



Going Off Road

By Rene Lavoie

What's not to like about running on the trails? Outside of the sounds of birds, the wind through tree branches, water running over rocks and the movement of small forest animals, there is silence. No distractions like cars, bikes, pedestrians, or unleashed dogs. Where else could you occasionally come across deer, heron, hawks, owls, porcupine, black bear, or even a moose? Not to mention wildflowers like lady slippers or mountain laurel. You get a close up look at the seasons changing.



Trail running differs from pavement running in that it requires a level of concentration to avoid landing face first in mud or rough terrain. Knowing where your next step is going to land is essential to avoiding injury. Some trails are no more than fire roads that are graded for vehicle access and are easy to navigate. Cross country trails are a more natural traverse through the woods that have developed depending on the grade and selection over time to avoid obstacles. Rocks, roots, stone walls, and streams are some of these natural obstacles. Single track can be the toughest to negotiate.

As far as trail racing goes, it is as different from road racing as mountain biking is to road riding. Speed is not the primary objective. It requires shorter steps and a strategy that is best served if you know the course ahead of time. Running directly behind another runner is a recipe for injury. By the time you see the rock or root they are jumping on, over or around it may be too late and you will be flying straight out and in for a hard landing. It is best to run ahead or on another runner's shoulder.

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2011 NMC Boston Marathon Finishers

by Jeff Gould

The club had a strong showing at this year's Boston Marathon. And to top it off, no one was left in Boston when the bus left the Marriott Copley Place Hotel. Noteworthy among the NMC crowd of finishers is Dave Audet who completed his 24th consecutive Boston Marathon. Not to be out done, Ron Kmiec added his 38th consecutive finish to his long list of accomplishments. And, George Leslie had a sub-5 hour finish at the young age of 78. Congratulations to all our finishers including anyone who may have inadvertently been left off the list.

Dan Ford	2:59:37
John Pajer	3:00:48
Jon Miganowicz	3:05:15
Dave Harper	3:14:39
Matt Moison	3:14:48
Bob Johnson	3:19:57
Julie Wright	3:27:24
Dave Audet	3:28:29
Todd Brown	3:31:40
Tim Blouin	3:37:56
Joe DiMucci	3:41:14
Karma Tousignant	3:44:58
Jim Fay	3:51:01
Rick Hebert	3:53:47
Brian Byrne	3:55:05
Craig Reid	3:58:15
George Graves	3:58:17



Anthony Cali	4:06:56
Jim Brehio	4:07:07
Beth LeBlanc	4:07:24
Mark Wigler	4:10:01
Nikki Julius	4:13:32
Christina Sanders	4:17:23
Jessica Costa	4:18:21
Ron Kmiec	4:18:22
Scott Janssens	4:28:26
Alissa Zbikowski	4:28:55
Sandra Superchi	4:29:58
Lorie Landry	4:51:39
George Leslie	4:59:56
Amy Paquette	5:04:11
Kathy Cioffi	5:27:44
Team Hoyt	7:03:04



Newton, MA – Boston Marathon photos of George Graves (bottom left), Anthony Cali (top right) and winners (above) were taken by Paul McDermott



100,000 Miles on April 1st No Joke

Life time member Bob Aucoin surpassed the 100,000 mile mark this past April 1st. After completing the April Fool's Four Mile Road Race in Salisbury, MA Bob tallied his log book and calculated 100,003 total miles run-to-date.

Bob began recording his mileage on February 1, 1970 and was on pace to reach the 100,000 mile sooner. By 2008 he was about 4,000 short of his mark. However, in February of 2008, the week after running the Hampton Half - Marathon, Bob suffered a blood clot in his lungs. Determined to run again, Bob slowly worked his way back.

Along the way to 100,000 miles Bob has run sixty-one marathons, 1,035 races and completed 41 years of daily running.

Congratulations Bob! You are an inspiration.

The Coach's Column Daddy's Little Girl

By Gary Leavitt

*You're the end of the
Rainbow...you're my
pot of gold, my new
running partner as I
get old*



My daughter is growing up and is doing everything a dad could hope for: She is an altar server at church, country music singer, high honors and National Junior Honor Society, a pretty decent swimmer and great kid. Oops...I forgot the running partner. My last hope in getting back to respectability.

