

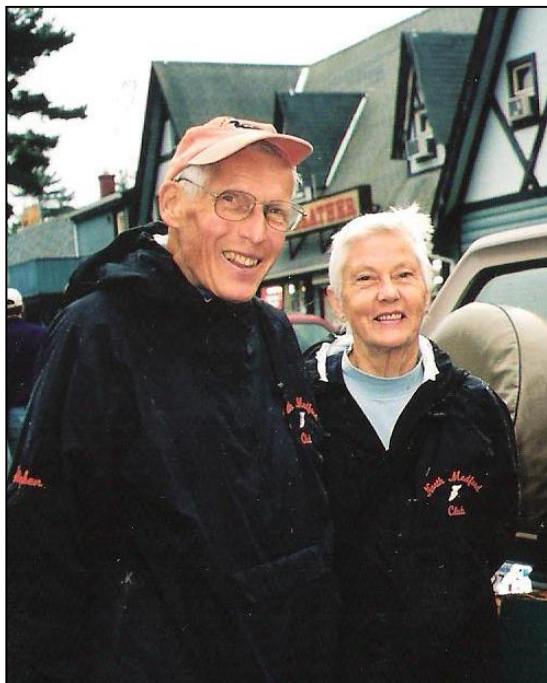


The Brooks Legacy

Compiled by Donna LeBlanc - Written by Ken Robichaud, Marge Gladwin, and Ken Parker

Gardner, MA – A touching letter written by Phyllis Brooks to our club sparked this story; one that honors Stephen's and Phyllis' contributions to NMC. After reading her touching words, I knew that the lead story for our winter issue had to be about the Brooks and the years between 1997 and 2002 when the couple co-directed the Lake Winnepesaukee Relay.

Ken Robichaud writes, 'I believe in the legacy of North Medford Club and its' history. There are runners and organizers that achieve a level that we all have come to admire and respect. Stephen



Weirs Beach, NH - Steve and Phyllis Brooks at JT's BBQ on September 23, 2003, the night before the 15th Annual Fred Brown Lake Winnepesaukee Race.

Photo by Frenchy Maynard

and Phyllis Brooks of Gardner, MA are these types of people. The type that are behind the scenes and we hear from them only when we need them, or the passion is in their blood to help.'

Ken Parker explains 'I think the legacy that the Brooks leave with the club is the selfless contribution to the Lake Winnepesaukee event. I remember that they stepped up and took the lead role for a few years and always worked one of the late water stops until the last runners came by. I also remember they would provide an elaborate breakfast feast at the Half Moon on Sunday morning (the day after the race). Two very nice, thoughtful and generous individuals.'

In This Issue

Legacy	1 - 3
Jingle Bell Run	4
Reminders	4
Volunteer Points	4
New Bookie	4
Defibulator Gift	4
Mistakes	5
Race Results	6 - 8
New Pub Series	8
Grand Prix Results	9
Holiday Party	10
Winter Race Calendar	11

Turn to Legacy /Page 4

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Legacy, Continued

The Brooks served as the Lake Winnepesaukee Race co-directors for 5 years, from 1997 to 2002. Ken Robichaud took over as director in 2003, but the Brooks continued to be involved. According to Marge Gladwin, 'Stephen organized all of the Winnepesaukee information. He set-up new files and took it to the next level of organization, including the water stop/exchange schedule that is still in use today. They would go to Winnepesaukee for a few days each year prior to the race to visit the police and also attend the town meeting for Wolfeboro. Stephen did everything; all the letters were hand written. Ken Robichaud, echoing Marge's words, explains, 'Steve was a master of communicating with the towns and local police.'

Steve received the President's Cup in 1998 for taking on the challenge of orchestrating the Lake Winnepesaukee Relay. This is an award given annually to a club member(s). The club president at the time selects a person(s) who, in their estimation, has significantly contributed to the club. The Brooks were recognized according to Marge because '...they volunteered to take on Winni. They just wanted to improve, document, and organize the Relay. I believe Steve wanted to make the Relay as big as it was years ago.'

