



## **To Run or Not to Run**

*By Donna LeBlanc*

Shakespeare's Hamlet posed the existential question – 'to be or not to be'. For runners, the question is phrased more like this: 'to run or not to run. Runners, by and large, are creatures of habit and schedules. We have running routines that include several training runs a week, if not a daily habit to support.

This summer, I broke away from my habit by taking a ten day running sabbatical. It wasn't injury or illness that prompted a departure from my daily routine.



**Dead Horse State Park, near Moab, UT** – Spectacular scenery, but no running for me. The park is so named because of its use as a natural corral by cowboys in the 19<sup>th</sup> century.

*Photo by Donna LeBlanc*

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This was a deliberate and conscious choice on my part to not run. Naturally, I couldn't go cold turkey. Like a heroin addict who checks into a methadone clinic, I planned this running hiatus to coincide with a Grand Canyon/Rocky Mountain hiking trip.

The strenuous hikes took care of any worries about losing fitness. But, it still was hard to give up the habit. Several cool high desert mornings left me lusting for a run. It was hard not to succumb to temptation, especially when trail runners passed by.

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## **Party Time**

*By Donna LeBlanc*



**Westford, MA** – 80 candles to mark 80 years as a running club. *Photo by Susan McNeil-Spuhler*

The weather couldn't have been better. All runners returned from the trail run unscathed and long-time members shared memories of Fred Brown and their experiences as club runners in the 1960s and 70s. Over 50 club members and their guests enjoyed food, drink, camaraderie, and stories at the Westford home of Tom and Susan Spuhler on the afternoon of September 15<sup>th</sup>. A survey completed three months prior helped determine the venue, food, and activities.



**Westford, MA** – Group photo so club members who attended the 80th birthday celebration. *Photo by Roger Perham*

With the help of Marge Gladwin, several long-time members were located and attended the gathering including Stan Moulton, Dan Coffey, Dave Duval, Julie Christo, John Hendrick, and Roger Perham.

It was hoped that Simone McGrath would attend, but she could not be reached the day

of the event to arrange transportation to the party.

Phil McGaw, in his role as club historian, brought club memorabilia and kicked off the story telling hour. Nancy Coffey was kind enough to facilitate the session and encouraged people to take center stage to share recollections of their early years as club members. Sau-Mei Leung contributed her artistic talents to draw a historical time line of major events. Ron Kmiec digitally recorded several stories. His video will be posted on utube in the near future with a link available from the club website.

## **Recollections of the Past**

*By Phil McGaw*

I joined the club in 1967 while in high school. Fred Brown and Tony 'the bull' Medeiros would troll high school track meets for NMC recruits. A cross-country teammate, Kevin MacDonald, introduced me and the Hersey brothers, Rick and Bob, to the club.

I moved to Maine after college in 1973 and did not compete actively for NMC, but remained loyal and never joined any other club. In 1984, I moved back to the Boston area and resumed my active NMC participation.

I attended the weekly race-walk competition workouts held at Tony Medeiros' home in Chelmsford. When Tony died, we started working out at Fresh Pond and would go to Fred Brown's house afterward for beer and running lore. It was during those times that we heard the stories of the 'old days' of the North Medford Club starting in the 1920s. Transportation was expensive during the depression years, so carpooling was key. Fred and others would even travel with Jock Semple, the BAA arch rival, to Yonkers to run the marathon, and stay at the YMCA



## Recollections, Continued

together. NMC would, more often than not, beat the BAA for the team prize at the Boston Marathon.



**Westford MA** – Phil McGaw takes center stage at the 80<sup>th</sup> birthday party.

To this day John Kelley the Younger is the only BAA member to win the Boston Marathon. NMC was two: Jimmy Hennigan and Joe Smith.



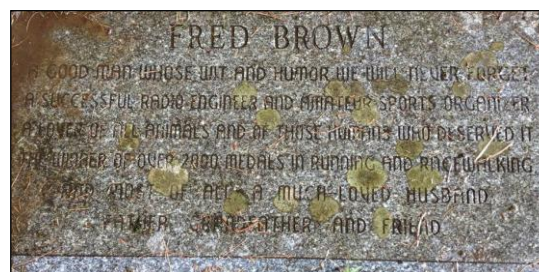
**Wentworth, NH** – The annual run to Fred's grave, the day after the Lake Winnepesaukee Relay, always includes a few beers poured over the gravestone in Fred's honor.

