



More Than a Runner

by Rene Lavoie

Westford, MA- Recently while listening to a news story on the radio I heard a familiar name mentioned. The program was describing the damage done to The Butterfly Place in Westford. The atrium had collapsed as a result of a decayed laminated beam. The name I recognized was George Leslie, longtime member and faithful series participant in the North Medford Club series races. George is the founder of the fourth living butterfly exhibit in the United States since its beginning in 1989. Many of you may be like me. We know each other from our running activities, but not necessarily from what we do outside the club. It is always a pleasant realization to flesh out the lives of our fellow members. It occurred to me that George's story would make an interesting article for the club's newsletter. I recently contacted him and he graciously agreed to supply some answers to questions I had for him.



George recalls becoming interested in butterflies and their life cycle from an early age. He estimates that he has reared and released thousands of butterflies and moths over his lifetime. The image of a butterfly brings to mind graceful flight and an idyllic state of nirvana. In reality, it requires a great deal of work matched by an equal amount of love. According to George, 'we buy 90% of the butterflies in the pupae stage and we rear the rest.'

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Boston Marathon Bus

A 40-passenger rest-room equipped bus courtesy of Wilson Bus will transport runners and spectators to the start in Hopkinton and carry luggage to the Marriott Boston at Copley Place for a return trip back to the pick-up sites.

The bus will leave Wilson Bus terminal on Route 2A in Templeton at 5:30 am the morning of the marathon and make a second pick up at Orchard Hills Athletic Club in Lancaster at approximately 6 am and will depart promptly at 6:30 am. The bus should arrive in Hopkinton at approximately 8 am.

Luggage will be delivered to the North Medford Club reserved room at the Marriott located at 114 Huntington Ave, a short walk from the finish.

The bus will leave Boston at promptly 5 pm.

The cost of \$45 includes transportation to and from, luggage handling, the use of the room at the Marriott, as well as light snacks.

For information contact Rene Lavoie by email at rainman52@verizon.net or by phone at 508-380-6268.

To reserve a seat mail a check payable to The North Medford Club c/o Marge Gladwin, 16 Village View Road, Westford, MA 01886.

And the Winner is...

Ken Parker is the first person to correctly identify Julian Siegal as our mystery runner. The adjective to describe Julian, 'greatly missed', was meant to



mislead folks and it worked. Several replies pegged Bruce Migell as the runner in the blurry photo.

We don't see Julian at too many club events these days, but he is alive and well and still running. The photo of Julian was taken at the 1986 Peace Marathon from Chelmsford to Boston.

Correct responses came in within hours of the newsletter being posted to the NMC website. Phil McGaw came in a close second followed by Dan Dodson and Bob Whitney.

Election Results

Elections were held January 3rd following the Bob Hersey Race and the results are in. The following club members were elected to a two- year term:

- President** Rene Lavoie
- Vice President** Charlie Herbert
- Treasurer** Marge Gladwin
- Secretary** Brenda McDermott
- Newsletter Editor** Donna LeBlanc
- Website Manager** Chris Reid
- Membership Director** Darlene Hoover
- Board Members:** Carol Allain
George Corff
Sarah Dennechuk
Joe DiMucci
Jim Fay
Jim Gaffney
Amy Paquette
Ken Parker
Molly Reid
Judy Tibbetts

Can You Beat This?

Seabrook, NH- Bob Aucoin, a lifetime member of the club, celebrates 40 years with NMC. During this time, he has covered 96,711 miles, running and speed walking 6.6 miles, on average, each day. Now that has to be a club record.



Who Is This?

Be the first person to correctly identify this issue's mystery runner. Yes, the photo is small, but, no doubt, long-time members will surely figure it out.



The prize for winning is a six pack of beer.

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 the mystery runner.

Order Your Club Jacket Today

Show off your club colors and team spirit with a new NMC club jacket.

The jackets are black with a white stripe on white sleeve. They are made of micro-fleece and are quarter-zip, with two pockets and a waist draw-string. The price of \$40 includes either the NMC Logo, or the Triathlon Team Logo.



Jackets run a bit large and are available in the following sizes:

- Women's Small, Medium and Large
- Men's Small, Medium, Large, and Extra Large.

We currently have orders for 28 jackets, with a minimum of 24 needed. An initial order has already been placed. A second order is planned once another minimum of 24 is reached.