As a runner, Steve was a fierce competitor well into his 70s. Ken Robichaud recounts this story, 'Steve was running with me (25 years my senior) and kicking my butt. As I finished in the bottom 10% on a crisp New Year's Day in Sterling, running the Freezer Five, there were many good things that happened. Phyllis was at the finish line and after



Weirs Beach, NH – Steve Brooks (left) and Ken Parker (right) working the registration table at the 12th annual Fred Brown Lake Winnepesaukee Relay on September 23, 2000. *Photo by Frenchy Maynard*

I crossed she said softly 'he's not happy'. Looking puzzled at her I went to talk to Steve. He started to tell me of his focus to break 8:10's and he had missed it by 9 seconds. I mentioned that the Log Cabin 10K Race was coming up in a few weeks. And, he beat me by 20 seconds.

A sampling of 1998 NMC Winter Series race results attests to Steve's competitiveness. At age 71, his times were impressive:

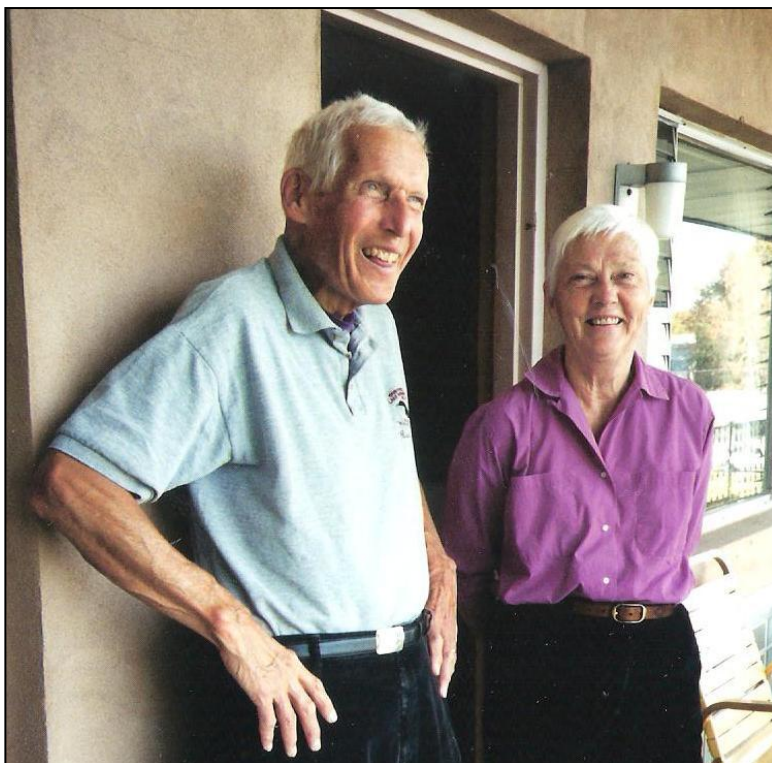
Log Cabin 10K	Fitchburg	52:53	8:31 per mile pace
Merrimac 7 Mile Handicap Race	Merrimac	62:22	8:55 per mile pace
Boone 10K	Gardner	55:58	9:00 per mile pace

Marge recalls running with Steve at the Stew's 15K, 'Stephen was in his prime that year. We both finished at 1:20:24 within 5 seconds of each other. We were back and forth throughout the whole race. We pushed each other.'



Legacy, Continued

Ken Robichaud offers these closing remarks, 'Steve Brooks is one of those special people who honestly treated everyone as they were his friend and truly cared. He never asked anything in return and is one of the reasons we are still NMC. His contributions were endless. Truly, Steve Brooks is one of those memories I hope I never forget because he has now come to another season in his life. I hope more of our club members reflect fondly on Steve. I know there are many more stories all of us could share. Thank you Steve, a man, a reason and a season shared by your friends.'