NMC protocol dictated that if there was a team prize and an individual prize, the first place finisher on the team could choose only one. One year, Fred was fourth and ended up with the individual trophy of Andy Brunelli (aka Vest Pocket Hercules). That is how I got the trophy, generously given to me by Leon Brown after Fred passed away.

Fred had several phrases that he used repeatedly in key situations. My favorite is: 'I was so hung over, I was afraid that I was going to live.' When meeting a woman for the first time, Fred would always ask, 'are you married?' If the response was no, then the follow-up would be 'well, I'm in ill health and heavily insured.'

As runners would arrive to a race, Fred would say, 'The more they come, the worse they look.' There are many other stories, but not all are fit for general consumption.

In closing, for those who have not been to Fred's grave in NH, here is the apt epitaph written by another great NMC member, John Gray, who passed away in 2012:



### **Fred Brown**

*\*A good man whose wit and humor we will never forget \*A successful radio engineer and amateur sports enthusiast \*A lover of all animals and those humans who deserved it. \*A winner of over 2,000 medals and trophies in running and race-walking. \*And, most of all a much loved husband, father, grandfather and friend.*

## 2013 USATF Mountain Series

**By Jeff Gould**

The 2013 USATF Mountain Series culminated with Mt. Cranmore in New Hampshire on July 21st, a race that has several times, including this year, served as the selection race for the U.S. Mountain Team to compete in the World Mountain Championship (this year in Poland in





## **Mountain Series, Continued**



**Gorham, NH** – Runners approach the finish of the 2013 Mt. Washington Road Race

*Photo by Paul McDermott*

September). As such, mountain runners from around the country come to run this relatively small and otherwise little noticed race.

Driving through North Conway only a mile or so away after the race had concluded, one could hardly find one person who was aware that the equivalent of the Olympic Trials in mountain running had just taken place right in their town. The list of top finishing runners boasted dozens of states like Colorado, Utah, New Mexico, Alaska, Idaho and others. Despite the competition being strong, deep and fast, several NMC runners lugged away prizes for finishing at the top of their divisions.

Classy NMC lady Sau-Mei Leung finished 3rd in the women's masters (and 4th female master in the mountain series overall), along with two 1st place finishers. Vin Rivard finished Cranmore on top of the 65-69 division (4th in the 60+ division for the whole series), and old warhorse Peter Orni did the same in the 70+ division, and was also first 70+ male in the series overall. Often hot on Sau-Mei's heels was Paulette Slovenkai, finishing 2nd overall in the women's 50+. Sau-Mei and Paulette ran the whole mountain series, all 6 races, usually in vain search of a third NMC runner to fill a

scoring team. Surely there must be some NMC women out there who are willing to fill that void?

The mountain series should be considered by more runners. The races are relatively small, the whole series takes only 8-10 weeks, entry fees on the low side, and the big feature of the day is actually the race, not a 'goody bag' full of rubbish you can't use. No \$300 entry fees, no mobs of runners that make everything difficult, no lotteries, no taking vacation days so you can sit at your computer trying to ramrod your name into a race that fills its jillion runner field in four minutes, just a tight knit group of runners that enjoy the challenge of running the mountains. And who doesn't want to travel to the corners of New England to run 6 mountains so they can claim their \$2 'mountain goat' shirt :)))? Seven NMC runners completed the series this year. We hope to see more next year. Jeff



**Weirs Beach, NH** – We did it again, NMC collected over 50 pairs of running shoes for Project Have Hope to benefit women in the Acholi Region of Uganda. A BIG Thanks to everyone who donated.

*Photo by Donna LeBlanc*



## Luxury Box Update

By Chris Reid

We had a great turnout for our 1st Annual Box Trot 5K. Roughly 150 walkers and runners enjoyed a nice 5K, with music and light snacks courtesy of the Luxury Box. This race was a fundraiser for Leominster High School's (LHS) future track.



**Leominster, MA** – Mark Fontaine congratulates Benjamin Ndaya, winner of the 1<sup>st</sup> Annual Box Trot 5K.

In the spirit of giving back to the community, the Race Committee decided to make a donation to the Leominster High Track and Field Program. Leominster is not able to hold any home meets as Doyle Field is not up to the task. There is a fund set up to assist in building a new track and field facility.

