



Member Spotlight: Josh Curtis

By Donna LeBlanc



Josh Curtis joined the North Medford Club in 1995 and has been running in club races and representing NMC in the USATF Grand Prix Series since 1998, and USATF Mountain Series since 2002. When asked why he chose NMC, Josh replied, 'I love the laid back nature of the club. We are like family and I never feel pressured in having to run races.' The race that got him hooked was Slattery's Turkey trot in 1993. 'It was my first 5 mile road race. I finished in 28:14, and have been addicted to running road races ever since.'

Josh has been running very well lately. In fact, he won the last three races that he entered including the Mother's Day Basketball Hall of Fame 10K in a time of 39:36 (the course was actually closer to 6.4 miles); The 5 Mile Bob Hersey Summer Series race in 29:30; and, the Blackstone Tap in 19:21, missing the old course record by 12 seconds for the 3.4 mile course. His training 'secrets'? 'More often than not, I do more repeats on the track, but not as fast as I can, but slightly faster than 5k race pace (vo2max). I run 25 to 30 miles a week with one track workout a week and one tempo run a week, unless there is a race. Also working in my own business, I am constantly moving around getting projects done on a daily basis. In other words, I'm on my feet 95% of my working time.'

South Yarmouth, MA - Josh Curtis competing in the YPD Blues 5k in May, 2014. Josh was 3rd overall in a time of 17:49.



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Tip of the Hat to Volunteers

By Jeff Gould

Get up at 6am for a road race? On a weekend, when I could be sleeping in? Sure, I've done that more times than a mathematician can count. Leave by 5am? Lots of times. 4am? OK, now that's getting early, but I've done it enough times so it's not worth writing home about. Earlier? Sometimes. A few years back, when they moved the start of Mt. Washington from 10am to 9am, I distinctly remember the tires of my truck moving at 2:45 am. Hey, we're runners, we do what we have to do.

But getting up like that to volunteer at a race? That's dedication worthy of high mention. Sure, most volunteers tend to be spouses or significant others of the runners themselves, but does that matter? There's an unheralded group out there that's worthy of gold medal status. They get up early, sometimes in the wee hours of the wee hours, just to lend a hand at races. To set up things that without, the race would not be. To sign people up to run. To stand in the freezing cold directing runners. To hand water to the ungrateful that complain that the cup of water is too full, not full enough, too cold or not cold enough. To be out on the course longer than most, to record times and places, only to listen to claims of missing information. If they do these things perfectly, they go unnoticed. If they make the smallest mistake, the old adage of slow compliments and quick complaints takes new meaning. This is more so by far at the local club races, where the volunteer is the backbone of the race. These races wouldn't exist without those that give time to support the race, so next time you see somebody helping out at a race, extend a handshake, say thanks, see if there's something you can do to help, and buy them a beer at the finish line. And in case it's escaped the attention of the runners, with rare exception, these tend to be the same people, day after day, race after race, week in and week out. I've been

running races locally for over 30 years, and there are people that volunteered back then that are still at it, and every club has a few. Think my claim of running these races for 30 years is worth crowing about? I tip my cap and raise my glass to the volunteers. They have my thanks, and they deserve more.



Devens, MA – Watching the clock are volunteers Rene Lavoie, Dave Duval, and Marge Gladwin awaiting runners at the finish line of a recent Devens 5K race.

Photo by Paul McDermott

Devens Series Review

By Rene Lavoie

On May 27th, the latest edition of the North Medford Club Devens 5K Race Series came to an end with the traditional last race followed by awards and a pizza party. The series has become a tradition that allows and encourages members to chart their progress heading into the summer race season. Looking over the results that is generally true for the majority of the runners who ran at least four of the races despite some evenings with high winds and chilly conditions.

First, we need to acknowledge the contributions of the volunteers who came each week and made the races safe. Dave Duval, timer and scorer extraordinaire, Larry Morris who mans the turnaround point known affectionately as Larry's Corner.