It was 1992 or thereabouts that I last ran a respectable five-miler (27:11) in a race that ended my times of eclipsing 28 minutes for that distance. And, then it was 30 minutes,

32, 33, 34, 35 and now 40. It was a traumatic injury that sent my times reeling.

I almost feel like I'm on the comeback trail now. There to help me along is my 13-year old Renee who is vying for a spot on the Austin Prep X-Country Team this fall. Her increased interest in long distance running has coincided with my return perfectly.

Now this is how it's going to work for us and this same formula can work for you. She's relatively new to the sport, yet has some skills. I'm old to the sport and am hoping to find those skills that may still be there. It's like Pauly said to Rocky in Rocky Balboa (the final installment): "You still got something in the cellar that you need to get out."

We've started with one mile a day two days a week. We are now up to two miles five days a week. We run on grass to save the joints and hold a pace that we are able to talk at. Now, I realize this is nothing new to most of you. However, being able to train at a pace at which you can carry on a conversation is crucial. Can't talk? Then you are training to fast.

Eventually it will be three miles a day, four miles a day and five miles a day. No more than that. Speed will be intertwined with hills, track and trails. Again we are going to avoid the streets.

One NMC member had a daughter who was truly one of the best runners in the State at a very young age. However, by the time she reached her early teens she was done. I was coaching at Bishop Fenwick at the time and was anxiously awaiting her arrival knowing that she was an established talent. The constant pounding on the pavement from early on (I believe she was doing 10 K races by the age of four) left her with nothing, but metal-against-metal by the time she reached the age of 13.



Daddy's Little Girl, Continued

So here is the lesson for today's coaching tip. Find someone that will help you stay motivated, stay off the pavement as much as you can, increase gradually, stay within yourself and remember to thank Daddy's Little Girl, if you have one, for keeping the dream alive.

Donnelly's Tavern 5 Mile Road Race February 13, 2011 Lunenburg, MA

1. Tad MacMahon	QT2	30:22
2. Dan Ford	NMC/CMS	30:28
3. John Pajer	NMC/CMS	30:28
4. Jon Miganowicz	NMC	31:32
5. John Kelley	NMC	33:17
6. Kim Mendell	UNATT	33:29
7. Brendan Hanrahan	WildCol	33:56
8. Kevin Fallon	NMC	34:02
9. Jonathon Rice	UNATT	34:38
10. Charlie Salmond	NMC	35:20
11. Matt Moison	NMC	35:58
12. Mike Auger	NMC	36:53
13. Lester Forgit	NMC	36:57
14. Ryan Hastings	UNATT	37:28
15. Patrick Haverty	NMC	37:44
16. Tim Blouin	NMC	38:21
17. Anthony Lombardi	NMC	38:44
18. Keith Orni	NMC	39:56
19. Amy Paquette	NMC	40:17
20. Bob Lalli	NMC	40:24
21. Elizabeth Bond	UNATT	40:41
22. Glenn Richards	CMS	41:32
23. Lisa Stone-Mutti	NMC	41:39
24. Jim Shope	UNATT	41:46
25. Jim Fay	NMC	42:23
26. Kevin Donnelly	CRR	43:07
27. Corey Clark	UNATT	43:33
28. Lisa Lombardi	NMC	43:43
29. Ernie Landry	UNATT	43:50
30. Keith Harnden	NMC	43:53
31. Rick Hersey	NMC	43:57
32. Michael LaCombe	Maniacs	44:11
33. Darlene Hoover	NMC	44:21
34. Lynn Thornton	UNATT	44:33
36. Joe Gagliastre	UNATT	44:35

36. Don Yeaton	Rochester	44:37
37. Tina Kelley	NMC	44:50
38. Peter Orni	NMC/CMS	45:02
39. Kristin Harnden	NSS	45:57
40. Anita Hadlock	WRR	46:03
41. Wayne Douglas	UNATT	49:25
42. Valerie Morin	NMC	49:37
43. Katherine Hall	UNATT	50:27
44. Ken Becker	NMC	50:41
45. Karen Pajer	NMC/CMS	50:55
46. Marge Gladwin	NMC	57:41
47. Ray Boutotte	NMC	59:04
48. Mary Lou Crohan	NMC	90:34

Volunteers: Chuck Powers, Race Director; Jim Gaffney, Jeff Gould, David Duval, Marge Gladwin, Carol Allain, Roger Mailloux, Gail Dwyer and Richard Baribeault.

