



## Winnepesaukee Relay Farewell (1988-2013)

*Written by Jeff Gould*

**Weirs Beach, NH** – Sadly, this article qualifies as an obituary. The esteemed and venerable Lake Winnepesaukee Relay has run its course. After 25 years, last September's Relay was the last. Including its predecessor, the Plymouth Rock to Provincetown Relay, it goes back 40 years, to 1974. That year, the old timers of NMC and a number of other clubs thought it would be a 'lark' to see if they could run teams of 8 runners over an 80+ mile course that finished at the point in Provincetown.



**The Last Start – Weirs Beach, NH** - Leg 1 runners on their initial descent toward the Lake at the 2013 Relay; the 25<sup>th</sup> and final year of the event.  
*Photo by Roger Perham*

The inaugural Relay featured 10 teams, an 81 mile relay won by the Seacoast Striders. Though attracting more teams each year, it remained modest, not topping 100 teams until it had been around for 7 years. In its last 3 years ('86 to '88), it grew to nearly 300 teams, including some of the best and strongest running clubs around. North Medford Club won it outright in 1975 and 1976, several other clubs took their turn at the podium, then, starting in 1979, (and continuing into the mid 90's), CMS dominated the P-to-P Relay for nearly a decade, finally getting beat by a team of paid ringers running for New Balance in 1988. CMS held records on both courses; their top teams running at or near 5 minutes per mile over very hilly and challenging terrain.

**Turn to Farewell /Page 2**

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### *In This Issue*

Farewell	1 - 2
Vision and Plan	3
Mark Your Calendar	4
Lucky 7	4
Volunteer Points	4
Mill Cities Relay	5
Devens 5K Series	6
Marathon Bus	6
Shamrocks Rocks	10
Race Results	7-10
Grand Prix Results	11



## Farewell, Continued

Unable to secure permits for the race on the Cape for the following year, Race Director Fred Brown pulled off the Herculean task of relocating the Relay to Lake Winnepesaukee in 1989. The first several years saw 200+ teams, finally leveling off at about 150-170 for many years. The course went through growing pains, running slightly different courses and distances for a few years, finally settling on the 65.1 mile course in 1995 that remained for 20 years. Huge growth in road races in the 1990's and beyond resulted in dropping numbers, and eventually the Relay's demise. That a great event like Winni could be maintained by a group of chump amateurs on a shoestring budget is a testament to the effort put forth, especially in the last few years. Indeed, Winni endured 5-10 years longer than many expected due to the efforts of a small group of volunteers. They all deserve our thanks for all their effort.

While I'm not the only runner to make the claim - I met one at the 2013 Relay, I ran Lake Winnepesaukee all 25 years that it existed, taking on the added task of marking the course with the arrows that runners followed through the course for the past 16 years. While I groaned at the start of that job each year, knowing how long and arduous it was, I took pride the next morning watching the race start. Having put a team together every year myself, I knew that each runner at the start represented a team that took a lot of work to assemble and field. Seeing the numbers drop over the years was sad, but did nothing to dampen the spirit of the relay. Lake Winnepesaukee was a unique race on the calendar, and won't be replicated in the future. It represented not only a rare long distance road relay, but a chance to get away from the hassles of everyday life, not to mention the now fleeting opportunity to flush a few bucks into dilapidated pinball machines at Funspot. The relay has now come and gone, with many in the running community expressing shock and sadness. At the high risk of missing one or more, credit goes to the effort in recent years of clubs like the Somerville Road Runners, the Shamrock Running Club, and of course to North Medford club, for fielding multiple teams, and to those who, even with fewer entries, returned year after year to partake in the event. I know I speak for many when I say 'Rest in Peace, my old friend'. You'll be missed.



Photo by Roger Perham



## **NMC's Future: The Vision and the Plan**

*By Mark Fontaine, NMC President*



There is a saying that change is a good sign in business. If that is a true saying, then things seem to be shaping up well for NMC, as we are in the midst of change. Our 25 year run of hosting the Lake Winnepesaukee Relay is over. Much will be missed about that race, but we have to move ahead.

