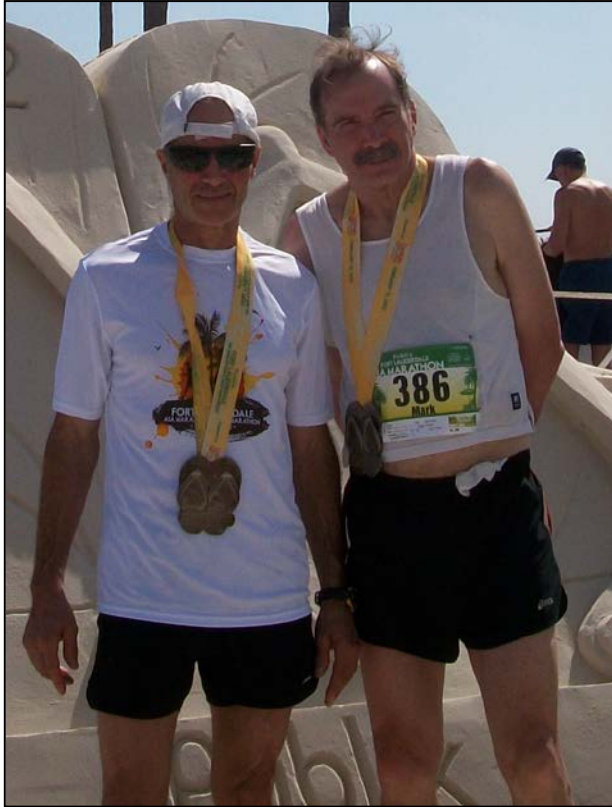


SENIOR MOMENTS

by Donna LeBlanc



Fort Lauderdale, FL – Marty Ellowitz and Mark Wigler display the hardware earned for first place age group finishes at the AIA Marathon.

Hubbardston runners Marty Ellowitz and Mark Wigler headed south to compete in the AIA Marathon in Fort Lauderdale on February 19th. Both runners captured age group awards on a day that tied temperature records in South Florida, topping off at 89 degrees.

'The obsession with running is really an obsession with the potential for more and more life.' - George Sheehan

A senior moment is usually a term reserved for an awkward point in time that seems to grace all of us as we age. It refers to those instances when we just can't retrieve basic information from our memory bank like our first born child's name or what we ate for dinner last night. This article is about senior moments, fortunately not the kind I just described. Although, truth-be-told, my forgetfulness of late could fill up several pages. The senior moments that are being celebrated here are the running accomplishments of some of our, shall we say, more seasoned club members who are still bringing home awards and accolades locally and nationally well into their 5th, 6th and 7th decades.

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Trail Race Series

By Rene Lavoie

Continuing the tradition of having a series within a series that started last summer, the North Medford Club is having a trail race series as part of the Grand Prix Summer Race Series. This year's trail races include the following events:

1. **June 12th**: Lake Dennison 4M Trail Race
2. **June 19th**: Boxford State Forest 10K Trail Race
3. **July 17th**: Burbank 5M Trail Race
4. **August 7th**: Lynn Woods 5.75M Trail Race
5. **September 23rd**: Overlook 10K Trail Race and 5K Walk/Run
6. **November 4th**: Templeton 7M Trail Race

Total points will be awarded to the best 4 of 6 races. Plaques and trophies will be awarded at the January annual meeting. Good luck to all.



Newton, MA - The NMC cheering squad brought smiles and positive energy to this year's Boston Marathon. The team offered much needed encouragement to NMC runners from their customary location near the beginning of Heartbreak Hill. From left to right: Denise Lawson, Molly Reid, Peter Orni, Paul McDermott and Marge Gladwin. *Photo by Paul McDermott?*

Take Your Running To a Higher Ground

By Jeff Gould

Great things happen when men and mountains collide... For those who have never considered the New England Mountain Series, here's my shameless plug. I recommend giving it a try. I've run the series in its entirety for the last 4 years, 5 years total, and am well on my way to completing it again this year. It's a USATF series, similar to the well-known series that many follow around New England each year. It has, to say the least, its own set of added challenges, as anybody can see. Running the mountains means fighting gravity all the time, but it comes with its own rewards as well. The first race of the series is always a reunion of sorts; runners that run the series year-after-year getting together after a long cold winter. The races are smaller than regular USATF races, entry fees are on average, much lower. The past two years has seen only 1 of the 6 races with an entry over \$20.



Windsor, VT – Ascutney Mountain looks like a gentle climb from a distance, but it is one of six challenging mountain races that are part of the USATF Mountain series.



Higher Ground, Continued

The Mountain Series typically consists of 6 races over the course of 8-9 weeks, making it a shorter series that's over with rather quickly compared to the regular USATF series, that goes on for 8 months or more. This year began with a new race, Sleepy Hollow Mountain in Vermont (road trip, anyone?). Camping was available for anybody that wanted to get up there the night before and sleep out in the open, something I think many will do next year, given the beauty of the area. Following Sleepy Hollow was local Wachusett Mountain, the somewhat local Pack Monadnock race, then (after Mt. Washington), the ones in the outskirts, Mt. Cranmore, Loon Mountain (with the mother of all upgrades), and Mt. Ascutney in Vermont in mid-July or so. All-in-all, it's a great series. If you run all six races, they anoint you a 'mountain goat', and give you a special t-shirt. You'd run six mountains for a \$2 shirt, wouldn't you? Along with this is another benefit, and I'm told this will continue, a lottery bypass for the following year's Mt. Washington Road Race for anybody completing all six races. It would be great to see a dozen or more NMC runners running the whole series. It would be great for the club. Any questions can be sent to me. I hope my inbox is overflowing, and that we see a pack of runners next year.

