



Common Ground, Part 1

By Donna LeBlanc and Jim Fay

Among the many benefits of a running club is the chance to meet other runners who share the same passion that you do. You also have the opportunity to socialize with runners who live in the same or neighboring towns. And, before you know it, you are planning a training run together. This article is about what I call clubs within our club meaning training groups that have formed with a dedicated core of runners who regularly run together. The first group that comes to mind is one that has been inviting me to join them for years for one of their Sunday morning ritual jaunts through the Lake Dennison Recreation Area. Known as the Birch Hill Striders (BHS), the

group (I think of them more as being a gang) includes the likes of Joe DiMucci, Jim Fay, Jim Brehio, George Graves, John LeClerc*, Lee Cunningham, and Craig Twohey among its core members. Jim Fay explains how he found the Birch Hill Striders in 2006.



**John passed away this year on June 11.*

Baldwinville, MA – One of the many scenic trails that can be found at the Lake Dennison Recreation Area where the Birch Hill Striders log many of their miles.

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NMC Club Member Dave Audet Wins Berkshire Marathon

It was a hot and humid Memorial Day that slowed the pace of most runners at the Berkshire Marathon. Not to be outdone by balmy temperatures, NMC Dave Audet led the field to win the inaugural event.



Lenox, MA – Above Dave Audet runs away from the pack wearing his NMC singlet. Below a photo of Dave crossing the finish line in 3:06:18.

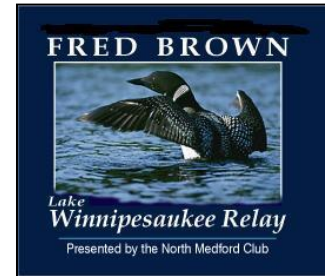
Photo by Mary Jo Dodson



Photo by Mary Jo Dodson

2011 Lake Winnepesaukee Relay Second Weekend in September

The 2011 Lake Winnepesaukee Relay will be held on Saturday, Sept. 10th, 2011 at 8 am. It had to be moved as Loudon is hosting NASCAR the last weekend in September and there was another race planned for the third weekend.



A number of changes have been made for the 2011 Fred Brown Lake Winnepesaukee Relay including:

- ❖ Friday night packet pickup at Weirs Beach Lobster Pound,
- ❖ Technical wicking shirts for all runners,
- ❖ A new location for Exchange 3 - Kingswood Art Center Wolfeboro,
- ❖ Bus transportation no longer required for Abenaki Ski Area. Cars will be allowed to park,
- ❖ Buses will run between Moultonboro School and Morgan Farm only.

What remains the same is the number of legs – still 8 with a total distance of 65.1 miles. Start and finish are at the Fun Spot, Route 3, Weirs Beach. Awards begin at 6:00 pm in lower parking lot of the FUNSPOT. Refreshments are provided after race.

Volunteers are especially needed this year. Please consider helping your club by volunteering at this event. Volunteers will receive their choice of a technical race shirt or glass mug with the race logo. The Winnepesaukee Relay is the largest and most visible event that we host each year. For more information about volunteer opportunities at this year's Relay:

Contact Paul McDermott:
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A Couple of Tough Mudders

By Jeff Gould

'Ya gotta check out the website', the old bald guy said. 'The race is on a mountain, right up your alley,' he said. 'They make you run through snow and mud, and they have all kindsa obstacles. Some you have to climb over, some you have to crawl under, and on one, you have to jump off a bridge and swim out of it, and there's even one that's on fire when you run through it.' You're not going to let me do this alone, are ya?' I explained that this sort of thing isn't new, that they had events at Camp Pendleton like this when I was on the West coast, but to no avail. So up to Mt. Snow we ventured this past May.



Mt. Snow, VT – Our very own tough mudder, Steve Penney (aka the old bald guy) shown after taking a relaxing mud bath.