Weirs Beach, NH - Steve and Phyllis Brooks at the Half Moon Motel on September 25, 2004, the day before the 16th Annual Fred Brown Lake Winnepesaukee Race.
Photo by Frenchy Maynard

President Cup Award Recipients

1992 - Dave Duval* 1993 - Phil McGaw* 1994 - Susan Byrne* 1995 - Marge Gladwin* 1996 - Ken Parker* 1997 - Simone McGrath* 1998 - Stephen Brooks* 1999 - Ken Robichaud * 2000 - John Robertson* 2001 - Frenchy Maynard and Joe McBride* 2002 - Rene Lavoie* 2003 - Deb Fontaine* 2004 - Jim Imprescia* 2005 - Deb Willard-Parker* 2006 - Kris Gleason* 2007 - Paul McDermott* 2008 - Phil Keeley* 2009 - Royce Sawyer* 2010 - Darlene Hoover* 2011 - Jeff Gould* 2012 - Kevin and Amy Fallon*

JULY 28, 2013

Dear Folks:

Just a note to let you know Steve is in long term care now at the Wachusett Manor here in Gardner. He had fallen, broken 2 ribs, went to the Emergency Room and Heywood Hospital, then to rehab at Wachusett Manor, but did not recover enough to return to our apartment. He is in a wheelchair and recognizes me if I put my face right in front of his face. We have had a wonderful life together. I wouldn't change a minute of it.

With Love, Duzzy Brooks

P.S. We celebrated our 60th wedding anniversary in June

SEPT. 4, 2013

Dear Marge:

Thank you for the 80th party invite. I wish Steve and I could be there. As you can imagine, our lives are quite different these days. We really enjoyed our running days. Please take our name off the NMC list as we are not on the internet and I'm sure snail mail is a nuisance for someone. I'll cherish the memories.

Sincerely,
Phyllis Brooks aka Duzzy



Join the Jingle Bell Run

By Chris Reid



Save the date. The second annual Jingle Bell Run will be held on December 22 at 1 pm. The run will start and finish outside of 'On the Rocks', 96 Lakefront Street, Lunenburg with socializing to follow in the bar area.

There is no charge and NO CLOCK; the event is a fun run only. There will be a RAFFLE following the race with the proceeds to benefit the Leominster Track fund.

New Year Reminders

By Chris Reid

Dues for 2014 are payable at the Bob Hersey 5 Mile Race on January 5th at Fitchburg Knights of Columbus.

Also on January 5th, we will have our Annual Meeting immediately following the Race. This is an election year and there are a number of vacancies to be filled. Additionally, 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. Contact Deb Fontaine and let her know you would like to have your name put in nomination.

Seven (7) Boston Marathon Waivers will be awarded during the annual meeting. Please plan on attending if you would like to apply for one of the Boston waivers.



2013 Volunteer Points Tally

With only seven Boston Marathon waivers, the accuracy of the Volunteer Points earned by club members is critical. Points are currently being tallied and verified. A separate e-mail announcement will be sent to members once the final numbers are confirmed. Information will also be posted on the NMC website.

New Bookie for NMC



Only kidding, not a real bookie, but a new numbers person. Denise Lawson has graciously volunteered to take over the task of tracking volunteer points for the club. A BIG thanks to Paul McDermott who

deserves our gratitude and appreciation for handling this responsibility for many years.

Denise will also be tracking our Grand Prix race results; a responsibility that has been taken care of Rene Lavoie for a very long time. A round of applause goes out to Rene – well deserved for his conscientious dedication to the Summer and Winter Grand Prix series for many seasons.

Generous Gift Made to Our Club

By Donna LeBlanc

An automated external defibrillator (AED) was recently donated to the club by the Michael T. Ellsesser Memorial Fund. This is the first AED awarded by the Fund to a running club; prior gift recipients have included cities, towns and school districts.

Michael Ellsesser passed away on a football field while playing for the Oxford High School Pirates against Quabog High in Warren, MA on November 10th, 2010.



Gift to Club, Continued

Mike was struck in the chest during a tackle and went into sudden cardiac arrest. While CPR was started immediately, there was no ambulance or AED at the field and it took 15 minutes for the EMTs to arrive.