A plan is in place. Our club has developed a new series of road races that will be held in addition to our regular summer/winter races. A hard-working committee is now organizing our second year of these 5-K races and the overall result so far has been very positive. In 2013, we held 3 new races: Shamrocks on the Rocks 5-K, Box Trot 5-K, and Rock the Gazbar 5-K. In 2014, we will hold 4 races: Shamrocks and Gazbar will remain, Box Trot will be changed to a new race at Lake Whalom in the summer, and a new race will be added - Franco de Mayo 5-K at the Leominster Franco American Club (details will be posted on our website).

The vision for our future is as follows: 1) Put on good, fun races; 2) Raise revenue for NMC; and, 3) Donate to a worthy cause. So far we seem to have succeeded with all of these goals. Runners seem enthused and competitive with the races, we've made some profit to keep our club solvent, and we're involved with a great cause which is the new track and field facility at Leominster High School (LHS). For those of you who don't know, LHS does not have a home track; they have all their meets on the road. That is very wrong and we have been trying to do our part to help solve the problem for these young track athletes.

Last year, I had the pleasure of representing NMC in making three donations to the Leominster Education Foundation which is the organization that directs charitable contributions towards the new track. During several meetings with the Foundation members, we met with the superintendent of schools, LHS Athletic Director, the mayor and student athletes. All of these people expressed lots of praise and thanks toward the North Medford Club. The new field will be called Alumni Field and at a fundraiser dinner last weekend, our club was given sponsorship of one of the tables as thanks for all we've done for them.

The North Medford Club name is out in the community with a very good vibe. Many of the teachers, parents and (most importantly) students have been asking about and joining our club. So, the change can be looked at as for the good. We have some great new races, helped out with our club's bottom line, helped a good cause and made a lot of new friends in the community. Not a bad spot, I'd say. Thank you to all our members and let's carry on.





## **Mark Your Calendar**

*By Jeff Gould*

How many screwballs can one sport attract? Surely, every sport and game (as well as most other things), has its eccentrics at its fringes, but running has to rank high. Atop the list, running has its 'streakers', those that have run X number of consecutive days without missing a day. Don't believe it? Check out the U.S. running streak association at [www.runeveryday.com](http://www.runeveryday.com). Yes, somebody actually keeps track of this unofficial statistic. And if you look hard enough, you can find at least 5 NMC runners among its ranks, including 3 that have streaks of over 30 years! Include the runners who have streaks at Boston or other races of 30 or 40 years or more. Add to that the growing number of runners that have run a marathon in every state, a marathon on 6 or even all 7 continents, a marathon in 100, 150 or more countries. Add to that local runners like Dave Dunham, who was featured in New England Runner for having run in all 351 cities and towns in Massachusetts, or Dave Martin, who has run a fistful of out of the way NMC races in his quest to have run a race in the same 351 cities and towns, and the stories abound.

With an almost unlimited number of ways to add to it, this list could probably be continued ad infinitum. And yet, another emerges with a screwball idea. And I can call him just this, because he is yours truly. I can't possibly be the first, but the idea came to me with no outside assistance. I have now all but accomplished the goal of having run a race on each of the 366 possible days of year. Yes, February 29th counts. Yes, I have run a race on Christmas day (Fresh Pond, 2010). With 5 days to cross off at the beginning of 2013, I managed all but one. It should have been done and over with this past February at the NMC winter race in Merrimac, but I got bamboozled by a commitment. December 21st remains the only day of the year I have never run a race. In 2014,

December 21st falls on a Sunday, so count on me scrounging a race somewhere on that day this coming winter, and if you see me there, you'll know that I'm completing my own form of insanity. Races at this time of the year are few and far between. How far will I have to go to manage this? I'll keep you posted.

