

North Medford Club

90 Years and Running

2023 Summer Racing Series

- May 30, 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., K of C on left.
Entry: see below. For information: rainman52@verizon.net.
- June 6, Tuesday, Mr. Bean 3.4M Run**, 6:30pm, Fiddler's Green, 19 Temple St. Worcester, MA
For information: Rebecca Sullivan, Sullivanreb@yahoo.com, Kevin Fallon, Nollafnivek@yahoo.com. Entry: see below.
- * **June 13, Tuesday, Country Road 10K**, Templeton, 703 South Rd. 6:30pm. Directions: Rte 2N to exit 83, turn right onto rte 101, left onto Wellington Rd then merge with South Rd. Parking on right side of road. For information contact: jonathan.miganowicz@gmail.com.
- June 20, Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30pm, dirt road and trails. Directions: rte. 2, exit 82 to Baldwinville Rd., right onto rte. 202. Entry: see below.
For information: jdimucci5@comcast.net
- * **June 27, Tuesday, Hill Top 5K**, Hubbardston State Forest, Mt. Jefferson Rd., Hubbardston. 6:30pm.
From rt 2 take exit 86 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: Jonathan.miganowicz@gmail.com.
- * **July 11, Tuesday, Country Road 5K**, Templeton, 703 South Rd. 6:30pm. Directions: Rte 2N to exit 83, turn right onto rte 101, left onto Wellington Rd then merge with South Rd. Parking on right side of road. For information contact: jonathan.miganowicz@gmail.com.
- July 18, Tuesday, NMC Burbank 5M Trail Race**, 275 Nichols Rd, Fitchburg, MA, trails behind the Health Alliance Hospital. 6:30pm. For information contact Karma Tousignant: karmatousignant@gmail.com.
- July 20, Thursday, Leominster State Forest 5M**, Leominster, Elm St., 6:30pm. Directions:
For information contact Aleida Castillo-Gage: aecr1973@yahoo.com.
- July 22, 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 25 Tuesday, Skunk's Misery 4 Miler**, 6:30pm, 70 Queen Lake Rd, Templeton
(white colonial across the street from big field). For information: Arthur and Heidi Besse, angusbf2@aol.com, 978-413-0849
- August 8, Tuesday, North Monoosnoc Hill 4M Trail Run**, 6:30pm, Granite St Leominster.
For information contact Aleida Castillo-Gage: aecr1973@yahoo.com.
- August 15, Tuesday, Merrimac**, 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30pm. Directions: rte. 495 to exit 115 on Broad St., turn onto rte. 110 to center of town then left onto Locust St.
Entry: see below. For information: philipmcgaw@comcast.net
- August 22, Tuesday, Whitney Memorial 5K**, Devens, MA 6:30pm. From route 2 take the Jackson Road exit. Parking and registration at parking area at Rogers Field off of Jackson Road. Information: rainman4131@gmail.com. Entry: see below.
- * **September 30, Saturday, Country Road 15K**, Templeton, 703 South Rd. 10am. Directions: Rte2N to exit 83 turn right onto rte 101, left onto Wellington Rd then merge with South Rd. Parking on right side of road. For information contact: jonathan.miganowicz@gmail.com.
- October 21, 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: philipmcgaw@comcast.net

* denotes Distance Medley Challenge

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:

- June 10, Saturday, Ryan's 5K Run/Walk**, Phillipston Common, Phillipston, MA. \$25 entry fee payable to Congregational Church of Phillipston. Proceeds benefit the Ryan Twohey Scholarship Fund. Race/walk begins at 3:30pm. For application and information: Jean Twohey, jtwohey@gmail.com. Tee shirts for entrants before 5/17.
- September 4, 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 9, Saturday, 26th Annual Hubbardston Library 5K Run/Walk**, 8 Elm St. Hubbardston Center School, Hubbardston, MA. Registration begins at 8am, race at 9am. \$25 pre-registration \$30 after August 1. 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.
- November 23, Thursday, 26th 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, amaynard@lasell.edu.
- November 23, Thursday, 44th Gardner Turkey Trot**. Walkers 8am, runners 8:30am. For information: <https://www.gardnertrackxcboosters.org/greaterturkeytrot.html>

NMC Homepage: <http://www.NorthMedfordClub.org>
See Jeff Gould, twentyquarters@comcast.net 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.