



A Tribute to Tom McDonough

by Donna LeBlanc

Nahant, MA – I did not know Tom McDonough well, but many club members did and remember him with great fondness. This article pays tribute to Tom, a long-time NMC member and honorary member of the Board of Directors, who died on December 24, 2011, after a brief illness. This article with help from his son, Steve and daughter, Andrea, includes a few snippets of



Tom's life to help us remember Tom as a runner and as a person.

'Tom was a real gentleman,' writes Phil McGaw. This is the statement made over and over again when senior and veteran club members were asked about Tom. According to Rene Lavoie, 'He was the kind of person who made you feel good. Conversations with him were always positive and he was very polite.'

When asked about his running accomplishments, daughter Andrea explained, 'My father completed 28 marathons. I ran 9 of those with him including marathons in Dublin, Ireland (3 times), Paris, France (3 times,) Reims, France (once) and Venice, Italy (twice).' Andrea added, 'My father always trained for marathons alone, but as far as daily running was concerned, he'd often run with his friend Eric Whyte.' According to Tom's son, Steve, his last marathon was in Venice, Italy, in October of 1998 at the age of 73. He finished in 4:41:55.

Turn to Tribute /Page 4

Weir's Beach, NH – Tom McDonough running Leg I of the Lake Winnepesaukee Relay. He finished in 2:05:34. The picture was taken on Sept. 19, 1998. John Robertson, Stephen Brooks and Peter Schell also ran for the team.

Photo by Frenchy Maynard

In This Issue

Tribute	1, 4
Bus to Boston	2
Election Results	2
Dues Time	2
Marathon Waivers	2
How Far	3
Inspiration	6
The Power Within	8
Iron Runners	9
Race Results	5 – 10
Devens Time	10

Managing Editor:	Donna LeBlanc	donnajleblanc@yahoo.com
Mailed Circulation:	Sherisa Sterling	satinday@verizon.net
Virtual Circulation:	Chris Reid	webmaster@NorthMedfordclub.org
Contributing Writers:	Gary Leavitt	gleavitt69@gmail.com
	Rene Lavoie	rainman52@verizon.net



2012 Bus to Boston

'The NMC Bus' to Boston via Hopkinton is once again available for Boston Marathon runners and spectators.



The two pickup locations are the usual ones: the Wilson's Bus Lines parking lot in East Templeton, and at the Orchard Hills Athletic Club in Lancaster.

Cost for round trip bus fare and use of the hotel room is \$50 per person with a \$5 discount (\$45) given, if paid by Feb 1st.

The price includes: Bus ride to Hopkinton, bag transfer to the Marriot Copley Place on Huntington Avenue, showers, light snacks, camaraderie and, of course the return ride back to your car.

For more information and to reserve a seat, contact Joe DiMucci: 978-939-2577 or jdimucci5@comcast.net

Payments can be made by sending a check payable to The North Medford Club c/o Marge Gladwin, 16 Village View Road, Westford, MA 01886.

Election Results

Elections were held January 8th following the Bob Hersey Race and the results are in. The following club members were elected to a two- year term:

President	Jim Fay
Vice President	Joe DiMucci
Treasurer	Marge Gladwin
Secretary	Sarah Dennechuk
Newsletter Editor	Donna LeBlanc
Website Manager	Chris Reid

Membership Director	Deb Fontaine
Past President:	Rene Lavoie
Board Members:	Jim Gaffney
	Jeff Gould
	Charlie Herbert
	Darlene Hoover
	Brenda McDemott
	Jim McDermott
	Amy Paquette
	Ken Parker
	Molly Reid
	Judy Tibbetts

In addition, Paul McDermott was elected as a life-time honorary board member.

