



Hello, North Medford Club!

July 2022

What's going on? Well, our Board of Directors decided that we should let you know what is happening, using our board meeting results to inform you. I'm Mark Fontaine, president of NMC, along with Jeremy Zglobicki, vice president, and we have pledged to bring the entire North Medford Club the latest happenings with our running club, using the minutes of our latest BOD meeting, so skillfully documented by Lori Berkey. The latest meeting was on June 24, hosted by Charlie and Lori in Shrewsbury.

Mt. Washington Road Race: Jeff Gould reported that this year's race was stopped at the halfway point, due to sleet and 9 degree temps at the top. Our Men's Senior team placed 3rd, and there were a lot of stand-out performances by many NMC runners. While we didn't secure our "regular" volunteer spot, NMC will continue to support our Mountain Goats at this race. Check out this year's [results](#).

Photo: Rebecca Sullivan



Devens Series: Another great year - averaged 25 runners per week, pizza and awards at the end. For the Devens Series runners gather at Rogers Field and run the same 5K course for 8 weeks in April & May. Check out this year's [results](#).

Photo: Daria Cunningham

Somerville Road Runners 26x1 Mile Club Challenge

Relay Invitational: Second year we've done this, God bless George Higgins for organizing an NMC team. Imagine getting 26 people to run 1 mile each on a track (and being there on time!!). We ended up in 17th place in a time of 3:16. Our own Dave Harper scored first in the 50-59 male category, and Denise Lawson second 60-69 female category. Check out this year's [results](#).

Photo: George Higgins



Summer Series: All is going well, Jon Miganowicz has been very busy putting on a series of new races. The [schedule](#) goes forever, and there is something for everyone, so go run a few races! Results are posted & updated weekly on the NMC Website and Facebook page.

Photo: George Higgins

Stay tuned for more info on:

- **NMC Apparel:** Rebecca Sullivan is developing an online store to set us up with some super cool club race and casual apparel. A link to the online store should be coming out after our next board meeting.
- **Boston Waiver/Volunteer Points:** New proposal to streamline and clarify the awarding of Boston Waivers. Committee members are putting their heads together to outline the 2023 Boston Waiver process at NMC
- **Holiday Party:** Kind of early to think about it, but December 17th at Monoosnock Country Club - it sounds like we're solid on that. Want to help organize the Holiday Party? Contact one of the committee members: Deb, Marge, Daria, or Alissa.
- **Inclusion Committee:** Lot of work has gone into this by one of the most active committees that we've ever seen, led by Lori Berkey, now Jeremy is checking with some consulting groups to assure we're doing it all correctly.

Hope that summarizes it all. If any NMC member has a question, comment, or opinion, please contact any officer or board member - our emails are listed on the "About NMC" tab of the club website www.northmedfordclub.org. Now get out there and run!