Photo by Brightroom Photography

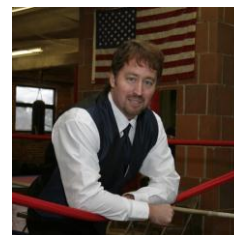
The event is called 'Tough Mudder', and true to form, we ran through all these obstacles on a 10 mile course of mud and snow, on a mountain to boot. And, if all the above mentioned obstacles aren't enough to whet your palette, the last one was called electro-shock therapy. It involved running through a mass of dangling wires, any or all of which could be randomly alive to the tune of 10,000 (that's ten thousand) volts of electricity. I have to admit, we had a ball, laughing at each obstacle as we approached. Enough for most? That's just the beginning.

The event was rather, shall we say, massive? 12,000 runners total, 7,000 Saturday, and another 5,000 Sunday. It wasn't timed and scored in a traditional manner, but competitors were encouraged to submit their times on the website. The top 5% would qualify for, get this, a special mud run in New Jersey in December, and this one would be 24 hours continuous. World's Toughest Mudder, it's called. We laughed. Neither of us had any interest in such foolishness. Nonetheless, we seemed to fare rather well, and decided to submit our time of 2 hours 42 minutes on the website, just curious to see if we WERE in the top 5%. A week later the e-mail arrived. 'Congratulations', it said, 'you qualified in the top 5% and are eligible for our 24 hour World's Toughest Mudder Competition in December.' I called the old bald guy for a laugh, I said something like, 'let the loonies gather in New Jersey.' He cleared his throat. 'U-hummm', then in a hushed voice, 'big guy, this might be the opportunity of a lifetime.' So guess who's headed for Englishtown, New Jersey on the weekend of December 17-18th? Just for the record, the course will be 10 miles. The object being to complete the course as many times as possible in the allotted 24 hours. I predict the leaders, (which thankfully won't be us), will be breaking through the ice on the water obstacles. And that's during the day. At night it gets cold. Wish us luck. We're gonna need it.

Pre-Winni (the Rock to P-town)

By Gary Leavitt

It was 1983 or thereabouts - Plymouth Rock to Provincetown Relay. I had run on several North Medford Club teams up until this point and we were never in the money. We couldn't get the best NMC'ers to run on one team or on one day so we had to settle





Pre-Winni, Continued

for a 10th, 15th, or 20th place finish out of the 200 or so teams.

Perhaps, prior to that, they assembled some good teams as the North Medford Club had some of the very best road runners that New England ever produced.

I ran on a couple Roger Perham teams, but we could never crack the top 10. I also remember running two legs (first and last) in one day logging 20 miles for the event.

Finally, one year I said to Fred Brown, 'Fred we have a chance to win this if I bring in some of my college running buddies.' We were on the same team at Salem State College. Fred said as long as we sprinkled it with some real NMC members he'd have no problem with that.

So I rounded up brother's Mike and Dave Lavalley (Swampscott). Mike was a 4:07 miler. Dave was a sub 30-minute 10K guy. For years Mike also held the record at the Lynn Wood's 2.5 (relay as an individual and team). I then brought in Revere High standout Carmine Cautillo who was good for a 53 minute 10 miler.

This team also featured some real NMCers in the names of Paul Quinn (the Incredible Hulk of Long Distance running/bodybuilder) and me.

After the first five legs we had the lead. But, one of the NMCers (sixth leg) took exception to the assemblage of talent and opted not to run. He felt that this was cheating. By today's standards he runs for at least three clubs that I know of. And so do many others.

Our fifth leg was forced to run an additional mile until I hopped out and grabbed the baton and continued on. We barely held the lead as I was a bit tired having already run

the third leg (I think that was the shortest one).

By the time we got to the eighth leg the guy who was supposed to run was encouraged not to by the sixth leg guy so guess who ran that too? Three legs or just a mile shy of three legs that day for yours truly. It ended up being a 25 mile day for me.

I normally could hold my own, but this was a bit much and I faded quite a bit by the end of the third leg. We ended up fourth and that was somewhat of a moral victory having never cracked the top 10 prior to that.

I never mentioned this race to the guy that let us down after that. But, I'm sure he'll read this article and maybe let me know why three clubs is right today and two wasn't back then.

Running Shoe Collection to Benefit Project Have Hope

NMC will once again collect running shoes at the Lake Winnepesaukee Relay Race for distribution to families in Uganda.

Project Have Hope, based out of Malden, Massachusetts is a non-profit organization that works to improve the living conditions of families in Uganda's Acholi Quarter.