For questions or to place an order, contact Chris Reid:
webmaster@northmedfordclub.org

Have a Back-up Plan for Boston

By Gary Leavitt

Let me introduce myself to any and all NMCers that don't know me. And let me say hello to all that may remember me from the Fred Brown days. I started in the Club back in 1974 and have run many races for the Black and Orange.

I coached for a while on an informal basis for the club as well. I actually did coach cross-country and track at the college (Merrimack) and high school level.

Although I'm not the competitive guy that I was when I was younger, I'd still like to help any and all club members that may need some guidance from now until marathon day and beyond.

Below are my accomplishments so that you know that I speak from experience and with the passion to help people achieve their goals.

1Mile	4:34
2Mile	9:45
5K	15:50
5 Mile	25:51
10K	32:00
10 Mile	53:09
Half Marathon	1:12:--
Marathon	2:36:--

Boston is complex. The course is tough and the time of year makes it even more difficult to prepare. But you knew that already.



Think about all the obstacles: New England Winter training, staying healthy (sickness and injuries are always a factor), getting enough rest and then it all coming together on that day.

You may have done everything right; training, dieting (eating right) and sleeping. Consistency is crucial.

Then comes the 'BIG DAY' - What is your backup plan? Backup plan before you start you say? Yup!!!

Here's why - you end up with any of the following: blisters, a stitch, legs that feel tight, stiff, and/or fatigued. A stomach that isn't cooperating (just ask Uta Pipig). Or maybe it's a miserable day weather wise.

I did all this training for what? One big day and because I'm not right it's over?

Here's The Answer: Whether it's five, 10 or the halfway point and it's not quite what you expected, get out of there. Don't punish your body by going for 20. There's no point to that. Especially if you're walking and jogging the last six miles (yes, I said jogging because the pace slows to that at a minimum).

That's right, I said it. Drop out. Drop out and don't feel bad about it. Drop out knowing that you have another opportunity in just two weeks for the next marathon. Okay so it's not Boston, however, all that training and preparation will be just as good if not better two weeks later. Because now you will have cut back on your training and your legs will surely be rested. No pressure now.

A good friend of mine, Cliff Staples (2:23 for the Marathon PR) dropped out of Boston after not being on his game and ran and won the Casco Bay Marathon two weeks later breaking 2:30.

I dropped out of a marathon "Silver Lake Dodge" and hopped into the "Garden City" one week later and eclipsed the three hour mark for the first time.

Sure Boston is the Marathon of all Marathons but it's how you feel in the end that counts.



Fitchburg MA – The Fred Brown Cup was awarded to Roger Perham at the NMC Holiday Party on January 16th. John Robertson (left) is shown presenting the award to Roger (right). Royce Sawyer was also recognized during the holiday gathering. Royce was awarded the President's Cup in recognition of all of his contributions to the club.



Fitchburg, MA – Long-time members Stephen and Phyllis Brooks looking quite dapper at the NMC holiday party.



2009 USATF-NE Iron Runners

Three dedicated club members ran all seven USATF-New England Grand Prix races in 2009 including the windy and rain-soaked Bay State Marathon. The NMC 'endurance' athletes who earned Iron runner jackets for their efforts are:

Michael Brodeur
Jim Fay
Jim Shope



Dues Are Due

Here's a friendly reminder to club members that NMC membership dues were due the first of the year. If you need a membership application, you can print one out from the club website. If you are not sure if your dues are current, please contact Darlene at rundar26@aol.com.

NMC Places Third at Mill Cities Relay

By Jeff Gould



Lawrence, MA-
We **DID** get 3rd place. A scoring snafu left out our men's 60+ team.

When they were added back in properly, we scored 80 points to Somerville's 76. Yippee! The reason we managed to finally crack the top three is that we had so many divisions filled with 79 runners on 17 teams, a record for NMC by far. Before last year, we never had more than 10. NMC had teams in twelve of fifteen divisions, lacking only women's 60+, women's 70+ and mixed 70+. We had divisions filled that we never had before, including a mixed 60+ team of Linda Usher, Pete Orni and George Corff. They missed 1st in their division by 16 seconds, about a

half second per mile. We also had a stronger men's open team than we've had in many years, thanks to the effort of Jon Miganowicz. He not only got a full team of Fitchburg State College friends in Pat Lucas, Will Lary, Mike Grasela and Matt Spano, but these guys trooped up to run from Nashua to Lawrence the day after running a track meet, and then managed to blast through the course at a six minute pace, save for the snow and ice. They managed 10th overall, 6th in their division, a fine job in this race where the competition is always strong. Other highlights include second place finishes by mixed masters, mixed seniors, men's 60+, and the newly minted men's 70+ in third, and 5th-7th place finishes by women's open, mixed open, men's masters, women's masters and men's seniors. Saving the best for last, we had one division champion. Darlene Hoover, Carol Allain and Cindy Beaudoin not only won the women's senior division, they were the first team to the finish line of ALL the sunshine teams.

