



## **Common Ground, Part 2**

*By Deb Wallgren and Donna LeBlanc*



**Fitchburg, MA** – Overlook Trail is one of the many scenic footpaths the Rindge Road Runners use for weekend group runs. It is also the venue for NMC's annual 5 Mile Overlook Trail race.

The last issue of our newsletter featured the Birch Hill Striders, a group of NMC club members who regularly run together in the Lake Dennison Recreation Area located in Baldwinville, MA. In this issue we meet another group of NMC runners, the Rindge Road Runners, who use the trails behind the Health Alliance Burbank Hospital Campus as their training ground and Saima Park as their base camp.

The name Rindge Road Runners comes from Rindge Road, where many long runs begin. The name is also used as a team name for relay races that group members compete in. Regulars include: Peter Orni, Chris and Molly Reid, Marge Gladwin, Julie Wright, Bob Lallie, Jim and Paul McDermott, Deb Fontaine, Brian Slattery, Tom Spinelli and Deb Wallgren. The group consists of runners of different abilities and speeds. That said, the Rindge Road Runners self-proclaimed motto is 'never leave anyone behind'.

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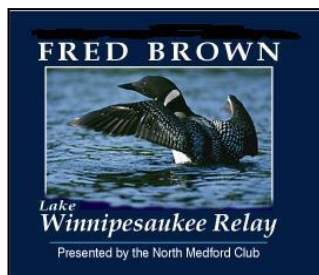
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## **2011 Lake Winnepesaukee Relay Recap**

*By Mark Fontaine*

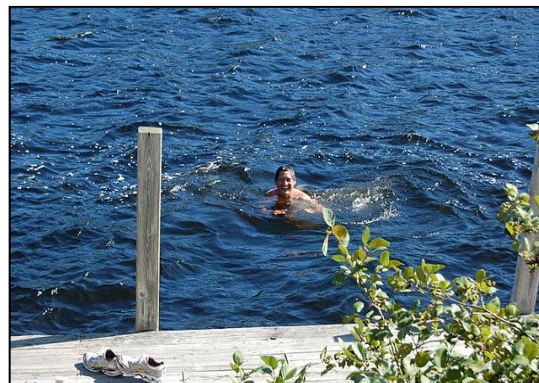
The 23<sup>rd</sup> annual Fred Brown Lake Winnepesaukee Relay, held on 9/10/11, proved to be another successful running of the North Medford Club's flagship race. This year's roster had 76 teams competing over the 65.1 mile course, including 7 teams from NMC.



A great deal of effort goes into organizing and managing this race, considered to be one of New England's favorite running experiences. No road race gets done without a glitch or two, including this year's relay. We encountered a couple of construction areas on our course, which challenged us to slightly alter the route for the 600+ runners competing in the relay, but it all got done without any real problems and the overall consensus of other teams competing in the race was that NMC did a great job of putting on the event.

The North Medford Club has a hard-working core of Lake Winni volunteers who set up the course, break down the course, obtain permits, schedule busses, porta-johns, clocks, emergency contacts, food, awards, and a hundred other details. It involves a lot of effort, but each year, when we watch all the teams cheering on their last-leg runners as they cross the finish line, it makes all the work seem worthwhile.

Next year's race will be held on 9/8/12, so start planning now to come up to a beautiful New England setting to participate in what is a truly classic road race experience. See you there!



**Alton Bay, NH** – Guess no one told Jim Shope that he was participating in a road race, not a triathlon.

## **Donated Running Shoes Multiply**

We thought 60 pairs of running shoes had been collected for Project Have Hope at the Lake Winnepesaukee Relay this year. However, after being transported back to Jeff Gould's garage awaiting pick-up, the number grew to 90+ pairs. Guess running shoes, like rabbits, multiply when left alone in close quarters. Thanks to all who donated and helped make this year's Winnepesaukee Relay shoe drive so successful.

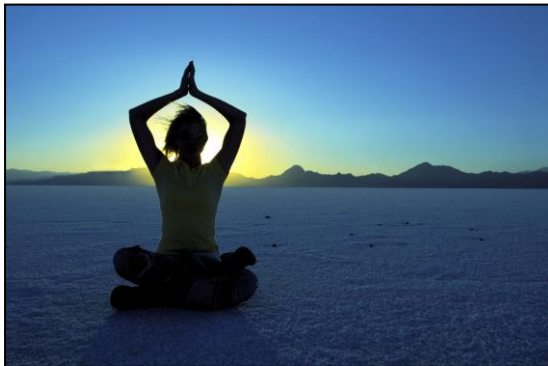


**Weirs Beach, NH** - Ladies in pink at this year's Lake Winnepesaukee Relay holding running shoe donation signs. In the photo, from left to right, are Donna LeBlanc, Karina LeBlanc and Zack Tibbetts.