Devens, Continued

Phil McGaw does double duty at two turns and is a personal friend of all runners. Marge Gladwin who brings it all together by filling in all the details that we would otherwise miss all while completing the course herself. Chris Reid substitute race director, and last and most humbly myself who volunteers in hopes of maintaining moral status as most volunteer points leader.

The following are this year's award winners:

- Fastest Male-John Kinnee 17:45
- Fastest Female-Elizabeth Bond 21:29
- Most improved Male-Kevin Fallon 6:56 faster than his slowest time
- Most improved Female-Sau-Mei Leung a 4:35 improvement
- Most Improved 1 Mile Male-Noah Kelley minus 6:20
- Most Improved 1 Mile Female-MaryLou Crohan minus 2:30
- Runners Who Participated in all 9 Races-MaryLou Crohan and Charlie Salmond

Thanks to all who participated and we will see you next year and hope other club members will join us.



Devens, MA – Elizabeth Bond (right) and son, Brody, get ready to run the Devens 5K and 1 mile fun run, respectively on April 22.

Photo by Paul McDermott

Bob Hersey Memorial 5 Miler Road Race Fitchburg, MA June 2, 2015



Fitchburg, MA – The start of another Grand Prix Summer Series as runners head out at the start of the Bob Hersey 5 Mile Road race.

Photo by Paul McDermott

1. Josh Curtis	NMC	29:30
2. Brad Fors	NMC	30:13
3. John Kinnee	NMC	30:31
4. Jon Miganowicz	NMC	31:10
5. Jeff Gould	NMC	34:00
6. Mike Auger	NMC	36:29
7. Kris Gleason	NMC	37:07
8. Mike O'Hara	NMC	37:57
9. Anna Balaguer	UNATT	38:58
10. Charlie Salmond	NMC	39:31
11. Tim Blouin	NMC	41:24
12. Joe DiMucci	NMC	41:51
13. Steve McAvoy	NMC	42:25
14. Mark Jackson	NMC	42:46
15. Denise Lawson	NMC	42:58
16. Shiloh Murray	NMC	43:07
17. Peter Orni	NMC	45:02
18. Rick Hersey	NMC	45:09
19. Darlene Hoover	NMC	45:39
20. Jessica Bancroft	NMC	55:17
21. Ken Becker	NMC	68:30
22. Marge Gladwin	NMC	73:40
23. Chris Reid	NMC	73:40
24. Sue Collura	NMC	83:00
25. Molly Reid	NMC	83:00
26. MaryLou Crohan*	NMC	83:13

*2.5 miles



**Blackstone Tap
3.4 Mile Run
Worcester, MA
June 9, 2015**

1. Josh Curtis	NMC	19:22
2. Jon Miganowicz	NMC	20:29
3. Jeff Gould	NMC	22:15
4. Heidi Handy	NMC	23:57
5. Tim Blouin	NMC	24:33
6. Mike O'Hara	NMC	25:39
7. Charlie Salmond	NMC	26:25
8. April LaHair	UNATT	26:43
9. Denise Lawson	NMC	27:18
10. Steve McAvoy	NMC	28:06
11. Peter Orni	NMC	28:56
12. Rick Hersey	NMC	29:11
13. Joe Twiraga	NMC	31:01
14. Michael Kelley	NMC	42:12
15. Samantha Kelley	NMC	42:12
16. Marge Gladwin	NMC	47:15
17. Marilou Crohan	NMC	47:28

Volunteers:

World record reliability man: Dave Duval on the clock in the rain; wonder woman who is always there to help: Marge Gladwin; Mr. Humble: Rene Lavoie; a personal friend of Rick Hersey: Phil McGaw; contributor of race prizes plus a huge bag of chocolate for post-race hunger pangs: Jeff Gould.