Special thanks go to many who made my day better, from Dave Harper, who plowed all night, then showed up on zero sleep ran a great leg 1, to those that replaced wayward runners without getting me involved, to those who put entire teams together and handled it from cradle to grave, giving me one less headache to deal with. Pulling together like this is what makes the club great. I hope everybody can join in this annual reunion of sorts next year. I'll need you all and another dozen plus. After all, this year, a measly 17 teams, next year, 20.

Correction

Photos from the New Hampshire Marathon featured in the last newsletter were inadvertently credited to Jackie St. Hilaire. Mary Dodson, was in fact, the person behind the camera.



May the Wind Always be at Your Back

By Gary Leavitt

You've heard it a thousand times maybe more. 'May the wind always be at your back.'

I didn't invent the saying, but I prescribed to it as both a runner and a coach. Let me explain. You know the cold winter days that we are experiencing. There is an easy remedy. Find out which way the wind is blowing and set up your run so that it (the wind) will be at your back from start to finish.

How? Well first thing is have to have a good woman or good man help you. In other words, you need someone who will pick you up when you are finished with your run. Whether this is a five, 10 or 15 mile run just plan accordingly.

From the beginning of my marriage up to the present (when needed) my wife will come out and pick me up no matter how far I've gone.

It helps during the frigid days, the days you don't quite have it or the days that you are challenged for time. And heck there is nothing wrong with a wind aided run.

This all started when I started coaching high school and one of our runners (an elite one) said it would be nice not have to deal with the wind in our face the whole way. I thought about it and came up with what I thought might work.

Low and behold it worked. I implemented that into theirs and my training regime starting in 1981. To this day many of the runners I coached recollect those practices.

"Vayos con dios Amigos"

2009 Summer Series Award Winners

Men

1st	Charlie Salmond	1194.98 pts	13 races
2nd	Kevin Fallon	913.66 pts	11 races
3rd	Josh Curtis	887.17 pts	9 races

Women

1st	Amy Paquette	934.89 pts	10 races
2nd	Molly Reid	806.49 pts	11 races
3rd	Marge Gladwin	805.36 pts	12 races

The formula still reflects finishing place, but also rewards participation regardless of where you finish. It also encourages running a fast time since points per race increase the closer a runner finishes to the first place time for each of the men's and women's groups.



Bob Hersey Memorial 4M Road Race
January 3, 2010
Fitchburg, MA

1.	John Kelley	NMC	27:34
2.	Jon Miganowicz	NMC	27:52
3.	Jeff Gould	NMC	29:19
4.	Charlie Salmond	NMC	29:32
5.	Matt Moison	NMC	29:48
6.	Mike Auger	NMC	30:07
7.	Mike O'Hara	NMC	31:11
8.	Keith Orni	NMC	31:32
9.	Jim Imprescia	NMC	31:51
10.	Tim Blouin	NMC	32:30
11.	Charlie Herbert	NMC	32:56
12.	Cindy Beaudoin	NMC	33:37
13.	Jim Shope	NMC	33:39
14.	Amy Paquette	NMC	34:13
15.	Carol Allain	NMC	34:15
16.	Kevin Fallon	NMC	34:25
17.	Jim Fay	NMC	35:13
18.	Peter Orni	NMC	35:53
19.	Steve McAvoy	NMC	36:05
20.	George Corff	NMC	37:32
21.	Lori Berkey	NMC	37:46
22.	Phil McGaw	NMC	39:33
23.	Sherisa Sterling	NMC	39:48
24.	Darlene Hoover	NMC	41:07
25.	Mike Fallelli	UNATT	43:27
26.	Anthony Cali	NMC	43:29
27.	Ray Boutotte	NMC	45:54
28.	Dan Dodson	NMC	46:03
29.	Kathy Cioffi	NMC	46:29
30.	Dick Hawkins	NMC	46:29
31.	Christine Fanelli	UNATT	47:14
32.	Stephen O'Neil	NMC	52:01
33.	George Leslie	NMC	53:40
34.	Paul McDermott	NMC	56:11
35.	Marge Gladwin	NMC	56:11
36.	MaryLou Crohan	NMC	76:00