Time to Pay Your Dues

Here's a friendly reminder to club members that NMC membership dues were due the first of the year. If you need a membership application, you can print one out from the club website. If you are not sure if your dues are current, please contact Deb Fontaine at debholiday@aol.com

Boston Marathon Waivers Awarded

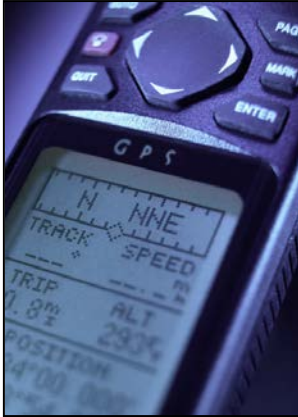
At the January 8th Annual Meeting, 12 waivers given to the club by the Boston Athletic Association were distributed to members. Criteria for selection included being an active club member for a minimum of one year combined with volunteer points earned over the past year. Those requesting a waiver were rank ordered according to the volunteer points they had accumulated. The top twelve were awarded waivers. This year's recipients are:

1. Trish Gabor
2. Sharon Ronan
3. Kathie Cioffi
4. Dick Hawkins
5. Kimberly McCollough
6. Craig Reid
7. Nicole Hollums
8. Joe Dimucci
9. Steve McAvoy
10. Larry Morris
11. Hidee Caissie
12. Gail Dwyer



How Far? How Fast?

By Donna LeBlanc



Technology can be great. It can also distract you to the point that you can lose sight of the bigger picture. That's what happened to me. Last year, Jim Fay let me use his GPS watch at the Little Rhody 5K. I was immediately smitten by the splits, the elevation, the heart rate and a myriad of other quantitative facts about my run around the Twin River Casino parking lot. I thought, 'I gotta get me one of these.'

Fast forward 6 months. I had just purchased a new iPhone and was downloading all sorts of apps including a free Nike GPS app. Now, I too, could accurately track time, distance and a bunch of other running facts. My maiden voyage using my very own GPS tracking device included a voiceover announcing 1/2 mile splits along with intermittent applause and affirmations such as 'way to go' and 'congratulations'.

Aside from my left arm feeling a bit numb and heavy from the iPhone strapped snugly around my bicep, all was well until I ran my first mile only to be told that the distance was 7/10th of a mile. According to the GPS, I passed my first mile in 11 minute, 23 seconds. Extremely disappointed by the results and attributing it to the early morning hour, I started an all-out effort to run mile two in eight minutes or less. Well according to the voice, mile 2 was equally dismal with a 10:49 pace announced along with a roar of applause. My standard 5 mile loop, one I had been running for years, came in as a 3.8 mile run in a time of 43:21. Sweaty and breathless, I immediately got in my car and drove the route. Granted, this was no wheel-measured mile, but the route came in at 5.1 miles. So what gives?

According to a recent New York Times article, I learned the reasons for discrepancies between GPS, Google maps, car odometers readings, wheel measured miles and gut feel.

For those unfamiliar, global positioning system watches as well as apps that can be downloaded to a mobile device such as an iPhone or Android track the distance you have run and your pace, including average pace and instantaneous pace. When you are finished running, you can download all this data onto your computer.

According to the Times article, 'GPS Watch Can Be an Unreliable Running Partner', here's why GPS devices, might not get it right. The problem, say their makers, is that people expect too much. The watches are very much a work in progress. According to the government and GPS receiver manufacturers, you can expect your GPS unit to be accurate within 15 meters (49 feet). Trees or clouds or tall buildings can block the satellite signals needed for the devices to track distances. Routes with lots of turns throw them off, too; if you lose the signal as you go around a curve, your device will draw a straight line from where it last saw you to where it found you again. The distance around the curve will not be tracked.

There is also an accuracy problem caused by something called multipath. If a satellite signal arrives directly and also bounces off a mountain or nearby building to the receiver, the receiver may be confused as to which signal to use.



How Far, Continued

Not sure if you can trust your GPS device's accuracy? Try this experiment: Go to a 400-meter track and run on the inside lane for 12.5 laps. That's 5,000 meters. Check the distance on your GPS. Is it 5,000 meters? Probably not.

A couple of additional ways to address GPS accuracy issues include:

- **Repeat and average:** If you run the same course more than once, measure it several times and take the average over a number of readings.
- **Look for trouble spots:** Keep a close eye out for areas on the course that might affect accuracy.
- **Compare with other tools:** A service like MapMyRun.com can verify the accuracy of the distances of your favorite courses.