**Stephen Brooks Finishes
the Race of a Life Time**

Submitted by Linda Sobaje (Daughter of Stephen Brooks)

My dad, Steve Brooks, crossed his final finish line on Sunday, March 8th. Thank you for sending the pictures. My mother, Phyllis, used the photo you sent for his obituary. She said it really captured his spirit. My parents spent many happy seasons with the running club.

Thank you to all the NMC members who wrote notes, kind words, and attended the memorial service. It was a wonderful moment to look up and see all of the NMC jackets. Steve and Phyllis had happy times with your running tribe.

Thanks to Frenchy Maynard for all the wonderful photos in the family albums.

Sincerely, the Brooks family.



Westminster, MA – NMC was well represented at the Music for Life Rock n' Run 5K held May 2nd. Our club members brought home plenty of hardware to prove it. Pictured from left to right are: Robert Wirtanen, Grant Mahoney, Carol Allain, Deb Fontaine, Jim Shope, Kevin Perreault and Jane Perreault. Other NMC runners at the race were Darlene Hoover, Karen Bergeron, Cynthia Beaudoin, Lori Berkey, Mike Auger, and Marie Auger.



Remembering Jodi-lyn Couture

By Ken Parker

Jodi-Lyn Couture, 55, passed away Tuesday, March 17th. She was born on November 23, 1959 in Minneapolis, Minnesota, the daughter of Gifford and Carol Lynne (Leader) Tures. She was a Letter Carrier in Leominster, and with the U.S. Postal Service in Leominster for 23 years. Jodi-Lyn was also a regular at the NMC races and a very competitive runner back in the late 80's & 90's.

I first met Jodi-lyn in the fall of 1986. We were both members of a group that ran long distance training runs from the Fitchburg YMCA almost every Sunday morning. We were training for the 1987 Boston Marathon. Jodi was a very competitive person. She was as tough as they come and often she would push the pace during these training runs. I could tell from these training runs that she was fast and determined, but little did I know at that time just how fast and truly determined she was. Jodi and another friend of ours, Peter Brown, decided since they would be



Moultonboro, NH – Carol Robichaud (right) passing the baton to Jodi-lyn Couture (left) at Exchange 6 at the 12th Annual Fred Brown Lake Winnepesaukee Relay, September 23, 2000.

Photo by Frenchy Maynard

competing in Boston as bandits, that they would look the part and so they wore lone ranger type masks during the race to identify with the 'bandit' theme. I don't remember what Jodi ran for a time that year, but I do remember that she finished ahead of me. This was an introduction for me to the unfamiliar concept that there were women out there who could run farther and faster than I could. She was often a prize winner at many competitive races and had a huge pile of medals and trophies that she amassed over her road racing career. I will not bore you with a lengthy list of her wins and her PRs and her numerous amazing running accomplishments, I will just say that for a period of more than 20 years, Jodi was a force to be reckoned with in the racing community. Jodi was also a good friend. Over our many years of running together we also enjoyed many social occasions together. Some of the best memories I have are of sitting with my wife Deb and Jodi in the sun in our back yard having a few beers and laughing ourselves silly about who knows what. It didn't matter, we were good friends and we enjoyed spending the time together. We miss you Jodi! It should be noted that Jodi was also an accomplished cook and made some simply incredible meals. Unfortunately the years went by and we drifted apart during the most recent decade and no longer saw each other very often. Deb and I saw Jodi for the last time at a Vietnamese restaurant. We had arranged to get together to meet her boyfriend Ron. We chatted about the past and a bit about the future. None of us knew that Jodi was going to leave this world much too early, but she did. She contracted a rare blood disorder early this year. Once again and for the very last time, Jodi reached the finish line ahead of us.