Log Cabin 10K
Fitchburg, MA
January 31, 2010

1.	Timothy Tapply	QT2	34:00
2.	Dave Harper	NMC	35:39
3.	Ted MacMahon	QT2	35:51
4.	Jon Miganowicz	NMC	37:54

5.	Jim Sullivan	UNATT	39:06
6.	Paul McCloskey	UNATT	39:11
7.	Josh Curtis	NMC	39:20
8.	John Kelley	NMC	40:05
9.	Steve Penney	NMC	41:04
10.	Jeff Gould	NMC	41:49
11.	Mike O'Hara	NMC	41:56
12.	Patty Barker	UNATT	42:01
13.	Charlie Salmond	NMC	42:13
14.	Tim Blouin	NMC	42:34
15.	Matt Moison	NMC	42:37
16.	Kevin Fallon	NMC	43:11
17.	Kevin McCusker	NMC	44:14
18.	Dave Audet	NMC	44:14
19.	Kris Gleason	NMC	44:31
20.	Justine Bergeron	UNATT	44:31
21.	Kathy Hayward	NMC	44:53
22.	Larry Smith	UNATT	44:58
23.	Rob Dealy	UNATT	45:06
24.	Erich Manser	CMS	45:10
25.	Loren Siebert	NMC	45:14
26.	Heidi Bixby-Handy	NMC	45:19
27.	Joe Gagliastre	UNATT	46:34
28.	Bob Dube	UNATT	46:49
29.	Anthony Cali	NMC	47:28
30.	Mike Rosenfeld	UNATT	47:43
31.	Jim Fay	NMC	47:44
32.	Carol Allain	NMC	47:49
33.	Kim Gagliardi	UNATT	48:13
34.	Jim Shope	NMC	48:20
35.	Cindy Beaudoin	NMC	48:30
36.	Donna LeBlanc	NMC	48:50
37.	Amy Paquette	NMC	49:12
38.	Julie Monfereda	UNATT	49:13
39.	Karen Gillespie	NMC	49:51
40.	Ginny Newport	UNATT	50:19
41.	Lynn Thornton	UNATT	50:52
42.	Jen Fice	UNATT	50:55
43.	Zack Tibbetts	NMC	51:58
44.	Phil McGaw	NMC	53:19
45.	Chris Lake	Blazeman	53:41
46.	Adam Gerhard	GCS	54:16
47.	Tina Kelley	NMC	54:34
48.	Kris Conley	CMS	55:14
49.	George Corff	NMC	55:24
50.	Jim Conley	CMS	55:51
51.	Mike Fanelli	UNATT	57:18
52.	Ken Becker	NMC	57:43
53.	Rick Hersey	NMC	57:44
54.	John Healy	UNATT	58:55

**Log Cabin Results, Continued**

55. Wayne Ramsay	SRR	59:18
56. Rhea Webber	UNATT	59:19
57. Ray Boutotte	NMC	59:34
58. Marta Carlson	NMC	61:48
59. Dan Dodson	NMC	64:17
60. Christine Fanelli	UNATT	64:33
61. Judy Graham-Garcia	WCRC	64:40
62. Steve O'Neil	NMC	71:04
63. MaryLou Crohan	NMC	1:41:32