Collection boxes will be located near the registration table before and after the race. Multiple pairs and all sizes are welcome.

Photo by Karen Sparacio



**Bob Hersey Memorial
5 Mile Road Race
May 31, 2011
Fitchburg, MA**

1. Bryan Marotta	UNATT	29:54
2. Tim Blouin	NMC	35:22
3. Matt Moison	NMC	35:28
4. Charlie Salmond	NMC	35:47
5. Heidi Bixby-Handy	NMC	36:30
6. Mike Auger	NMC	37:01
7. Jim Imprescia	NMC	37:38
8. Anthony Lombardi	NMC	38:24
9. John Cote	UNATT	39:42
10. Anthony Cali	NMC	40:00
11. Jim Fay	NMC	40:02
12. Deb Willard-Parker	NMC	40:56
13. Lori Berkey	NMC	41:01
14. Sau-Mei Leung	NMC/CMS	41:27
15. Jim Shope	NMC	41:38
16. Scott Janssens	NMC	42:28
17. Carol Allain	NMC	43:02
18. Peter Orni	NMC	43:03
19. Lisa Lombardi	NMC	43:07
20. Rick Hersey	NMC	43:12
21. Phil McGaw	NMC	44:18
22. Darlene Hoover	NMC	44:54
23. Megan Therriault	NMC/CMS	47:02
24. Josh Shaw	UNATT	48:14
25. Alyss Lombardi	NMC	48:14
26. Marge Gladwin	NMC	52:54
27. Sherisa Sterling	NMC	53:20
28. Ray Boutotte	NMC	53:46
29. Paul McDermott	NMC	79:00
30. Molly Reid	NMC	79:00
31. Mary Lou Crohan	NMC	95:50

Volunteers: Rene Lavoie, Race Director, Dave Duval, Larry Morris, Steve McAvoy, Joe DiMucci, Charlie Herbert, Ken Parker, Paul McDermott, Molly Reid, Chris Reid, Marge Gladwin, Mark Fontaine

**Boxford State Forest
6.5 Mile Trail Race
Boxford, MA
June 14, 2011**

1. John Kinnee	UNATT	39:19
2. Jon Miganowicz	NMC	44:59
3. Matt Moison	NMC	45:35
4. Matt Drury	GAC	47:03
5. Paul Fortin	GAC	48:15
6. Charlie Salmond	NMC	49:30
7. Tim Blouin	NMC	51:22
8. Mike Bradley	UNATT	52:00
9. Matt Wilson	UNATT	52:00
10. Sal Genovese	NMC	52:08
11. Paul Hennessey	NMC	52:25
12. Jim Barry	GAC	54:03
13. Marty Sullivan	GAC	54:50
14. Peter Orni	NMC	58:04
15. Rick Hersey	NMC	58:59
16. Ed Mulvey	GAC	60:07
17. Mike Saporito	UNATT	60:24
18. Phil McGaw	NMC	61:03
19. Kitty O'Connell	GAC	63:42
20. Sherisa Sterling	NMC	63:59
21. Ray Boutotte	NMC	72:14
22. Jim Gilford	GAC	72:40
23. Steve Majenza	UNATT	72:44
24. Megan Therriault	NMC	77:22
25. Peter Bonaccorsi	GAC	78:33
26. Marge Gladwin	NMC	85:36



Fitchburg, MA - Mike Auger with a strong finish at the Bob Hersey Memorial Race.

