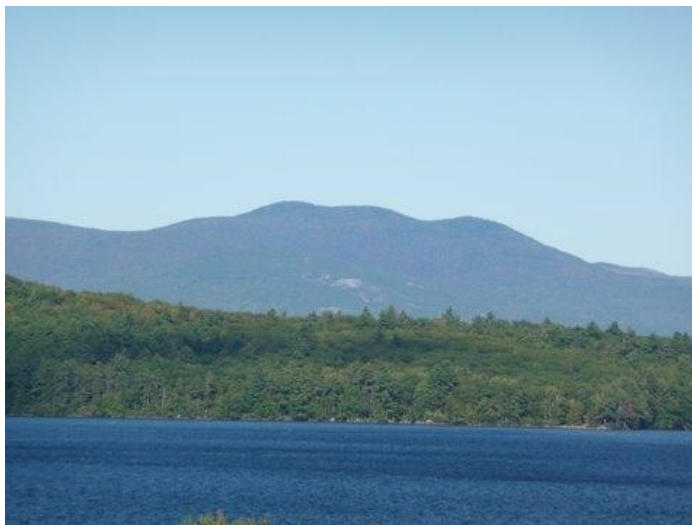




Lake Winnepesaukee Relay - Truly a Team Effort

by Donna LeBlanc

Weirs Beach, NH- Directing a race is a big undertaking. Now imagine directing a race that is more akin to 8 races all held in single day at different locations. Consider that seven of the races have a staggered start that depends on the speed of the runner from the previous race. Add to that the challenge of scoring each leg for each team and you have all the makings of a logistical jigsaw puzzle. Welcome to an insider's view of the Lake Winnepesaukee Relay. So, how exactly do you make it all happen? Marge Gladwin, a Race Committee volunteer, says it comes down to dedicated and experienced volunteers. 'Without the volunteers, there wouldn't be race. Always the same people who know what they have to do and are ready to go or do what is asked of them.' According to Marge the event is able to take place so seamlessly because of devoted club members who are there to make it happen.



Behind the Scenes

- The Winnepesaukee Race Committee is headed up by Kris Gleason, Mark Fontaine, Darlene Hoover and Marge Gladwin. Without their tireless year-round efforts there wouldn't be a relay race. Planning activities include obtaining town permits and building permissions, renting buses and porta-potties, marketing the event via mailings and advertising, purchasing give-aways and prizes, hiring police officers, along with coordinating communication and timing. This list is just a sampling of the activities handled by this hard-working committee.

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NMC 50 Mile Finishers

For those who think running a marathon is a long distance race, think again. Three club members ventured into ultra territory this Fall finishing 50 mile races.

On September 27, Mark Wigler and Marty Ellowitz were among the finishers who completed the Vermont 50 miler in the rain and the mud.

17th Marty Ellowitz 9:21:56 1st in 50 - 59
61st Mark Wigler 10:51:20 2nd in 60 - 69

On October 24, Bill Peters completed his first 50 miler in Wisconsin. It took Bill a mere 9 hours (9:06:09 to be exact) to run the Door County Fall 50. He finished 35th overall.

And the Winner is...

Nancy Orni is the first person to correctly identify Dave Duval as the accomplished North Medford runner in our last newsletter. No one, not even Dave, is sure when or where the picture was taken. He believes it was sometime in 1970s.

A couple of club members thought Bob Whitney might be the mystery runner. Rene Lavoie and Zack Tibbetts both came up with the right



answer. In Rene's case he supplied the photo, so it seemed a bit unfair to give him the win. In Zack's case, her e-mail followed Nancy's by a day.

Election Year Reminder

In January, 2010, our club will be holding elections. Every other year, the club elects ten board members and the following officers: President, Vice-President, Secretary, Treasurer, Membership Director, Newsletter Editor and Website Director.

Elections will take place on January 3rd, 2010 following the Bob Hersey Memorial race at the Knights of Columbus Hall in Fitchburg.