## **Lucky Seven**

Seven (7) Boston Marathon Waivers were awarded at the annual meeting held in January. Awards were based on volunteer points earned in the previous year. Boston Marathon entries went to the following lucky few:

1. Julie Wright
2. Joe DiMucci
3. Larry Morris\*
4. Kathie Cioffi
5. Donna LeBlanc
6. Ray Anair
7. Sharon Ronan

\* Larry returned the waiver he earned back to the club. It was then awarded to Steve McAvoy.

## **2014 Volunteer Points Tally**

For those of you who have eyes set on the 2015 Boston Marathon and for others who just want to help the club by volunteering at race events, the club is watching. Thanks to Denise Lawson and her elaborate spreadsheet, we are now keeping even better track of the volunteer points earned by members. Here are our top 12 volunteers based on points earned through the first two months of 2014:

1. Frank Gorham
2. Marge Gladwin
3. Dave Duval
4. Rene Lavoie
5. Lee Meunier
6. Chris Reid
7. Joe DiMucci
8. Jeff Gould
9. Denise Lawson
10. Larry Morris
11. Amy Paquette
12. Molly Reid



## **Mill Cities Relay: 2013 Edition**

*By Jeff Gould*

Thanks again to all of you who journeyed north to the Mill Cities Relay to see how fast a team of five runners (three runners for you elderly folk), could transport a magnetic wrist band from Nashua to Lawrence with the attractive potential to freeze your rear end while waiting for your hand-off. This year was the 30th running, so we should all feel special for having taken part. This is one of the best races in New England, really the last of the true club races. NMC club had 87 runners on 19 teams, though there were a few no shows, resulting in a big kudos to those who doubled by running two legs. Want weird? Doubling by running legs 3 and 5 is definitely an odd combination, yet three runners did just that. Joe DiMucci, Amy Paquette, and Jon Miganowicz not only pulled double duty for their teams by running these legs, but probably mowed through a record volume of laundry to pull it off. Zack Tibbetts, ever so efficient, also ran two legs, but ran legs 2 and 3 back to back. A more sensible combo.

NMC had its share of success, though it's clear that other clubs are much stronger in divisions we have dominated in the past. We managed 3 'bricks'. Mark Fontaine's mixed 50+ team was 2nd, Kris Gleason's women's 50+ was 3rd, and the men's 60's team was 3rd. Two other teams that I thought were shoo-ins for awards, if not strong contenders for top spot, both got 4th. Mixed 60+ of Linda Usher, Vin Rivard and Brian Byrne were 4th, as were our men's 70+ team of Lee Cunningham, Pete Orni and George Leslie. These divisions are getting stronger and deeper every year. Also finishing in the top 5 were both men's and women's masters. Both teams were the best and strongest we've ever had. The women included Elizabeth Bond, Lori Berkey, classy lady and mountaineer Mei (no last name necessary), Deb Barry, and Beth LeBlanc.



**Between Nashua, NH and Lawrence, MA –**  
NMC club member Dave Audet waits for the hand-off.  
*Photo by Chris Reid*

The guys were relay rookie Brad Fors (coming back next year, old man?), yours truly, Kevin Fallon, Arthur Besse and Dave Audet. Overall, we got 5th as a club, one spot back from our years long perch in 4th, as the Lowell Road Runners seem to have new energy. Still, not bad out of 20 clubs.

The most coveted of all awards, the two half gallon growlers that I award each year, believe it or not, go to the same team. Every year, I give a half gallon to the team that comes the closest to my prediction, and one to the team that beats my prediction by the most. EVERY team went a bit slower than I predicted, maybe affected by the cold, maybe by my incompetence at handicapping. When I saw Dave Audet (anchor for my own team), finish only 27 seconds off my prediction, I thought we had it made. Nope. Somebody had to bamboozle us. The Rindge Road Runners, Jim McDermott, Molly Reid, Denise Lawson, Deb Walgren and Brian Slattery came within 11 seconds of my estimate. Great job, all.

There were 240 teams at last count. The first year I ran, there were 60 (ok, so I'm old), and it took 40 points to win the whole shebang. This year, as in the past few, it took 90-95 points just to make the top three. The race officials are doing something right. The competition is strong and deep, and getting better every year.