Photo by Paul McDermott



**Lake Dennison
4 Mile Trail Race
Baldwinville, MA
June 21, 2011**

1.	John Miganowicz	NMC	25:14
2.	Scott Bockus		25:29
3.	Steve Penney	NMC	25:45
4.	Daniel Fournier		25:51
5.	John Kelley	NMC	26:15
6.	Joseph Capps		27:20
7.	Matt Moison	NMC	27:25
8.	Kevin Fallon	NMC	27:48
9.	Daniel Denette		27:59
10.	Kyle Blouin	NMC	28:00
11.	Tim Blouin	NMC	28:32
12.	Steve Drouin	NMC	28:35
13.	Mike Auger	NMC	28:45
14.	Heidi Bixby-Handy	NMC	28:53
15.	Tom Bockus		29:02
16.	Rene Lavoie	NMC	29:15
17.	Joe DiMucci	NMC	29:57
18.	Joe Sumner		30:13
19.	Lee Meunier		30:23
20.	Katie Burns		30:35
21.	Elizabeth Bond		30:44
22.	Logan Gray		30:49
23.	Jim McDermott	NMC	31:01
24.	Renee Capps		31:31
25.	Lisa Saulnier		31:54
26.	Jim Fay	NMC	32:33
27.	Ethan Gorecky		32:38
28.	Ian Clavir		32:49
29.	Amy Paquette		32:55
30.	Justice Graves		33:02
31.	Dave Manca		33:09
32.	Rick Hersey	NMC	33:09
33.	Peter Orni	NMC/CMS	33:33
34.	Autumn Brown		33:59
35.	Amber Brown		34:00
36.	Max Rocheleau		34:11
37.	Phil McGaw	NMC	34:30
38.	Kris Dorsey		34:56
39.	Sherisa Sterling	NMC	35:40
40.	Ken Frickle		35:40
41.	Molly Reid	NMC	35:44
42.	Kylie Chartier		37:18
43.	Woody Syrjala	NMC	37:19
44.	Megan Therriault	NMC/CMS	37:20

45.	Ken Deary		37:33
46.	Anthony Davidson		38:42
47.	Paul Cormier		38:55
48.	Laurie O'Brien		39:02
49.	Paul McDermott	NMC	69:50
50.	Russ Syrjala	NMC	69:50
51.	Charlie Salmond	NMC	-----

**Tom and Ron Boone Memorial
10K Road Race
Gardner, MA
June 28, 2011**

1.	Brad Fors	NMC	37:58
2.	Steve Penney	NMC	41:21
3.	Tim Blouin	NMC	43:06
4.	Steve Drouin	NMC	43:58
5.	Rene Lavoie	NMC	44:25
6.	Charlie Salmond	NMC	44:33
7.	Heidi Bixby-Handy	NMC	44:41
8.	Mike Auger	NMC	44:53
9.	Joe DiMucci	NMC	45:37
10.	Logan Gray	UNATT	46:12
11.	Lee Meunier	UNATT	46:13
12.	Bill Austin	UNATT	47:02
13.	Anthony Lombardi	NMC	47:15
14.	Jim Fay	NMC	48:19
15.	Alyss Lombardi	NMC	50:54
16.	Jason Hebert	UNATT	51:11
17.	Deb Willard-Parker	NMC	51:22
18.	Phil McGaw	NMC	52:16
19.	Rick Hersey	NMC	53:09
20.	Kris Dorsey	NMC	52:21
21.	Lisa Lombardi	NMC	53:32
22.	Dave Manca	UNATT	54:03
23.	Peter Orni	NMC/CMS	54:24
24.	Jessica Bancroft	NMC	56:25
25.	Megan Therriault	NMC/CMS	57:08
26.	Woody Syrjala	NMC	57:19
27.	Darlene Hoover	NMC	57:38
28.	Lee Cunningham	NMC	59:17
29.	Valerie Morin	NMC	65:16
30.	Deb Walgren	NMC	74:17
31.	Denise Lawson	NMC	74:17
32.	Marge Gladwin	NMC	74:17
33.	Brian Slattery	NMC	74:17
34.	Mary Lou Crohan	NMC	150:52
35.	Marie Auger	NMC	-----



Boone Memorial Race, Continued

Volunteers: Carol Allain and Cindy Beaudoin; Race Directors, Dave Duval, Marge Gladwin, Steve McAvoy, Paul McDermott, Anne Morris, Larry Morris, Ken Parker, Molly Reid and Deb Walgren

**Jim Fay's Temple
 10K/5K Road Race
 Templeton, MA
 July 5, 2011**



Templeton, MA – Ken Becker, 70 years young, runs with apparent ease at the Temple race.

