



## Beyond the Marathon

By Donna LeBlanc



As if a marathon weren't far enough, more and more runners are venturing into the world of ultra-running. Personally, I panic at the thought of any race that includes a step beyond 26.2 miles. While I may be insecure about going long, several club members have met the challenge and joined the ranks of ultra-runners. And, they are part of a growing trend. According to Ultrarunning Magazine, participation in ultra-races reached 70,000 (69,578 to be exact) in 2013; a 10% jump from 2012. Oh, and in case you're wondering exactly what the term ultra-running means, the standard definition is anything past the marathon, or 26.2 miles. The shortest standard distance that is considered an ultra is the 50 kilometer distance, or 31.07 miles. Other standard distances are the 50 mile, 100 mile, 100 km, and a series of events that last for specified time periods such as 6 hour, 12 hour, 24 hour, 48 hour, and 6 days.



**Outside of San Francisco, CA –**  
Karma Tousignant gives 2 thumbs up during the North Face 50 Mile Endurance Challenge in December of 2013.

The history of ultra-running can be traced back two million years when the Homo species evolved. Since walking upright and running, was a primary human adaption, this could explain our modern need to run and how ultra-runners have shown that the human body can sustain a level of endurance that can outrun – with a lot of training - a well-trained horse. I question my ability to outrun a poorly trained horse, but that doesn't mean it's not possible, given the right attitude and proper training. I've heard that for those who take the journey, it is not just the next distance, but also the next world. My question and possibly yours, too is 'How does one prepare for this other worldly existence?'

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### Letter to the Editor

Hi Donna:

I wish to add some further comments to those of Jeff's in the newsletter about the farewell to the Winnepesaukee Relay. The birth of that event occurred at my home, then an apartment in Waltham. At that time, the board of directors divided up into small committees such as for the race schedule, annual party, etc. At the time of the relay's creation, I was on the race committee and offered to host the meeting. Living in an apartment, I was anxious to host the smaller group as opposed to the full board. The policy was for committee meetings, all board members were welcome. I think I had a larger than usual turnout because of the interest in seeing how a bachelor lives.

During the meeting, Ron Drogin suggested that we do a relay. Apparently in years before there was a relay from Worcester that was a success. There was much enthusiasm about this new suggestion, but not from me. Because of the immense organization needed, I thought it was a bad idea. But, I was wrong. It was recommended that Cape Cod would offer a good course. Claude Ellis volunteered to lead the organization of the event. He went down to the Cape and laid out all of the legs as well as many other tasks. Later Fred Brown led the organization. The race started at Plymouth Rock and at first finished at the Provincetown Monument. Later the finish was changed to the Provincetown Inn.

The race on the Cape ended because an unfriendly police chief of Barnstable wouldn't permit the race through his town. There was no way to route the course around Barnstable. After the move to Winnepesaukee, it was learned the police chief died and then later the town wanted us back.

I hope the above is accurate since it was all from memory.

I believe I participated in every race either as a runner or volunteer. I'll miss the competition and the camaraderie. But I did learn how to spell "Winnepesaukee".

Julian Siegal

### Mt. Washington Road Race 2014 ...Only One Hill

By Jeff Gould



When one attempts something extremely difficult, especially under challenging or dangerous conditions, you can learn a lot about yourself. Trying to pass on this wisdom to his grandson, an elderly grandfather once said, 'He who climbs a great mountain does so to attain wisdom. He who climbs the mountain twice is a damn fool'. I've now run Mt. Washington 25 straight years. I often wonder where that leaves me. At 17 years and counting, Todd Brown can't be left unmentioned, either.

On June 21st, Mt. Washington came and went once again. NMC had its share of success. Men's masters and seniors came in 6th and 5th, respectively, women's masters came in 7th and 4th, all 4 teams narrowly missing a scoring bid that would have earned them a bypass into next year's race. Originally, the women's seniors (Marilyn Vachon, Deb Fontaine and Paulette Slovenkai), were listed as 3rd. Where the error was made I don't know.

Top performances of the day came from Sau-Mei Leung at 1:45, and Marilyn Vachon at 1:46, both at the top of their respective age groups. The day was a bit trying for everybody, though not out of the ordinary. It was cold and very windy at the summit. NMC had about 20 runners and about 20 volunteers; a great showing. Our water stop at the halfway mark was the best on the mountain (as it always is). As we all headed home after the race, I wondered about the old saying about trying the same thing over and over and expecting a different result being the definition of insanity. That said, we'll all be back next June.



### Three Great Races Run Their Course

By Marge Gladwin

A big thank you goes out to Dick Bennett as Race Director for the Boxford State Forest and the Bennett Estate 10K. Dick has hosted these two races for over 20 years. The Boxford State Forest Race was a very hard seven mile trail course nicknamed the Mosquito run. Don't stop or you would be carried away! Gil's AC was our point competition and his group would come out full force. I believe after 20 years, we are even in points.

One story I have, was back in 2000, when we had a Northeaster. Dick couldn't mark the course, so he had marked a course for us to do on the streets. Jim (aka Gil) told a couple of NMC runners, just follow the white tabs on the trees and you won't get lost. Most of the course was under water with levels over our knees, and in some places, to our waists. Gil told us if you came to water with no movement, you were going the wrong way. Of course, it was hard to follow the course with rain coming down sideways, I along with a few others, came to non-muddy/movement water, turned around, and found another trail. Dick, with his umbrella in his hand, waited for us to all come out of the woods and greeted every one of us with his smile. This was and still is one trail race I will never forget.