Spring Devens 5K Series - Week #1 April 6, 2011 Devens, MA

1. Jeff Gould	NMC	19:29
2. Greg Haskell	CMS	20:29
3. Charlie Salmond	NMC	21:11
4. Heidi Bixby-Handy	NMC	21:39
5. Devin Auclair	UNATT	23:09
6. Joe DiMucci	NMC	24:46
7. Ryan Twohey	NMC	25:54
8. Phil Dinsky	NMC	26:01
9. Nancy Miller	NMC	26:08
10. Peter Orni	NMC	26:30
11. Steve Leonard	NMC	26:45
12. Phil McGaw	NMC	27:24
13. Woody Syrjaia	NMC	28:24
14. Kim Cushion	UNATT	30:27
15. Guy Wright	UNATT	30:27
16. Marge Gladwin	NMC	33:06
17. Elizabeth Kennedy	NMC	33:16
18. Allison Campbell	CMS	39:47

Volunteers: Amy Paquette, Dave Duval, Craig Twohey, Darlene Hoover, Zack Tibbetts, Chuck Powers, Jim Imprescia, John Kinnee, Rene Lavoie, Joe DiMucci, Marge Gladwin, Jeff Gould and Kevin Fallon



Spring Devens 5K Series - Week #2

April 13, 2011

Devens, MA

1. Brad Fors	NMC	17:55
2. Jeff Gould	NMC	19:29
3. Rachel Boudreau	NMC	20:00
4. Charlie Salmond	NMC	20:45
5. Heid Bixby-Handy	NMC	21:29
6. Travis Spinelli	NMC	21:43
7. Tom Spinelli	NMC	21:55
8. Sau-Mei Leung	NMC	22:55
9. Joe DiMucci	NMC	23:35
10. Ryan Twohey	NMC	24:45
11. Phil Dinsky	NMC	25:27
12. Nanci Miller	NMC	25:42
13. Peter Orni	NMC	26:01
14. Steve Burdette	UNATT	26:41
15. Sean Matthews	UNATT	27:00
16. Denise Whittemore	UNATT	27:03
17. Neil McManus	CMS	28:12
18. Guy Wright	UNATT	28:59
19. Kim Cushion	UNATT	29:53
20. Katrina McLaughlin	CMS	31:45

Volunteers: Amy Paquette, Craig Twohey, Darlene Hoover, Chuck Powers, Rene Lavoie, Jim Fay, Marge Gladwin, Jim Brehio and Kevin Fallon

Spring Devens 5K Series - Week #3

April 20, 2011

Devens, MA

1. Nick Rennie	UNATT	17:00
2. Brad Fors	NMC	17:44
3. John Kinnee	UNATT	17:46
4. Mike O'Hara	NMC	20:42
5. Charlie Salmond	HCS	20:48
6. Greg Haskell	NMC	20:55
7. Heidi Bixby-Handy	UNATT	22:08
8. Sua-Mei Leung	NMC	22:36
9. James Caires	NMC	24:44
10. Jim Shope	NMC	24:52
11. Phil Dinsky	NMC	25:13
12. Phil McGaw	HCS	25:24
13. Peter Orni	NMC	25:31
14. Denise Whittemore	NMC	25:51
15. Nanci Miller	NMC	25:54

16. Rick Hersey	NMC	25:55
17. Cameron Landers	NMC	26:10
18. Jeff Mader	Mystic	26:40
19. Woody Syrjala	NMC	27:02
20. Guy Wright	UNATT	27:31
21. Jim Lanteigne	NMC	28:05
22. Beth Hettrick	UNATT	28:07
23. Kim Cushion	UNATT	29:29
24. Ray Boutotte	NMC	31:15
25. Joe DiMucci	NMC	32:24

Volunteers: Chris and Molly Reid, Jim and Anne Gaffney, Donna LeBlanc, Jeff Gould and Rene Lavoie