**Tom and Ron Boone
Memorial 10K Road Race
Gardner, MA
February 7, 2010**

1. Mike Maceiko	UNATT	34:23
2. Brad Fors	NMC	38:49
3. Jon Miganowicz	NMC	39:07
4. Steve Chabot	ECTC	40:25
5. Josh Curtis	NMC	40:31
6. Steve Penney	NMC	41:19
7. Jeff Gould	NMC	42:06
8. Tim Blouin	NMC	42:46
9. Charlie Salmond	NMC	43:14
10. Kevin Fallon	NMC	43:40
11. Mark Wigler	NMC	43:57
12. Mike O'Hara	NMC	44:55
13. Lauren Casavant	NMC	45:27
14. Loren Siebert	NMC	45:43
15. Heidi Bixby-Handy	NMC	47:27
16. Joe DiMucci	NMC	47:57
17. Amy Paquette	NMC	48:00
18. Jim Fay	NMC	49:23
19. David Martin	CRR	49:58
20. Jim Brehio	NMC	50:08
21. George Graves	NMC	50:10
22. Jack Goolsky	NMC/CMS	50:12
23. Jonathan Fitt	NMC	50:24
24. Gail Martin	CRR	52:29
25. Ken Johnson	NMC	53:45
26. Karin Denison	UNATT	54:57
27. Darlene Hoover	NMC	56:45
28. Jim Shope	NMC	56:46
29. Sherisa Sterling	NMC	56:48
30. Sarah Leonard	NMC	91:35
31. MaryLou Crohan	NMC	105:06

Greyhound Pub

**Mr. Bean Memorial Race
Worcester, MA
January 10, 2010**

1. Josh Pajer	CMS	19:07
2. Josh Curtis	NMC	20:45
3. John Kelley	NMC	20:56
4. Jeff Gould	NMC	22:16
5. Tim Blouin	NMC	22:27
6. Kelley Joyce	GHS	22:39
7. Chalie Salmond	NMC	22:51
8. John Colucci	NMC	22:54
9. Kevin Fallon	NMC/CMS	23:27
10. Al Barrara	CMS	24:32
11. Scott Duffy	CMS	24:33
12. Jim Grady	CMS	24:50
13. Rene Lavoie	NMC	25:09
14. Amy Paquette	NMC/CMS	25:37
15. Lori Berkey	NMC	26:02
16. Annie Paquette	UNATT	26:38
17. Tina Kelley	NMC	26:51
18. Mickey O'Hara	NMC	27:07
19. Mike O'Hara	NMC	27:08
20. Helen O'Hara	NMC	27:09
21. Tracy Flynn	CMS	27:32
22. Jim Shope	NMC	27:42
23. Darlene Hoover	NMC	27:54
24. George Corff	NMC	28:12
25. Ken Becker	NMC	29:43
26. Leslie Paquette	UNATT	29:47
27. Michael Keating	CMS	30:38
28. Marge Gladwin	NMC	32:18
29. Sherri St. Pierre	UNATT	33:16
30. Alicia May	UNATT	35:11
31. Katie Palmer-Finn	UNATT	35:33
32. Tara Palmer-Finn	UNATT	35:34
33. Alan Foulds	Mystic	35:44
34. Anna Foulds	Mystic	35:57
35. Karen Lemerise	CMS	36:59
36. Kim Wamback	CMS	36:59
37. Lynne Mackay	UNATT	37:38
38. Steve O'Neil	NMC/CMS	38:09
39. Tara Gobain	UNATT	38:24
40. Becky Nickerson	UNATT	38:40
41. Dave Nickerson	UNATT	39:00



Greyhound Pub Results, Continued

Volunteers: Amy Paquette, Race Director; Marge Gladwin, Dave Duval, Charlie Hebert, Dave Krom, Mark Johnson, Tom Lynch, Cyndy Curley, John Pajer, Sue Leo Johnson, John Colucci, Jack Goolsky, Kevin Fallon, Scott Stevens, Ken Parker, Deb Willard-Parker, Steve O'Neil, Harold Paquette, Jack Curley, and Gus Curley

Fresh Pond Winter Series Race Cambridge, MA January 16, 2010

2.5 Miles

1. John Babington	Natick	17:19
2. Daniel Dodson	Methuen	22:15
3. Dave Duval	Fitchburg	22:26
4. Marge Gladwin	Westford	24:47
5. MaryLou Crohan	Leominster	36:09

5 Miles

1. Jeff Gould	Gardner	29:47
2. Charlie Salmond	Fitchburg	30:39
3. Mike O'Hara	Gardner	32:48
4. Steve McAvoy	Everett	35:49
5. Paul Schell	Malden	48:19

Volunteers: Diane McLaughlin, Joe MacDonald and Phil Keeley, Race Director

Bev and Ed Whitney Memorial 5K Road Race Hudson, MA February 28, 2010

1. Louis Cote	CMS	16:47
2. Brad Klinedinst	NB Boston	18:14
3. Josh Curtis	NMC	18:49
4. John Kelley	NMC	18:55
5. Matt Moison	NMC	20:19
6. Gennaro Conte	UNATT	20:24
7. Charlie Salmond	NMC	20:42
8. Jim Finelli	UNATT	21:04
9. Josh Newell	UNATT	22:41
10. Madeline Moison	NMC	23:04
11. Ed Shindle	Genesis	23:04
12. Marianne Conway	UNATT	23.24