Mt. Washington Revisited

By Jeff Gould

In a manner of speaking, there are two kinds of days to run a race, one being the ideal day for a race, cool and crisp, good for fast times. The other is a day that's perfect for lounging around in the sunshine, drinking beer and socializing after the race. Not often is a day well suited for both, and far rarer is that day found at Mt. Washington, the atrocious weather capital of the planet. This year on June 16th, the weather gods smiled on us. The trip to Mt. Washington on race

morning likely required a bit of heat and defrost to keep the old windshield clear, 55 degrees at the start, and 50 cloudless degrees at the top, with a view that only the natural curvature of the earth prevented you from seeing further. A better day could not have been custom ordered. For those of you that ran for the first time, be forewarned. In my 20+ years, this year's was the best weather, with only one or two even close. Bring warm duds next year, chances are you'll need 'em.



Gorham, NH - Runners climb more than 4,500 foot over the course of the race's 7.6-mile route.

Many fine times were turned in by runners sporting NMC colors, (and it did not go unnoticed that 5 of our top 6 women were over 50, a fine job by them indeed), though with several key runners sitting out this year for one reason or another, team results were less than in the past. No NMC team finished better than 6th place, much less lugged home any hardware in the form of awards. The post-race was a fine time for all, then eventually and unfortunately, we all had to head back to the stress and aggravation of what most would refer to as normal lives.

Here's hoping I see all of your mugs at the race next June. Jeff

Women

62	Julie Wright	1:46:22
117	Deb Wallgren	1:57:06
119	Trish Gabor	1:57:17
138	Paulette Slovenkai	2:00:50
226	Molly Reid	2:19:36
237	Denise Lawson	2:23:23



Mt. Washington, Continued

242	Sarah Dennechuk	2:24:22
245	Kate Morin	2:25:28

Men

66	Jeff Gould	1:19:29
122	John Trunik	1:28:21
157	Josh Curtis	1:33:10
197	Lee Meunier	1:37:09
208	Todd Brown	1:38:55
260	Don Slovenkai	1:43:17
311	Pat Haverty	1:48:01
317	Pete Drakopolous	1:48:41
384	Jim McDermott	1:53:39
386	Tim Burdett	1:53:41
394	Will Leitch	1:54:09
413	Vin Rivard	1:55:39
476	Joe Dimucci	2:00:55
572	Jim Fay	2:14:31
597	Brian Slattery	2:19:38
646	Pete Dennechuk	2:35:08

Coach's Column
Beach Racing

By Gary Leavitt



Once upon a time about 30 years ago, there were the Beach Races. I used to love them. Tough, demanding, yet different enough so that the race would be done

and over before you could blink an eye. At least it seemed that way.

There are many different ways to attack beach racing: Do you run on the soft dry sand or the wet hard sand? The answer is somewhere in between. For training reasons the soft stuff can build up all kinds of muscles and stamina, running a foot deep into the water, you can do the same thing and somewhere in between? Well that's where you can somewhat motor. So to keep the variety and race to maximum capacity you

should try mixing it up. You should pick out a half mile stretch of each, soft, hard, wet. Running on the soft stuff will really take from head-to-toe effort because of the unsteadiness below your feet. So when you run a half mile it will seem further and harder. Then, head to the hard sand. This is where you will pick up the pace almost as if you were doing a track workout. Finally, head for water about a foot deep. You are not going for speed on the third one, rather you are looking to raise your legs much like a football player going through the tires. You will utilize shoulders, arms, back, butt, thigh, and calf muscles. Then go back to the hard sand, soft sand, water and hard sand one more time. You will get more benefit out of this workout then almost any that has ever been developed. When starting out for the first time, cut back to a quarter mile for each session. The goal here is to use muscles that you haven't challenged before and create increased stamina for the end of a race, hills of a race or just to break away from someone that you are trying to beat.

I'd be willing to bet your competitors haven't done this workout and if you are able to implement it once each week throughout the summer you will see the benefits come fall racing season.

I learned a lot of this from fellow North Medford Club member Paul Quinn. Quinn (I've written about him before) has a 2:36 marathon to his credit and he was once the third best high school cross country runner in the state of Massachusetts. Today, he is built like a bodybuilder, but there was a time that he was thin as a rail. We'd train together and would have legendary battles in the Beach Races (Hampton all the way down to Lynn/Nahant). He'd win, I'd win, he'd win, I'd win. Five to 10 yards would separate us on a 10K Beach race. He trained me too well.

Turn to **Beach Racing**/Page 7



NMC Winter Series 2012 Grand Prix Final Standings Overall Series Points Winners 6 of 8 Races

1.	Jon Miganowicz	6/8 races	593.72	Total	593.72	pts.
	Donna LeBlanc	6/8 races	555.92	Total	555.92	pts.
2.	Tim Blouin	6/8 races	562.83	Total	729.06	pts.
	Marge Gladwin	6/8 races	504.33	Total	570.21	pts.
3.	Charlie Salmond	6/8 races	552.27	Total	716.05	pts.
	MaryLou Crohan	6/8 races	311.74	Total	311.74	pts.