Spring Devens 5K Series - Week #4

April 27, 2011

Devens, MA

1. Brad Fors	NMC	17:55
2. John Kinnee	CMS	17:55
3. Rachel Boudreau	NMC	20:27
4. Charlie Salmond	NMC	20:43
5. Greg Haskell	NMC/CMS	21:21
6. Heidi Bixby-Handy	NMC	21:51
7. Mike Machnik	UNATT	21:52
8. Sau-Mei Leung	NMC	22:16
9. Tom Spinelli	NMC	22:19
10. Kris Gleason	NMC	22:28
11. Joe DiMucci	NMC	23:07
12. Jeff Adair, Sr.	CMS	24:50
13. Phil Dinsky	NMC	24:56
14. Jeff Mader	Mystic	25:33
15. Phil McGaw	NMC	26:04
16. Denise Whittemore	UNATT	26:22
17. Guy Wright	UNATT	28:09
18. Neil McManus	CMS	28:54
19. Kim Cushion	UNATT	29:16
20. Ray Boutotte	NMC	33:33
21. Marge Gladwin	NMC	35:04
22. Allison Campbell	CMS	39:52
23. Mary Lou Crohan	NMC	46:15

1 Mile

1. Patrick Kennedy	UNATT	9:37
2. Jim Gaffney	NMC	9:45

Volunteers: Amy Paquette, Peter Orni, Darlene Hoover, Anne Gaffney, Dave Duval and Kevin Fallon



NORTH MEDFORD CLUB
MERRIMAC 6.85 MILE HANDICAC
MERRIMAC, MA
February 20, 2011

Name	Total	Handicap	Net	Club
1. John Kelley	64:07	-18:30	45:37	NMC
2. Stephen Day	65:35	-21:00	44:35	UNATT
3. Dalmo Silva	65:38	-17:30	48:08	UNATT
4. Jeff Gould	66:31	-21:45	44:46	NMC
5. Josh Curtis	66:41	-21:45	44:56	NMC
6. Troy Nelson	67:07	-15:45	51:22	UNATT
7. Charlie Salmond	67:47	-17:30	50:17	NMC
8. Phil McGaw	68:08	-5:15	62:53	NMC
9. Kevin Fallon	68:15	-21:45	46:30	NMC
10. Amy Paquette	68:16	-14:00	54:16	NMC
11. Dan Coffey	68:34	-+20.00	88:34	NMC
12. Francis Becker	69:07	-5.00	64:07	UNATT
13. Wayne Polman	69:18	-2:00	67:18	SRR
14. Tina Kelley	69:20	-3.30	65:50	NMC
15. Peter Orni	69:30	-5:15	64:15	NMC
16. Aaron Toleos	69:33	-21:00	48:33	Wicked
17. George Leslie	69:33	+3:30	73:13	NMC
18. Della Jennings	69:49	-14:30	55:19	QT2
19. Yolanda Becker	69:59	-5:00	64:59	UNATT
20. Rick Hersey	70:09	-7:45	62:24	NMC
21. Dean Malerba	70:17	-17:30	52:47	UNATT
22. Paul Schell	71:34	Gun	71:34	NMC
23. Marge Gladwin	72:26	-8:45	63:41	NMC
24. Janies d'Amico	72:26	-8:45	63:41	UNATT
25. Roger Perham	72:49	-8:45	64:04	NMC
26. Gina Ferrante	75:01	Gun	75:01	MVS
27. Dan Boone	75:59	Gun	75:59	TriFury
28. Mary Lou Crohan	107.15	+22.15	129.30	NMC

Volunteers: Phil McGaw, Race Director; Ann and Paul Tucker, Hosts; Dave Duval, Marge Gladwin, Royce Sawyer, Chuck Powers, and Julie Christo

Correction

I before e except after c and in neighbor and weigh....this grammar rule, if I had remembered it, would certainly have helped me out in the last issue of the newsletter. A sincere apology to Ron Kmiec whose name was consistently misspelled as 'Kmeic' in our last issue.





Merrimack, MA – Dave Duval and Tina Kelley (photo on the right), judging by the smiles on their faces, have figured out that huddling together is a good way to stay warm while Paul Schell and Rick Hersey (photo on the left) find themselves standing out in the cold.

Photos by Paul McDermott

WINTER SERIES 2011 GRAND PRIX WINNERS

By Rene Lavoie

The NMC Winter Racing Series ended prematurely when the Bev and Ed Whitney Memorial 5K was cancelled due to hazardous road conditions. Nonetheless, 82 NMC runners braved cold, snow, ice, narrow roads and high snow banks to participate in the traditional winter series. Two members in particular ran all eight races and are this series' Ironmen.