## Devens Series Kicks Off on April 2

By Donna LeBlanc

Spring is in the air, Time to get out your racing flats, breathe deep, and run fast. The Devens 5K series, now in its fourth year, begins April 2 and will run consecutive Wednesdays through the end of May. April races begin at 6:15; May races have a 6:30 start.

Races begin and end at Rogers Field, 55 Buena Vista Street. Park behind the buildings on Buena Vista opposite the field. You will see a large parking lot behind several abandoned buildings. Be aware that parking is restricted on roads surrounding the field.

The course is a double loop on sidewalks and roads with a 2 mile first loop and 1 mile second loop around the field. For those who want to run the 1 Mile run course, it's once around the field. To view the race route, click on the following link:

<http://www.usatf.org/routes/view.asp?rID=420469>

As in years past, the cost: is \$2 for NMC members; \$4 for non NMC members; and, \$1 for anyone under 18 years old.

There will be two special theme nights this year:

May 21<sup>nd</sup> - Guess your time

May 28<sup>th</sup> - Last race celebration

Rene Lavoie is coordinating the series. **Race Directors are needed.** For more information or to volunteer contact Rene, [rainman52@verizon.net](mailto:rainman52@verizon.net).

## Boston Marathon Bus

Looking for a ride to the Boston Marathon start and a ride back home from Boston at the end of the day? Once again, the club is sponsoring a bus and use of the Marriot Boston at Copley Place hotel room on Marathon Day, April 21<sup>st</sup>.



The bus transports runners and spectators to the start in Hopkinton and carries luggage and spectators to the Marriott in Boston. The bus makes a return trip back to the pick-up sites early in the evening.

As in years past, there will be two pick-up locations: One in East Templeton at the Wilson Bus terminal; the other at Orchard Hills Athletic Club in Lancaster.

The price for round trip bus transportation and use of the hotel room, including a hot shower and light snacks, is \$55 per person.

For information and to reserve a seat, contact Joe DiMucci by email at [jdimucci5@comcast.net](mailto:jdimucci5@comcast.net) or by phone at 978-518-1587. Payment should be sent in the form of a check payable to The North Medford Club c/o Marge Gladwin, 16 Village View Road, Westford, MA 01886.



**Lunenburg, MA** – Club members Molly Reid, Peter Orni, and Denise Lawson (from left to right) sporting their finest St. Patrick's Day attire at the 2<sup>nd</sup> Annual Shamrocks on the Rocks 5K Road Race.

Photo by Paul McDermott



**Bob Hersey Memorial Race**  
**4.4 Miles**  
**January 5, 2014**  
**Fitchburg, MA**

1.	Arthur Besse	CMS	25:29
2.	Jon Miganowicz	NMC	28:21
3.	Heidi Handy	NMC	32:03
4.	Anthony Lombardi	NMC	32:19
5.	Tim Blouin	NMC	33:19
6.	Jonathan Fitt	NMC	33:29
7.	Felicia Lombardi	NMC	34:25
8.	Dave Bellew	NMC	34:58
9.	Lisa Lombardi	NMC	35:13
10.	Lori Berkey	NMC	35:19
11.	Ray Anair	NMC	36:06
12.	Janice Bellew	NMC	36:21
13.	Alyssa Lombardi	NMC	36:22
14.	Charlie Salmond	NMC	36:54
15.	Paul Lambert	NMC	36:56
16.	Jim Shope	NMC	37:29
17.	Charlie Herbert	NMC	37:31
18.	Greg Audet	NMC	37:59
19.	Jack Goolsky	NMC	38:25
20.	Deb Parker	NMC	38:28
21.	George Corff	NMC	38:31
22.	Donna LeBlanc	NMC	38:37
23.	Mei Leung	NMC	39:13
24.	Steve McAvoy	NMC	40:40
25.	Rick Hersey	NMC	40:45
26.	Sarah Dennechuk	NMC	41:46
27.	Denise Lawson	NMC	41:46
28.	Gail Dwyer	NMC	41:46
29.	Trish Gabor	NMC	41:50
30.	Molly Reid	NMC	42:15
31.	Peter Orni	NMC	42:15
32.	Phil McGaw	NMC	42:28
33.	Aldo Bianco	NMC	44:51
34.	Megan Therriault	NMC	45:14
35.	Chris Reid	NMC	50:16
36.	Candee Graves	NMC	50:34
37.	George Leslie	NMC	54:42
38.	Ken Becker	NMC	57:42
39.	Marge Gladwin	NMC	64:57
40.	MaryLou Crohan*	NMC	46:42

