orni, Paul McDermott, Brian Slattery, Keith Orni and Julian Seigal all sent in correct responses.

Past Mystery Runner Julian Siegel Writes In

Several club members wrote to ask about Julian Siegel's whereabouts. Below is an e-mail that Julian agreed to have published in the newsletter. He explains where he's been as well as his plans to participate in the upcoming summer series. Julian's e-mail:

As for the previous mystery runner, when I first looked at the picture, I did think it looked like me. But after I read in the narrative that the mystery runner was 'greatly missed', I eliminated myself. While I never thought Bruce and I were look-alikes, I knew we confused other people. Runners occasionally called me Bruce and he was at times addressed as Julian. I ran with him for many years, and at times on the road, people would ask if we were brothers.

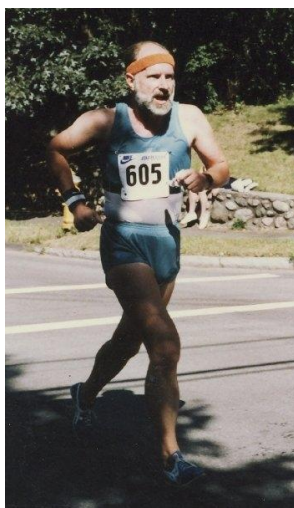
I was glad to learn the race in which the picture was taken was the Peace Marathon. However, that race ran from Carlisle to Boston rather than from Chelmsford to Boston.

Due to a lingering Achilles tendon problem, my racing has been stifled. I'm hoping for quick recovery and certainly by time the NMC summer program starts.



Who Is This?

Be the first person to correctly identify this issue's mystery runner. The runner pictured (right) will hopefully be a familiar face to some of the club's senior and veteran runners.



Hint: The photo was taken sometime during the 1980s.

E-mail your responses to donnajleblanc@yahoo.com. The winner will be announced in the next issue of the newsletter along with the mystery runner's identity. The prize for winning is a six pack of beer.

Summer Race Schedule News

By Rene Lavoie

The summer series race schedule has been set and will accompany this newsletter or be in your mailbox soon. I would like to bring to your attention a few changes we have made to the schedule this year. First, we have added two new races to the schedule. One is a trail race and a club member will host the other. For those who remember the Burbank Hospital trail race that was run for a few years several years back, the club is bringing the race back. The course has been altered from a seven-mile race to a five-mile course. This course will also serve as the layout we will be using for the fall NMC Overlook 5M Trail Race and 5K Run/Walk. This

summer race will be held on July 13th and will begin and end in the parking lot behind the Health Alliance Hospital in Fitchburg. The second race, the Temple 10K on August 10th, will be run in Templeton from the home of Jim Fay. Jim is a longtime club member and at present a member of the board of directors. This will be a 10K loop run through a residential area from Jim's home. I am told that bathing suits should be brought along. This is welcome news after a hot summer run. Absent from the schedule this year is the Mariposa Farm run. With the passing of Bruce Migell, it had become problematic to arrange for the run at this site. For those club members who ran the Bev and Ed Whitney 5K this past winter in Hudson the changed course will remain for the summer race as well. Thanks goes to Charlie Herbert for designing a much-improved course. Along with these changes are changes to the club's Grand Prix scoring. To continue to encourage participation in the series we are adjusting how the scoring will be done. For the summer series we will score twelve out of the sixteen races on the schedule. For those running more than the twelve races the twelve best finishes will be scored. We continue to encourage club members to participate in all the races and as an incentive and a way to recognize and reward these members we will be awarding a NMC pullover for full participation in the series. Once a member has earned the NMC apparel each additional series of full participation will be recognized by having the pullover embroidered with a special symbol of recognition. To further encourage participation we will do an end of the series scoring that recognizes the fastest participants by taking the average from their eight highest points



Summer Schedule, Continued

totals. Age group scoring will also be included as the series progresses.

The winter series will also be similarly modified. Lastly, there are four trail races on the summer series schedule. As well as scoring these races in the overall Grand Prix standings we will be calculating a series within the series. By this I mean that the four races will be scored separately to acknowledge the trail runners in the club. As has been done in the past all results will be available on the club's website. As always, any and all comments and suggestions are both encouraged and welcomed. Here's to an enjoyable and successful summer of running and racing.

