



**North Medford Club
86 years and Running
2019 Winter Racing Series**

- January 6 Sunday, Bob Hersey Memorial**, K of C 165 Electric Ave., Fitchburg, MA, 5 Miles, 1pm. (Rte 2, South St. exit towards Fitchburg, left on Electric Ave., KofC on left.).
POT LUCK. ANNUAL MEETING. Call 5083806268 or Rainman52@verizon.net for directions. Entry: see below
- January 13, Sunday, The Ballot Box**, 3.4 miles, 1pm Kelly Square Worcester, MA. Entry: see below. For information contact Lori Berkey at loribcharlieh@aol.com. **Entry fee waived in place of non-perishable food donation.**
- January 19, Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races, FREE. Parking behind Cambridge Honda to avoid possible parking ticket on Fresh Pond property. Races hosted by CSU. NMC members only may participate. For information: Diane, laugh@mit.edu.
- January 27, Sunday, Log Cabin 10K**, rtes. 2A & 31, Westminster St., Fitchburg, MA, 1:00pm. Directions: rte. 2 to rte. 31 exit towards Fitchburg, right at stop sign. Entry: see below. For information: fgorham2@yahoo.com.
- February 3, Sunday, Tom & Ron Boone Memorial 10K**, Gardner Fish & Gun Club, ClarkSt. Gardner, Ma. 1pm. Rte 2 to exit 23. Bear onto Pearson Blvd. and then right on Elm St. for .9 miles. Bear left around rotary, Rte. 101, onto Central St. Bear right at fork onto Park St. for .7 miles then bear left on Clark St. to Fish & Gun Club 1.25 miles on left. Entry: see below For information: sarahlee52@comcast.net.
- February 10, Sunday, Donnelly's Tavern 5 mile**, Donnelly's Tavern, 43 Summer St., Lunenburg, MA, 5 Miles, 1pm. Rte 2 to 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 on right. For information: fgorham2@yahoo.com.
- February 17, Sunday, Merrimac**, 1 Locust St., Merrimac, MA, 7 Mile handicap run, 1pm. (Rte 495 to to exit 53 onto Broad St. Turn onto rte 110 to center of town. Turn left onto Locust St.). Entry: see below. For information: philipmcgaw@comcast.net.
Entry fees: \$5.00 for all non-members, \$3.00 for NMC members who want a prize, no entry fee for NMC members who waive prize.

**All races with the exception of trail races include a race walk.
Contact race director if race is in question.**

Other races supported or organized by NMC or its members:

- January 27, Sunday, The Great Stew Race**, K of C Lynnfield St. (rte. 129) Lynn, MA 15K, 10am. \$25 no shirt, \$30 day of race. Contact Roger Perham at 989-468-7934. Directions, information and applications: www.stewchase.com, Facebook, *15K Great Stew Chase* Shirts may be purchased the day of the race.
- March 17, Sunday, Shamrocks On The Rocks 5K**, 96 Lakefront St., Lunenburg, MA, 1pm. \$15 Information: contact Chris Reid reidcc@comcast.net.

**NMC Website: www.NorthMedfordClub.org
To run for the NMC teams at championship races see Jim Fay or Jeff Gould.
USAT&F card must list North Medford Club, #37**

The NMC encourages runners who estimate that they will run at fifteen minute or more to consider arriving at least a half hour early for each race and either self time or run with other runners in this same pace group. All times will be counted with the entire field. In addition, the race will close at the 15 min x race length. These changes are done for the safety and convenience of race volunteers.