Photo by Chris Reid

Age Group Winners

Men		Women	
<u>16-29</u>		<u>16-29</u>	
Jon Miganowicz	593.72 pts.	Nicole Hollums	95.06 pts.
<u>30-39</u>		<u>30-39</u>	
Josh Curtis	187.39 pts.	Amy Paquette	387.40 pts.
<u>40-49</u>		<u>40-49</u>	
Matt Moison	377.78 pts.	Lisa Stone-Mutti	244.34 pts.
<u>50-59</u>		<u>50-59</u>	
Tim Blouin	729.06 pts.	Marge Gladwin	570.21 pts.
<u>60-69</u>		<u>60-69</u>	
George Corff	511.82 pts.		
<u>70-79</u>		<u>70-79</u>	
George Leslie	281.48 pts.	MaryLou Crohan	311.74 pts.



Senior, Continued

Race temperatures at the 6 AM start time hovered in the mid-seventies, a far cry from their sub-teen training runs in January and early February. Elowitz, 57, captured the 55-59 age group title with a time of 3:16:57 and a 14th place overall finish in a field of 650 marathoners. Wigler, 63, running in his 50th marathon, captured the 60-64 year age group title with a time of 3:52:50 and an overall finish of 112th.

Closer to home, George Leslie, who just keeps getting better with age, took 2nd place in the 70+ category at the Hyannis Half Marathon held on February 26th. George finished in a time of 2:26:36. On March 25th, less than a month later, George again made it to the medal round with a 3rd place finish in the 70+ division at the Eastern States 20 Miler in a time of 3:57:29.

For women, Kathy Hayward proved she still has what it takes by running a stellar race at the 32nd Annual Boston 15K Tune-up. She came in first in the 50-59 age group category in a time of 1:12:28.

And, then there are the running steaks that require you to be of a certain age just to have one. Bob Aucoin, age 70, recently provided the following update: 42 years of running or speed walking for total lifetime mileage of 102, 211 over 15,363 days. Bob's accomplishments are hardly a senior moment - more like an eon as Bob closes in on the half century of daily speed walking and running.

Mark Wigler's near 20 year streak ended on May 30, 2012. He ran that morning, but was in an emergency room with a second degree heart block late that afternoon. Mark spent the next five days in a cardiac intensive care unit. The doctors wouldn't even let him walk 8 feet to the bathroom and certainly would not entertain his request to do eight laps around the hospital atrium to keep the streak intact...something about liability. A pacemaker was implanted and Mark is feeling significantly better. He plans to resume running in July.



Devens, MA – Molly Reid, Deb Fontaine and Marge Gladwin smile for the camera at the Devens Guess Your Time Handicap Race held May 23rd. Heidi Bixby-Handy (not pictured) won the race coming in 2 seconds over her estimate (22:00 estimate; compared to 22:02 clock time. Photo by Paul McDermott



Merrimac 7 Mile Handicap Race
February 19, 2012
Merrimac, MA

Name	Total	Handicap	Net	Club
1. Jon Miganowicz	41:52	-25:30	67:22	NMC
2. Jeff Gould	44:20	-24:30	68:50	NMC
3. Josh Curtis	44:27	-24:30	68:57	NMC
4. Keith O'Brien	45:08	-20:15	67:53	GLRC
5. Dalmo Silva	47:59	-21:00	68:59	UNATT
6. Kevin Fallon	48:31	-21:45	70:16	NMC
7. Charlie Salmond	49:30	-20:15	69:45	NMC
8. Aaron Toleos	49:38	-19:15	68:53	Wicked
9. Tim Blouin	49:50	-21:45	71:35	NMC
10. Jenn Davidson	49:51	-17:30	67:21	UNATT
11. Gary Rhino	54:28	-15:45	70:13	UNATT
12. Jonathon Fitt	56:15	-10:30	66:45	NMC
13. Amy Paquette	56:16	-14:00	70:16	NMC
14. Phil McGaw	59:06	-10:30	69:36	NMC
15. George Corff	60:14	-7:45	68:09	NMC
16. Steve McAvoy	61:24	-7:00	68:24	NMC
17. Jamie Ranville	61:26	-7:00	68:26	UNATT
18. Erin Aiello	61:27	-7:00	68:27	UNATT
19. Rick Hersey	63:20	-7:00	70:20	NMC
20. Roger Perham	63:52	-5:45	69:07	NMC
21. Mike Pollock	64:08	-7:00	71:08	UNATT
22. Zack Tibbetts	67:05	-5:15	72:20	NMC
23. George Leslie	68:19	+5:00	73:19	NMC
24. Marge Gladwin	69:24	+7:00	76:24	NMC
25. Dan Coffey	75:30	+10:00	85:30	NMC
26. Brian Shiel			111:07	UNATT
27. Marilou Crohan			88:02	NMC

Beach Racing, Continued

One day, I got the upper hand. Not from better training, but wearing spikes that were really long. Paul had on his racing flats. It definitely helped me but, afterward I wondered if I would have beat him without the spikes? Kind of like the way Roger Clemens or Barry Bonds playing on steroids. Now as you know in most of my articles I've added some "Leavitty (levity)". Here it comes.