For the second consecutive series Charlie Salmond has competed in all races and Peter Orni is a first time winner. John Kelley completed seven races, Kevin Fallon six races, and Rick Hersey five races.

For the women Tina Kelley, Marylou Crohan and Marge Gladwin completed seven races each, Amy Paquette six races, and Darlene Hoover five races. Initially, the series was to be scored with the best 7 of 9 races but an executive decision was made to score using 6 of 8. Once again, congratulations to all who participated.



Cambridge, MA – Peter Orni at Fresh Pond

Photo by Marge Gladwin



Winter Series, Continued

Overall Series Points Winners 6 of 8 Races

1.	John Kelley	6/7 races	575.62 pts.	665.68 Overall
	Amy Paquette	6/7 races	556.35 pts.	556.35 Overall
2.	Charlie Salmond	6/8 races	555.66 pts.	728.19 Overall
	Tina Kelley	6/7 races	548.50 pts.	622.63 Overall
3.	Kevin Fallon	6/7 races	543.79 pts.	543.79 Overall
	Marge Gladwin	6/7 races	475.12 pts.	538.19 Overall

Highest Average Race Points

1.	John Kelley	4/7 races	98.14 pts
	Tina Kelley	4/7 races	97.08 pts
2.	Jon Miganowicz	4/4 races	97.95 pts
	Amy Paquette	4/6 races	95.03 pts
3.	Charlie Salmond	4/8 races	95.49 pts
	Kris Gleason	4/4 races	93.19 pts

Overall Age Group Winners

Men		Women	
16 and Under		16 and Under	
1.	Matt Dellechaie 72.63 pts	1.	Kirsten Harden 247.24 pts
		2.	Karina LeBlanc 93.01 pts
16-29		16-29	
1.	Jonathon Miganowicz 391.78 pts	1.	Helen O'Hara 157.46pts
2.	Dan Ford 200.00 pts	2.	Alyssa Lombardi 92.02 pts
3.	Craig Reid 79.10 pts	3.	Annie Paquette 89.53 pts
30-39		30-39	
1.	Josh Curtis 188.58 pts	1.	Amy Paquette 556.35 pts
2.	Keith Orni 154.98 pts	2.	Alissa Zbikowski 78.73 pts
3.	Gregory Beyruewley 66.92 pts	3.	Kristin Dellechaie 62.51 pts
40-49		40-49	
1.	John Kelley 575.62 pts	1.	Tina Kelley 548.50 pts
2.	Kevin Fallon 543.79 pts	2.	Kris Gleason 372.75 pts
3.	Jeff Gould 284.43 pts	3.	Lisa Stone-Mutti 359.94 pts



50-59

1. Charlie Salmond 555.66 pts
2. Rick Hersey 375.94 pts
3. Tim Blouin 329.71 pts

50-59

1. Marge Gladwin 475.12 pts
2. Darlene Hoover 418.05 pts
3. Sherisa Sterling 142.31 pts

60-69

1. Peter Orni 460.92 pts
2. Phil McGaw 295.82 pts
3. Ken Becker 259.46 pts

60-69

70-79

1. George Leslie 211.29 pts
2. Dan Coffey 157.20 pts
3. Paul Schell 89.59 pts

70-79

1. Mary Lou Crohan 278.83 pts

80-89

1. Julian Seigel 100.92 pts



Fitchburg, MA – A winter filled with snow and cold temperatures didn't stop one club member from wearing a singlet and shorts.

Photo by Paul McDermott



Off Road, Continued

Keep your head down and concentrate on the two or three feet directly ahead of you. A great piece of advice I got was from Ken Gulliver a long time trail runner. He advised me to find the first puddle and stream I could find and get both feet wet. From that point on you are not tip-toeing around wet spots and losing time. It is also important that when you do get into running water to be aware of the rocks which may be out of view. They can be as slick as ice.