Proclamation of Official North Medford Club Beverage

By Rene Lavoie

Whereas, the North Medford Club is a club committed to the advancement of the sport of running and

Whereas, the sport of running encourages a healthy and active lifestyle and

Whereas, a healthy and active lifestyle includes the imbibing of certain hops and grain refreshments and



Whereas, the unofficial motto of the North Medford Club is 'We are a drinking club with a running problem'.

Now, Therefore, Be It Ordered and Resolved, that the official beer of the North Medford Club will henceforth be Narragansett Lager Beer.

Boston Marathon 2010 Big Dogs and Smaller Dogs

By Jeff Gould

For some people, the only thing harder than running the Boston Marathon is not running it. The Boston Marathon is a 5 mile race that one has to run 21 hard miles to get to the starting line of. Don't believe me? Ask someone who has run it. Better yet, ask one of the kings of the race. NMC life member Ron Kmiec has run Boston for 37 consecutive years. That means he ran in 1974 and every year since. Not only finishing every year, but qualifying every year, even when the qualifying standard was a burlap tough 2:50, and in '74 when he started, there were less than 2000 runners and the entry fee was \$5 (yes, that's five dollars). Talk about spanning the decades. The BAA keeps a list of those that have run 25 or more Boston Marathons, called the Quarter Century Club. With 37 straight under his belt, Ron checks in at 6th longest. Among the ranks of NMC runners, the other big dogs include Julian Siegel, who has a now retired streak of 37 years, and the late Bruce Migell with 34 years. Only 2 years short of joining the Quarter Century Club is Dave Audet, with 23 straight. Smaller dogs include Mark Wigler with 19 finishes in the last 20 and Todd Brown with 16



Big Dogs, Continued

straight. And they all lag more than 2 decades behind the biggest dog of all, the late, great John Kelley himself, with 61 starts and 58 finishes. Best of luck catching him, guys.

Boston isn't easy, never was. It's always been known as a quad killer. It's been beating up runners since its early days in the early part of the century, and I don't mean the year 2000. Boston has been known as a tough marathon since the days of Clarence DeMar and John Kelley, but its mystique never fades. New York may be bigger, Chicago may be faster, but Boston has always been THE 26 mile keg party, its history and tradition a big part of the attraction. Many runners consider life incomplete unless they've run Boston at least once, as evidenced by entries closing earlier each year. Unless changes are made, I see entry into Boston opening, filling and closing on the same day within the next year or two.

Nonetheless, at least a few dozen NMC runners were in the ranks on Patriots Day. Former local Tom Manning (now residing in Colorado) and Mike Auger from Westminster were top NMC runners, Kate Kinnear and Karma Tousignant the top local women, along with more than 30 other club members. Those that ran are listed below. I know I missed at least one. Don't be shy about speaking up at a local race. Let me know that I blew it. In any event, congrats to all club runners, and remember what I said. Planning on Boston in the future? Enter early. Cheers. Jeff

2010 NMC Boston Marathon Finishers

Tom Manning	2:35:57
Mike Auger	3:13:42
Dave Audet	3:15:48
Josh Curtis	3:17:35
Todd Brown	3:19:23
Joe Dimucci	3:29:07
Kate Kinnear	3:33:01
Jim Fay	3:33:28
Rick Hebert	3:35:05
Karma Tousignant	3:36:19
Jon Miganowicz	3:37:57
Rich St. Hilaire	3:40:27
Mark Wigler	3:41:07
Brian Byrne	3:48:56
George Graves	3:56:35
Steve Drouin	3:58:23
Miae Jacobs	4:00:40
Nikki Julius	4:04:55
Amy Paquette	4:06:43
Ron Kmiec	4:07:13
Karen Gillespie	4:13:48
Mike Brodeur	4:16:04
Jessica Costa	4:24:37
Gail Dwyer	4:25:45
Hidee Caissie	4:25:46
Donna LeBlanc	4:28:22
Anthony Cali	4:30:08
Nathan Reynolds	4:37:41
Sara Dennechuk	5:00:54
Team Hoyt	5:26:19
Dan Dodson	5:27:43
Kathy Cioffi	5:31:54



Another 2009 USATF-NE Iron Runner

An apology is owed to club member Larry Morris who was inadvertently left off the list of 2009 USATF Iron Runners that was published in the last issue (Winter 2010). Larry also earned a well-deserved Iron Runner jacket.