The Fund was established by Mike's family to purchase and distribute AEDs in order to save a life if need be. Time is of the essence in any heart related emergency. The hope is that our club will never have to use this AED. However, it will be on hand at the start and finish of all club sponsored races.



Training on use of the defibrillator will take place on January 5th at 10 am, prior to the Hersey race and Annual Meeting. Anyone interested in

learning how to use this equipment is invited to participate in the training. Anyone who will be volunteering as a race director in 2014 is strongly encouraged to attend. Please contact Donna LeBlanc at donnajleblanc@yahoo.com for more information and to register for the training. There is no cost to attend.

Mistakes Can Be Fixed

By Gary Leavitt

Fall is the best time of year to train and race. The weather is more conducive to training far and hard and racing well. Most PR's are recorded in the fall.



Winters are notorious for building the base; spring is for marathons or early racing; and, summer is either time to build another base or race and stay sharp.

Here's why the fall can work for you. Labor Day to October 1 (distance with some speed, but not too intense). October 2 to October 31, (maintain distance with speed work intensifying). November 1 till December 8th or thereabouts (your distance is down and your speed is up even more and peaking for the season).

Now for a story... 'Mistakes can be fixed'. I had a girl who ran for me at Bishop Fenwick High School. Her father was intent on coaching her while I was coaching her. She'd do our workouts after school and her father's after supper. She was running 70 miles a week which is too much. She was legitimately one of the best runners in the state at the time, but throughout the entire season she was getting worse and worse. She came to me with two weeks to go in the season all upset, crying and telling me what her father had done. She asked if I could salvage her season.

I went to my track coach, Dave Dunsky (The best in the country, many have said). I told him what happened and he said to have her stop running for the next 12 days. Two days before the race, jog a couple miles. A day before the race, run pick-ups: Short 100 to 200 yard wind sprints. Leg speed turnover being all that was needed.

The following day she stepped on the line against the very best the state had to offer. From her qualifying race two weeks prior it would appear she would have trouble cracking the top 30.

But, on this day Coach Dunsky's formula worked to perfection. She finished sixth overall right behind the very best runners that Massachusetts had in the 80's. As a matter of fact she was only 10 seconds behind the third place finisher.

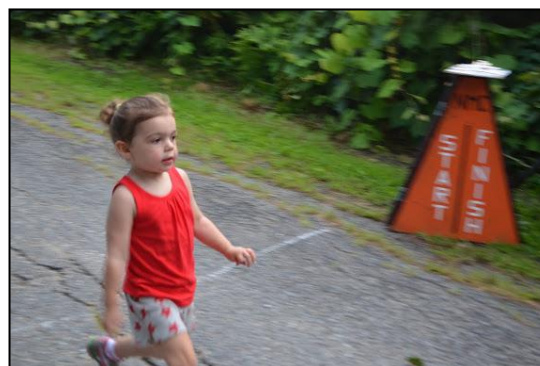
She went onto run Division One College Cross Country and is still a great friend today.