Templeton, MA –Kris Gleason and Kathy Hayward on course at the Templeton 5.3 Mile Trail Race held October 31, 2010. *Photo by Paul McDermott*

Lastly, a paragraph about NMC's upcoming trail race series to wrap-up our feature story on trail running. There are seven trail races on the 2011 summer race schedule. To acknowledge the trail runners in the club, NMC started the series within the series last summer with separate scoring of the trail races as well as scoring these races in the overall Grand Prix standings. Five of this year's trail races are part of the Grand Prix series and the trail race series. Two additional trail races count toward the trail race series, but will not be added into the overall Grand Prix series results.

2011 Trail Series

1. June 14	Boxford State Forest	North Andover	10K	6:30 pm
2. June 21	Lake Dennison	Baldwinville	4 miles	6:30 pm
3. July 12	Burbank	Fitchburg	5 miles	6:30 pm
4. August 2	Lynn Woods	Lynn	5.75 miles	6:30 pm
5. Sept. 17	Asbury Grove	So. Hamilton	5 miles	10:00 am
6. Sept. 25	Overlook*	Fitchburg	10K/ 5K	10:00 am
7. Nov. 6	Templeton*	Templeton	7 miles	9:00 am

*Scores from the Overlook and Templeton Trail Races count toward the trail races series results. They will not be included in the Summer Grand Prix Series cumulative scoring.



North Medford Club
78 Years and Running
2011 Summer Racing Series

- ❖ **May, 31, Tuesday, Bob Hersey Memorial 5 mile**, 7 pm, K of C, 165 Electric Ave. Fitchburg, MA 7:00pm. **POT LUCK**
- ❖ **June 7, Tuesday, The Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, 7 pm, 11 Kelly Square Worcester, MA. For information see: <http://www.anculiath.com/11.html>
- ❖ **June 14, Tuesday, Boxford State Forest**, North Andover, MA, 10K trail run, 6:30 pm, possible team competition - NMC vs. Gil's AC
- ❖ **June 21, Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30 pm, dirt road and trails
- ❖ **June 28, Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, Clark Street, Gardner, MA, 7:00 pm
- ❖ **July 5, Tuesday, Temple 10K**, 111 Laurel View Rd. Templeton, MA. 6:30 pm. For information contact Jim Fay, gottarun449@comcast.net
- ❖ **July 12, 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 14, Thursday, Westford Academy Summer Series**, Westford, MA, 3.58 miles, 6:30 pm. Walkers - 6:15 pm. For directions call (978) 692-5570 ext. 389 or (603) 883-6021. Entry: \$5.00
- ❖ **July 19, Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles, 7:00 pm
- ❖ **July 30, Saturday, Fresh Pond**, Cambridge, MA, 10 am, 2.5 and 5 mile races, FREE. For information call (617) 381-0532
- ❖ **August 2, Tuesday, Lynn Woods**, 5.75 miles (trails), 6:30 pm. For information call (781) 592-3808
- ❖ **August 9, Tuesday, Whitney Memorial 5K at Devens**, Devens, MA. 7:00 pm. Registration at The Grille
- ❖ **August 16, Tuesday, Merrimac**, 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30 pm
- ❖ **August 23, Tuesday, Log Cabin 10K**, Rtes. 2A & 31 Westminster St., Fitchburg, MA, 6:30 pm
- ❖ **September 17, Saturday, So. Hamilton 5M**, Asbury Grove, So. Hamilton, MA, 10 am. Host: Roger Perham, (978) 468-7934
- ❖ **October 22, Saturday, 4C's Race, Shirley**, 29 Chapel St., near St. Anthony's Church parking lot. 5.7 miles, 12:10 pm. **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 want a prize.
All races with the exception of the trail races include a race walk.