Photo by Paul McDermott

11. Anthony Lombardi	NMC	46:08
12. Adam Porter	UNATT	47:11
13. Jenn Horgan	UNATT	47:24
14. Bill Austin	NMC	48:24
15. Jim Shope	NMC	49:06
16. Nicole Hollums	NMC	49:38
17. Matt Studtner	UNATT	49:39
18. Alyss Lombardi	NMC	50:35
19. Craig Reid	NMC	51:08
20. Rick Hersey	NMC	51:42
21. Lisa Lombardi	NMC	52:21
22. Ken Johnson	MWCC	52:44
23. Peter Orni	NMC	52:57
24. Phil McGaw	NMC	53:42
25. Marcy Silva	MWCC	56:14
26. Woody Syrjala	NMC	56:57
27. Jessica Bancroft	MWCC	57:29
28. Heidi Besse	CMS	57:29
29. Ken Becker	NMC	58:30
30. Meagan Therriault	NMC	60:39
31. Denise Lawson	NMC	61:18
32. Candee Graves	NMC	70:35
33. Marge Gladwin	NMC	76:29

5K Results

1. Joseph Capps	NMC	19:10
2. Renee Capps	NMC	20:19
3. Justic Graves	NMC	20:34
4. Krista Webb	NHS	20:54
5. Kylie Chartier	NMC	22:08
6. Joe DiMucci	NMC	25:50
7. Michael Capps	NMC	26:43

**Westford Academy Race
 3.58 Mile Road Race
 Westford, MA
 July 14, 2011**

10K Results

1. Arthur Besse	CMS	37:58
2. Jon Miganowicz	NMC	38:46
3. Josh Curtis	NMC	38:52
4. Steve Penney	NMC	40:43
5. John Kelley	NMC	41:45
6. Tim Blouin	NMC	42:13
7. Kevin Fallon	NMC	42:26
8. Mike O'Hara	NMC	43:51
9. Charlie Salmond	NMC	44:53
10. Heidi Bixby-Handy	NMC	45:17

NMC Finishers

9. Kevin Fallon	NMC	23:24
14. Tim Blouin	NMC	24:19
16. Heidi Bixby-Handy	NMC	24:52
21. Charlie Salmond	NMC	25:10
25. Joe DiMucci	NMC	26:23
28. Justice Graves	NMC	27:01
32. Rick Hersey	NMC	27:29
34. Amy Paquette	NMC	27:41
51. Peter Orni	NMC	28:56



Westford Academy, Continued

52. Phil McGaw	NMC	29:10
58. July Tibbetts	NMC	30:06
70. Dave Duval	NMC	34:19
-- Sarah Dennuchuk	NMC	34:56
76. Ray Boutotte	NMC	35:26
81. Candee Graves	NMC	38:51
82. Marge Gladwin	NMC	38:52
86. Mary Lou Crohan	NMC	51:53

Walkers

4. Janice Boutotte	NMC	47:18
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Volunteers: Thanks to Paul Poisson for hosting the North Medford Club. And, thanks to the volunteers – Sarah, Rob and the students. Without their help this race wouldn't happen.

Burbank Hospital 5 Mile Trail Run
Fitchburg, MA
July 12, 2011

1. Tim Wood		33:00
2. Phil McCormack	NMC	33:59
3. John Kinnee		34:06
4. Adam Lassila		35:49
5. Jon Miganowicz	NMC	36:00
6. Nic Scachetti		39:15
7. Matt Moison	NMC	40:31
8. Mike O'Hara	NMC	40:41
9. Rene Lavoie	NMC	40:57
10. Karma Pilon	NMC	41:04
11. Joe Sumner		41:28
12. Craig Reid	NMC	43:47
13. Tim Blouin	NMC	43:58
14. Nicole Hollums	NMC	44:05
15. Charlie Salmond	NMC	44:29
16. Alyssa Lombardi	NMC	45:00
17. Bob Lalli	NMC	45:11
18. Don Brutvan		45:25
19. Jim McDermott	NMC	45:35
20. Nicole Julius	NMC	46:01
21. Geri Gardner		47:01
22. Rick Hersey	NMC	47:14
23. Danielle Lussier		47:34
24. Kristina Sanders	NMC	48:29