My solution was to go back to a very basic formula that had always worked for me. I decided to leave the GPS device at home. I've opted to go back to getting a more intuitive sense of my running fitness level with a bit of data thrown in to validate the way I was feeling. I tend to run the same routes week-to-week so I compare the times run on the same routes and modify my workouts accordingly. A slower pace over a three week period usually signals that a few speed sessions at a local track are in order. It may not be that scientific, but it keeps me sane and for me that's what the bigger picture is all about. Some find GPS data motivating and useful. If you're that person, keep the tracking device on. Just realize it doesn't always tell 'the truth'.

Thanks to Jim Gaffney for sharing the New York Times article and suggesting a story about GPS accuracy and for giving me a copy of the Times article. To read the complete story, click on the following link: <http://www.nytimes.com/2011/12/20/health/nutrition/gps-watches-may-not-track-runs-accurately.html>

Tribute, Continued

Steve also shared a story that highlights Tom's zen-like attitude when it came to running long distance. "My father often would ride his motorcycle to Canada to run marathons. The motorcycle he would ride was not a big, comfy touring cycle, but a small, 500cc single cylinder bike designed for short rides and commuting. One day I came by his house and found him packing up his motorcycle. I asked him where he was going. He said, 'I'm running the Quebec City Marathon'. I said 'You're going up there on THAT!' He said 'Sure, why not?' I watched him ride off wearing a leather jacket, running gear strapped to the back of his cycle. I thought 'He'll never make it'. But, sure enough, he ran the marathon and was back a few days later."

When Tom wasn't running he was an engineer and the owner of Calx Company, a high-tech manufacturing company in Lynn, MA. A lifelong motorcycle enthusiast, Tom rode motorcycles into his 70's. He also restored vintage motorcycles and was a member of several motorcycle clubs.





Bob Hersey Memorial 5M Road Race
January 8, 2012
Fitchburg, MA

1. Scott Leslie	UNATT	28:53
2. Brian Allen	UNATT	29:54
3. Jon Miganowicz	NMC	32:11
4. Matt Moison	NMC	33:39
5. John Kelley	NMC	33:51
6. Tim Blouin	NMC	34:04
7. Charlie Salmond	NMC	35:49
8. Kevin Fallon	NMC	36:13
9. Elizabeth Bond	NMC	36:32
10. Heidi Bixby-Handy	NMC	37:11
11. Steve Penney	NMC	37:24
12. Joe DiMucci	NMC	38:02
13. Mike O'Hara	NMC	38:25
14. Nicole Hollums	NMC	38:26
15. Amy Paquette	NMC	38:34
16. Jonathon Fitt	NMC	39:48
17. Lori Berkey	NMC	39:54
18. Rene Lavoie	NMC	40:14
19. Tom Spinelli	NMC	40:29
20. Jim McDermott	NMC	41:09
21. Melisa Leslie	NMC	41:33
22. Carol Allain	NMC	41:46
23. Phil McGaw	NMC	42:09
24. Donna LeBlanc	NMC	42:22
25. Rick Hersey	UNATT	42:53
26. George Corff	NMC	43:09
27. Lisa Stone-Mutti	NMC	43:20
28. Sharon Ronan	NMC	43:27
29. Tricia Gabor	NMC	43:30
30. Jim Fay	NMC	44:20
31. Gary Campbell	NMC	44:25
32. Peter Heed	NMC	44:55
33. Peter Orni	NMC	45:34
34. Darlene Hoover	NMC	45:36
35. Scott McAuliffe	NMC	46:03
36. Steve McAvoy	UNATT	46:11
37. Zack Tibbetts	NMC	46:28
38. Megan Therriault	NMC	46:29
39. Chris Lake	UNATT	47:57
40. Diane LeBlanc	UNATT	47:57
41. Sarah Dennechuk	NMC	49:12
42. Marge Gladwin	NMC	52:29
43. Ken Becker	NMC	52:29
44. Aldo Bianco	NMC	53:25
45. George Leslie	NMC	53:46

46. Dick Hawkins	NMC	56:32
47. Dan Dodson	NMC	64:55
48. Sherisa Sterling	NMC	65:53
49. MaryLou Crohan	NMC	75:46

Volunteers: Rene Lavoie, RD; Larry Morris, Darlene Hoover, Brenda McDermott, Charlie Herbert, Chuck Powers, Chris Reid, Marge Gladwin, Jeff Gould, Dave Duval, Jim Shope, Anthony Cali, Cindy and Scott Janssens, Karina LeBlanc, Craig and Molly Reid.