North Medford Club has been getting quite a bit of press coverage from both the Worcester Telegram and the Fitchburg and Leominster Sentinel and Enterprise. Race Director Mark Fontaine presented a check for \$1,000 (from race proceeds) to Leominster High School in a ceremony attended by both papers. This helps to promote our club by garnering some great press coverage for us. This was the second donation made to LHS. Mark presented a check for \$1,000 from the Shamrocks on the Rocks race earlier this year.

A **BIG THANK YOU** to all who either ran the race or volunteered on race day!

## Gazbar 5K...and its Roots

By Chris Reid

Last fall, a few of us were working to find a home for our Annual Jingle Bell run. We met with the Ken Ricker, owner of On the Rocks and The Luxury Box. Kenny agreed to allow us the use of his Whalom lakefront pub, On the Rocks. As I recall, it was pretty slippery and icy that day, but 75 club members showed up to run a 5K!

Kenny was so impressed with that he challenged us to come up with more races. A number of us got together and formed a committee to do just that. Knowing there was not much in the way of well publicized 5K's in the North County area and there were many runners out there, we focused on bringing 5K races to the Fitchburg – Leominster – Lunenburg area. We wanted to capture the attention of many of the younger local runners to the area. 5K Races are where it's at these days.

The first attempt was the St. Patrick's Day Shamrocks On the Rocks 5K. It was a tremendous success with almost 300 walkers and runners. The second race at The Luxury Box in Leominster, was called the Box Trot 5K. In both instances there were T-shirts, prizes, and raffles.

The third Race is planned for October 13th at the Gazbar Sports Pub at 1045 Central St in Leominster. This race is a no-frills race, with a \$5 entry fee. There will be small prizes for the top 3 Male and Female Runners, but no shirts. The infamous NMC Prize Table will not be in effect. The walk starts at 1:30 pm; and, the 5K Run at 2pm. Folks can stay and watch the Patriots on the pub's many widescreen TV's beginning at 4:30.

**Volunteers are needed** to act as Course Marshalls working turns or assisting in street crossings. If you can help **please** let me know at [reidcc@comcast.net](mailto:reidcc@comcast.net). There will be a small donation made to Leominster High School's future track facility from our club and the Gazbar.

The race committee is working on future races, but we not ready to announce anything yet. Committee members include: Mark and Deb Fontaine, Marge Gladwin, Chris and Molly Reid, Jim McDermott, Gary Savoie, and Darlene Hoover.



**8<sup>th</sup> Greyhound Pub  
Mr. Bean Memorial  
3.4 Mile Road Race  
Worcester, MA  
June 11, 2013**

1. Jon Miganowicz	NMC	20:25
2. Jeff Gould	NMC	21:30
3. Charlie Salmond	NMC	23:33
4. Mike O'Hara	NMC	23:41
5. Peter Wojitas	Unatt	23:52
6. Travis Spinelli	NMC	24:11
7. Heidi Handy	NMC	24:32
8. Tom Spinelli	NMC	26:37
9. Rick Hersey	NMC	26:46
10. Darlene Hoover	NMC	27:55
11. Phil McGaw	NMC	28:37
12. Denise Lawson	NMC	30:24
13. Megan Therriault	NMC	31:46
14. Karen Pajer	NMC	32:05
15. Candee Graves	NMC	32:35
16. Sau Mei Leung	NMC	32:38
17. Marge Gladwin	NMC	38:25
18. Daniel Dodson	NMC	39:30
19. MaryLou Crohan	NMC	72:54
20. Russ Syrjala	NMC	--nt--

**Volunteers:** Amy Fallon, Race Director; Dave Duval, Marge Gladwin, Jeff Gould, Jim Gaffney, Rene Lavoie, Steve McAvoy, Jim and Brenda McDermott, John Pajer, Jim Shope, and Kevin Fallon

**Boxford State Forest  
10K Trail Run  
Boxford, MA  
June 18, 2013**

1. Jon Miganowicz	NMC	42:28
2. Paul Young	NETT	42:36
3. Paul Scovotti	Unatt	43:41
4. Matt Adams	Wicked	48:23
5. Mia Drury	GAC	48:31
6. Charlie Salmond	NMC	53:37
7. Matt Lyle	Unatt	54:29
8. Scott Homan	GAC	54:44
9. Chris Toppin	Unatt	54:55