Any club member, in good standing (e.g. a person who has been a member for 12 months and whose dues are current), is eligible for a Board seat. Anyone interested in being a member of the Board and helping to shape the future direction of the club is encouraged to run for a seat. Board meetings, usually take place Friday evenings. Over the course of a year, five to seven meetings are typically held. For additional information or to state your intentions, please contact any current Board member.

Who Is This?

Be the first person to correctly identify this issue's well known and greatly missed mystery runner. And yes, the adjectives offer a few hints. The prize for winning is a six pack of beer. The photo is blurry, but this only adds to the challenge.



E-mail your responses to donnajleblanc@yahoo.com. The winner will be announced in the next issue of the newsletter along with a short article about our mystery runner.



NMC Sponsored Race Benefits Cancer Research

Regular readers of the Gardner News may have seen an article a few months back about the Templeton 5K Road Race/Walk, a fundraising event for the American Cancer Society. This year, \$450 was raised in donations from runners and non-runners to benefit cancer research.

The 2009 event was organized by NMC club member Sandy Superchi, whose husband, Victor, is being treated for cancer. Club member Joe Dimucci was among this year's volunteers. Joe has coordinated the event in years past.

The race takes place, as it has for the past 14 years, in late August on a Thursday evening. It's a hilly and bucolic out-and-back course through the Templeton Developmental Center.

Friends and Alumni of the North Medford Club

Facebook aficionados unite. Did you know there is a group on Facebook devoted to our club? It's the **Friends and Alumni of the North Medford Club**.

The site features numerous stories by club historian Frank Niro who started the Facebook group. He is compiling a chronology of club events beginning in the 1930s. There are also many old photos as well as posts by accomplished runners about past races.

The group is public and open to current and former North Medford Club members along with those interested in NMC history and current events.

Those with Facebook accounts interested in joining the group, can locate the site by typing 'Friends and Alumni of the North Medford Club' in the search field.

130 Races and Counting

You could say running is his life or at least a big part of it. If you find it hard to run a couple of races a month, try running a couple of races per week. NMC runner extraordinaire Dan Dodson has completed well over 100 races this year alone. The latest count, as of November 14th, is 130 races. In 2008, Dan ran 138 races. Looks like he is well on his way to surpassing last year's total.



Bristol, NH – Dan Dodson on the road at the New Hampshire 10K



Bristol, NH – Autumn arrives at New Found Lake

Photos by Jackie St. Hillaire



Winnie Relay, Continued

- Friday evening and Saturday morning race registration is handled by a cadre of volunteers ready to assist runners. Team captains are greeted by a club volunteer who hands out a race packet that include bibs, rules, vehicle passes and maps. These volunteers are ever-ready to answer questions and provide directions.
- Mike Burke, Paul McDermott and Jimmy McDermott have the task of delivering 250 gallons of water, 3,000 cups and dozens of tables to the exchanges and water stops. Driving a Ryder truck, these three travel around the Lake dropping off supplies the morning of the race. After they complete this trek, they do it all over again, following the last runner to pick-up the tables, and trash. They also pick up the signs as well as the signs that were carefully placed by Jeff Gould and a small crew on the day prior to the race. This year Jeff, with assistance from Steve Penney and Todd Brown, marked the course; a task taking somewhere between 6 to 8 hours to complete.
- Approximately 50 volunteers handle water stops and exchanges with some volunteers taking on double shifts by scoring a leg or giving out water early-on and then driving to another exchange or water stop to help out again.
- Donations from Sorrento's Pizza of Harvard provide food for hungry runners at the finish line. This year, Sorrento's generously donated 400 bananas, bagels and cookies.
- This year, for the first time, club volunteers collected over 250 pairs of running shoes to benefit Project Have Hope to benefit the Acholi region of Uganda.



The Winnepesaukee Relay found its' way to New Hampshire Lakes Region in 1989 and has taken place there each year for the past for 21 years. Prior to that, the relay was a Cape Cod event.

This year, 91 teams participated in the event on a perfect September day-sunny and cool-a perfect day for a run. Of those teams, seven were NMC teams. The race date for 2010 is September 25. According to Gladwin 'the wheels have already started rolling.'





Scenes from the 2009 Lake Winnepesaukee Relay Race



Winnepesaukee Relay photos by Carol Allain