25. Alice Jellison	NMC	48:39
26. Tom Spinelli	NMC	48:49
27. Peter Orni	NMC	50:11
28. Travis Spinelli	NMC	50:12
29. Lisa Lombardi	NMC	51:25
30. Anthony Lombardi	NMC	51:25
31. Phil McGaw	NMC	53:17
32. Sherisa Sterling	NMC	54:49
33. Deb Walgren	NMC	57:30
34. Molly Reid	NMC	57:54
35. Deb Fontaine	NMC	58:00
36. Bonnie Sumner	NMC	58:50
37. Ebony Schuerman		62:59
38. Madeline Moison	NMC	69:10
39. MichelleHaggstrom	NMC	70:43
40. Russ Syrjala	NMC	70:43

Volunteers: Chris Reid, Race Director; Dave Duval, Deb and Mark Fontaine, Marge Gladwin, JimMcDermott, Paul McDermott, Molly Reid, Gary Savoie, Brian Slattery and Deb Walgren

Greyhound Pub Mr. Bean
Road Race
June 6, 2011

1. Josh Curtis	NMC	20:07
2. Jon Miganowicz	NMC	20:11
3. Gary Cattarin	HCS	20:41
4. Jeff Gould	NMC	21:38
5. Ken Hutton	HCS	22:46
6. Charlie Salmond	NMC	22:48
7. Scott Shaeffer-Duffy	CMS	23:05
8. Steve Drouin	NMC	23:17
9. Steven Chaves	HCS	23:23
10. Justin Bergeron	NMC	23:31
11. Vin Garofoli	CMS	24:05
12. Rene Lavoie	NMC	24:14
13. Julie Monfreda	NMC	24:23
14. Dan Milton	HCS	24:40
15. Kevin Fallon	NMC	24:51
16. Jim McKenna	HCS	25:07
17. Jim Imprescia	NMC	25:37
18. Todd Kitterman	HCS	25:57
19. Liz Masterjohn	HCS	26:59
20. Phil McGaw	NMC	27:26
21. Lori Berkey	NMC	27:33
22. Jeff Adair	CMS	27:44



Spring Devens 5K Series - Week #5
May 4, 2011
Devens, MA

- | | | | |
|-----|-------------------|---------|-------|
| 1. | Nicholas Curelop | GSH | 18:16 |
| 2. | Jeff Gould | NMC | 19:46 |
| 3. | Charlie Salmond | NMC | 20:38 |
| 4. | Mike Machnik | UNATT | 21:10 |
| 5. | Heidi Bixby-Handy | NMC | 21:24 |
| 6. | Tom Spinelli | NMC | 21:54 |
| 7. | Heather Arsenault | NMC | 22:25 |
| 8. | Joe DiMucci | NMC | 22:46 |
| 9. | Kevin McCusker | NMC | 24:04 |
| 10. | Phil Dinsky | NMC | 24:46 |
| 11. | Sau-Mei Leung | NMC/CMS | 26:33 |
| 12. | Neil McManus | CMS | 26:37 |
| 13. | Jim Gaffney | NMC | 27:03 |
| 14. | Ray Boutotte | NMC | 32:15 |

1 Mile

- | | | | |
|----|-----------------|-------|-------|
| 1. | Patrick Kennedy | UNATT | 14:57 |
| 2. | Liz Kennedy | NMC | 15:25 |

Volunteers: Jim Brehio, Dave Duval, Kevin Fallon, Marge Gladwin, Kris Gleason, Darlene Hoover, Rene Lavoie, Peter Orni and Jim Shope



Devens, MA - Heidi Bixby-Handy smiling after the Devens race on May 25th. She was the first female finisher.