10. Jim Barry	GAC	55:53
11. Tom Brazil	GAC	55:53
12. Paul Hennessey	NMC	56:52
13. Scott Chandler	Unatt	57:12
14. Aaron Hamlin	GAC	59:14
15. Rick Hersey	NMC	61:25
16. Peter Orni	NMC	63:06
17. Jeff Phillips	GAC	64:36
18. Phil McGaw	NMC	65:04
19. Vicki Blais	GAC	66:41
20. Aimee Jefferson	GAC	68:00
21. James Fortin	GAC	79:24
22. Rich Bernardi	GAC	79:25
23. Susan Fortin	GAC	79:41
24. Jim Gilford	GAC	79:54
25. Ed Mulvey	GAC	80:00
26. Skip Cleveland	GAC	80:20
27. Sue Donatell	GAC	82:32
28. Andy Dukehart	GAC	82:32
29. Marty Sullivan	GAC	87:32
30. Marge Gladwin	NMC	91:41
31. Roger Perham	NMC	99:40
32. Denise Lawson	NMC	DNF

**Volunteers:** Dick Bennett, Race Director; Joe Bennett, Dave Duval, Marge Gladwin, and Steve McAvoy

**Lake Dennison  
4.2 Mile Trail Run  
Winchendon, MA  
June 25, 2013**

1. Jon Miganowicz	24:18
2. John Kinnee	24:23
3. Kyle Blouin	26:30
4. Dan Fournier	26:30
5. Joe Bulger	26:39
6. Sam Black	28:19
7. Justice Graves	28:21
8. Lee Meunier	28:26
9. Travis Spinelli	28:35
10. Steve Ingman	28:39
11. Seth Reid	29:02
12. Tom Bockus	29:22
13. Charlie Salmond	29:37
14. Steve Penney	29:58

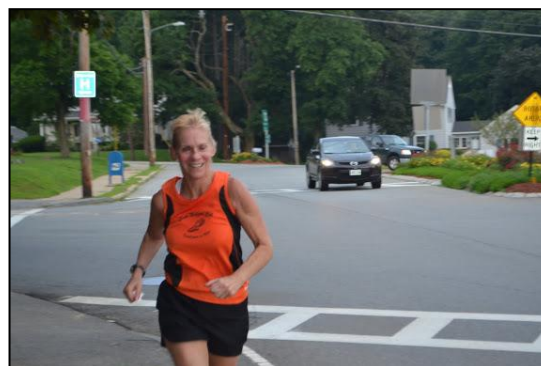


**Lake Dennison Results, Continued**

15. Elizabeth Bond	30:03
16. Sean O'Sullivan	30:39
17. Heidi Handy	30:42
18. Sau-Mei Leung	31:01
19. Tim Blouin	32:12
20. Joe DiMucci	32:13
21. Cecile Talbot	32:31
22. Autumn Brown	33:35
23. Tom Spinelli	33:36
24. Bob White	33:39
25. Kevin Fallon	33:42
26. Rick Hersey	33:50
27. Ryan Twohey	34:45
28. Jessica Bancroft	35:21
29. Angela Killay	35:41
30. Sandra Superchi	35:59
31. Steve Talbot	36:03
32. Peter Orni	36:13
33. Phil McGaw	36:59
34. Curtis O'Brien	37:42
35. Jamie Talbot	38:11
36. Laurie O'Brien	38:33
37. Paul Cormier	38:33
38. Tim Quinn	38:35
39. Abby O'Sullivan	39:23
40. Amber Brown	40:41
41. Drew Pelkey	40:42
42. Neil McMannis	41:59
43. Andi Duplessie	42:09
44. Jody Cole	42:14
45. Rachel Durgin	43:34
46. Molly Reid	43:34
47. Chris Reid	43:51
48. Ken Deary	45:48
49. Sherisa Sterling	45:48
50. Emily Roberts	46:28
51. Dick Karvonen	46:29
52. Candace Graves	47:05
53. Hunter Graves	47:59
54. Marge Gladwin	51:32
55. Susan Spuhler	62:58
56. Annie McNeil	69:38