In November of 1986, Paul and I raced on Lynn and Nahant Beach. I had my spikes and he had his flats. It was cold enough for tights but not a warm-up suit. So on that day I donned my Village People Spandex (complete with fringe going down the side of the leg). Known for my outlandish antics people didn't even blink an eye...The only thing missing was my Indian Head Dress....Y.M.C.A. (check out Village People outfits at garyleavitt.com). I own an entertainment company.



Fresh Pond Winter Series Race
March 3, 2012
Cambridge, MA

2.5 Miles

1. Donna LeBlanc	NMC	20:27
2. John Babington	NMC	20:30
3. Zack Tibbetts	NMC	21:06
4. Dan Dodson	NMC	27:14
5. MaryLou Crohan	NMC	44:48

5 Miles

1. Tim Blouin	NMC	34:21
2. Charlie Salmond	NMC	34:28
3. Marge Gladwin	NMC	54:09
4. Paul Schell	NMC	54:10

Volunteers: Diane McLaughlin, Joe MacDonald and Phil Keeley

Devens 5K Series - Week #1
April 4, 2012
Devens, MA

1. Brad Fors	NMC	18:13
2. John Kinee	NMC	18:32
3. Greg Haskall	CMS	21:12
4. Charlie Salmond	NMC	21:27
5. Mike O'Hara	NMC	21:59
6. Heidi Bixby-Handy	NMC	22:21
7. Rene Lavoie	NMC	22:46
8. Sau Mei Leung	NMC	23:03
9. Kerri Chartier	SQRR	23:06
10. Howard Hersey	CMS	23:06
11. Joe DiMucci	NMC	23:19
12. Tom Lynch	HCS	23:36
13. Carol Allain	NMC	24:21
14. Deven Cruikshank	UNATT	24:54
15. Ken Frickle	UNATT	24:54
16. Donna LeBlanc	NMC	25:20
17. Kris Dorsey	NMC	25:30
18. Phil McGaw	NMC	25:41
19. Anthony Davidson	UNATT	25:51
20. Neil McManus	NMC	26:16
21. Sandy Superchi	NMC	26:37
22. Sarah Bolden	UNATT	27:18

23. Sean Fournier	NMC	27:58
24. Megan Therriault	NMC	28:45
25. Ashley Adams	UNATT	30:55
26. Candee Graves	NMC	32:51
27. Marge Gladwin	NMC	33:59
28. Molly Reid	NMC	33:59

Volunteers: Amy Paquette, Dave Duval, Zack Tibbetts, Marge Gladwin, Lee Meunier, Tyler Meunier, Larry Morris, Molly and Chris Reid, Jim Fay and Kevin Fallon



Devens, MA - And they're off to a great start at the first NMC Devens Spring Race.

Photo by Chris Reid

Devens 5K Series - Week #2
April 11, 2012
Devens, MA

1. Brad Fors	NMC	17:38
2. John Kelley	NMC	19:15
3. Greg Haskall	CMS	20:17
4. Kevin Fallon	NMC	20:27
5. Charlie Salmond	NMC	20:39
6. Mike O'Hara	NMC	21:29
7. Tom Spinelli	NMC	21:31
8. Heidi Bixby-Handy	NMC	21:34
9. Sau Mei Leung	NMC	22:29
10. Tom Lynch	NMC	23:20
11. Phil McGaw	NMC	24:28
12. Kris Dorsey	NMC	24:35
13. Amy Paquette	NMC	25:03
14. Jim Shope	NMC	25:13
15. Darlene Hoover	NMC	25:36
16. Sancy Superchi	NMC	26:34
17. Megan Therriault	NMC	27:18



Devens Week #2, Continued

18. Aldo Bianco	NMC	28:02
19. Ashley Adams	NMC	29:36
20. Joe DiMucci	NMC	30:30
21. Jim Daley	NMC	31:24
22. Marge Gladwin	NMC	31:51
23. Katrina McLaughlin	CMS	32:21
24. Ray Boutotte	NMC	34:00
25. Nanette Taylor	CMS	34:31

26. Jim Daley	NMC	28:58
27. Ashley Adams	NMC	30:00
28. Marge Gladwin	NMC	30:53
29. Katrina McLaughlin	CMS	32:18
30. Nanette Taylor	NMC	32:12
31. Ray Boutotte	NMC	34:11
32. Megan Therriault	NMC	34:15

Volunteers: Jim Fay and Joe DiMucci, Race Directors; Dave Duval, Marge Gladwin, Larry Morris and Zack Tibbetts

1 Mile Run

1. Tyler Meunier	NMC	9:10
2. Lee Meunier	NMC	9:10

Volunteers: Dave Duval, Jim Fay, Larry Morris, Marge Gladwin, and Rene Lavoie.