My Boston Marathon Experience of a Lifetime

By Dan Dodson



Photo courtesy of
John Mulroy

Photo by John Mulroy

Now that my feet are recovering and are back on the ground I figure it's time to share with you my experience of running 26.2 miles in the 114th Boston Marathon 2010. My 'thanks' to the New England 65 Plus Running Club for giving me this opportunity of a lifetime. This is the only way a 'plodder' like me could get to participate in the greatest (and oldest)

marathon in the world. For my non-running friends ... this is like playing in the baseball world series, or competing for hockey's Stanley Cup, or playing in football's Super Bowl. It is something I have wanted to do since the early 1950's when I began LISTENING to the marathon on radio with my Dad who was himself a runner in the 1930's (but NEVER got the chance to run Boston due to 'life getting in the way'). Thus my personal slogan for April 19th was: 'For Joe and Jo' (my deceased Dad and my courageous wife Mary Jo).

Serious training to get to 26.2 miles began in January. As most runner's unfortunately know it's a long haul to prepare for doing this and MANY things can go wrong along the way. I was fortunate until April 1st when serious painful clicking began in my right knee from hauling wet vacs of flood water from my cellar for ten hours straight (over 100 trips). Things looked pretty bleak. Yet with help from a chiropractor/wellness center in Reading, Reiki from Mary Jo, and prayers to God, things improved to at least get me to the starting line in Hopkinton. Richard & Jackie St. Hilaire (Franklin, N.H.) became 'my guardians' as they arranged the hotel room, rides, advice, etc. that correctly guided me through the entire experience.

My bib #24272 put me in Wave 2 - Corral 24 -- starting at 10:30 am. There is a six-hour time limit to become an official finisher and to receive the prestigious Boston Marathon medal.

My plan was to break the race up into 3 minute sections where I would walk for 41 seconds and run for 2 minutes and 19 seconds.



My Boston Marathon, Continued

Rich St. Hilaire, Rick Collette and others all warned me NOT to start too fast on the first 9 miles or so of the marathon route which trends primarily downhill. I reached the 13.1 mile Half-Marathon check-point in Wellesley in 2:34:21 -- still under my 12 minute per mile pace. I was tightening up, hurting, and hitting the proverbial 'wall', etc. as I arrived at the top of the hill near Boston College at mile marker #21. My per-mile pace had increased to almost 12:30 per mile and things were not looking so good with 5.2 miles still to go.

Now comes the part of the story that becomes 'mystical', unbelievable, amazing, etc. You might think I was hallucinating ... BUT ... we are gradually getting pictures from running buds along the course that prove my incredible story is TRUE! As I reached the 21 mile checkpoint two young ladies about 20 years old came out from the sidewalk near Boston College. The 'redhead' ran on my left and the 'brunette' on my right. They were yelling encouraging 'looking good' -- 'keep on running' type stuff at me which was nice. I noticed that they were wearing non-running 'street' clothes (boots, warm shirts, leggings, etc.) and assumed they would run for maybe 50 yards and return to the sidewalk. They did NOT. After a bit I told them that I had a Master's degree from B.C. and said 'Go Eagles!' They said they were actually coeds from Providence College so I answered 'Go Friars!' They then asked me my name and I said: 'Dan Dodson.' They immediately went to the left and right sides of the road and began screaming to the throngs of spectators: 'Dan's the

Man' ... 'Dan's the Man' and encouraging the crowd to join in. The crowd began responding and soon 'Dan's the Man' cheers were coming all along the route on both sides of the road. They said it was 'an honor to run with you sir' and said they would accompany me all the way to the finish line. As we did the famous 'turn right on Hereford and left onto Boylston' the finish line came into view and I knew that getting under 5:30 was quite possible. My official finishing time was 5:27:43 (12:30 per mile). The young women ran across the finish line with me into Copley Square. I asked them to stay with me to have Jackie St. Hilaire get our picture. I then got my medal from Mystic Meg Michaels and had more pictures taken by Kevin Eaton and others. I tried to get the girls' names/addresses to no avail. Realizing that they now had 5.2 miles to walk back to Boston College I attempted to get them a taxi -- they refused and said they'd be fine. After a group hug my '2 Angels' disappeared from my life -- perhaps forever.