**Volunteers:** Joe DiMucci, Race Director;  
Dave Duval, Marge Gladwin, Jim Fay, Jim  
Brehio, Craig Twohey, Jack Thornton, Jenna  
Mooney, Jessica Bancroft, Ed Chartier, Brian  
Bernard, and Dick Karvonen

**Tom and Ron Boone Memorial**  
**10K Road Race**  
**Gardner, MA**  
**July 2, 2013**



**Gardner, MA** – Darlene Hoover on the downhill stretch of the Boone 10K Road Race.

*Photo by Paul McDermott*

1. Arthur Besse	38:01
2. Kyle Blouin	41:17
3. Thomas Connor	42:07
4. Daniel Fournier	42:33
5. Leah Derr	43:39
6. Mike O'Hara	45:19
7. Tim Blouin	45:44
8. Charlie Salmond	46:09
9. Heidi Handy	46:14
10. Justice Graves	46:41
11. Pamela Houlihan	46:48
12. Joe DiMucci	47:34
13. Jonathon Fitt	47:56
14. Kevin Fallon	50:44
15. Ken Johnson	52:11
16. Jessica Bancroft	52:51
17. Amber Brown	52:57
18. Darlene Hoover	53:43
19. Rick Hersey	54:02
20. Sandy Superchi	54:51
21. Kris Dorsey	55:20
22. Kathi Coleman	55:37
23. Peter Orni	56:08
24. Jasmine Bancroft	56:22
25. Phil McGaw	56:50
26. Dick Kavonen	61:16





**Boone Race Results, Continued**

27. Megan Therriault	61:39
28. Neil McManus	62:21
29. Molly Reid	64:10
30. Deb Walgren	64:10
31. Chris Reid	64:50
32. Candee Graves	66:25
33. Brian Slattery	67:54
34. Marge Gladwin	1:16:32
35. Susan Spuhler	1:48:18
36. MaryLou Crohan*	84:25

\*5 miles

**Volunteers:** Carol Allain, Race Director; Dave Duval, Marge Gladwin, Rene Lavoie, Jim Gaffney, Jon Miganowicz, Julie Wright, Paul McDermott, Jim McDermott, Jim Fay, Deb Walgren, Molly Reid, Denise Lawson, Jim Shope, Larry, Ann, and Julie Morris, Jeff Gould, and Lee Meunier

**Jim Fay's Temple  
5K & 10K Road Races  
Templeton, MA  
July 9, 2013**

**5K**

1. Joseph Capps	NRHS	17:15
2. Justice Graves	NMC	19:35
3. Ian Clavir	Unatt	20:09
4. Rene Capps	NRHS	20:18
5. Sean O'Sullivan	NMC	20:28
6. Anna Capps	NMC	21:56
7. Abigail O'Sullivan	NMC	23:28
8. Juice Forbes	NMC	23:35
9. Kevin Fallon	SQRR	26:54
10. Joe DiMucci	NMC	26:55
11. Amy Fallon	NMC	27:01
12. Hunter Graves	NMC	28:39
13. Taylor Kosewski	NMC	30:20
14. Daniel Hood	NMC	30:20
15. Victoria Donarumoi	NMC	31:06

**10K**

1. Morgan Kennedy	CMS	35:47
2. Arthur Besse	CMS	37:22
3. Jon Miganowicz	NMC	38:27
4. Lee Meunier	NMC	43:18
5. Jason Yeagle	Unatt	45:27
6. Tim Blouin	NMC	46:11
7. Heidi Handy	NMC	46:35
8. Pam Moulihan	CMS	46:38
9. Jamison Jones	Unatt	46:51
10. Charlie Salmond	NMC	47:19
11. Jonathon Fitt	NMC	48:13
12. Jim Shope	NMC	51:03
13. Darlene Hoover	NMC	52:11
14. Rick Hersey	NMC	52:18
15. Kathi Coleman	Unatt	53:47
16. Ken Johnson	NMC	53:48
17. Peter Orni	NMC	55:50
18. Phil McGaw	NMC	57:52
19. Akshay Saxena	Unatt	63:05
20. George Barnes	NMC	63:05
21. Megan Therriault	NMC	63:57
22. Candace Graves	NMC	65:21
23. S. Ananthakrishman	Unatt	69:05
24. Marge Gladwin	NMC	72:46
25. Molly Superchi	Unatt	73:50
26. Blair Cliffford	Unatt	73:52