Country Road 5K
August 13, 2013
Templeton, MA

1. Scott Leslie	CMS	16:28
2. Jon Miganowicz	NMC	17:41
3. Arthur Besse	CMS	17:51
4. Will Lary	UNATT	18:25
5. Josh Kaddy	NMC	19:33
6. Jeff Gould	NMC	20:09
7. Lee Meunier	NMC	20:26
8. Justice Graves	NMC	20:42
9. Matt Moison	NMC	20:49
10. Tim Blouin	NMC	21:00
11. Dillon Chartier	Gansett	21:03
12. Jay Foster	NMC	21:04
13. Sean O'Sullivan	NMC	21:51
14. Autumn Brown	Murdock	22:01
15. Charlie Salmond	NMC	22:14
16. Mike Martin	UNATT	22:33
17. Elizabeth Ward	NMC	22:37
18. Nicole Hollums	NMC	22:57
19. Amber Brown	Murdock	23:36
20. J T Huff	Murdock	23:38
21. David Martin	Colonial	23:44
22. Andrew Hill	UNATT	24:03
23. Melissa Leslie	UNATT	24:19
24. Kylie Chartier	Gansett	24:37
25. Joe DiMucci	NMC	24:42
26. Jim Shope	NMC	24:42
27. Rick Hersey	NMC	25:05
28. Darlene Hoover	NMC	26:13
29. Eric Hill	UNATT	26:22
30. Peter Orni	NMC	26:39
31. Kirsten Harnden	UNATT	26:41
32. Lizzy Molson	NMC	26:41
33. Emily Roberts	Murdock	27:57
34. Dick Karvonen	NMC	27:58
35. Hunter Graves	NMC	28:52
36. Marco Santiago	UNATT	28:56
37. Shaquiria Santiago	UNATT	28:56
38. Megan Therriault	NMC	29:13
39. Noah Hill	UNATT	29:17
40. George Barnes	UNATT	29:18
41. Candee Graves	NMC	29:52
42. Mort Snerd	NMC	31:50
43. Marge Gladwin	NMC	33:33
44. Molly Superchi	UNATT	34:02
45. Pam Moore	UNATT	36:58

46. Josefyne Santiago	UNATT	52:34
47. Jacqueline Andrews	UNATT	52:35



Templeton MA – Crossing the finish line at the Country Road 5K this young lady shows she can go the distance.

Fresh Pond
Cambridge, MA
July 27, 2013

2.5 Mile Race

1. Bill Forbes	NMC	18:15
2. John Babington	NMC	24:43
3. Dave Duval	NMC	25:38
4. Tom Spuhler	NMC	29:36
5. Susan Spuhler	NMC	44:02
6. MariLou Crohan	NMC	44:02

5 Mile Race

1. Charlie Salmond	NMC	36:05
2. Jonathon Fitt	NMC	37:41
3. Marge Gladwin	NMC	547:39

Volunteers: Thanks to Paul Schell, Diane and Joe for being there every Saturday and for Dave Duval and Marge Gladwin for helping out with this race.



Log Cabin 10K
Fitchburg, MA
August 27, 2013



Fitchburg, MA – The Log Cabin and Budweiser Beer sign greet runners at the start of the Log Cabin 10K.
Photo by Paul McDermott

1. Jon Miganowicz	NMC	37:58
2. Mark Tonnelli	UNATT	42:54
3. Debbie Barry	NMC	43:04
4. Seth Reid	NMC	44:41
5. Anthony Lombardi	NMC	45:01
6. Kris Gleason	NMC	45:30
7. Mike Auger	NMC	46:01
8. Matt Moison	NMC	46:06
9. Dan Tonelli	UNATT	46:24
10. Heidi Handy	NMC	46:35
11. Lisa Lombardi	NMC	46:54
12. Jonathon Fitt	NMC	47:11
13. Jim Shope	NMC	48:00
14. Charlie Salmond	NMC	48:57
15. Alysia Lombardi	NMC	52:12
16. Ken Johnson	NMC	52:18
17. Rick Hersey	NMC	53:03
18. Kathi Colman	UNATT	53:18
19. Darlene Hoover	NMC	53:22
20. Amy Flanagan	UNATT	53:33
21. Michael O'Brien	UNATT	53:34
22. Peter Orni	NMC	55:03
23. Keisa Gill	NMC	58:27
24. Megan Therriault	NMC	59:23
25. Steve Gill	UNATT	60:21
26. Joe Twiraga	UNATT	60:55
27. Woody Syrjala	NMC	61:00
28. Chris Reid	NMC	67:30

29. Marge Gladwin	NMC	71:33
30. Russ Syrjala*	NMC	109:07
31. MaryLou Crohan**	NMC	92:15
* Walker		
** 4 miles		

Bradley Palmer State Park
5 Mile Road and Trail Race
South Hamilton, MA
September 4, 2013

1. Charlie Salmond	NMC	37:00
2. Paul Quinn	NMC	39:52
3. Jim Barry	UNATT	43:05
4. Steve McAvoy	NMC	45:55
5. Roger Perham	NMC	48:36
6. Anna Hubert	UNATT	49:30
7. Rick Collette	Mystic	49:44
8. Sarah Coffey	NMC	52:08
9. Jean Barry	UNATT	53:31
10. Dan Coffey	NMC	59:28

Volunteers: Julian Siegel, Race Official;
Roger Perham, Host.