Fitchburg, MA - Long-time club members join together for a photo opportunity before the Hersey race. From left to right, DanCoffey, Simone McGrath, George Leslie, Julian Siegel and Frenchy Maynard.

Greyhound Pub
Mr. Bean Memorial Race
Worcester, MA
January 15, 2012

1. John Pajer	CMS/NMC	19:53
2. Jon Miganowicz	NMC	20:23
3. Dan Ford	NMC	20:42
4. Josh Curtis	NMC	21:20
5. Jeff Gould	NMC	21:38
6. Henry Castillo	CMS	22:50
7. Tim Blouin	NMC	23:24
8. Mike Auger	NMC	23:36
9. Kevin Fallon	NMC	23:38
10. Joe Pitkin	UNATT	23:44
11. Beth Masterjohn	HCS	23:50
12. Todd Kitterman	HCS	24:18
13. Charlie Salmond	NMC	24:50
14. Matthew Cormier	HCS	24:58



Greyhound Pub Results, Continued

15. Jim McKenna	HCS	25:47
16. Vanessa Ward	UNATT	25:59
17. Amy Paquette	NMC	27:02
18. Daryll Netto	UNATT	27:36
19. Donna LeBlanc	NMC	27:51
20. George Corff	NMC	28:21
21. Annie Ollila	NMC	28:29
22. Woody Syrjala	NMC	29:04
23. Steve McAvoy	NMC	29:31
24. Leslie Paquette	NMC	31:53
25. Jason Hedley	Worc	33:48
26. Ken Becker	NMC	34:28
27. Marge Gladwin	NMC	35:05
28. Karen Pajer	NMC	35:22
29. Cindy Curley	CMS	35:22
30. George Leslie	NMC	38:08
31. Joanna Latino	UNATT	--:--
32. Carolyn Latino	UNATT	--:--
33. Mary Clifford	UNATT	--:--
34. John Latino	UNATT	--:--

Volunteers: Amy Paquette, Race Director; Marge Gladwin, Dave Duval, Lori Berkey, Charlie Hebert, Tom Lynch, Kevin Fallon, Jim Shope, Darlene Hoover, Carol Allain, George Corff, Chuck Powers and Jeff Gould.

**Log Cabin 10K
 Fitchburg, MA
 January 29, 2012**



Fitchburg, MA – On your mark...get set...go. Runners poised at the start of the Log Cabin 10K.
Photo by Chris Reid

1. Ryan Miller	UNATT	35:42
2. Richard Tuttle	UNATT	36:50
3. John Pajer	NMC/CMS	37:15
4. Jon Miganowicz	NMC	38:44
5. Dan Ford	UNATT	38:48
6. Dave Mingori	CMS	40:54
7. Rich Voto	UNATT	41:06
8. Jeff Gould	NMC	41:19
9. Tim Blouin	NMC	42:10
10. Alice McKeon	NMC	42:30
11. Matt Moison	NMC	43:19
12. Jennifer Davidson	CMS	44:20
13. Charlie Salmond	NMC	44:30
14. Dave Audet	NMC	45:29
15. Tim Rothfuss	UNATT	47:08
16. Jessie Altman	UNATT	47:53
17. Bob Lalli	NMC	48:21
18. Jonathon Fitt	NMC	48:40
19. Bob White	NMC	49:43
20. Joe DiMucci	UNATT	51:05
21. Keri Bassingthwaite	GCS	51:21
22. Donna LeBlanc	NMC	51:53
23. Carol Allain	NMC	52:33
24. Steve McAvoy	NMC	53:30
25. Georg Corff	NMC	53:43
26. Phil McGaw	NMC	54:03
27. Darlene Hoover	NMC	55:53
28. Woody Syrjala	NMC	56:27
29. Wayne Douglas	UNATT	58:45
30. Leah Brooks	UNATT	58:59
31. Janice Bellew	UNATT	59:57
32. Dave Bellew	UNATT	59:58
33. Karen Dodos	CMS	60:21
34. Erin Holmes	UNATT	63:25
35. John Collura	UNATT	64:31
36. John Healy	UNATT	64:32
37. Adam Gerhard	GCS	65:20
38. Ken Becker	NMC	66:34
39. Ray Boutotte	NMC	68:25
40. George Leslie	NMC	68:34
41. Marge Gladwin	NMC	69:23
42. Amanda Wilkinson	UNATT	72:10
43. Dan Dodson	NMC	77:45
44. Sherisa Sterling	NMC	80:16
45. Mary Lou Crohan	NMC	74:35
		(4 miles)