2015 Winter Grand Prix Series Results

By Donna LeBlanc, with results compiled by Denise Lawson

What a winter with race cancellations abounding and snow banks as tall as stop signs. The weather got so bad that the Donnelly Race never even took place; cancelled once, re-scheduled, and then cancelled again due to storm after storm and nowhere to put all the snow. The number of club runners was understandably down: 51 NMC members (compared to 61 last year) braved the winter elements to run or walk at least one of the series races. The series was scored using a formula that required a member, to score for the overall standings by participating in half plus one race; equating to participation in 4 of 6 races. Six determined men and women ran the minimum 4 out of 6 races, thus qualifying for the overall Grand Prix Awards. Three members ran all six races earning the irrational title of Iron Runner. This year, Charlie Salmond, Denise Lawson, and Marylou Crohan are recognized as Iron Runners. Congratulations to all who participated and to the award winners. The following members are this year's overall Grand Prix winners:



1.	Charlie Salmond	6/6 races	522.28	Total	363.47	pts.
	Denise Lawson	6/6 races	540.62	Total	394.61	pts.
2.	Mike O'Hara	4/6 races	338.38	Total	338.38	pts.
	Marge Gladwin	5/7 races	298.94	Total	252.22	pts.
3.	George Higgins	5/6 races	339.83	Total	283.11	pts.
	Marylou Crohan	6/6 races	*	Total	*	pts.

Age Group Winners

Men		Women	
<u>00-15</u>		<u>00-15</u>	
Nicholas Antkowiak	85 pts.		
<u>16-29</u>		<u>16-29</u>	
Jon Miganowicz	295 pts.		
<u>30-39</u>		<u>30-39</u>	
Josh Curtis	199 pts.		
<u>40-49</u>		<u>40-49</u>	
Ray Anair	165 pts.	Megan Therriault	160 pts.
<u>50-59</u>		<u>50-59</u>	
George Higgins	340 pts.	Denise Lawson	541 pts.
<u>60-69</u>		<u>60-69</u>	
Charlie Salmond	522 pts.	Marge Gladwin	299 pts.
<u>70+</u>		<u>70+</u>	
Peter Orni	66 pts.	MaryLou Crohan	*

*Although MaryLou participated in all 6 Winter Series races, she did not run the entire race distances. Therefore, the formula for awarding points was determined to be non-applicable.



Spotlight, Continued

This summer Josh is focused on doing well in NMC's Grand Prix Summer Race Series and at the Mount Washington Road Race. As for favorite races, 'My favorite current NMC race is the Blackstone Tap. It's a nice odd distance that I don't have to compare to other 5ks. All-in-all I enjoy many NMC races. My very favorite club race doesn't exist anymore. It was the UMass Dartmouth 7 miler. It was my first race as a member of NMC and I also loved the course. It was a fast 7 mile course. I ran sub-40 minutes there once.

When not running, Josh works as a plant manager at Tasty Harvest Shrimp. He also enjoys fishing in his free time.

Member Spotlight is a new feature of the newsletter that interviews an individual who is part of our club. The goal is to share that person's running story and how he or she came to be a club member. The plan going forward is to feature a club member each issue. If you would like to be featured or recommend another club member for the spotlight, e-mail: donnajlelbanc@yahoo.com.

Parting Shot



"Runners to your mark. Get set. Go! ... OK, come get your T-shirts."



North Medford Club
82 Years and Running
2015 Summer Race Series

- ❖ **June 3 Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 7:00 pm **POT LUCK**
- ❖ **June 10 Tuesday, Blackstone Tap**, 3.4 miles, Kelley Square, Worcester, MA 7:00 pm
For information contact Lori Berkey at loribcharlieh@aol.com
- ❖ **June 16 Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30 pm,
dirt road and trails
- ❖ **June 23 Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club,
Clark Street Gardner, MA, 7:00 pm
- ❖ **July 7 Tuesday, Hill Top 5K Trail Race**, Hubbardston State Forest, Mt. Jefferson
Road, Hubbardston, 6:30 pm. For information contact runningkid47@yahoo.com
- ❖ **July 14 Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles,
7:00 pm
- ❖ **July 21 Tuesday, NMC Burbank 5M Trail Race**, Fitchburg, MA, trails behind the
Health Alliance Hospital. 6:30pm. For information contact Chris Reid at
reidcc@comcast.net
- ❖ **July 25 Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races. Entry:
FREE. For information call: (617) 381-0532. Club members only.
- ❖ **August 4 Tuesday, Lynn Woods**, 5.75 miles (trails), 6:30 pm. For directions call (781)
592-3808
- ❖ **August 11 Tuesday, Country Road 5K**, 703 South Road, Templeton, MA. 6:30 pm.
For information contact Jon Miganowicz at runningkid47@yahoo.com.
- ❖ **August 18 Tuesday, Merrimac**, 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30 pm.
- ❖ **August 26 Tuesday, Log Cabin 10K**, rtes. 2A & 31 Westminster St., Fitchburg, MA,
6:30pm
- ❖ **September 8 Tuesday, Whitney Memorial 5K at Devens**, Devens, MA 6:15 pm
- ❖ **October 17, 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