4Cs 5.7 Mile Road Race
Shirley, MA
October 19, 2013

1. Jeff Gould	NMC	37:06
2. Heidi Handy	NMC	40:54
3. Tim Blouin	NMC	41:31
4. Mike O'Hara	NMC	42:19
5. Charlie Salmond	NMC	43:19
6. Ivelio Herrero	NMC	46:14
7. Peter Orni	NMC	50:03
8. Rick Hersey	NMC	50:47
9. Jonathon Fitt	NMC	50:48
10. Steve McAvoy	NMC	52:10
11. Phil McGaw	NMC	53:08
12. Roger Perham	NMC	57:47
13. Candee Graves	NMC	61:50
14. Chris Reid	NMC	63:58
15. Marge Gladwin	NMC	69:07

Volunteers: Phil McGaw, Race Director;
Dave Duval, Marge Gladwin and Mike O'Hara.



Merrimac 7 Mile Handicap Race

August 20, 2013

Merrimac, MA

	Name	Total	Handicap	Net	Club
1.	Josh Curtis	71:09	-26:15	44:54	NMC
2.	Jeff Gould	70:04	-23:30	46:34	NMC
3.	Tim Garges	67:43	-17:30	50:13	-----
4.	Jonathon Fitt	66:51	-12:15	54:36	NMC
5.	Charlie Salmond	73:12	-15:45	57:57	NMC
6.	Rick Hersey	70:28	-8:45	61:43	NMC
7.	George Leslie	68:09	+14:00	82:09	NMC
8.	Vickie Bush	63:44	+19:00	82:44	NMC
9.	Marge Gladwin	77:04	+7:00	84:04	NMC
10.	Dan Dodson	70:33	+19:00	89:33	NMC
11.	MariLou Crohan	76:00	3.5 Miles		NMC
12.	Phil McGaw	DNF			NMC

Volunteers: Phil McGaw, Race Director; Paul Tucker, Host; Dave Duval, Royce Sawyer, Julie Christo, Marge Gladwin, and Steve McAvoy



Shirley, MA – Sporting orange and black, runners assemble near the start of the 4C race on a sunny and warm fall day.

New Pub Series Announced

New for 2014 is a series of Pub type running events. The schedule is currently being finalized, but we do know that the series will begin on March 16th with the Shamrocks on the Rocks 5K. We are working final dates with the Luxury box, Gazbar, and one or two other pubs in the North County area. These will be no-frills events. However, if you run all of the races in the series you will be awarded merchandise, likely either a jacket or a sweatshirt. Details are still being worked out, and there will be on-line signup for the entire series.



2013 Summer Grand Prix Series Results

By Rene Lavoie

The recently completed 2013 NMC Summer Racing Series concluded with the running of the 4 C's race hosted by Phil McGaw in Shirley on October 19th. This year 101 NMC members ran or walked at least one of the series races. This summer the series was scored using a formula that required a member to score for the overall standings by participating in half plus one race. This year that meant participation in 9 of the 17 races. Qualifying women were Marge Gladwin (15 of 17); Candee Graves (10 of 17); and Heidi Handy (9 of 17). For the men Charlie Salmond (17 of 17); Rick Hersey (15 of 17); Peter Orni (13 of 17); Phil McGaw (10 of 17); and, Jonathan Miganowicz (10 of 17).