13. Ric Zerbey	UNATT	23:30
14. Mark Wester	HCS	24:19
15. Darlene Hoover	NMC	26:20
16. John Gasperski	Genesis	26:33
17. Jim Lanteigne	NMC	27:12
18. Eric Wester	UNATT	27:14
19. Beth Hehrick	UNATT	27:33
20. Rick Hersey	NMC	27:43
21. Ken Becker	NMC	29:49
22. Chris Reid	NMC	30:30
23. Alicja Januszewicz	UNATT	30:37
24. Elizabeth Kennedy	UNATT	30:46
25. Dan Lucking	UNATT	30:57
26. Richard Zbrozek	HTC	31:12
27. Molly Reid	NMC	32:02
28. Steve Borbee	PRC	32:52
29. Marge Gladwin	NMC	33:56
30. Marilou Crohan	NMC	48:31

Volunteers: Charlie Herbert, Race Director; Marge Gladwin, Rene Lavoie, Jim Gaffney, Dave Duvall, Zack Tibbetts, Molly Reid, Chris Reid, Pawel Januszewicz, Tosia Januszewicz, Joseph Januszewicz, and Lori Berkey

Donnelly's Tavern 5M Road Race Lunenburg, MA February 14, 2010

1. Keiron Tumbleton	HRC	28:14
2. Andy Schneider	SRR	31:23
3. Jonathon Miganowicz	NMC	31:33
4. Kevin McCusker	NMC	31:37
5. Don Burke	HSR	31:44
6. Frank Georges	SRR	32:36
7. Dain Handy	UNATT	32:40
8. Jeff Gould	NMC	33:08
9. David Wessman	TIR	33:14
10. Kevin Guarnotta	SRR	33:35
11. Michael Ferrari	HSR	34:23
12. Tim Blouin	NMC	34:29
13. Erid Manser	CMS	34:30
14. Charlie Salmond	NMC	34:33
15. Keith Purrier	HSR	34:53
16. Richard Clark	GSH	34:58
17. Matt Moison	NMC	35:05
18. Glenn Stewart	GLRR	35:09
19. John Shuster	CRR	35:15
20. Jim Boss	EMPIRE 7	35:26