**Volunteers:** Jim Fay, Race Director; Dave Duval, Marge Gladwin, Denise Lawson, Joe DiMucci, Julie Wright, Craig Reid, Alex Lambert, William Forbes, and the Miganowicz's

**Donnelly's 5 Mile Road Race  
July 16, 2013  
Lunenburg, MA**

1. Bryan Marotta	Unatt	29:35
2. Jon Miganowicz	NMC	30:47
3. Sam Wallace	Unatt	33:43
4. Philip Dzienciol	Unatt	34:06
5. Nate Niederhaus	Unatt	34:31
6. Craig Antocci	Unatt	34:43
7. Deb Barry	NMC	34:55
8. Hunter Brittingham	Unatt	35:48
9. James Wallace	Unatt	36:39
10. Felicia Lombardi	NMC	36:42
11. Anthony Lombardi	NMC	36:50







**Donnelly's Race Results Continued**

12. Kinzer Havill	Unatt	37:12
13. Justice Graves	NMC	37:10
14. Peter Wojtas	Unatt	37:28
15. Heidi Handy	NMC	38:28
16. Charlie Salmond	NMC	38:48
17. Tim Blouin	NMC	39:36
18. Lisa Lombardi	NMC	39:36
19. Jonathon Fitt	NMC	40:13
20. Bill Niederhaus	Unatt	40:37
21. John Londa	Unatt	41:00
22. Peter McCarron	NMC	41:34
23. Jarrett Hardin	Unatt	42:19
24. Bill Troy	Unatt	42:25
25. Rick Hersey	NMC	42:45
26. George Corff	NMC	43:48
27. Phil McGaw	NMC	44:29
28. Peter Orni	NMC	46:01
29. Ebony Schuerman	Unatt	49:58
30. Candee Graves	NMC	52:13
31. Megan Therriault	NMC	52:18
32. Jim Fay	NMC	56:22
33. Marge Gladwin	NMC	57:10
34. Beth Hetrick	Unatt	57:24
35. Jim Lanteigne	NMC	59:24
36. Jason Staples	Unatt	63:49
37. MariLou Crohan*	NMC	78:11

\* 3 Miles

**Volunteers:** Frank Gorham, Race Director; Dave Duval, Marge Gladwin, Jim Fay, Denise Lawson, Brian Slattery, Jeff Gould, Paul McDermott, Jim McDermott, Steve McAvoy and Larry Morris



**Lunenburg, MA** – Volunteer Denise Lawson is ready to offer runners water after they peak one of many hills on the Donnelly's course.

*Photo by Paul McDermott*

**Westford Academy Road Race**

**3.62 Miles**

**July 18, 2013**

**Westford MA, MA**

*Times listed are for NMC members only*

1. Jon Miganowicz	NMC	21:20
2. Charlie Salmond	NMC	26:28
3. Justice Graves	NMC	26:43
4. Joe DiMucci	NMC	27:41
5. Juice Forbes	NMC	28:01
6. Rick Hersey	NMC	28:38
7. Woody Syrjala	NMC	29:59
8. Phil McGaw	NMC	30:12
9. Peter Orni	NMC	31:01
10. Donna LeBlanc	NMC	31:03
11. Candee Graves	NMC	36:03
12. Tom Spuhler	NMC	40:10
13. Marge Gladwin	NMC	41:06
14. Susan Spuhler	NMC	63:09
15. Russ Syrjala	NMC	66:10
16. Marilou Crohan	NMC	66:13