**Devens 5K Series - Week #3
April 18, 2012
Devens, MA**

1. Nick Rindenello	UNATT	16:20
2. Matt Day	UNATT	17:54
3. Brad Fors	NMC	17:58
4. Charlie Salmond	NMC	20:45
5. Kevin Fallon	NMC	21:07
6. Howard Hersey	UNATT	21:13
7. Mike Auger	NMC	21:29
8. Peter Wojtas	UNATT	21:30
9. Scott Lauer	NMC	21:43
10. Heidi Bixby-Handy	NMC	21:53
11. Sau Mei Leung	NMC	22:33
12. Tom Lynch	NMC	22:35
13. Kerri Chartier	UNATT	22:42
14. Rene Lavoie	NMC	23:04
15. Phil McGaw	NMC	24:08
16. Mike O'Hara	NMC	24:10
17. Phil Dinsky	NMC	24:20
18. Kris Dorsey	NMC	24:46
19. Amy Paquette	NMC	24:50
20. Deven Cruikshank	UNATT	24:55
21. Darlene Hoover	NMC	25:12
22. Neil McManus	NMC	26:13
23. Rick Hersey	NMC	26:16
24. Sandy Superchi	NMC	26:20
25. Sarah Bolden	NMC	27:11

**Devens 5K Series - Week #4
April 25, 2012
Devens, MA**

1. John Kinee	NMC	17:38
2. Brad Fors	NMC	17:55
3. Lee Meunier	NMC	20:39
4. Charlie Salmond	NMC	20:46
5. Greg Haskall	CMS	21:00
6. Mike O'Hara	NMC	21:15
7. Heidi Bixby-Handy	NMC	21:49
8. Sau Mei Leung	NMC	22:13
9. Rene Lavoie	NMC	22:15
10. Tom Spinelli	NMC	22:19
11. Tom Lynch	NMC	22:46
12. Phil McGaw	NMC	24:12
13. Darlene Hoover	NMC	25:25
14. Rick Hersey	NMC	25:29
15. Megan Therriault	NMC/CMS	26:43
16. Amy Paquette	NMC	27:42
17. Kevin Fallon	NMC	27:42
18. Sarah Bolden	NMC	28:02
19. Aldo Bianco	NMC	29:19
20. Marge Gladwin	UNATT	32:38
21. Molly Reid	NMC	32:40
22. Deb Fontaine	NMC	32:40
23. Nanette Taylor	NMC	32:59
24. Ray Boutotte	NMC	34:10
25. MaryLou Crohan	NMC	56:49

1 Mile Run

1. Jessie Spinelli	NMC	8:51
2. Nick Antkowiak	NMC	9:44
3. Karina LeBlanc	NMC	10:06
4. Donna LeBlanc	NMC	10:08



Deven Week #4, Continued

Volunteers: Donna LeBlanc and Zack Tibbetts, Race Directors; Dave Duval, Jim Fay, Deb Fontaine, Marge Gladwin, Larry Morris and Molly Reid

Devens 5K Series - Week #5
May 2, 2012
Devens, MA

1. Brad Fors	NMC	17:50
2. Matt Moison	NMC	20:17
3. Mike O'Hara	NMC	20:39
4. Charlie Salmond	NMC	21:45
5. Tom Spinelli	NMC	21:45
6. Heidi Bixby-Handy	NMC	21:49
7. Jim Brehio	NMC	21:52
8. Travis Spinelli	NMC	21:57
9. Sau Mei Leung	NMC	21:58
10. Tom Lynch	NMC	22:43
11. Phil McGaw	NMC	24:15
12. Rick Hersey	NMC	24:58
13. Megan Therriault	NMC/CMS	27:00
14. Sarah Bolden	NMC	27:16
15. Aldo Bianco	NMC	27:48
16. Jim Daley	NMC	27:53
17. Katrina McLaughlin	CMS	31:11
18. Nanette Taylor	NMC	33:10
19. Ray Boutotte	NMC	35:42

1 Mile Run

1. Zack Taylor	NMC	7:37
2. Jessie Spinelli	NMC	8:04
3. Tyler Meunier	NMC	8:51
4. Lee Meunier	NMC	8:51
5. Julie Divoll	NMC	1:39
6. Jaeli Dussold	NMC	17:57
7. Ashley Adams	NMC	17:59

Volunteers: Kevin Fallon and Amy Paquette, Race Directors; Dave Duval, Jim Fay, Lee and Tyler Meunier, and Larry Morris.

Devens 5K Series - Week #6
May 9, 2012
Devens, MA

1. Nick Rindenello	UNATT	16:17
2. John Kinee	NMC	17:21
3. Allen Hall	UNATT	19:26
4. Matt Moison	NMC	20:07
5. Charlie Salmond	NMC	20:43
6. Greg Haskall	CMS	20:53
7. Kevin Fallon	NMC	21:08
8. Heather Aresenault	UNATT	21:27
9. Tom Spinelli	NMC	21:39
10. Heidi Bixby-Handy	NMC	22:15
11. Sonny Heng	UNATT	23:16
12. Joe DiMucci	NMC	23:16
13. Rick Hersey	NMC	23:55
14. Phil McGaw	NMC	24:31
15. Lauren Croteau	UNATT	24:45
16. Jim Shope	NMC	24:48
17. Darlene Hoover	NMC	24:53
18. Amy Paquette	NMC	25:25
19. Neil McManus	NMC	26:43
20. Megan Therriault	NMC/CMS	27:18
21. Jim Daley	NMC	27:20
22. Marge Gladwin	NMC	32:13
23. Ray Boutotte	NMC	35:03
24. MariLou Crohan	NMC	62:14

1 Mile Run

4. DJ Richards	NMC	6:40
5. Zack Taylor	NMC	6:56
6. Kartrina McLaughlin	CMS	8:54
4. Nanette Taylor	NMC	9:34

Volunteers: Rene Lavoie, Race Director; Dave Duval, Kevin Fallon, Marge Gladwin and Larry Morris