21. Andra Mazur	Manch RC	35:31	70. Lou Fazio	TOPDAWG	44:50
22. Jim Imprescia	NMC	35:43	71. Anita Hadlock	HSR	45:06
23. Jim Lanteigne	NMC	35:56	72. Beth Hettrick	MVS	45:13
24. Stephen Peckiconis	CSU	36:09	73. Kyle Long	UNATT	45:31
25. Michael Quinn	SRR	36:16	74. Sherisa Sterling	NMC	45:34
26. Ryan Hastings	UNATT	36:43	75. Adam Gerhard	UNATT	46:12
27. Mark Lammi	CMS	37:17	76. Steve Dowling	WMM	46:44
28. Kevin Fallon	NMC/CMS	37:26	77. Ken Becker	NMC	46:45
29. Heidi Bixby-Handy	NMC	37:35	78. Peter Orni	NMC	46:48
30. Jack Danhof	UNATT	37:37	79. David Malliaros	CRR	46:56
31. Harold Jarvis	TRI-VAL	37:39	80. Mark Leonard	UNATT	47:15
32. John Martino	HSR	37:44	81. Kris Conley	CMS	47:22
33. Joe Gagliastre	UNATT	38:07	82. Jim Conley	CMS	47:25
34. Jon Rice	UNATT	38:26	83. Peter Wallan	HSR	47:29
35. Robert Lalli	NMC	38:27	84. Larry Morris	NMC	48:16
36. Amy Paquette	NMC	38:31	85. Dick Hoch	WMAC	48:41
37. Jim Fay	NMC	38:41	86. Phil Pierce	UNATT	49:09
38. Bob Brady	CMS	38:41	87. Tresa Casaletto	UNATT	49:43
39. Bob McColgon	TIR	38:44	88. Dick Doran	TIR	51:20
40. Steve Pepe	SRR	39:21	89. Fred Gladu	RIRR	52:09
41. Ed Shindle	GENISIS	39:28	90. Ray Boutotte	NMC	53:35
42. Jim McDermott	NMC	39:38	91. Dale Granger-Eckert	WRRC	52:36
43. David Martin	CRR/HSR	39:52	92. Judy Ramvos	UNATT	53:26
44. Keith Orni	NMC	39:56	93. Peter Buhl	HSR	53:57
45. Peter Brasch	HSR	40:00	94. Hohn Goldrosen	CRR/HSR	54:17
46. Bob Sullivan	NMC	40:24	95. Dick Hoyt	UNATT	55:35
47. Dan Ravenelle	UNATT	40:30	96. Stephen Lombardo	RHTC	55:51
48. Tom Spinelli	NMC	40:37	97. George Russo	SRR	55:56
49. Nick Renzulli	PARKWAY	40:46	98. Steve O'Neil	NMC	56:06
50. Rich Paulsen	SHAMRCK	41:11	99. Dale Eckert	WINNERS CIRCLE	59:57
51. Steve McAvoy	NMC	41:19	100. Marge Gladwin	NMC	1:00:26
52. John J. McGourtey	TIR	41:31	101. Paul McDermott	NMC	1:00:29
53. Gail Martin	CRR/HSR	41:32	102. MariLou Crohan	NMC	1:30:21
54. Jim Shope	NMC	41:34			
55. Nancy MacDonald	L STREET	41:38			
56. Tom Abbott	GFRC	41:43			
57. Crain Reid	NMC	41:53			
58. Dave Tyler	UNATT	42:03			
59. Lynn Thornton	UNATT	42:13			
60. George Corff	NMC	43:56			
61. Thomas Stracqualursi	CRR	43:24			
62. Elizabeth Goldrosen	CRR	43:29			
63. Sarah Winkley	SRR	43:30			
64. Craig Long	UNATT	43:57			
65. Dan LaCroix	UNATT	44:09			
66. Edward Dowling	MRR	44:11			
67. MaryEllen Doran	UNATT	44:22			
68. M. Whithington	MRR	44:34			
69. Darlene Hoover	NMC	44:45			

Volunteers: Rene Lavoie, Race Director, Chris Reid, Chuck Powers, Molly Reid, Sara Carter, Deb Wallgren. Jim Gaffney, Carol Allain, Cindy Beaudoin. Marge Gladwin. Dave Duval. Paul McDermott, Brenda McDermott





The Dick Bennett Estate Race
6.4 Miles
Danvers, MA
January 24, 2010

1. Tim Snow	Qt2 SYS	36:47
2. Jesse Kropelnjeri	Qt2 SYS	37:26
3. Patrick Wheeler	Qt2 SYS	37:48
4. Chris Casey	Qt2 SYS	38:46
5. Joe Clark	UNATT	39:03
6. Errol Yudelman	HHS	39:29
7. Cait Snow	Qt2 SYS	39:42
8. Scott Carrier	WKD	39:44
9. Tim Blouin	NMC	43:45
10. Mark Scribner	Qt2 Sys	43:58
11. Charlie Salmond	NMC	44:04
12. Randy Spencer	ROCHES	44:11
13. Rob O'Leary	UNATT	45:38
14. Allen Downey	HRTBREA	45:42
15. Dede Griesbauer	Qt2SYS	45:51
16. Sal Genovese	NSS	45:55
17. John Kelley	NMC	46:21
18. Paul Hennessey	NMC	49:14
19. Robert Bruzzese	MELROSE	49:19
20. Paul Brown	MVS	49:21
21. Kim Thompson	UNATT	49:45
22. Andrew Scherding	CAPECOD	49:58
23. Steve Garbacz	HHS	50:16
24. Una Nimhurchu	UNATT	50:18
25. Michael Sullivan	UNATT	51:09
26. Michael Tsappis	UNATT	51:14
27. Tom White	HHS	51:53
28. Stephen McAvoy	NMC	52:40
29. Ted Ridout	NMC	53:28
30. Preston Curtis	BAREFT	53:30
31. Molly Zahr	Qt2SYS	54:16
32. George Corff	NMC	55:49
33. James Paisner	BAREFT	55:59
34. Paul Quinn	NMC	57:12
35. Bob Costa	UNATT	57:20
36. Tonia Costa	UNATT	57:21
37. Susan Israel	HHS	59:26
38. Annika Rogers	UNATT	59:35
39. Johanna Rogers	UNATT	59:35
40. Erica Perrott	CMS	60:13
41. William Brady	LYNNWD	60:29
42. Christopher Duncan	BPC	60:57
43. Chris Reid	NMC	61:29
44. Rick Hersey	NMC	61:32