**Volunteers:** Dave Duval and Marge Gladwin, along with and a special thanks to Paul Poisson and Peter Dennechuk



**Westford, MA** – group photo of NMC runners after a very hot and steamy race.

*Photo by Karina LeBlanc*

**Burbank 5 Mile Trail Run**

**Fitchburg, MA**

**July 23, 2013**

1. John Kinnee	NMC	32:02
2. Jon Miganowicz	NMC	33:59
3. Jay Foster	NMC	37:30
4. Justice Graves	NMC	37:52



### Burbank Trail Run Results, Continued



**Fitchburg, MA** – Runners head into the woods at the start of the Burbank Trail Run.

*Photo by Paul McDermott*

5. Matt Moison	NMC	37:54
6. Anthony Lombardi	NMC	38:50
7. Mike Auger	NMC	38:57
8. Peter Wojtas	NMC	39:02
9. Lee Meunier	NMC	39:08
10. Mike O'Hara	NMC	40:28
11. Charlie Salmond	NMC	40:37
12. Peter Mueller	NMC	40:50
13. Libby Ward	Parker	41:19
14. Paulo Sisti	Parker	41:49
15. Sean Beverly	Parker	41:49
16. Matt Bedard	Parker	41:50
17. Zach Wolfe	Parker	41:50
18. Steve Drouin	NMC	41:51
19. Lisa Lombardi	NMC	42:58
20. Jamison Jones	----	42:59
21. Tim Blouin	NMC	43:16
22. Joe DiMucci	NMC	43:46
23. Nathan Nichiper	Parker	43:58
24. Amy Flanagan	----	44:13
25. Rick Hersey	NMC	44:21
26. Nicole Hollums	NMC	44:46
27. Andrew Hill	----	45:19
28. Zach Daigneault	Parker	45:47
29. Emma McHutcheon	Parker	45:47
30. Bev Mathieu	NMC	46:50
31. Ken Johnson	NMC	47:05
32. Kathi Coleman	NMC	47:34
33. Alyss Lombardi	NMC	48:02
34. Eric Hill	----	48:16
35. Bill Healy	----	48:48
36. Phil McGaw	NMC	49:14
37. Lizzy Moison	NMC	52:25
38. Deb Walgren	NMC	53:00

39. Joe Twiraga	----	53:39
40. Molly Reid	NMC	53:43
41. Peter Orni	NMC	53:45
42. Jim Fay	NMC	53:46
43. Neil McManus	----	53:50
44. Karen Bergeron	NMC	55:40
45. Marge Gladwin	NMC	66:19
46. Chris Reid	NMC	66:19
47. Sherisa Sterling	NMC	67:55
48. Russ Syrjala	NMC	98:36



**Volunteers:** Chris Reid, Race Director; Dave Duval, Marge Gladwin, Jim McDermott, Julie Wright, Molly Reid, Deb Walgren, Denise Lawson, Peter Orni, Brian Slattey, Paul McDermott, Mark Fontaine, and Gary Savoie

### Lynn Woods Trail Run 5.75 Miles Lynn, MA August 6, 2013

1. Charlie Salmond	NMC	44:04
2. Sau-Mei Leung	NMC	44:21
3. Paul Quinn	NMC	50:29
4. Rick Hersey	NMC	51:08
5. Peter Orni	NMC	53:40
6. Sarah Coffey	NMC	61:03
7. Sarah Dennechuk	NMC	69:02
8. Dan Coffey	NMC	71:03
9. Paul Schell	NMC	71:18
10. Marge Gladwin	NMC	73:23
11. Elena Sierra	Thirsty Irish	81:52
12. Kelly Morley	Thirsty Irish	81:52

**Volunteers:** Bill Mullen, Dave Duval, Marge Gladwin, and Rick Hersey



## To Run, Continued



I, like many runners, including more than a few from NMC, would describe myself as being addicted to running. Addiction in this context communicates a passion for running and how much of life revolves around making sure I get my 'fix'.

Unlike most addictions that can ruin lives and destroy relationships, running is largely a positive outlet. Of course, too much of a good thing can be bad and there are runners who take it too far for less healthy results. But for most of us, running is a healthy addiction we are not only happy to have, but work hard to develop. Falling off the wagon in normal addiction happens when you have stopped for a time and then start again. It is the opposite with running. Addiction where falling off the wagon happens when we *stop* running for a period of time only to find the quality of our lives has deteriorated in many areas and we must *start* running again to get back to normal.

What did I learn from my brief deprivation? First of all, it gave me a chance to think about what running means to me. Not running means more than just not running. The act of running includes a desire for fitness, an addictive quality, self-identity, and an evaluation of self-worth. No wonder it's so hard to give up. Will I take another running break? – It all depends on next year's vacation plans.

**Reference:** <http://www.runtheedge.com/2011/07/seven-signs-of-running-addiction/>

## Parting Shot



**Devens, MA** – Striking a pose to show off the back of the new club singlet, from left to right, Jim McDermott, Molly Reid, Karen Bergeron, and Jennifer Bergeron.