(\*2.2 miles)



**Fitchburg, MA** – Aldo Bianco (left) and Megan Therriault (right) demonstrate proper pacing at the start of the Bob Hersey race.

*Photo by Paul McDermott*

**Volunteers:** Rene Lavoie, Race Director; Larry Morris, Jeff Gould, Dave Duval, Chris Reid, Marge Gladwin, Ken Parker, Joe DiMucci, Lee Meunier, Jim Gaffney, Brenda McDermott, Denise Lawson, and Kevin Fallon.

**Fresh Pond**  
**Cambridge, MA**  
**January 11, 2014**

**2.5 Mile Race**

1.	Marge Gladwin	NMC	27:36
2.	MaryLou Crohan	NMC	48:38

**5 Mile Race**

1.	Jeff Gould	NMC	32:26
2.	Tim Blouin	NMC	35:05
3.	Heidi Handy	NMC	35:20
4.	Charlie Salmond	NMC	38:35
5.	Donna LeBlanc	NMC	42:28
6.	Steve McAvoy	NMC	44:58
7.	Denise Lawson	NMC	45:03



**9<sup>th</sup> Greyhound Pub**  
**Mr. Bean Memorial 3.4 Mile Race**  
**Worcester, MA**  
**January 12, 2014**

1. Jon Miganowicz	NMC	20:29
2. Jeff Gould	NMC	22:12
3. Tim Blouin	NMC	23:55
4. Heidi Handy	NMC	24:05
5. Dylan Hay	UNATT	24:42
6. Mickey O'Hara	NMC	24:45
7. Steve O'Leary	UNATT	25:23
8. Lester Forgit	CMS	25:25
9. Charlie Salmond	NMC	26:16
10. Mike O'Hara	NMC	26:32
11. Tom Lynch	NMC	26:44
12. Jack Goolsky	NMC	28:30
13. Steve McAvoy	NMC	28:52
14. George Corff	NMC	29:04
15. Donna LeBlanc	NMC	29:09
16. Janice Bellew	NMC	29:12
17. Molly Reid	NMC	30:24
18. Denise Lawson	NMC	30:24
19. Nick Antkowiak	NMC	30:59
20. John Lynch	CMS	31:33
21. Joe Twiraga	NMC	31:59
22. Chris Reid	NMC	35:09
23. Candee Graves	NMC	37:43
24. Marge Gladwin	NMC	38:44
25. Ken Becker	NMC	39:31
26. Tricia Bellew	NMC	44:32

**Volunteers:** Amy Fallon, Race Director;  
Charlie Herbert. Cyndi Curly, Dave Duval,  
Denise Lawson, Jeff Gould, Larry Morris,  
Lori Berkey, Marge Gladwin, Molly Reid,  
Rene Lavoie and Kevin Fallon.

**Log Cabin 10K Road Race**  
**Fitchburg, MA**  
**January 26, 2014**

1. Lee Meunier	NMC	43:40
2. Steve Penney	NMC	43:41
3. Tim Blouin	NMC	43:59
4. Elizabeth Bond	NMC	44:00
5. Anthony Lombardi	NMC	45:21