Volunteers: Frank Gorham, Race Director; Marge Gladwin, Dave Duval, Craig Reid, Chris Reid, Chuck Powers, Larry Morris, Rene Lavoie, Jim Gaffney, Jim Imprescia, Jim Shope, Jim Fay, and Karina LeBlanc.



Bennett Estate Race
6.45 Mile Road Race
Danvers, MA
January 22, 2012

1. Casey Carroll	UNATT	34:23
2. Brett Budzinski	UNATT	38:49
3. Tim Blouin	NMC	39:07
4. Charlie Salmond	NMC	40:25
5. Aarron Toleos	D5K	40:31
6. Zane Zeeh	UNATT	41:19
7. Woody Syrjala	NMC	42:06
8. Steve McAvoy	NMC	42:46
9. George Corff	NMC	43:14
10. Julie Valenti	UNATT	43:40
11. Bill Mullen	NMC	43:57
12. Roger Perham	NMC	44:55
13. Wendy Burbank	Gil's AC	45:27
14. Robert Schrater	UNATT	45:43
15. Marge Gladwin	NMC	47:27

Volunteers: Dick Bennett, Race Director; Marge Gladwin, Dave Duval, Ed and Joe Bennett.

Tom and Ron Boone
10K Memorial Road Race
Gardner, MA
February 5, 2012

1. Jon Miganowicz	NMC	39:05
2. Matt Moison	NMC	40:58
3. Tim Blouin	NMC	41:07
4. Henry Castillo	NMC	42:32
5. Charlie Salmond	NMC	43:39
6. Kevin Fallon	NMC	44:10
7. Mike Auger	NMC	44:17
8. Elizabeth Bond	NMC	44:39
9. Anthony Lombardi	NMC	46:23
10. Lee Meunier	NMC	46:47
11. Joe DiMucci	NMC	47:34
12. Alyss Lombardi	NMC	47:43
13. Mike O'Hara	NMC	47:51
14. Amy Paquette	NMC	48:11
15. Gary Ring	UNATT	48:28
16. Shannon Dunn	UNATT	49:01
17. Donna LeBlanc	NMC	51:27

18. Ken Johnson	NMC	51:54
19. Lisa Stone-Mutti	NMC	52:27
20. George Corff	NMC	53:43
21. Julie Ruhland	UNATT	54:26
22. Lisa Lombardi	NMC	54:59
23. Megan Therriault	NMC	58:18
24. Greg Beyrouzey	UNATT	59:29
25. Wayne Douglas	UNATT	60:05
26. Beth Hettrick	UNATT	60:16
27. Jim Lanteigne	UNATT	60:17
28. Mike Ruhland	UNATT	60:46
29. Matt Halfrey	UNATT	61:11
30. Brian Sheil	UNATT	64:42
31. Sherisa Sterling	NMC	78:05
32. MaryLou Crohan	NMC	91:56

Volunteers: Carol Allain and Jeff Gould, Race Directors; Jim Fay, Steve Penney, Darlene Hoover, Jim Shope, Rene Lavoie, Dave Duval, Jim Imprescia, Larry Morris, Jim and Janet Brehio, and Deb Wallgren.