## **Yoga for Runners**

*By Donna LeBlanc*



I've been practicing yoga (oh and by the way, yoga students don't train like runners do, they practice) for years. My first attempt came about 10 years ago when I tried Bikram yoga, also known as hot yoga, to work through a life-long disdain for hot temperatures. Bikram classes take place in a room that is heated to 105 degrees. Yes, it's a real sweat fest that consists of a series of 26 postures and 2 breathing exercises. The routine takes 90 minutes to complete and leaves you drenched in sweat, and in my case quite exhausted. After 2 years of Bikram classes, I decided to create my own at-home yoga routine minus the heat. Using my limited knowledge of yoga postures, I put together a 45 minute at-home routine that combined pilates with yoga plus a few boot camp exercises thrown in for another strenuous work-out that I have performed faithfully once a week for the past 8 years.

Last month, feeling that my work-out routines had become rigid and rather boring, I cautiously went to a Hatha yoga class being held at a local health club.

There are many forms of yoga, ranging from strenuous to gentle stretching where you barely work up a sweat. All forms

emphasize deep rhythmic breathing, which is an added benefit for runners. Hatha yoga definitely falls on the gentle end of the yoga spectrum. If you see a yoga class described as Hatha, it is likely to be a slow-paced stretching class with some simple breathing exercises.

Fast forward to the present - I've attended Hatha yoga classes 3 to 4 times a week for about four weeks now and have to admit, that my body feels better than it has in years. The most difficult aspect of yoga is that it requires you to really slow down your mind and your body. If you're like me, anything slow is just not worthy of being called a work-out. But, after a month of Hatha, I am re-thinking my opinion on subtler forms of exercise. The 40 minutes I spend in yoga class is restorative. It feels easy, but at the same time seems to be bringing me greater strength, aerobic capacity and all around flexibility.



In case my testimonial hasn't convinced you to try a yoga class or maybe rent a DVD from your local library, a recent article in Yoga Journal offers a rather convincing fact-based argument. The on-line article, titled 'Yoga for Runners' states, 'during the course of an average mile run, your foot will strike the ground 1,000 times. The force of impact on each foot is about three to four times your weight. It's not surprising, then, to hear runners complain of bad backs and knees,



## **Yoga, Continued**

tight hamstrings, and sore feet. The pain most runners feel is not from the running in and of itself, but from imbalances that running causes and exacerbates. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come. Although yoga and running lie on opposite ends of the exercise spectrum, the two need not be mutually exclusive. In fact, running and yoga make a good marriage of strength and flexibility.'

Namaste fellow runners. I must go. Don't want to keep downward dog waiting.

## **Run Like a Pinto**

*By Gary Leavitt*

My coach's column has turned into a bit of storytelling in the North Medford Club newsletters and this issue is no exception. If you ever had me as a coach, you will know that this has been part of my formula for success: Lay the blue print out, name some people that actually followed it and toss in an entertaining story or two.



This will be on the art of downhill running. If you are running any race with lots of down hills, rolling hills, downhill finishes or the second half of the marathon, you might want to give this a shot.

We'll start with the story. For the first five years of my life I grew up in Everett, MA. Our house was at the bottom of Alpine Avenue. At the top of the hill was the famous Whidden Hospital. Cars coming down Alpine during the middle of a snowstorm or under ice conditions would often end up in our front yard. During the summertime the gang would walk to the top

and race down. It was the steepest hill within a seven mile radius of Boston.

I was in a footrace one afternoon and lost control or so I thought. My shoe was untied and down I went. I ended up with a concussion and a three night stay at the Whidden under the watchful eyes of the on duty doctor and nurses.

Now that did not deter me from other races. The only way you could win those downhill battles was by running kamikaze. All out, no holding back! Let the downhill take you there.

Shortly thereafter we moved to Portland, Maine and then to Peabody, MA in a span of five to six years. We had big hills in those neighborhoods, too.

I applied the kamikaze formula again and would beat all the kids on the downhill while just barely holding my own on the flats and less than adequate on the up hills.