Spring Devens 5K Series - Week #6
May 11, 2011
Devens, MA

- | | | | |
|-----|-------------------|-------|-------|
| 1. | Kevin Fallon | NMC | 19:42 |
| 2. | Charlie Salmond | NMC | 20:31 |
| 3. | Mike Machnik | NMC | 21:08 |
| 4. | Heidi Bixby-Handy | NMC | 21:14 |
| 5. | Tom Spinelli | NMC | 21:38 |
| 6. | Joe Dimucci | NMC | 22:46 |
| 7. | Phil Dinsky | NMC | 24:19 |
| 8. | Peter Orni | NMC | 24:50 |
| 9. | Nancy Miller | NMC | 25:04 |
| 10. | Denise Whittemore | UNATT | 25:13 |
| 11. | Phil McGaw | NMC | 25:27 |
| 12. | Neil McManus | CMS | 26:45 |
| 13. | Rick Hersey | NMC | 27:03 |
| 14. | Kim Cushion | UNATT | 28:10 |
| 15. | Aldo Bianco | NMC | 29:16 |
| 16. | Ray Boutotte | NMC | 30:01 |
| 17. | Marge Gladwin | NMC | 33:41 |
| 18. | Allison Campbell | CMS | 38:26 |

1 Mile

- | | | | |
|----|----------------|-----|-------|
| 1. | Karina LeBlanc | NMC | 11:27 |
| 2. | Donna LeBlanc | NMC | 11:29 |

Volunteers: Jim Brehio, Dave Duval, Jim Fay, Marge Gladwin, Rene Lavoie, Donna LeBlanc, Larry Morris, Amy Paquette and Zack Tibbetts



Devens, MA - Karina LeBlanc shows off her running form winning the 1 mile fun run at Devens on May 11th. Photos by Paul McDermott



Spring Devens 5K Series - Week #7
Guess Your Time Handicap Race
May 18, 2011
Devens, MA

With the clock starting the countdown at 40 Minutes, the runners waited for the predicted time to begin the race. The goal: Be the first person to cross the finish AFTER the clock reaches zero. No watches, no view of the show clock coming into the finish. How close would it be? With amazing metronome precision Denise Whittemore was the Guess Your Time winner.

Name	Gun	Est	Net	Club
1. Brad Fors	17:52	----	17:52	NMC
2. Nick Rindello	38:44	17:30	16:14	UNATT
3. Joe Dimucci	38:49	23:00	21:49	NMC
4. Kim Cushion	38:59	29:00	27:59	UNATT
5. Rene Lavoie	39:00	22:30	21:30	NMC
6. Ray Boutotte	39:20	29:00	28:20	NMC
7. Heidi Bixby-Handy	39:25	21:45	21:10	NMC
8. Phil McGaw	39:38	25:20	24:58	NMC
9. Neil McManus	39:41	26:30	26:11	CMS
10. Rick Hersey	39:41	26:30	26:11	NMC
11. Ken Brown	39:42	23:30	23:12	NMC
12. Kevin McCusker	39:43	23:30	23:13	NMC
13. Charlie Salmond	39:53	20:45	20:38	NMC
14. Denise Whittemore	40:00	26:00	26:00	UNATT
15. Amy Paquette	40:08	23:15	23:23	NMC
16. Jeff Gould	40:17	19:20	19:37	NMC
17. Nancy Miller	40:17	25:15	25:32	NMC
18. Phil Dinsky	40:17	24:15	24:32	NMC
19. Mike Machnik	40:30	21:10	21:40	NMC
20. Peter Orni	41:16	24:15	25:31	NMC
21. Donna LeBlanc	41:37	25:00	26:37	UNATT

Volunteers: Jim Brehio, Dave Duval, Kevin Fallon, Jim Gaffney, Jeff Gould, Greg Haskell, Darlene Hoover, Rene Lavoie, Larry Morris and Jim Shope

Corrections

An addition and a deletion to the list of Boston Marathon finishers reported in the previous newsletter. The addition is Gary Cattarin who finished with an impressive time of 3:00:07. And, who would have known that there are two Amy Paquettes in Central Massachusetts? NMC member Amy Paquette did not run the marathon this year. The Amy Paquette listed on our finishers list lives in Hopedale, MA not West Boylston and is 7 years older than 'our' Amy.