Gardner, MA – Elizabeth Bond at the Boone Memorial 10K road race running past Mount Wachusett Community College approaching mile 3. Elizabeth won the woman's race in a time of 44:39.
Photo by Paul McDermott



'I want to run until I can't run'
 - Bill Rodgers



Inspiration

By Rene Lavoie

Looking for running inspiration? I suggest looking up double amputee Aimee Mullins. Recently I heard her tell her story on The Moth radio show. Aimee was born without fibular bones and had both of her legs amputated below the knees. At that time the most common prosthetic legs were made of wood or plastic or a combination of both held on by Velcro straps. Not your ideal substitute for legs to walk on let alone run and compete on.

Throughout high school Aimee played softball and skied. While studying history and diplomacy at Georgetown University she heard of a competition for amputees being held in Boston and on her own showed up and despite no formal training she competed and set a world record. It was obvious she had determination and ability and with the encouragement from the other participants she returned to Georgetown and sought out the legendary track coach Frank Gagliano who agreed to train her.

Aimee went on to compete at the NCAA Division I level using the revolutionary designed prosthetics made of carbon fiber and modeled after the hind legs of cheetahs. She would then go on to compete in the 1996 Paralympics in Atlanta where she set world records in the 100 meters, 200 meters, and the long jump.



Not to be solely defined by her disability Aimee helped to design prosthetic legs made of materials that took advantage of their practical as well as for their design value. She helped design prosthetics that are identical to flesh and blood, ones that are works of artistry, glass legs, as well as tattooed legs. As she proudly claims she doesn't need to shave her legs and she can wear open-toe shoes in the winter. In addition to being an athlete, Aimee is also a model having done runway work for Alexander McQueen, an actor appearing as the Leopard Queen in Matthew Barney's Cremaster Cycle, and was the official Ambassador for the Tribeca/ESPN Sports Film Festival. For more information and a filmed interview check out:

www.Ted.com/talks/Aimee_Mullins_on_running.html.

The Power Within

By Gary Leavitt

'So where does the power come from, to see the race to its end? It comes from within.' Eric Liddell (Chariots of Fire)



I've lived by this quote before I saw the movie and ever since seeing the movie. It is truly one of the greatest quotes when it comes to running. It is actually a great quote in religion as well as everyday life.

Here's another great quote from that same Academy Award Winning movie: 'I believe God made me for a purpose, but he also made me fast and when I run I feel his pleasure. To give it up would be to hold him in contempt.' Eric Liddell (Chariots of Fire)

How about you? Do you feel God's pleasure? Or have ever you had to dig down deep to finish or win a race?



The Power Within, Continued

Personally, throughout my running career, entertainment career, coaching career or sales career I've experienced it all. No, I haven't won a gold medal like the Scotchman Lidell nor have I ever competed in an Olympics, Olympics Trial or anything of that magnitude. But some mysterious inner strength has given me that magical lift to achieve that little extra.

I'm sure all of you have something like that happen to you and probably remember when and exactly how it transpired. In many ways it is a religious feeling and in many ways it seems so surreal.

One I can remember more than any was while racing in Lynn, MA. It was a five mile race put on by the now extinct Golden Circle Pub. The Race Director, Gerry Caruso, a good friend of mine, asked me to run in it. I tried to support every race that he was directing because Gerry was a good guy.

I had only problem at the time - bruised or perhaps cracked ribs, an injury that I sustained in Recreation League Basketball. A big dude slammed into me and oh how the pain hit me like a freight train.

I told Gerry about the injury and he said just come down and help with the race and, if I felt better I could hop in. The race was approximately three days after the blow.

I didn't think I could do it, but somehow, somehow I held my elbow in tight to my body and tried to make it like a brace. I normally would bolt out at the beginning of every race and then settle in. Not this time. I had to go out somewhat conservative and ease on into the race without any jerking motion.

It worked somewhat, however, I couldn't accelerate much faster than the pace I

started at. There would be no sprint at the end.

I ran behind Bob Gillon, a decent runner, from Lynnfield. He would lead for four plus miles of this race. I never faded nor did I surge. He faded. I maintained going by him and never let him know that I was in excruciating pain and would not be able to offer any kind of a kick to counter his kick. It wasn't my fastest five miles nor was it my prettiest. But it was exactly what I said from the outset of this article. 'I had the power to see the race to it's end.'

