

North Medford Club

86 Years and Running

2019 Summer Racing Series

- June 4, Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 7pm
Directions: rte. 2 to South Street exit toward Fitchburg, left onto Electric Ave., KofC on left.
POT LUCK. Entry: see below. For information: rainman52@verizon.net.
- June 11, Tuesday, Ballot Box 3.4M Run**, 7pm 11 Kelley Square, Worcester MA. Entry: see below. For information contact Lori Berkey, loribcharlieh@aol.com
Entry fee waived in place of non-perishable goods donation.
- June 18, 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. Entry: see below.
For information: jdimucci5@comcast.net
- June 25, Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, 538 Clark Street Gardner, MA, 7pm. 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. Entry: see below. For information: sarahlee52@comcast.net.
- July 9, Tuesday, Hill Top 5K**, Hubbardston State Forest, Mt. Jefferson Rd., Hubbardston. 6:30pm.
From rt 2 take exit 22 In Hubbardston center turn right onto Williamsville Rd. then turn right onto Mt. Jefferson Rd. Continue up Jefferson Rd. until you see Malone Rd. on the right. The start is just past Malone Rd. Drivers must park on the right side of road. For information: Runningkid47@yahoo.com. TBA, check website as date approaches.
- July 16, Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles, 7pm
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: see below. For information: fgorham2@yahoo.com.
- July 18, Date changed to July 25**
- July 23, Tuesday, NMC Burbank 5M Trail Race**, 275 Nichols Rd, Fitchburg, MA, trails behind the Health Alliance Hospital. 6:30pm. For information contact Chris Reid at reidcc@comcast.net.
Entry: see below
- July 25, Thursday, Turbine Tune-Up 5K**, Narragansett Regional H.S., 464 Baldwinville Rd. Templeton, MA. 7pm. For information: Brehio131@gmail.com.
- July 27, 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.
(Club members only).
- July 31, Wednesday, Lynn Woods, 5.5 miles (trails)**, 6:30pm. Directions: rte. 128 north to exit 44B, rte. 129 east, 3 miles just before cemetery take right around church. (978)535-3905. Entry: see below.
- August 6, Tuesday, Blood Hill 2.8M Trail Race**, 71 Byfield Rd, Ashburnham, MA, 6:30pm. Directions: route 31N to intersection/rotary with John Fitch Hwy, third exit on to Rindge Rd. Travel 6 miles turning right at Wagg Hill Rd then left on Byfield Rd. For information: orni@netzero.com
- August 13, Tuesday, Country Road 5K**, Templeton, 703 South Rd. 6:30pm. Directions: Rte 2N to exit 21, turn right onto rte 101, left onto South Rd. Address is on the right side of road. Parking on right side of road. For information contact Jon Miganowicz at runningkid47@yahoo.com.
- August 20, 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.
Entry: see below. For information: phillipmcgaw@comcast.net
- August 27, Tuesday, Log Cabin 10K**, 135 Westminster St., Fitchburg, MA, 6:30pm.
Directions: rte. 2 to rte. 31 exit towards Fitchburg, right at stop sign. Entry: see below
- September 3, Tuesday, Whitney Memorial 5K at Devens**, Devens, MA 6:30pm. From route 2 take the Jackson Road exit (#37). Parking and registration at parking area at Rogers Field off of Jackson Road. Entry: see below.
- October 26, 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: see below.
For information: phillipmcgaw@comcast.net

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.

Other races organized by the NMC or its members:

- Lynn Woods** races begin Wednesday, June 5-September 11 at 6:30pm, 6pm beginning August 21, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/7 at 6:00pm and the 5.75 mile handicap race on 8/21 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905.
- June 29, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, Beemers Pub, 310 Main St., Fitchburg, MA. 10am start for walkers, 11am for runners. \$20 before 5/1, \$25 after, \$30 after 6/1. For information: contact Mark Jackson by email at mdjackson1289@gmail.com Tshirts to first 250 registered. Go to Lightbox for online registration.
- August 3, Saturday, Wind Turbine 5K Walk-Run**, Narragansett Regional H.S., 464 Baldwinville Rd Templeton, MA. 9am walk, 9am run. \$17 before July 20, \$22 after and day of race. For information: www.windturbine5k.org.
- September 2, Monday, West Fitchburg Homecoming Days 5K**, Log Cabin, 135 Westminster St, 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 7, Saturday, 22nd Annual Hubbardston Library 5K Run/Walk**, 8 Elm St. Hubbardston Center School, Hubbardston, MA. Registration begins at 8am, race at 9am. \$22 pre-registration \$25 after August 3. 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 mtwigler@gmail.com.
- October 27, Sunday, Embers 5K-Halloween**, 1K-kids and 5K Walk 12:15pm, 5K Run 1pm Embers, 34 Lakefront St. Lunenburg, MA. Entry fee: \$5 kids, \$20 over 18 until 10/12/19 \$25 10/12/19 to day of race. For information: Deb Fontaine at debfholiday@aol.com.
- November 28, Thursday, 22nd Annual Thanks For Running Road Race**, 3 miles, 151 Boutelle St., Fitchburg. 8:30am for walkers, 8:45am for runners. \$25 to benefit The Hydrocephalus Association. Long Sleeve tee shirts. For directions and information, 508-341-1279, 978-273-5179, 4gboys@comcast.net, elizabethwalsh1@verizon.net.
- December 15, Sunday, NMC 5K Jingle Bell Fun Run/Walk**, 11am, \$5, Embers Pizzeria 84 Lakefront St. Lunenburg, MA. For information: reidcc@comcast.net.

**NMC Homepage: <http://www.NorthMedfordClub.org>
See Jim Fay 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.