Finally, taking up running as a 13 year old and traversing to many races with the likes of NMCers Fred Brown, George Lattarullo, Roger Perham and others, I still liked my chances when we had downhill finishes.

The Amesbury Bailey Factory 5.5 miler comes to mind. It was a hilly course with a great downhill finish into the downtown area. I had one of my best races ever there when I stayed up with the likes of Buddy Bostick, Bruce Butterworth, Mark and Dean Kimball for three miles and then closed drastically in the final downhill to make it highly competitive.

As a coach I passed this philosophy on to my high school runners, my college runners and open runners.

Today, one of those runners still swears by me. That is Paul McGovern, a 2:19 Olympic Trial Marathoner, who credited me making him a very competitive downhill marathoner.



### **Run Like a Pinto, Continued**

We would train on the down hills of Lynn Woods. We'd also train on the down hills of Grant Avenue in Lynn (that's a doozey) and hills in Winchester and Woburn near my home.

The lesson learned is don't hold back. Let the momentum take you. Pretend that you are a '72 Pinto without the brakes. Wait....that's kind of redundant isn't it?

### **Donnelly's Tavern 5 Mile Road Race July 19, 2011 Lunenburg, MA**

1. Adam Lassila	UNATT	29:34
2. Brad Fors	NMC	29:46
3. Jon Miganowicz	NMC	30:14
4. Jeff Gould	NMC	32:35
5. Kevin Fallon	NMC	33:35
6. Steve Smith	UNATT	34:25
7. Tim Blouin	NMC	34:59
8. Matt Moison	NMC	35:05
9. Steve Drouin	NMC	35:13
10. Rene Lavoie	NMC	35:18
11. Charlie Salmond	NMC	35:45
12. Heidi Bixby-Handy	NMC	35:51
13. Mike Auger	NMC	36:17
14. Anthony Lombardi	NMC	36:33
15. Ryan Hastings	UNATT	36:52
16. Joe DiMucci	NMC	37:15
17. Bob Lalli	NMC	37:36
18. Nicole Hollums	NMC	37:52
19. Bill Austin	NMC	39:12
20. Amy Paquette	NMC	39:39
21. Rick Hersey	NMC	39:45
22. Lori Berkey	NMC	40:08
23. Jim Fay	NMC	40:21
24. Nicole Julius	NMC	40:34
25. Kristina Sanders	NMC	41:14
26. Lisa Lombardi	NMC	41:59
27. Peter Orni	NMC	42:01
28. Phil McGaw	NMC	43:02
29. Kristen Harnden	NMC	45:32

30. Ken Becker	NMC	46:01
31. Megan Therriault	NMC/CMS	46:01
32. Beth Hettrick	UNATT	47:30
33. Jim Lanteigne	NMC	47:30
34. Molly Reid	NMC	47:54
35. Deb Fontaine	NMC	48:02
36. Chris Reid	NMC	59:24
37. Marge Gladwin	NMC	59:49
38. Jack Christenston	NMC	87:02
39. MaryLou Crohan	NMC	94:32



**Lunenburg, MA** – Talk about coordination – NMC President Rene Lavoie is crossing the finish line while simultaneously stopping his watch at the Donnelly's Tavern Road Race held this past July.

*Photo by Paul McDermott*

### **South Hamilton 5 Mile Trail and Road Race S. Hamilton, MA September 17, 2011**

1. Paul Quinn	NMC	35:05
2. Charlie Salmond	NMC	35:18
3. Heidi Bixby-Handy	NMC	35:42
4. Ana Hubert	Mystic	42:52
5. George Corff	NMC	44:02
6. Roger Perham	NMC	44:07
7. Sarah Coffey	NMC	50:24
8. Rick Collette	Mystic	50:31
9. Marge Gladwin	NMC	58:28

**Volunteers:** Roger Perham, Race Director;  
 Julien Siegel, Mike Perham and Marge Gladwin





**Whitney Memorial  
5K Road Race  
Devens, MA  
August 9, 2011**

A wonderful turnout for a newly located race! Even the rain felt great. Race Director Charlie Herbert did a fantastic job. Thank you and congratulations to our newest host the Devens Grill. And, another thanks to our friends at HCS (Highland City Striders) for continuing to support the Whitney 5K.