And, yes 'I felt his pleasure.'

2011 USATF Iron Runners

Congratulations to our dedicated USATF club members who ran all 7 USATF – NE Grand Prix races last year. The series began in February and ended in October with distances ranging from 5K to a full marathon. NMC Iron Runners for 2011 are:

- ❖ Mike Auger
- ❖ Tim Blouin
- ❖ Dan Dodson
- ❖ Jim Fay
- ❖ Joe DiMucci
- ❖ Jon Miganowicz



Nashua, NH – A smiling NMC Men's Open team prior to the start of the Mill City Relay. From left to right, Matt Spano, Jon Miganowicz, Will Lary and Mike Grasela. The team placed 5th overall running the 26.9 mile course in a time of 2:36.



Donnelly's 5 Mile Road Race
Lunenburg, MA
February 12, 2012

1. Jon Miganowicz	NMC	31:40
2. Trent Hayden	GCS	34:37
3. Robin Ireland	UNATT	34:46
4. Matt Moison	NMC	35:17
5. Charlie Salmond	NMC	35:34
6. Heather Arsenault	UNATT	36:04
7. Elizabeth Bond	NMC	36:22
8. Mike O'Hara	NMC	38:30
9. Tim Blouin	NMC	38:31
10. Chris Arcan	HCS	38:38
11. Gary Ring	UNATT	39:03
12. Joe DiMucci	NMC	40:06
13. Ad Delrey	HCS	40:07
14. Bob Lalli	NMC	40:39
15. Marcy Silva	MWCC	41:09
16. Joe Alvalle	HCS	41:10
17. Ken Johnson	NMC	41:35
18. Keith Harnden	NMC	41:44
19. Phil McGaw	NMC	42:17
20. Donna LeBlanc	NMC	42:22
21. Jane Ring	UNATT	42:34
22. Lisa Stone-Mutti	NMC	42:50
23. Randall Descarreaux	UNATT	42:58
24. George Corff	NMC	43:30
25. Steve McAvoy	NMC	43:58
26. Darlene Hoover	NMC	45:15
27. Melissa Howard	UNATT	46:11
28. Karen Pied	UNATT	46:17
29. Megan Therriault	NMC	47:15
30. Kellie Peters	UNATT	48:29
31. Dave Evans	HCS	48:59
32. Chris Reid	NMC	49:33
33. Adam Gerhard	GCS	52:34
34. Marge Gladwin	NMC	55:12
35. George Leslie	NMC	58:47
36. D. J. Howard	UNATT	63:53
37. Brian Sheil	UNATT	73:18
38. MaryLou Crohan	NMC	88:56

Volunteers: Frank Gorham, Race Director; David Duval, Marge Gladwin, Chris Reid, Jim Gaffney, Jim Fay, Chuck Powers, Jeff Gould, Rene Lavoie, Larry Morris, Jim Shope and Craig Reid

It's Devens Time

Not Miller time...Devens time – But, you can certainly plan to have a beer after you have finished the race.

Last year's Devens series turned out to be a success with consistent turn-out each week and new-to-the-club participation that resulted in the addition of several new members. NMC will again host a series of races – nine 5K races to be exact along with a 1 mile fun run at Ft. Devens on consecutive Wednesdays beginning April 4th and concluding on May 30th. April races will start at 6:15 pm; those in May at 6:30 pm.

Race start is Rogers Field, 55 Buena Vista St, Devens, MA. There is parking behind the buildings on Buena Vista opposite the field. The cost is \$2 for NMC members; \$4 for non-NMC members; and, \$1 for anyone under 18 years old.

Volunteers are very much needed for all races. In addition, we are looking for Race Directors for races being held on May 23rd and May 30th. If you are able to help out any of the weeks in any capacity or would like more information, please email Kevin or Amy. Kevin nollafnivek@yahoo.com Amy almassagetherapy@yahoo.com



Fitchburg, MA - Miller Time - Deb Fontaine and Lori Berkey smiling for the camera while enjoying their favorite brews at NMC's Annual Holiday party that took place on January 14th. A good time was had by all.