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

- ❖ **Lynn Woods** races begin Wednesday, June 3rd thru Sept. 16th at 6:30pm, 6 pm beginning August 29, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/13 at 6:00pm and the 5.75 mile handicap race on 8/20 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808
- ❖ **May 10, North County Quad Series**, 5K series begins with the Fitcon 5k in Gardner, May 9; Lake Dennison 5K, June 27; Run for a Beer 5K in Gardner on September 26th; and Apple 5K and Half Marathon, October 17th. For information: e-mail: www.ncquadseries.com or joyce@fitconcepts.net
- ❖ **June 13, Saturday, 7th Annual Phillipston Bazaar Firefighter's 5K Road Race**, \$20 entry fee. Walkers begin at 4pm, runners at 4:30pm. Pre-registration by June 1st, first 150 receive tee shirt. Chicken barbecue dinner, and \$10 gift certificate to King Phillip Restaurant. For information contact: Craig Twohey at (978) 249-6300 or Doug Wheeler at (978) 812-9361
- ❖ **June 27, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, The Cellar, 14 Mill St., Fitchburg, MA. 10am start for walkers, 11am for runners. Proceeds benefit Sounded Warrior Project. For information contact Mark Jackson by e-mail at mdjackson@fitchburgpolice.com
- ❖ **August 1, Saturday, Wind Turbine 5K Walk-Run**, Narragansett Regional H.S., 462 Baldwinville Rd., Baldwinville, MA. 8:45am walk, 9am run. \$16 before July 19, \$20 after and day of race. For information go to: www.windturbine5k.org
- ❖ **September 7, 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 12, Saturday, 18th Annual Hubbardston Library 5K Run/Walk**, Hubbardston Center School, Hubbardston, MA. Registration begins at 8am, race at 9am. \$17 pre-registration, \$20 after August 3. Proceeds benefit the Hubbardston Town Library. Long sleeve tee shirts to the first 100 registrants. For information and directions contact Mark Wigler at (977) 928-5120 or by email at mtwigler@gmail.com
- ❖ **November 26, Thursday, 18th Annual Thanks for Running Road Race**, 3 miles, 151 Boutelle St., Fitchburg, MA. 8:30 am for walkers; 8:45 am for runners. \$25 entry fee to benefit The Hydrocephalus Association. For directions and information, 508-341-1279, 978-273-5179, 4gboys@comcast.net, elizabethwalsh1@verizon.net
- ❖ **November 26, Thursday, 36th Annual 5 Mile Gardner Turkey Trot**, Gardner City Hall, Gardner, MA; 115 Pleasant Street, Gardner, MA 8 am. \$10 pre-registration, \$15 day of the race. First 200 registrants receive a mystery gift. Proceeds benefit Gardner and Narragansett cross country and track teams. For information: GardnerTurkeyTrot@gmail.com



November 26, Thursday, 27th Annual Whitin 5 Mile Road Race, 8:10 am, 60 Main Street, Whitinsville, MA. \$25 entry fee. For directions and information: Linda Usher at 508-529-6862

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 Jeff Gould 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.