Devens 5K Series - Week #7
May 16, 2012
Devens, MA

1. Travis Spinelli	NMC	20:20
2. Evan Broderick	HCS	20:29
3. Charlie Salmond	NMC	20:41
4. Matt Moison	NMC	20:51
5. Mike O'Hara	NMC	21:09
6. Tom Spinelli	CMA	21:31
7. Sonny Heng	UNATT	21:57
8. Heidi Bixby-Handy	NMC	22:01
9. Tom Lynch	NMC	22:33
10. Katie Cormier	UNATT	22:37
11. Rene Lavoie	NMC	22:54
12. Lauren Croteau	UNATT	22:58
13. Rick Hersey	NMC	23:53
14. Phil McGaw	NMC	24:56
15. Amy Paquette	NMC	25:51
16. Kevin Fallon	NMC	25:51
17. Joe DiMucci	NMC	26:51
18. Megan Therriault	NMC/CMS	27:00
19. Jim Daley	NMC	27:29
20. Aldo Bianco	NMC	27:41
21. Molly Reid	NMC	28:34
22. Deb Fontaine	NMC	28:34
23. Ray Boutotte	NMC	36:56

1 Mile Run

1. Zack Taylor	NMC	7:31
2. Brendan McLaughlin	UNATT	12:19
3. Katrina McLaughlin	CMS	12:28
4. Nanette Taylor	NMC	17:28

Volunteers: Chris Reid, Race Director; Dave Duval, Deb Fontaine, Jim McDermott, Paul McDermott, Larry Morris and Molly Reid

Devens 5K Series - Week #9
May 30, 2012
Devens, MA

1. John Kinnee	NMC	17:29
2. Brad Fors	NMC	17:52
3. Greg Haskall	NMC/CMS	20:24
4. Charlie Salmond	NMC	20:48

5. Justice Graves	NMC	21:00
6. Jim Brehio	NMC	21:19
7. Kevin Fallon	NMC	21:36
8. Rene Lavoie	NMC	22:01
9. Joe DiMucci	NMC	23:05
10. Heidi Bixby-Handy	NMC	23:10
11. Jim McDermott	NMC	23:28
12. Tom Lynch	NMC	24:00
13. Rick Hersey	NMC	24:12
14. Phil McGaw	NMC	25:08
15. Amy Paquette	NMC	25:19
16. Darlene Hoover	NMC	25:39
17. Jim Shope	NMC	25:39
18. Megan Therriault	NMC/CMS	26:45
19. Aldo Bianco	NMC	27:17
20. Sarah Bolden	NMC	27:20
21. Chris Reid	NMC	29:27
22. Candee Graves	NMC	29:42
23. Jim Daley	NMC	29:43
24. Hunter Graves	NMC	29:53
25. Marta Carlson	NMC/CMS	30:10
26. Marge Gladwin	NMC	31:25
27. Ray Boutotte	NMC	33:55
28. Nanette Taylor	NMC	34:07

1 Mile Run

1. Heidi Bixby-Handy	NMC	6:37
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Volunteers: Chris Reid, Dave Duval, Marge Gladwin and Larry Morris



Devens, MA – *Taking it to the Streets...* anyone else remember that song by the Doobie Brothers. Marge Gladwin shows that it is possible to run while smiling at the Devens 5K on May 30th.



**Bob Hersey Memorial
5 Mile Road Race
Fitchburg, MA
June 5, 2012**

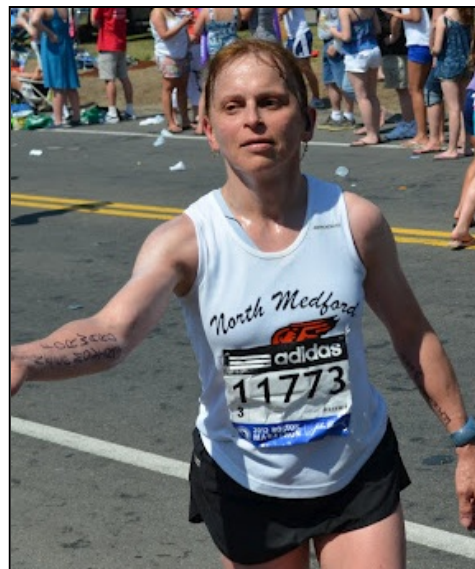
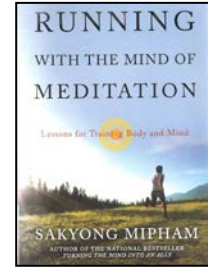
1. Jon Miganowicz	NMC	31:47
2. Kevin McCusker	NMC	35:03
3. Charlie Salmond	NMC	35:21
4. Kevin Fallon	NMC	35:52
5. Matt Moison	NMC	35:56
6. Heidi Bixby-Handy	NMC	36:25
7. Sau Mei Leung	NMC	38:13
8. Tom Spinelli	NMC	38:19
9. Peter Wojtas	NMC	38:32
10. Jason Hebert	UNATT	38:42
11. Travis Spinelli	NMC	38:58
12. Ken Brown	NMC	39:08
13. Amy Paquette	NMC	41:05
14. Rick Hersey	NMC	41:25
15. Joe DiMucci	NMC	41:46
16. Darlene Hoover	NMC	42:17
17. Peter Orni	NMC	42:41
18. Phil McGaw	NMC	42:55
19. George Corff	NMC	43:06
20. Denise Lawson	NMC	43:55
21. Jim McDermott	NMC	43:58
22. Meg Therriault	NMC	45:20
23. Steve McAvoy	NMC	45:35
24. Woody Syrjala	NMC	47:56
25. Aldo Bianco	NMC	48:19
26. Ken Becker	NMC	49:28
27. Chris Reid	NMC	49:55
28. Marge Gladwin	NMC	50:06
29. Sherisa Sterling	NMC	66:13
30. Paul McDermott	NMC	83:00
31. Molly Reid	NMC	83:00
32. MaryLou Crohan	NMC	88:56