6. Rich Victor	TVFR	45:52
7. Heidi Handy	NMC	47:15
8. Jonathan Fitt	NMC	47:54
9. Mike O'Hara	NMC	48:39
10. Dave Bellew	NMC	48:39
11. Lisa Lombardi	NMC	49:40
12. Charlie Salmond	NMC	49:45
13. Deb Parker	NMC	52:13
14. Alwin Ramirez	UNATT	52:13
15. Donna LeBlanc	NMC	53:22
16. Molly Reid	NMC	55:04
17. Phil McGaw	NMC	57:34
18. Denise Lawson	NMC	59:57
19. Jack Goolsky	NMC	60:13
20. Jenny McKenzie	NMC	60:15
21. Michael Fanelli	NMC	61:31
22. Megan Therriault	NMC	61:32
23. Janice Bellew	NMC	61:45
24. Rick Hersey	NMC	62:08
25. Mary Ellen Kayu	UNATT	63:45
26. Kristin Beckwith	UNATT	68:26
27. Chris Reid	NMC	70:00
28. Candee Graves	NMC	75:09
29. Marge Gladwin	NMC	76:23
30. Holly Palmgren	UNATT	77:37
31. MariLou Crohan	NMC	--:--
32. Susan Spulter	NMC	--:--

**Volunteers:** Frank Gorham, Race Director;  
Larry Morris, Dave Duval, Marge Gladwin,  
Ken Parker, Joe DiMucci, Molly Reid, and  
Mark Fontaine

**Ron and Tom Boone**  
**10K Road Race**  
**Gardner, MA**  
**February 2, 2014**

1. Jon Miganowicz	NMC	37:12
2. Brad Fors	NMC	37:50
3. John Stillman	NMC	40:55
4. Sam Talbot	UNATT	41:31
5. Elizabeth Bond	NMC	43:23
6. Anthony Lombardi	NMC	44:10
7. Heidi Handy	NMC	44:24
8. Rob Haniesen	UNATT	45:36
9. Tim Blouin	NMC	46:00
10. Jonathan Fitt	NMC	46:12



### Boone Race Results, Continued

11. Bob Segall	UNATT	46:47
12. Shannon Dunn	UNATT	46:55
13. Charlie Salmond	NMC	47:57
14. Mike Auger	NMC	48:00
15. Lisa Lombardi	NMC	48:47
16. John Ingram	MM	49:27
17. Dan Anair	UNATT	49:42
18. Jim Shope	NMC	51:53
19. Deb Parker	NMC	52:29
20. Jessica Trembly	UNATT	52:31
21. Paul Lambert	NMC	53:05
22. Donna LeBlanc	NMC	54:45
23. Darlene Hoover	NMC	57:42
24. Jessica Hall	UNATT	58:06
25. Molly Reid	NMC	58:45
26. Gail Dwyer	NMC	58:46
27. Karen Cormier	UNATT	61:44
28. Nikki Bassett	NMC	61:44
29. Mike Fanelli	UNATT	62:22
30. Phil McGaw	NMC	62:56
31. Rob Wirtanen	NMC	63:28
32. Jenny McKenzie	NMC/CMS	63:48
33. Megan Therriault	NMC	64:57
34. Don Grant	SMAC	67:31
35. Bailey Krawec	UNATT	67:45
36. Stacy Hughes	UNATT	67:45
37. Christine Fanelli	UNATT	68:59
38. Denise Lawson	NMC	70:20
39. Chris Reid	NMC	70:20
40. Candee Graves	NMC	74:00
41. Susan Spuhler*	NMC	73:00
42. MaryLou Crohan*	NMC	73:00

\* 4 miles



Gardner, MA – Water stop volunteers (from left to right) Molly Reid, Deb Walgren and Gail Dwyer keep warm as a light rain falls near mile 3 at the Boone 10K Road Race.

Photo by Paul McDermott

**Volunteers:** Lee Meunier, Race Director; Molly Reid, Denise Lawson, Gail Dwyer, Deb Walgren, Chris Reid, Jeff Gould, Brian Slattery, Larry Morris, Peter Orni, Dave Duval, Joe DiMucci, Ken Parker, and Carol Allain.