Boston MA – Dan Dodson (center) and his two angels. *Photo by Kevin Eaton*



My Boston Marathon, Continued

I want to say 'Thank YOU' to everybody for your 'best wishes' cards, phone calls, encouraging emails, homemade 'Go Dan Dodson Go' signs (Kevin, George and Carolyn), the 'Donate Life New England' folks (whose shirt I was proud to wear), the Somerville Road Runners, the North Medford Club, and the Mystic Runners who had their runners loudly wave and cheer at various spots as I went by. Then there were Adam & Judy G.G. and picture takers like Paul McDermott, John Mulroy, Carolyn Cogswell, Kevin Eaton, Jackie St. Hilaire, Alan Foulds, Don Davis, Bob Whitmore and more. You'll never know how much all of you kept me heading towards the finish line on Boylston Street. Then there's the people who kept all of us going: like the Wellesley College female 'scream tunnel', the crazy Boston College students up at the top of Heartbreak Hill, the hundreds (maybe thousands) of Boston Athletic Association volunteers, the tremendous cheering throngs that line the course in Hopkinton, Ashland, Framingham, Natick, Wellesley, Newton, Brookline, and Boston. And finally, my bride Mary Jo who tracked my progress every 5 kilometers on the Boston Marathon website from our home in Methuen... and panicked when the computer chip didn't record at the 15Km. and 40Km. checkpoints ... and assumed I had blown out my knee!

Thank You for being a part of one of the most rewarding days in my life. I feel truly blessed to know all of you.



Photo by Mary Jo Dodson

Coach's Column



What Next?

By Gary Leavitt

Marathon over? When do you hop into another race? When do you start getting ready for your next race?

Not so fast. Take some time. You need a break. Your body can't take too much punishment without risk of injury so if you start training or racing too quickly you can kiss a healthy summer, fall and next winter goodbye.

The fact of the matter is you should be in jogging or very easy running mode right now. And this should extend at least until Fourth of July. Then you can start building a base for the fall, a much different base than the marathon one.

This is a base that will require much less distance training, however, more speed. Let's say you are training for a fall 5-K or 5-miler. Or perhaps for the fall season which really should be no more than five to six races. Let's say your first race is in mid-September and your last race in mid November.

You want to stay away from the track until the preparation for the fourth race. This does not mean any speed. It just means no track. Let's rewind a bit. Throughout the summer and early fall no more than 50-60 miles for guys like Jeff Gould and no more than 30-40 miles a week for the guys a tad slower.



What Next, Continued

Bored with the everyday road run? Mix it up with trails, golf courses, beach if you are near one or anything off road. I run the perimeter of soccer fields more than anything else. It's easier on the joints as I approach 50.

And believe it or not running on off road surfaces will make you a much better road racer as well. It requires using your upper body more and expanding your cardiovascular system due to the exerting of more energy. It's tough to get hit by a car on a golf course. Just watch out for any fast moving golf balls. Fore.

Run pickups or fartleks over the summer, but here and there. Don't plan it. Let your body dictate it. You feel good one day then give it a shot. Don't overdo it and become a He-Man or She-Woman.

Labor Day comes and your first race is two weeks away. Try a tee-to-green workout. Warm up a mile to two, and then do 9 holes where you go from the tee to the green at your $\frac{3}{4}$ race pace (that's $\frac{3}{4}$ five mile race pace). Jog to next tee or back to the tee you first did and repeat. Again the whole workout will be nine times $\frac{3}{4}$ five mile race pace. This workout should be no longer than 30-35 minutes.

Now once you do that for two weeks you should be ready to start the season. Races three and four will have your pickup workouts now at race pace.

Races five and six you will see the track. Spacing your races two weeks apart will give you four track workouts total (for these two races alone). These will be based on how you have done so far in

your progression and how your body feels.

The very last track workout you do should have you ready to peak. It should be quarters with quick turnover (faster than five mile race pace) which will boost your confidence.

Please keep in mind some runners can handle more intensity or distance than others. So please listen to your body. I used to train with guys that were a bit better than me and we would get together before our fall season and do what I mentioned. The track workouts were highly competitive with a typical Tuesday night consisted of five 880's (which would be 800 meters today/two laps) at 2:20 to 2:25 pace.

So if you are doing six minute miles for five miles, your track workouts should consist of 800 meters at three minutes with a 90 second break. No more than five of these. If you are running eight minute miles for five miles then do four-minute 800 meters.

When will you have a good idea on whether you will peak at the right time? – When your last workout goes according to plan. It's being able to sustain without running out of fuel.