Other Races Organized by NMC or its Members

- ❖ **May 21, Saturday, 8th Annual Fitness Concepts 5K Family Road Race**, Fitness Concepts Health Club 696 West Broadway, Gardner, MA. 1/3M Kids Fit Run 9:15 am; 9:4 5am walk; 10 am run. \$10 entry, t-shirts to all pre-registered. For information contact Joyce Gosselin at joyce@fitconcepts.net. Proceeds benefit Young Life
- ❖ **Lynn Woods** races begin Wednesday, June 1-September 21 at 6:30 pm, 6 pm beginning August 31, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/17 at 6:00 pm and the 5.75 mile handicap race on 8/25 at 6:00 pm. For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808
- ❖ **June 11, Saturday, 3rd Annual Phillipston Bazaar Firefighter's 5.5M Road Race**, Walkers begin at 3pm; runners at 3:30pm. \$20 entry fee. Pre-register by June 1 and receive a 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 18, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, The Cellar, 14 Mill St., Fitchburg, MA. 11 am start for walkers, noon for runners. For information contact Mark Jackson by e-mail at mdjackson@fitchburgpolice.com
- ❖ **July 30, Saturday, Asbury Grove Duathlon Race**, 2.4 mile run/8.6 mile bike/2.4 mile run. \$5 fee. For information e-mail www.stewchase.com or call 978-468-7934
- ❖ **August 18, Thursday, Templeton 5K**, Templeton Developmental Center, Templeton, MA. Rte 2, exit 19N. 6pm walk, 6:30 pm run at the blue farm stand. \$10 day of the race. Proceeds benefit American Cancer Society. For information contact Santra Superchi: 978) 895-3263 or e-mail: SandySuperchi@yahoo.com
- ❖ **September 5, Monday, West Fitchburg Homecoming Days 5K**, Log Cabin, Westminster St./Rte 2A, Fitchburg. Children's races begin at noon. 5K begins at approximately 3 pm. Entry fee: Free cash prizes. For information contact Brian at The Log Cabin
- ❖ **September 10, Saturday, 14th Annual Hubbardston Library 5K Run/Walk**, Hubbardston Center School, Hubbardston, MA. Registration begins at 8 am, race at 9 am. \$17 pre-registration; \$20 after August 8. Proceeds benefit the Hubbardston Town Library. Long sleeve tee shirts to the first 100 registrants. For information and directions contact Mark Wigler at (978) 928-5120 or email mtwigler@gmail.com
- ❖ **September 10, Saturday, 23rd Annual Fred Brown Lake Winnepesaukee Relay**, Weir's Beach, NH, 65.1 miles, 8 person teams, \$250 entry per team \$300 after 7/25, 8 am. For information contact mark.fontaine@comcast.net or www.NorthMedfordClub.org
- ❖ **September 18, Sunday, Ginny's 5K Walk/Run**, Barrett Park, Leominster, MA. 9 am walk, 9:30 am run. For information contact Ginny's Thrift Shop (978) 537-1387.
- ❖ **September 25, Sunday, North Medford Club Overlook 10K Trail Race & 5K Walk/Run**, Fitchburg, MA, trails behind the Health Alliance Hospital. 10 am. \$15 pre-registration, \$20 after 9/16. For information email Rene Lavoie at rainman52@verizon.net or www.northmedfordclub.org.



- ❖ **November 6, Sunday, Templeton 7M Trail Race**, behind Narragansett High School, Templeton, MA 9 am, \$15 entry fee before October 22nd, \$20 day of the race. For information contact Joe DiMucci, (978) 939-2577 or email jdimucci5@comcast.net
- ❖ **November 13, Sunday, Magic Mountain 5 Mile Walk/Run**, Leominster Sportsman Club, 1455 Elm St. Leominster, MA, 10 am. \$15, \$20 day of the race. For information contact Betty718711@verizon.net, www.timmyfund.com
- ❖ **November 24, Thursday, 13th Annual Thanks For Running Road Race**, 3 miles, 151 Boutelle St., Fitchburg. 8:30 am for walkers; 8:45 am for runners. \$20 to benefit The Hydrocephalus Association. Long sleeve tee shirts. For directions and information call (978) 345-5284 or e-mail Ginnity@netlplus.com
- ❖ **November 24, Thursday, 32nd Annual Gardner Turkey Trot**, 5 mile road race, Gardner City Hall 115 Pleasant St., Gardner, MA. 8:30 am, \$10 pre-registration, \$15 day of the race. First 200 registrants receive a mystery gift. Proceeds benefit Gardner and Narragansett Regional High School cross-country and track teams. For information contact Mike O'Hara, 94 Edgell St., Gardner, MA 01440, michael.ohara8@verizon.net
- ❖ **Saturdays, Fresh Pond**, Cambridge, MA, 10:00 am, 2.5 and 5 mile races. Fee: Free. Parking behind Cambridge Chevrolet to avoid possible parking ticket on Fresh Pond property. For information call (617) 381-0532

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 Jim Imprescia 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