### Donnelly's 5 Mile Road Race Lunenburg, MA February 9, 2014

1. Jon Miganowicz	NMC	31:06
2. Jason Yeagle	UNATT	35:08
3. Tim Blouin	NMC	35:11
4. Heidi Handy	NMC	36:06
5. Anthony Lombardi	NMC	36:21
6. Peter Wojtas	NMC	37:24
7. Jonathan Fitt	NMC	37:48
8. Alyss Lombardi	NMC	38:46
9. Charlie Salmond	NMC	39:43
10. Lisa Lombardi	NMC	40:31
11. Christy Starr	UNATT	41:42
12. Glenn Sim	UNATT	42:05
13. Jim Shope	NMC	42:45
14. Donna LeBlanc	NMC	44:46
15. George Corff	NMC	44:55
16. Sau Mei Leung	NMC	45:20
17. Gail Dwyer	NMC	45:55
18. Molly Reid	NMC	46:00
19. Phil McGaw	NMC	46:51
20. Deb Fontaine	NMC	48:00
21. Megan Therriault	NMC	49:17
22. Bob Wirtanen	NMC	49:23
23. Peter Orni	NMC	49:32
24. Mike Fanelli	UNATT	49:33
25. Denise Lawson	NMC	51:00
26. Casey Murphy	UNATT	52:42
27. Amy Rosas	UNATT	52:43
28. Chris Reid	NMC	53:32
29. Roger Corrigan	UNATT	53:40
30. Leo Trottier	MRA	53:41
31. Patti Bean	NMC	56:00
32. Karen Bergeron	NMC	56:00
33. Don Grant	SMAC	56:26
34. Ray Boutotte	NMC	63:10
35. Susan Spuhler*	NMC	55:56
36. MaryLou Crohan*	NMC	66:20

\* 3.6 Miles



**Donnelly's, Continued**

**Volunteers:** Frank Gorham, Race Director; Molly Reid, Denise Lawson, Gail Dwyer, Chris Reid, Dave Duval, Brian Slattery, Joe DiMucci, Jeff Gould, and Rene Lavoie.

**Templeton 4K Snowshoe Run**  
**Templeton, MA**  
**February 8, 2014**

1. Mark Fontaine	NMC	25:32
2. Steve Penney	NMC	27:09
3. Sandy Superchi	NMC	31:34
4. Peter Orni	NMC	33:17
5. Molly Reid	NMC	33:20
6. Deb Fontaine	NMC	37:09
7. Donna LeBlanc	NMC	37:44
8. Karen Bergeron	NMC	42:25
9. Chris Reid	NMC	43:51
10. Tyler Meunier	NMC	53:04
11. Lee Meunier	NMC	53:09
12. Anna DiMucci	NMC	57:10
13. Joe DiMucci	NMC	57:10

**Volunteers:** Joe DiMucci, Race Director; Dave Duval, Sandy Superchi, Anna DiMucci, Heidi Handy, and Jim Jackson.

**Merrimac 6.75 Mile Road Race**  
**Merrimac, MA**  
**February 16, 2014**

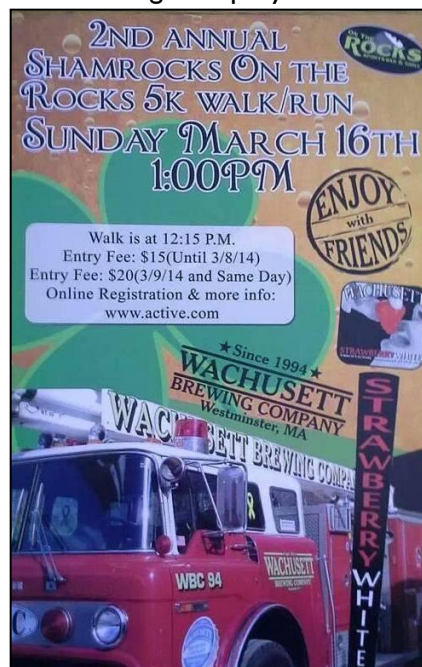
1. Jon Miganowicz	NMC	44:02
2. Jeff Gould	NMC	46:41
3. Tim Blouin	NMC	50:23
4. Heidi Handy	NMC	50:41
5. Charlie Salmond	NMC	54:19
6. John Pasquale	Andover	57:24
7. Michaela Jones	Waltham	60:18
8. Donna LeBlanc	NMC	63:25
9. Casey Murphy	UNATT	65:07
10. Molly Reid	NMC	66:11
11. Amy Rosas	UNATT	67:56
12. Rick Hersey	NMC	75:24
13. Marge Gladwin	NMC	87:14
14. MariLou Crohan	*4.72miles	93:35
15. Susan Spuhler*	*4.72 miles	93:35
16. Chris Reid**	**4 miles	46:30