Volunteers: Rene Lavoie, Race Director; David Duval, Mark Fontaine, Marge Gladwin, Donna LeBlanc, Larry Morris, Brenda McDermott, Chris and Molly Reid, Jim Shope and Zack Tibbetts



Summer Reading

Written by a prominent spiritual teacher and accomplished runner, *Running with the Mind of Meditation*, explores running and meditation; two complimentary activities. The author, Sakyong Mipham says, 'Movement is good for the body; stillness is good for the mind.' Only a few chapters in and I've already discovered that running is easy compared to meditation. And, for those of you who thought, like me, that running is meditation, it's not. Mipham explains. 'running is running and meditation is meditation....Running works with the periphery or the superficial level of thoughts concerns and worries. Meditation not only deals with the periphery, it goes all the way to the core'. The book, published in 2012, is available in hard cover or electronically. And, if you don't want to buy the book, you can always borrow it from your local library.



Newton, MA – NMC runner Julie Wright weathered the hot temperatures at this year's Boston Marathon. Pictured here keeping her cool while running up Heartbreak Hill. She finished in a time of 4:30:53. *Photo by Paul McDermott*



Spring Devens 5K Series - Week #8
Guess Your Time Handicap Race
May 23, 2012
Devens, MA

Name	Gun	Est	Net	Club
1. Brad Fors	18:07	----	18:07	NMC
2. Justice Graves	33:15	23:00	21:15	NMC
3. Hunter Graves	34:00	30:00	29:00	NMC
4. Phil McGaw	34:17	25:00	24:17	NMC
5. Sarah Bolden	34:18	27:30	26:48	NMC
6. Aldo Bianco	34:32	28:59	28:31	NMC
7. John Basel	34:33	26:00	25:33	UNATT
8. Ray Boutotte	34:41	34:00	33:41	NMC
9. Megan Therriault	34:45	27:00	26:45	NMC/CMS
10. Jim Shope	34:47	24:30	24:17	NMC
11. Charlie Salmond	34:48	20:45	20:33	NMC
12. Mike O'Hara	34:49	22:00	21:49	NMC
13. Evan Broderick	34:50	23:20	23:10	HCS
14. Rene Lavoie	34:50	23:00	22:50	NMC
15. Nick Rindenello	34:53	16:17	16:10	UNATT
16. Kevin McCusker	34:56	20:45	20:41	NMC
17. Heidi Bixby-Handy	35:02	22:00	22:02	NMC
18. Katrina McLaughlin	35:05	31:00	31:05	UNATT
19. Darlene Hoover	35:07	25:12	25:19	NMC
20. Mike Auger	35:09	21:12	21:21	NMC
21. Tom Spinelli	35:15	23:00	23:15	NMC
22. Tom Lynch	35:16	22:30	22:46	NMC
23. Peter Wojtas	35:16	21:30	21:46	UNATT
24. Marta Carlson	35:18	30:00	30:18	NMC
25. Sau Mei Leung	35:19	22:00	22:19	NMC
26. Ken Brown	35:20	23:45	24:05	NMC
27. Rick Hersey	35:21	23:58	24:19	NMC
28. Jim McDermott	35:40	22:30	23:10	NMC
29. Candee Graves	36:16	30:00	31:16	NMC
30. Jim Daley	37:08	27:10	29:18	NMC
31. Nanette Taylor	37:27	34:00	36:27	NMC
32. David Trahan	37:27	27:30	31:56	UNATT
33. Chris Reid			30:21	NMC
34. Molly Reid			34:42	NMC
35. Deb Fontaine			34:42	NMC
36. Marge Gladwin			34:42	NMC

Volunteers: Molly Reid and Deb Fontaine, Race Directors; Dave Duval, Marge Gladwin, Paul McDermott, Larry Morris and Chris Reid