1. John Kinee		17:18
2. Brad Fors	NMC	17:59
3. Zach Rolfe		19:37
4. Kevin Fallon	NMC	19:54
5. Kenneth Hutton	HCS	20:09
6. Patrick Condry	HCS	20:14
7. Tim Blouin	NMC	20:43
8. Jarryd Wick		20:52
9. Rene Lavoie	NMC	21:01
10. Mike Auger	NMC	21:05
11. Charlie Salmond	NMC	21:24
12. Heidi Bixby-Handy	NMC	21:34
13. Gerald Hartling	HCS	21:35
14. Sau-Mei Leung	NMC	22:31
15. Lynn Hanko	HCS	22:36
16. Chuck Hanko	HCS	22:43
17. Joe DiMucci	NMC	22:51
18. Sean Beverly		23:07
19. Justice Graves	NMC	23:14
20. Tom Spinelli	NMC	23:22
21. Jim McKenna	HCS	23:30
22. Jim Fay	NMC	23:35
23. Amy Paquette	NMC	23:47
24. Carol Allain	NMC	23:53
25. Rick Hersey	NMC	24:14
26. Phil McGaw	NMC	24:25
27. Chris Anderson	HCS	24:29
28. Heidi Besse	CMS	24:46
29. Arthur Besse	CMS	24:58
30. Peter Orni	NMC	25:03
31. Deb Fontaine	NMC	25:10
32. Darlene Hoover	NMC	25:20
33. William Forbes	NMC	25:25
34. Larry Morris	NMC	25:42
35. Tom Flannagan	NMC	25:45
36. Molly Reid	NMC	26:24

37. Chris Reid	NMC	27:54
38. Sarah Dennechuk	NMC	28:04
39. Peter Dennachuk	NMC	28:04
40. George Corff	NMC	28:23
41. Brayden Woods		28:57
42. Ray Boutotte	NMC	29:13
43. Gretchen MacDougall	HCS	30:08
44. Hunter Graves	NMC	33:00
45. Candee Graves	NMC	33:08
46. Marge Gladwin	NMC	33:39
47. Alison Campbell	NMC	40:35

**Volunteers:** Charlie Herbert, Race Director; Kevin Fallon, Dave Duval, Jim and Ann Gaffney, Rene Lavoie, Marge Gladwin, Carol Allain, Mark Fontaine, Ken Parker, Zack Tibbetts, Nancy Orni, Jim Shope, Jim Fay, Alison Campbell, Lori Berkey, and Paul McDermott



**Devens, MA** – Rain didn't seem to be a problem for Tim Blouin who finished 7<sup>th</sup> overall at the Whitney Memorial 5K Road Race.

*Photo by Paul McDermott*





**Log Cabin  
10K Road Race  
Fitchburg, MA  
August 23, 2011**

A **BIG** thanks to Brian at the Log Cabin for his continued support of our 10K, and for donation of the raffle prizes

1.	Brian Allen		35:20
2.	Jon Miganowicz	NMC	37:34
3.	Josh Curtis	NMC	38:18
4.	Matt Moison	NMC	41:12
5.	Steve Penney	NMC	41:12
6.	Kevin Fallon	NMC	41:56
7.	Steve Drouin	NMC	42:42
8.	Heidi Bixby-Handy	NMC	44:08
9.	Mike O'Hara	NMC	44:28
10.	Lee Meunier	NMC	44:29
11.	Charlie Salmond	NMC	44:32
12.	Mike Auger	NMC	45:12
13.	Nicole Hollums	NMC	46:35
14.	Joe DiMucci	NMC	46:54
15.	Bob Lalli	NMC	47:54
16.	Amy Paquette	NMC	49:12
17.	Jim Fay	NMC	49:37
18.	Darlene Hoover	NMC	51:24
19.	Rick Hersey	NMC	51:39
20.	Peter Orni	NMC	52:15
21.	Keith Harnden	NMC	53:32
22.	Megan Therriault	NMC/CMS	53:34
23.	Jim Daley	NMC	54:50
24.	Jim Shope	NMC	54:50
25.	Kirsten Harnden	NMC	55:29
26.	Ken Becker	NMC	55:45
27.	Chris Reid	NMC	60:00
28.	Sherisa Sterling	NMC	67:10
29.	Deb Fontaine	NMC	71:01
30.	Marge Gladwin	NMC	71:09
31.	MaryLou Crohan	NMC	78:02