45. Wayne Ramsay	SRR	66:19
46. Gretchen Fisher	UNATT	69:45
47. Dan Coffey	NMC	71:37
48. Marge Gladwin	NMC	72:56
49. John Robertson	NMC	1:54:00

Volunteers: Dick Bennett, Race Director;
Ed Bennett, Joe Bennett, David Duval, Marge
Gladwin and Roger Perham

Boston Marathon Waivers

Again this year, 15 fortunate club members will be officially running in the Boston Marathon having received waivers through NMC. Those who will be on the road from Hopkinton to Boston on April 19th, along with a few other racers (25,000 or so) include:

1. Keith Orni
2. Cathy Choffi
3. Sarah Dennechuck
4. Kate Dennechuck
5. Donna LeBlanc
6. Allison Joyce
7. Denise Larson
8. Steve McAvoy
9. Gail Dwyer
10. Heidi Caisse
11. Nathan Reynolds
12. Nichole Julius
13. Anthony Cali
14. Jonathon Miganowicz
15. Karma Pilon





NORTH MEDFORD CLUB
MERRIMAC 7 MILE HANDICAP
MERRIMAC, MA
FEBRUARY 21, 2010

Name	Total	Handicap	Net	Club
1. Ali Azarbajejani	67:03	24:30	42:33	LSRC
2. Tim Blouin	67:43	21:00	46:43	NMC
3. Jeff Gould	68:22	21:45	46:37	NMC
4. Matt Moison	68:29	21:00	47:29	NMC
5. Rick Hersey	69:30	-----	69:30	NMC
6. Kevin Fallon	69:39	19:45	49:54	NMC/CMS
7. Roy Dennehy	69:51	-----	69:51	GSS
8. Zack Tibbetts	70:17	8:45	61:32	NMC
9. Charlie Salmond	70:17	21:00	49:17	NMC
10. Marge Gladwin	80:54	+10:00	80:54	NMC
11. Roger Perham	71:15	7:45	63:30	NMC
12. Amy Paquette	71:18	15:45	55:23	NMC/CMS
13. Phil McGaw	72:02	9:00	63:02	NMC
14. Wayne Ramsax	74:03	3:30	70:33	SRR
15. Ace Foulds	76:30	+3:30	80:00	MYSTIC
16. Alan Foulds	76:30	+3:30	80:00	MYSTIC
17. Ray Boutotte	83:46	7:00	76:46	NMC
18. Marylou Crohan	94:26	+24:00	118:26	NMC

Volunteers: Phil McGaw, Race Director; Ann and Paul Tucker, Hosts; Dave Duval, Marge Gladwin, Julie Christo, Royce Sawyer, Bob Aucoin and Gil Emery



Merrimac, MA A hardy group of NMC runners and volunteers at the Merrimac 7 Mile Handicap race held February 21st.



More Than a Runner, Continued

'We normally buy 2-300 pupae each week and they come from all over the world. They only average about 2 weeks of life as adult butterflies. They do reproduce. Males and females mate and the females lay eggs from which the caterpillars hatch. The caterpillars eat leaves of various plants. Each species is plant-specific and the caterpillars will only eat that leaf material. The only ones we grow are indigenous to the USA.' George adds that the adult butterflies feed on nectar from flowers and juices from decaying fruit. During the season, The Butterfly Place houses about 50 or more species. At the time of the collapse of the atrium (the flight area) on July 29, 2009 there were 300 butterflies and about one to two dozen were lost. It took a couple of days to capture the rest. Settling with the insurance company and getting contractor estimates were some of the challenges to rebuild The Butterfly Place. Undaunted, George is determined to reopen in the Spring of 2010.



If you think that The Butterfly Place is only for kids you couldn't be more mistaken. George notes that although there are many school groups, he estimates that adults make up more than half of the visits. All visitors have questions and comments and the wonder is not limited to the young. There are living exhibits in an adjoining room where visitors can view the life cycle and the development of butterflies in all of their stages. There is also a gift shop where you can find butterfly oriented merchandise including butterfly hatching kits. Sure beats a Chia Pet! More information can be viewed at: www.butterflyplace-ma.com.