Spring Devens 5K Series - Week #8
April 27, 2011
Devens, MA

1. Nick Rindenello	UNATT	16:09
2. Brad Fors	NMC	17:48
3. John Kinnee	UNATT	18:05
4. John Kelley	NMC	19:22
5. Charlie Salmond	NMC	20:35
6. Greg Haskell	NMC	20:51
7. Heidi Bixby-Handy	NMC	21:16
8. Rene Lavoie	NMC	21:53
9. Kris Gleason	NMC	22:56
10. Sau-Mei Leung	NMC	23:48
11. Maria Rindenello	UNATT	24:08
12. Phil McGaw	NMC	24:37
13. Je DiMucci	NMC	24:38
14. Phil Dinsky	NMC	24:50
15. Peter Orni	NMC	24:54
16. Rick Hersey	NMC	25:20
17. Denise Whittemore	NMC	25:28
18. Nancy Miller	NMC	25:54
19. Donna LeBlanc	NMC	26:22
20. Meghan Therriault	NMC	27:07
21. Woody Syrjala	NMC	27:53
22. Kim Cushion	NMC	27:58
23. Jim Daley	NMC	28:20
24. Ray Boutotte	NMC	31:30
25. Allison Campbell	CMS	39:30

1 Mile

1. Nick Antkowiak	NMC	9:37
2. Patrick Kennedy	NMC	9:45
3. Karina LeBlanc	NMC	11:09
4. Jim Gaffney	NMC	11:10

Volunteers: Dave Duval, Kevin Fallon, Marge Gladwin, Darlene Hoover, Paul McDermott, Larry Morris, Amy Paquette Jim Shope and Chris Reid

Mr. Bean Race, Continued

23. George Corff	NMC	28:03
24. Rick Hersey	NMC	28:21
25. Helen O'Hara	NMC	30:11
26. Mike O'Hara	NMC	30:12
27. Leslie Paquette	NMC	30:56
28. Ken Becker	NMC	31:03



Devens, MA – Jim Daley is seen enjoying pizza on the patio to celebrate the conclusion of a successful Devens Spring race series.

Photo by Paul McDermott

Election Policy Update

By Mark Fontaine

Elections for NMC officers and board members will be held at the annual meeting in January, 2012 (date TBD). We will implement a slight change in our voting process. To make elections more efficient, we will allow pre-nominations for any officer or board position. Any member in good standing may be pre-nominated by another member. The pre-nomination period will begin one month prior to the annual meeting. Pre-nominations and any questions, may be sent to Mark Fontaine at mark.fontaine@comcast.net.

Mr. Bean Race, Continued

29. Karen Pajer	NMC	32:34
30. Marge Gladwin	NMC	33:02
31. Mike Auger	NMC	33:02
32. Mary Lou Crohan	NMC	60:40

Volunteers: Amy Paquette, Race Director; Mike Auger, Dave Duval, Kevin Fallon, Jim Gaffney, Marge Gladwin, Bill Gonsorcik, Jeff Gould, Tom Lynch and Harold Paquette



Common, Continued

'I had been running for a few years and was depressed that spring because I wasn't fast enough to qualify for the Boston Marathon. I talked with George Graves. He suggested I join NMC, volunteer at club races to get a waiver for the '07 Marathon, and run with the Birch Hill Striders on Sunday mornings. After fighting the mind games of not being 'good' enough, I started running with them. Even though I was slower and they would have to double back for me often, they made me feel at home. At times I felt I was adopted as a project! With my volunteering at club races, I did get a waiver and ran my first Boston in '07 finishing over 20 minutes faster than my previous personal best.

'Over the past few years, we've been joined by Jack Thornton, Ed Chartier, long-time member Jim Brehio along with another long timer, Butch (no last name needed). Many others show up occasionally, especially for long runs leading up to marathons. There's always a core group that's there every week to share the joy, laughter and pain of the long run. Long runs on Sunday's are in the Lake Dennison and Birch Hill areas mostly on dirt roads and single track trails.'

To join the BHS gang, all you have to do show up Sunday morning, 8 AM, at the Little League field in Baldwinville. And, as I learned, be prompt or they will leave without you.



Boston, MA – Check out, from left to right, Jim Brehio, George Graves, Jim Fay and Joe DiMucci in Adidas regulation attire volunteering at the 2011 Boston Marathon Expo. The Birch Hill Striders have volunteered at the Expo for the past ten years. Jim, George, Jim and Joe all qualified for and finished the 2011 Boston Marathon.

Next Issue - Common Ground, Part 2: The Rindge Road Runners