**Volunteers:** Frank Gorham, Race Director; Dave Duval, Marge Gladwin, Steve McAvoy, Larry Morris, Chris and Molly Reid, Jeff Gould, Paul McDermott, Heidi Besse and Mark Fontaine



**Fitchburg, MA** – a strong second place finish is posted by NMC member Jon Miganowicz at the Log Cabin 10K.

*Photo by Paul McDermott*

**Overlook 10K Trail Race  
5K Run/Walk  
Fitchburg, MA  
September 25, 2011**

**10K Results**

1.	Nick Scachetti	UNATT	48:06
2.	Bill Conerford	UNATT	48:26
3.	Allen Hall	UNATT	48:33
4.	Kevin Crowder	UNATT	50:09
5.	Rich Craigen	NMC	50:43
6.	Kevin McCusker	NMC	52:55
7.	Keith Orni	NMC	53:47
8.	Charlie Salmond	NMC	54:24
9.	Bob Lalli	NMC	56:45
10.	Peter Orni	NMC	61:26
11.	Lisa Stone-Mutti	NMC	61:42
12.	Sherisa Sterling	NMC	66:45
13.	Elaine Dill	UNATT	67:51
14.	John Eagle	UNATT	69:11
15.	Woody Syrjala	NMC	69:58
16.	Kelsey Real	UNATT	70:46
17.	Anne Hughe	UNATT	73:20
18.	Ray Boutotte	NMC	78:13
19.	Russ Syrjala	NMC	2:07:47

**5K Results**

1.	Jim Boucher	UNATT	29:02
2.	Bianca Montalo	UNATT	33:33
3.	Amber Nevers	UNATT	33:33
4.	Chris Reid	NMC	34:59



## **Overlook Trail Race, Continued**

**Volunteers:** Rene Lavoie, Race Director; Gail Dwyer, Mike O'Hara, Chris and Molly Reid, Dave Duval, Deb Walgren, Marge Gladwin, Ken Parker, Hidee Caisee, Jim McDermott, and Peter Orni

## **Fresh Pond Results Cambridge, MA July 30, 2011**

### **NMC 2.5 Mile Finishers**

13. John Babington	NMC	20:32
19. Eric Lequellaff	NMC	22:12
20. Peter Dennechuk	NMC	22:14
22. Sarah Dennechuk	NMC	22:29
23. Rob Therrien	NMC	23:36
24. Ray Boutotte	NMC	23:57
25. Dave Duval	NMC	24:24
29. Janice Boutotte	NMC	29:29

### **NMC 5 Mile Finishers**

5. Heidi Bixby-Handy	NMC	34:58
6. Charlie Salmond	NMC	35:35
13. Tricia Gabor	NMC	48:06
16. Paul Schell	NMC	50:16

**Volunteers:** Joe MacDonald, Julian Siegel, Tony Schreiner, Phil Keeley

## **Boston Marathon Waivers**

*By Mark Fontaine*

The North Medford Club has obtained 12 waivers for the 2012 Boston Marathon from the Boston Athletic Association. Any NMC member may apply for a waiver. If you are interested in obtaining a waiver, contact Paul McDermott at paul.mac3@verizon.net. Waivers will be awarded primarily by accumulated volunteer points. The entry fee for the waivers is \$300 and the application deadline is January 13, 2012. Please contact Paul as soon as possible if you are interested.

## **4 C Road Race Shirley, MA October 22, 2011**

1. Jeff Gould	NMC	36:00
2. Tim Blouin	NMC	39:37
3. Charlie Salmond	NMC	41:03
4. Heidi Bixby-Handy	NMC	41:17
5. Christina Santana	UNATT	45:19
6. Rick Hersey	NMC	45:19
7. Phil McGaw	NMC	47:26
8. George Corff	NMC	48:12
9. Nanci Miller	NMC	48:33
10. Phil Dinsky	NMC	48:38
11. Amy Paquette	NMC	50:42
12. Kevin Fallon	NMC	50:42
13. Steve McAvoy	NMC	51:37
14. Chris Reid	NMC	52:39
15. Marge Gladwin	NMC	63:39