**Volunteers:** Marge Gladwin, Race Director; Paul Tucker, Host; Donna LeBlanc, Dave Duval, Jeff Gould, Royce Sawyer, and Julie Christo

**Shamrocks On The Rocks**  
**Rocks Again**

*By Chris Reid*

The 2nd Annual Shamrocks On The Rocks is a continuing success! Once again, sponsored by North Medford Club and On The Rocks Pub, we drew approximately 260 entries for both the walk and run. Entrants were given a pair of emerald green running gloves as well as finisher medals. Promotions visiting the race were Red Bull, Twisted Tea, and Wachusett Brewing Company.



Once we've tallied things up, we will once again make a donation to the Leominster High School Fund for their proposed new track and field facility.

We are now moving on to our next and newest Pub Series event: the Cinco de Franco 5K! This 5K event will be held from the Franco American Hall in French Hill, Leominster. Come celebrate Cinco de Mayo a week early with NMC and take the Tour de French Hill!



## 2014 Winter Grand Prix Series Results

*By Donna LeBlanc, with results compiled by Denise Lawson*

The Merrimack 7 mile road race, at 6.7 miles due to snow accumulation, and not handicapped this time around, closed out the 2014 NMC Winter Race Series. Hazardous road conditions, lots of snow, bitter cold and gusty winds didn't deter 61 NMC members who ran or walked at least one of the series races. The series was scored using a formula that required a member, to score for the overall standings by participating in half plus one race; equating to participation in 4 of 7 races. Undeterred, eight men and nine women ran the minimum 4 out of 7 races, thus qualifying for the overall Grand Prix Awards. Four members ran all 7 races earning the crazed status of Iron Runner. Tim Blouin, Charlie Salmond, Heidi Handy, and Donna LeBlanc each having run all 7, will be recognized by having 'IRON RUNNER' embroidered on their club jackets for all to see. Congratulations to all who participated and to the award winners. The following members are this year's overall Grand Prix winners:



1.	Jon Miganowicz	5/7 races	400.00	Total	489.89	pts.
	Heidi Handy	7/7 races	400.00	Total	690.83	pts.
2.	Tim Blouin	7/7 races	360.72	Total	596.84	pts.
	Lisa Lombardi	4/7 races	357.63	Total	357.63	pts.
3.	Anthony Lombardi	4/7 races	344.93	Total	344.93	pts.
	Donna LeBlanc	7/7 races	331.26	Total	571.07	pts.

### Age Group Winners

#### **Men** **00-15**

Nicholas Antkowiak 66.11 pts.

#### **16-29**

Jon Miganowicz 489.89 pts.

#### **30-39**

Lee Meunier 100.00 pts.

#### **40-49**

Anthony Lombardi 344.93 pts.

#### **50-59**

Tim Blouin 596.84 pts.

#### **60-69**

Charlie Salmond 543.39 pts.

#### **70+**

Peter Orni 123.10 pts.

#### **Women** **00-15**

#### **16-29**

Alyssa Lombardi 181.25 pts.

#### **30-39**

Sarah Dennechuk 76.74 pts.

#### **40-49**

Heidi Handy 690.83 pts.

#### **50-59**

Donna LeBlanc 571.07 pts.

#### **60-69**

Marge Gladwin 277.88 pts.

#### **70+**

MaryLou Crohan 239.23 pts.