'Build it and he will come. Go the Distance and Ease his pain.' That should get you your 'Race of Dreams'.





From Here to Uganda, Continued

Shortly thereafter, the NMC Board of Directors decided the Lake Winnepesaukee Relay Race would be a perfect venue for a large scale shoe collection.

The outpouring of shoes the day of the Relay race was overwhelming and we faced the challenge of transporting hundreds and hundreds of pairs back to Massachusetts. Jeff Gould came to the rescue and was able to fit most of them into the back of his Toyota pick-up truck. He brought them back to his new home and rather empty (yes, empty) garage in Gardner. Within a week Karen came and took all the boxes away and told us that a shipment to Uganda was in the works. Just this past month I received a heartwarming e-mail from Karen along with photos she took showing the shoes we collected reaching their intended destination. Here is her letter:



Hi Donna -

I know a lot of time has passed. There were so many delays in getting the shipment to Uganda, but it finally arrived early March, a day before I arrived in Uganda. No words or pictures can describe the impact the running shoes had. At first, I was getting the impression that they didn't like them that much. Despite how much time I spend there, it can be hard to read expressions. I was so wrong. We invited each of the 100 members to pick a pair of shoes. As I mentioned to you, their feet are generally larger than the typical American woman's foot. Well, having all of those larger men shoes was perfect! Everyone could find a pair that fit and could even be picky and select a color or style of preference. They were literally dancing around! People in the community gathered around the building (the community center we built) gawking at the mounds of shoes. I suggested to our director in Uganda, Grace, that we offer the remaining shoes to community members for a nominal price - a dollar or two. She looked at me as if I was completely mad! 'No! They are too expensive and are worth too much!' She then proceeded to count out boxes of 40 pairs. These boxes were then "sold" to our



From Here to Uganda, Continued

members at a cost of about \$50 (which helped to defray part of the shipping costs) for them to go and resell. The women who sold the shoes in the Quarter, sold EVERY pair that first day for a total of \$200 a box! Two of the women were particularly savvy and travelled to their village in the North for a market that was happening the following day. Those women earned \$500 each for their box of shoes!

After giving out the shoes to the members, I rarely saw anyone wearing them. Again, I started to think they didn't like them that much. When will I learn? On Palm Sunday, as members dressed in their best for church, almost every woman was wearing her shoes with her finest clothing. They were holding off wearing the shoes and saving them for 'special' occasions!

The impact of those shoes is absolutely priceless!

THANK YOU!

Karen



The club plans to sponsor another shoe drive at this year's Lake Winnepesaukee Relay race, on September 25th, to benefit the women of the Acholi quarter of Uganda.