**Volunteers:** Phil McGaw, Race Director; Julie Christo, Dave Duval, Marge Gladwin, and Royce Sawyer

## **Templeton 10K Trail Race Templeton, MA November 6, 2011**

1. Jon Miganowicz	NMC	42:25
2. Kelsey Allen	UNATT	45:06
3. Rick Voto	UNATT	46:12
4. Tim Blouin	NMC	47:53
5. Rene Lavoie	UNATT	48:17
6. Anthony Lombardi	NMC	49:03
7. Elizabeth Bond	UNATT	49:38
8. Joe DiMucci	NMC	50:29
9. Jim Fay	NMC	50:51
10. Lisa Lombardi	NMC	56:11
11. Lisa Stone-Mutti	NMC	56:15
12. Kris Dorsey	NMC	58:59
13. Donna LeBlanc	NMC	60:53
14. Steve McAvoy	NMC	67:19

**Volunteers:** Joe DiMucci, Race Director; Jim Brehio, Jack Thornton, Lee Meunier, Jenna Mooney, Ed Chartier, Jim Fay, Marge Gladwin and Dave Duval



**Merrimac 7 Mile Handicap Race**  
**August 16, 2011**  
**Merrimac, MA**

	<b>Name</b>	<b>Total</b>	<b>Handicap</b>	<b>Net</b>	<b>Club</b>
1.	Tim Blouin	68:35	-21:00	47:35	NMC
2.	Jeff Gould	68:49	-23:30	45:19	NMC
3.	George Leslie	69:00	+3:30	72:30	NMC
4.	Heidi Bixby-Handy	69:34	-20:15	49:19	NMC
5.	Kevin Fallon	69:47	-22:45	47:02	NMC
6.	Amy Paquette	70:31	-14:00	56:31	NMC
7.	Phil McGaw	70:52	-10:30	60:22	NMC
8.	Charlie Salmond	70:54	-20:15	50:39	NMC
9.	Vickie Bush	72:02	+3:30	75:32	NMC
10.	Rick Hersey	76:40	-7:00	69:40	NMC
11.	Marge Gladwin	78:09	+3:30	81:39	NMC
12.	Joe Dimucci	102:03	-16:30	85:33	NMC
13.	MaryLou Crohan	102:03	+20:00	122:03	NMC

**Volunteers:** Phil McGaw, Race Director; Paul and Anne Tucker, Hosts; Dave Duval, Marge Gladwin, Chet Fortier, and Royce Sawyer

**NMC Holiday Party Coming Soon**



**Mark your calendar** - The NMC holiday celebration will be 'happening' on Saturday, January 14<sup>th</sup> at the Knights of Columbus Hall, 165 Electric Avenue, Fitchburg, from 6 – 10 pm. A buffet dinner, catered by Sean Patrick's, will be served at 7 pm. Food choices include hand carved turkey, stuffed chicken breast, pasta primavera, sirloin tips, potatoes, green beans, tossed salad, rolls and assorted deserts. Live entertainment is by the band 4-on-the-Floor, back once again by popular demand. Numerous prizes will be raffled. The cost, per person, is \$18.00 for club members and a guest. Registration deadline is December 31<sup>st</sup>.

**Fitchburg, MA** – Kathy Hayward presents her winning raffle ticket at last year's holiday party. You, too, could be one of the lucky ones.

*Photo by Paul McDermott*

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**Mail this form along with a check payable to 'NORTH MEDFORD CLUB'**  
**TO: Kris Gleason 17 Stone Hedge Drive LEOMINSTER, MA 01453**

**NAME:** \_\_\_\_\_  
**TELEPHONE #:** \_\_\_\_\_  
**NUMBER ATTENDING:** \_\_\_\_\_ **AMOUNT ENCLOSED: \$** \_\_\_\_\_



**NMC Summer Series Grand Prix Final Standings**  
**Overall Series Points Winners 10 of 16 Races**

1.	Charlie Salmond	10/16 races	933.82	Total	1397.98	pts.
	Heidi Bixby-Handy	10/16 races	1000.00	Total	1200.00	pts.
2.	Tim Blouin	10/16 races	924.30	Total	1086.68	pts.
	Marge Gladwin	10/16 races	653.81	Total	772.95	pts.
3.	Rick Hersey	10/16 races	784.32	Total	1063.71	pts.
	Amy Paquette	10/16 races	617.54	Total	617.54	pts.