North Medford Club
79 Years and Running
2012 Summer Race Series

- ❖ **June 5 Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 7 pm
POT LUCK
- ❖ **June 12 Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30 pm, dirt road and trails
- ❖ **June 19 Tuesday, Boxford State Forest**, North Andover, MA, 10K trail run, 6:30 pm
- ❖ **June 26 Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, Clark Street Gardner, MA, 7 pm
- ❖ **July 10 Tuesday, Temple 10K & 5K**, 111 Laurel View Rd. Templeton, MA. 6:30 pm. For information contact Jim Fay at gottarun449@comcast.net
- ❖ **July 17 Tuesday, NMC Burbank 5M Trail Race**, Fitchburg, MA, trails behind the Health Alliance Hospital. 6:30pm. For information contact Chris Reid at reidcc@comast.net
- ❖ **July 19 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 24 Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles, 7 pm
- ❖ **July 28 Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races. Entry: FREE. For information call: (617) 381-0532
- ❖ **August 7 Tuesday, Lynn Woods**, 5.75 miles (trails), 6:30 pm. For directions call (781) 592-3808
- ❖ **August 14 Tuesday, Paisanos 5K Road Race**, 450 Lancaster St. Leominster, MA. 7:00 pm. This race will be run in memory and tribute to Tom McDonough
- ❖ **August 21 Tuesday, Merrimac**, 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30 pm.
- ❖ **August 28 Tuesday, Log Cabin 10K**, rtes. 2A & 31 Westminster St., Fitchburg, MA, 6:30pm
- ❖ **September 11 Tuesday, Whitney Memorial 5K at Devens**, Devens, MA 6:15 pm
- ❖ **September 22 Saturday, So. Hamilton 5M**, Asbury Grove, So. Hamilton, MA, 10am. For information call Roger Perham at (978) 468-7934
- ❖ **October 20, Saturday, 4C's Race, Shirley**, 29 Chapel St., near St. Anthony's Church parking lot. 5.7 miles, 12:10pm. **POT LUCK**, runners must wear orange and black

Entry fees: \$5.00 for all non-NMC members, \$3.00 for NMC members who want a prize, free for NMC members who do not wish a prize. All races with the exception of the trail races include a race walk



Other races organized by the NMC or its members

- ❖ **Lynn Woods** races begin Wednesday, June 6th thru Sept. 19th at 6:30pm, 6 pm beginning August 29, at the Great Woods entrance. Distances alternate weekly and every Wednesday until the 4 person 10 mile relay on 8/17 at 6:00pm and the 5.75 mile handicap race on 8/25 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808
- ❖ **May 12, North County Quad Series**, 5K series begins with Fitcon 5k in Gardner, September 28; Run For A Beer 5K in Gardner; October 21 Cider House 5K in Princeton; November 17 Field, Forest & Orchard 5K in Phillipston. For information: e-mail: www.ncquadseries.com or joyce@fitconcepts.net
- ❖ **June 9, Saturday, 4th Annual Phillipston Bazaar Firefighter's 5K Road Race**, \$20 entry fee. Walkers begin at 4pm, runners at 4:30pm. Pre-registration by June 1st, first 150 receive 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 23, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, The Cellar, 14 Mill St., Fitchburg, MA. 10am start for walkers, 11am for runners. For information contact Mark Jackson by e-mail at mdjackson@fitchburgpolice.com
- ❖ **July 28, 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 4, Saturday, Wind Turbine 5K Walk-Run**, Narragansett Regional H.S., 462 Baldwinville Rd Baldwinville, MA. 8:45am walk, 9am run. \$15 before July 23, \$20 after and day of race. For information e-mail: windturbine5k@gmail.com or www.windturbine5k.org
- ❖ **August 23, Thursday, Templeton 5K**, Templeton Developmental Center, Templeton, MA. 6:30pm run at the blue farm stand. \$10 day of the race. Proceeds benefit American Cancer Society. For information contact: (978) 895-3263 or Sandy Superchi at SandySuperchi@yahoo.com
- ❖ **September 3, Monday, West Fitchburg Homecoming Days 5K**, Log Cabin, Westminster St./Rte 2A, Fitchburg. Children's races begin at noon. 5K begins approximately at 3pm. Entry fee: free Cash prizes. For information contact Brian at The Log Cabin
- ❖ **September 8, Saturday, 15th Annual Hubbardston Library 5K Run/Walk**, Hubbardston Center School, Hubbardston, MA. Registration begins at 8am, race at 9am. \$17 pre-registration \$20 after August 3. 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 by email at mtwigler@gmail.com.
- ❖ **September 8, Saturday, 24th Annual Fred Brown Lake Winnepesaukee Relay**, Weir's Beach, NH, 65.1 miles, 8 person teams, \$250 entry per team \$300 after 7/23, 8:00am. For information contact mark.fontaine@comcast.net or www.NorthMedfordClub.org



Other Races, Continued

- ❖ **September 23, Sunday, North Medford Club Overlook 10K Trail Race & 5K Walk/Run**, \$5 day of race only, Fitchburg, MA, trails behind the Health Alliance Hospital. 10am. For information contact: Rene Lavoie rainman52@verizon.net or www.northmedfordclub.org
- ❖ **November 4, Sunday, Templeton 7M Trail Race**, behind Narragansett High School, Templeton, MA 9am. \$15 entry fee before October 22nd, \$20 day of the race For information contact: Joe DiMucci (978) 939-2577 or jdimucci5@comcast.net
- ❖ **November 11, Sunday, Magic Mountain 5 Mile Walk/Run**, Leominster Sportsman Club, 1455 Elm St. Leominster, MA, 10am. \$15, \$20 day of the race. For information e-mail: Betty718711@verizon.net or www.timmyfund.com
- ❖ **November 22, Thursday, 13th Annual Thanks For Running Road Race**, 3 miles, 151 Boutelle St., Fitchburg. 8:30am for walkers, 8:45am for runners. \$20 to benefit the Hydrocephalus Association. Long sleeve T-shirts. For directions and information contact (978) 345-5284 or Ginnity@netlplus.com
- ❖ **November 22, Thursday, 33rd Annual Gardner Turkey Trot**, 5 mile road race, Gardner City Hall 115 Pleasant St., Gardner, MA. \$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, 10:00am, 2.5 and 5 mile races, 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.