**North Medford Club
77 Years and Running
2010 Summer Racing Series**

- June 1, Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 7:00pm
Directions: rte. 2 to South Street exit toward Fitchburg, left onto Electric Ave., K of C on left.
POT LUCK.
- June 8, Tuesday, The Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, 7pm, 11 Kelly Square
Worcester, MA. Directions: exit 13 Kelly Sq. off of rte. 290. Enter rotary, first exit off
Rotary is Water St. Parking is on street. The An Cu Liath (Greyhound Pub) is located
at the top of the rotary. For information contact Amy Paquette at
almassagetherapy@yahoo.com.
- June 15, Tuesday, Boxford State Forest**, North Andover, MA, 10K trail run, 6:30pm.
Directions: rte. 495 to rte. 114 east, 6 miles then go left onto Sharpners Pond Road then 1.5 miles
to Boxford State Forest. Possible team competition-NMC vs. Gil's AC.
- June 22, Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30pm, dirt road and
trails. Directions: rte. 2, exit 20 to Baldwinville Rd., right onto rte. 202.
- June 29, Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, Clark Street
Gardner, MA, 7:00pm. Directions: rte. 2 to exit 23, bear onto Pearson Blvd. and take right onto
Elm Street for .9 mile, bear left around rotary (rte. 101) onto Central Street and bear right at fork
onto Park St. for .4 mile, follow Park St. for .7 mile to Clark St., take a left onto Clark St. to the
Fish & Gun Club 1.25 miles on the left.
- July 6, Tuesday, Bev and Ed Whitney Memorial**, Finnegan's Pub Hudson, MA. 5K, 7:00pm.
- July 13, Tuesday, NMC Burbank 5M Trail Race**, Fitchburg, MA, trails behind the Health Alliance
Hospital. 6:30pm. Directions: from Main St. Fitchburg, right at light at upper common onto
Mechanic St. Left after church up Miller St. and follow Burbank St. past urgent care entrance.
- July 15, Thursday, Westford Academy Summer Series**, Westford, MA, 3.58 miles, 6:30pm.
Walkers 6:15pm. Directions: call (978) 692-5570 ext. 389 or (603) 883-6021. Entry: \$5.00.
- July 20, Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles, 7:00pm
Directions: rte.2, exit 32 to rte.13 north, Main St. for 2 miles, left onto North St. at King's Corner
for 1 mile to Donnelly's Tavern. Entry:
- July 31, Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races, FREE. Parking behind
Cambridge Chevrolet to avoid possible parking ticket on Fresh Pond property. For information
call: (617) 381-0532.
- August 3, Tuesday, Lynn Woods**, 5.75 miles (trails), 6:30pm. Directions: rte. 128 north to exit 44B,
rte. 129 east, 3 miles just before cemetery take right around church. (781) 592-3808.
- August 10, Tuesday, Temple 10K**, 111 Laurel View Rd. Templeton, MA. 6:30pm. For information:
Jim Fay, gottarun449@comcast.net. Directions: From the east, rte 2 to exit 21, turn right at end
of exit. Travel one mile then turn onto sharp left onto Hubbardston Rd (blinking yellow light). ¾
mile to left onto Laurel View, then first left to house. From the west, rte 2 to exit 20 then right at
end of exit. Travel one mile to stop sign then turn left and bear right onto Hubbardston Rd. Left
onto Laurel View, left to house.
- August 17, Tuesday, Merrimac**, 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30pm. Directions: rte.
495 to exit 53 on Broad St. Turn onto rte. 110 to center of town then left onto Locust St.
- August 24, Tuesday, Log Cabin 10K**, rtes. 2A & 31 Westminster St., Fitchburg, MA, 6:30pm.
Directions: rte. 2 to rte. 31 exit towards Fitchburg, right at stop sign.
- September 18, Saturday, So. Hamilton 5M**, Asbury Grove, So. Hamilton, MA, 10am. Directions:
rte. 128 toward Gloucester. Exit 20A for rte. 1A, Hamilton, follow rte. 1A into Wenham for 3
miles. Left at white church, Arbor St., and follow for 1.25 miles to left at blinking light at gas
station into Asbury Grove. After the arch take first right onto Essex Ave.
Host: Roger Perham, (978) 468-7934.
- October 23, Saturday, 4C's Race, Shirley**, 29 Chapel St., near St. Anthony's Church parking lot.
5.7 miles, 12:10pm. **POT LUCK**, runners must wear orange and black.

**Unless otherwise noted, Entry fees are \$5.00 for all non-NMC members; \$3.00 for
NMC members who want a prize; or free for
NMC members who do not wish a prize.
All races with the exception of the trail races include a race walk.**



Other races organized by the NMC or its members:

- May 22, Saturday, 7th Annual Fitness Concepts 5K Family Road Race**, Fitness Concepts Health Club
696 West Broadway, Gardner, MA. 1/3M Kids Fit Run 9:15am 9:45am walk, 10am run. \$10 entry,
t-shirts to all pre-registered. For information: contact Joyce Gosselin at joyce@fitconcepts.net.
Proceeds benefit Veteran Training and Rehab Center in Gardner.
- Lynn Woods** races begin Wednesday, June 2-September 22 at 6:30pm, 6pm beginning September 1,
at the Great Woods entrance. Distances alternate weekly and every Wednesday until the
4 person 10 mile relay on 8/18 at 6:00pm and the 5.75 mile handicap race on 8/25 at 6:00pm.
For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808.
- June 12, Saturday, 2nd Annual Phillipston Bazaar Firefighter's 5.5M Road Race**, \$20 entry fee.
Walkers begin at 3pm, runners at 3:30pm. Pre-registration by June 1 receive tee shirt,
Chicken barbecue dinner, and \$10 gift certificate to King Phillip Restaurant. Contact:
Craig Twohey at 978-249-6300 or Doug Wheeler at 978-812-9361.
- June 26, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, The Cellar,
14 Mill St., Fitchburg, MA. For information: contact Mark Jackson at 978-430-1082 or by
email at mdjackson1289@gmail.com.
- July 31, Saturday, Asbury Grove Duathlon Race**, 2.4 mile run/8.6 mile bike/2.4 mile run. \$5 fee.
For information: www.stewchase.com or call 978-468-7934.
- August 19, Thursday, Templeton 5K**, Templeton Developmental Center, Templeton, MA. Rte 2, exit
19N. 6pm walk, 6:30pm run at the blue farm stand. \$10 day of the race.
Proceeds benefit American Cancer Society. For information: (978) 895-3263 or contact Sandy
Superchi at SandySuperchi@yahoo.com.
- September 6, Monday, West Fitchburg Homecoming Days 5K**, Log Cabin, Westminster St./ Rte 2A,
Fitchburg. Children's races begin at noon. 5K begins approximately at 3pm. Entry fee: free
Cash prizes. For information contact Brian at The Log Cabin.
- September 11, Saturday, 13th Annual Hubbardston Library 5K Run/Walk**, Hubbardston Center
School, Hubbardston, MA. Registration begins at 8am, race at 9am. \$15 pre-registration
\$18 after August 14. Proceeds benefit the Hubbardston Town Library. Long sleeve tee shirts
to the first 100 registrants. For information and directions: Mark Wigler at (978) 928-5120 or by
email at soccer928@charter.net
- September 12, Sunday, North Medford Club 5M Trail Race & 5K Walk/Run**,
Saima Park, 67 Scott Rd. Fitchburg, MA, 10am. \$15 before September 10, \$20 post. 5K fun
run/walk. Course features trails on Land Trust, Audubon, and City of Fitchburg property. For
information:
www.NorthMedfordClub.org or rainman52@verizon.net.
- September 19, Sunday, Ginny's 5K Walk/Run**, Barrett Park, Leominster, MA. 9:30am.
For information: Ginny's Thrift Shop (978) 537-1387.
- September 25, Saturday, 22nd Annual Fred Brown Lake Winnepesaukee Relay**, Weir's Beach, NH,
65.1 miles, 8 person teams, \$200 entry per team \$220 after 8/19, 8:00am. For information:
mark.fontaine@comcast.net or www.NorthMedfordClub.org.
- October 31, Sunday, Templeton 7M Trail Race**, behind Narragansett High School, Templeton, MA
9am. \$15 entry fee before October 23rd, \$20 day of the race. Directions: west on rte. 2 take exit
20 and turn right off of exit. High school is on left. For information: Joe DiMucci, (978) 939-2577
or by email at jdimucci5@comcast.net.
- November 14, Sunday, Magic Mountain 5 Mile Walk/Run**, Leominster Sportsman Club, 1455 Elm St.
Leominster, MA, 10am. \$15, \$20 day of the race. For information: Betty718711@verizon.net,
www.timmyfund.com
- November 25, Thursday, 12th Annual Thanks For Running Road Race**, 3 miles, 151 Boutelle St.,
Fitchburg. 8:30am for walkers, 8:45am for runners. \$20 to benefit The Hydrocephalus
Association. Long Sleeve tee shirts. For directions and information, (978) 345-5284
or Ginnity@net1plus.com.
- November 25, Thursday, 31st Annual Gardner Turkey Trot**, 5 mile road race, Gardner City Hall 115
Pleasant St., Gardner, MA. \$10 pre-registration, \$15 day of the race. First 200
registrants receive a mystery gift. Proceeds benefit Gardner and Narragansett Regional
High School cross-country and track teams. For information: Mike O'Hara, 94 Edgell St.
Gardner, MA 01440, michael.ohara8@verizon.net.
- Saturdays, Fresh Pond**, Cambridge, MA, 10:00am, 2.5 and 5 mile races, FREE. Parking behind
Cambridge Chevrolet to avoid possible parking ticket on Fresh Pond property. For information:
(617) 381-0532.

Multisport Race Schedule:

For information on upcoming events check the NMC Homepage.

NMC Homepage: <http://www.NorthMedfordClub.org>

Race results and other information can be mailed to NMC Newsletter Editor, Donna LeBlanc, 3 Attitash
Avenue, Sutton, MA 01590 or by email to donnajleblanc@yahoo.com.

See Jim Imprescia to run for the NMC team at Championship Races. USAT&F card must list North
Medford Club, #37.

HELP AT THE RACES IS ALWAYS APPRECIATED.