**Age Group Winners**

<b>Men</b>		<b>Women</b>	
<b><u>15 and Under</u></b>		<b><u>15 and Under</u></b>	
Justice Graves	164.02 pts.	Kirsten Harden	158.27 pts.
<b><u>16-29</u></b>		<b><u>16-29</u></b>	
Jonathon Miganowicz	692.53 pts.	Nicole Hollums	373.81 pts.
<b><u>30-39</u></b>		<b><u>30-39</u></b>	
Josh Curtis	297.83 pts.	Amy Paquette	617.54 pts.
<b><u>40-49</u></b>		<b><u>40-49</u></b>	
Kevin Fallon	799.57 pts.	Heidi Bixby-Handy	1200.00 pts.
<b><u>50-59</u></b>		<b><u>50-59</u></b>	
Charlie Salmond	1397.99 pts.	Marge Gladwin	772.95 pts.
<b><u>60-69</u></b>		<b><u>60-69</u></b>	
Phil McGaw	972.20 pts.	Janice Bouttote	76.25 pts.
<b><u>70-79</u></b>		<b><u>70-79</u></b>	
Paul McDermott	80.9 pts.	MaryLou Crohan	290.72 pts.

**Trail Race Series Winners**

1.	Charlie Salmond	513.67	pts.
	Sherisa Sterling	448.33	pts.
2.	Tim Blouin	441.10	pts.
	Heidi Bixby-Handy	200.00	pts.
3.	Jonathon Miganowicz	394.40	pts.
	Lisa Stone-Mutti	199.88	pts.



## **Consider Running**

*By Rene Lavoie*

Every other year the North Medford Club holds its elections for officers and board of directors. This year there are a number of vacancies to be filled. As usual the president's position will be vacated and there will also be vacancies for secretary, membership director and at least three board members. In addition to these vacancies, there will be an opportunity to nominate club members for lifetime honorary board status. Any member in good standing can be nominated for any board position. A member in good standing is defined as any person who has been a member for at least one year and is current in their dues. Besides eating pizza and drinking beer four times a year, the board meets to discuss and plan for club events such as the Lake Winnepesaukee Relay, the summer and winter race schedules, team running events, scheduling of clock requests, the club holiday party, the purchase of club clothing and prizes, as well as other expenditures. Although there has been a core of club members who are longtime board members, all agree that it makes for a healthy board to have turnover in membership in order to bring new ideas and perspective to the board. In the past two years the board has overseen the continued success of the relay, the introduction of an online newsletter that has saved the club printing and mailing costs, an expanded website, mass notification via email, an expanded grand prix scoring system and additional awards, as well as the addition of a 5K summer race series. All these changes have come about as a result of new board members. The club provides many benefits for a fair cost and volunteering time is a small additional price to pay. I encourage anyone who has ever considered running to contact Mark Fontaine and let him know you would like to have your name put in nomination.

## **Election Reminder**

*By Mark Fontaine*

Elections for NMC officers and board members will be held at the Annual Meeting at the Fitchburg Knights of Columbus Hall following the Bob Hersey Race on January, 8, 2012. As a reminder, we are implementing a slight change in our voting process. To make elections more efficient, we are allowing pre-nominations for any officer or board position. Any member in good standing may be pre-nominated by another member. The pre-nomination period is underway. Pre-nominations and questions can be sent to Mark Fontaine at [mark.fontaine@comcast.net](mailto:mark.fontaine@comcast.net).



**Weirs Beach, NH** – Treasurer Marge Gladwin is still smiling even though she's tied up handling Lake Winnepesaukee registration duties. You could be wrapped up like Marge - consider running for a seat on the NMC Board of Directors



**Westford, MA** – From left to right, Joe DiMucci, Jim Fay, Darlene Hoover and Jim Shope, in their matching NMC singlets, representing the club at the Puma 5 Mile Road Race.

*Photos by Paul McDermott*



### Common, Continued

Deb Wallgren describes the Rindge Road Runners as 'a crazy group of talented runners who get together on Saturday and Sundays mornings at Saima Park in Fitchburg'. Saturday mornings are devoted to trail runs behind Burbank Hospital in a beautiful wooded trail setting complete with small pools of water to jump in to cool off or, in the winter, to create a challenge. Deb reports that in the winter 'we see who is crazy enough to jump in, and yes, some do!'



**Fitchburg, MA** – Rindge Road Runner Chris Reid appears to be coasting to the finish of the 2011 Burbank 5 Mile Trail run. In reality, Chris was quickly attending to his duties as Race Director prior to the start of the race.

*Photo by Paul McDermott*

Sunday mornings are devoted to more serious runs of anywhere between 10 to 15 miles depending on upcoming races that group members are preparing for. However, most long runs have an out for anyone not up to the distance.