The following members are this year's overall Grand Prix winners:

1.	Jon Miganowicz	9/17 races	900.00	Total	994.26	pts.
	Heidi Handy	9/17 races	875.72	Total	875.72	pts.
2.	Charlie Salmond	9/17 races	808.13	Total	1441.98	pts.
	Marge Galdwin	9/16 races	701.60	Total	1061.21	pts.
3.	Rick Hersey	9/17 races	679.65	Total	1105.21	pts.
	Candee Graves	9/17 races	659.21	Total	722.99	pts.

Age Group Winners

Men		Women	
<u>00-15</u>		<u>00-15</u>	
Justice Graves	606.85 pts.	Abby O'Sullivan	169.77 pts.
<u>16-29</u>		<u>16-29</u>	
Jon Miganowicz	994.26 pts.	Alyssa Lombardi	264.28 pts.
<u>30-39</u>		<u>30-39</u>	
Lee Meunier	430.75 pts.	Sarah Coffey	172.65 pts.
<u>40-49</u>		<u>40-49</u>	
Jeff Gould	379.14 pts.	Heidi Handy	875.72 pts.
<u>50-59</u>		<u>50-59</u>	
Tim Blouin	658.39 pts.	Marge Gladwin	1061.20 pts.
<u>60-69</u>		<u>60-69</u>	
Charlie Salmond	1441.98 pts.		
<u>70-79</u>		<u>70-79</u>	
Peter Orni	900.32 pts.	MaryLou Crohan	497.78 pts.



Summer Series Results, continued

NMC Trail Race Series Final Results

Men

1. Charlie Salmond-440.12 pts
2. Rick Hersey-299.38 pts
3. Jon Miganowicz-294.26 pts

Women

1. Marge Gladwin-303.54 pts
2. Sau-Mei Leung-196.88 pts
3. Sarah Coffey-172.65 pts

Congratulations to all. Awards will be presented at the Annual Meeting after the running of the first winter series club race of 2014; the Bob Hersey Memorial 5 mile road race on January 5th. Trophies will also be awarded to age group winners and the winners of the trail series.



KNIGHTS OF COLUMBUS HALL
165 ELECTRIC AVENUE, FITCHBURG, MA
SATURDAY, January 11th, 2014
6:00 P.M. to 10:00

Buffet Dinner served at 7:00 p.m. catered by Sean Patrick's
Hand Carved Turkey - Stuffed Chicken Breast - Pasta Primavera -
Sirloin Tips - Roasted potato - Green beans - Garden salad - Rolls
and butter - Assorted desserts

CELEBRATE THE HOLIDAYS
AND DANCE THE NIGHT AWAY!
DJ - RAFFLE PRIZES



\$18.00 each: FOR NMC MEMBERS AND THEIR GUEST

Please respond before January 3rd, 2014

MAIL ENTRY FORMS & CHECKS PAYABLE TO 'NORTH MEDFORD CLUB'
TO: Kris Gleason, 17 Stone Hedge Drive, LEOMINSTER, MA 01453

NAME: _____
TELEPHONE: _____
NUMBER ATTENDING: _____ AMOUNT ENCLOSED: \$ _____



North Medford Club
80 Years and Running
2014 Winter Racing Series

- ❖ **January 5, 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 for directions.
- ❖ **January 11, Saturday 3, 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.** Races hosted by CSU. For information contact Diane at laugh@mit.edu
- ❖ **January 12, Sunday, the Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, 1pm Kelly Square Worcester, MA. Check NMC website for exact location. For information contact Amy Paquette at photogirl77@email.com.
- ❖ **January 19, 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).
- ❖ **January 26, 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 9, 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 16, 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.).

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

- ❖ **February 9, Sunday, The Great Stew Race**, K of C Lynnfield St. (rte. 129) Lynn, MA 15K, 10am. \$12 no shirt, \$25 with shirt. Contact Roger Perham at 989-468-7934. Directions, information: www.stewchase.com, Facebook, 15K Great Stew Chase
- ❖ **March 16, Sunday, On the Rocks 5K**, Whalom waterfront, Lunenburg, MA, 1 pm, \$5. For information contact Chris Reid at reidcc@comcast.net.

NMC Website: www.NorthMedfordClub.org

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