Rindge Road Runners have run many marathons, races, and relays, as well as volunteering at many NMC events. Deb notes that group members help put on a NMC trail race twice a year, in the trails behind Burbank Hospital. 'Chris Reid and Jim McDermott faithfully keep the trails cleared for us. Thanks to their hard work, the trails are much easier to run!'

Deb adds, 'our goal is to have fun, remain healthy, and enjoy our runs! If ever you are up for a 7 am run, please join us at Saima Park'.



**North Medford Club**  
**79 Years and Running**  
**2012 Winter Racing Series**

- ❖ **January 8, Sunday, Bob Hersey Memorial**, K of C 165 Electric Ave., Fitchburg, MA, 5 Miles, 1pm. **POT LUCK. ANNUAL MEETING.** (Directions: Rte. 2, South St. exit towards Fitchburg, left on Electric Ave., K of C on left.). Call 508-380-6268 or [Rainman52@verizon.net](mailto:Rainman52@verizon.net) for directions.
- ❖ **January 15, Sunday, the Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, 1pm 11 Kelly Square Worcester, MA. (Directions: exit 13 Kelly Sq. off of rte. 290. Enter rotary, first exit off the Rotary is Water St. Parking is on street. The Greyhound Pub is located by the rotary. The pub is one-half mile from the start.) For information contact Amy Paquette at [almassagetherapy@yahoo.com](mailto:almassagetherapy@yahoo.com).
- ❖ **January 22, Sunday, Bennett Estate Race**, 115 Forest St., Danvers, MA, 6.2 Miles, 1pm. Hilly. For directions, call Dick Bennett at 978-774-5986.
- ❖ **January 29, Sunday, Log Cabin 10K**, Rtes. 2A & 31, Westminster St., Fitchburg, MA, 1:00pm. (Directions: Rte. 2 to Rte. 31 exit towards Fitchburg, right at stop sign).
- ❖ **February 5, Sunday, Tom & Ron Boone Memorial 10K**, Gardner Fish & Gun Club, Clark St. Gardner, MA. 1pm. (Directions: Rte. 2 to exit 23. Bear onto Pearson Blvd. and then right on Elm St. for .9 miles. Bear left around rotary, Rte. 101, onto Central St. Bear right at fork onto Park St. for .7 miles then bear left on Clark St. to Fish & Gun Club 1.25 miles on left).
- ❖ **February 12, Sunday, Donnelly's Tavern 5 mile**, Donnelly's Tavern, 43 Summer St., Lunenburg, MA, 1pm. (Rte 2 to exit 32 to rte 13 north, Main St. for 2 miles. Left on to North St. at King's Corner for 1 mile to Donnelly's Tavern on right).
- ❖ **February 19, Sunday, Merrimac**, 1 Locust St., Merrimac, MA, 7 Mile handicap run, 1pm. (Directions: Rte. 495 to Exit 53 onto Broad St. Turn onto Rte. 110 to the center of town. Turn left onto Locust St.).
- ❖ **March 3, Saturday, Fresh Pond**, Cambridge, MA, 2.5 and 5 Mile races, 10am. (Parking behind Cambridge Honda or at school to avoid possible parking ticket on Fresh Pond property). **Entry fee: FREE.**

**Entry fees: \$5.00 for all non-members; \$3.00 for NMC members who want a prize.**

**There is no entry fee for NMC members who waive prize.**

**All races with the exception of trail races include a race walk.**

**OTHER RACES SUPPORTED OR ORGANIZED BY NMC OR ITS MEMBERS**

- ❖ **Saturdays, Fresh Pond**, Cambridge, MA, 2.5 and 5 Mile races. (Parking behind Cambridge Honda to avoid possible parking ticket on Fresh Pond property). **Entry fee: FREE.**
- ❖ **February 5, Sunday, The Great Stew Race**, K of C Lynnfield St. (rte. 129) Lynn, MA 15K, 10am. \$12 no shirt, \$25 with shirt. Contact Alan Peterson at 781-592-1667. Directions, information: [www.stewchase.com](http://www.stewchase.com), Facebook, 15K Great Stew Chase

**NMC Website: [www.NorthMedfordClub.org](http://www.NorthMedfordClub.org)**

**To run for the NMC teams at championship races see Jim Imprescia or Jeff Gould. USAT&F card must list North Medford Club, #37**