A recent picture of Dick Bennett celebrating his 86<sup>th</sup> birthday by taking a 5 mile hike with his daughter on April 6<sup>th</sup>.

Dick's other race, the Bennett Estate 10K started and finished at his home. Dick would serve homemade soup along with cookies or brownies. This race was always cold, so the soup was extra warming. And, Dick's two sons, Ed and Joe, were always there to support their Dad. These two races have now ended. For many years Dick has given his time and support to NMC. Dick and the races that he hosted will be missed, but not forgotten!



Another thank you goes out to Roger Perham for hosting the Asbury Grove 5 mile trail race for many years. This race always took place on a Saturday morning in September. Although Roger never had a big crowd at this race, it was a great course and a wonderful social time. Louise Rossetti would bring calzones from a family member sub shop or leftovers from the night before Winnie T-shirt party at my house. Also, thanks goes to Ruth and Mike for always being there to support Roger with this race.

So in closing, three NMC races have come and now are at a close. We move on to new races with new Race Directors. Thank you Dick and Roger for all your contributions and for all those memories.

**Weirs Beach, NH** – Roger Perham  
at the 2009 Winnepesaukee Relay.



## NMC Devens 5K Series Recap

By Rene Lavoie



The third edition of the 5K series held at Devens concluded May 28<sup>th</sup> with a fun run followed by pizza and prizes. This year's series demonstrated that the club has a devoted core of runners who use this early season series to pick up

their pace after a long cold winter that may not have discouraged those training for Boston, but gave the rest of us an excuse to take days off and to slog (slow jogs) through the winter months. All told there were 62 runners and walkers who participated in the nine week series. Despite the cold and at times windy Wednesday evenings, most races saw 20-25 runners compete each week. There were three runners who ran all nine races, Heidi Handy, Denise Lawson, and no surprise club Ironman Charlie Salmond. Prizes were awarded to the best time for a male, Brad Fors-17:53, and best time female, Heidi Handy-21:11. Recognized also for the most improved times for the series were Karen Bergeron who took an impressive 3:15 off her first week and George Higgins who took 1:48 off of his high. In order to be eligible for prizes each participant had to run a minimum of 5 of the 8 qualifying races. In the one mile run young Tyler Meunier ran the requisite 5 races and improved his time by 1:16. Ageless MaryLou Crohan also completed 5 races and improved on her time by a very impressive 4:10. Karen Spinelli walked the 5K course one evening in a time of 42:05. Congratulations to all. Thanks to all the volunteers and the multiple races directors who made the series safe and a success. Special thanks go to Dave Duval and Larry Morris who showed up each week to



volunteer their services. For those club members who have not run this series come on out next spring and enjoy the company of the many club members enjoying a safe and challenging course that allows you to chart your progress and prepare you for the upcoming NMC Summer Series. Also, it has become a tradition to meet at the Piccolino in Shirley for beer and pizza following the race. See you at the Pic.



**Lake Sumter, Florida** – Judy 'Zack' Tibbetts not only vacationed in Florida this past winter, she raced there, too. At the Lake Sumter Landing 5K Road Race, Zack placed third in the 50 – 54 female age category, finishing in a time of 27:57. According to Zack, Lake Sumter is a retirement community and the race boasted an 85 - 90 age group category. However, it will be a few years before Zack will be eligible for awards in this division.



**Remembering  
Louise Rossetti**

*By Jeff Gould*

As I'm sure many have heard, the running community lost a great inspiration recently with the passing of Louise Rossetti. I've asked a grand total of two people for an autograph in my life. She was one, and I like what that says about me. I asked her to sign my number from the 2003 Mt. Washington race, one of the last times she ran the race. Louise ran Mt. Washington many times. Determined to run the race at age 80, she was there in 2002. For those that don't remember, that was the year the race only went to the halfway point due to ice at the top. 'Now I have to come back next year', she said. She returned in 2003, and with a required cutoff time of 3 hours, ran 2:48, setting a women's 80+ record; a record she holds to this day, one that may outlast all of us. May she rest in peace with the knowledge that she was a positive influence for so many.



**Bob Hersey Memorial  
5 Miler Road Race  
Fitchburg, MA  
June 3, 2014**

- |     |                  |       |       |
|-----|------------------|-------|-------|
| 1.  | Jon Miganowicz   | NMC   | 30:40 |
| 2.  | Brad Fors        | NMC   | 30:54 |
| 3.  | John Kinnee      | NMC   | 32:34 |
| 4.  | Mike Martin      | UNATT | 35:03 |
| 5.  | Heidi Handy      | NMC   | 36:42 |
| 6.  | Anthony Lombardi | NMC   | 36:42 |
| 7.  | Matt Moison      | NMC   | 38:34 |
| 8.  | Mike O'Hara      | NMC   | 39:37 |
| 9.  | Shanna Large     | NMC   | 39:56 |
| 10. | Jim McDermott    | NMC   | 40:21 |

- |     |                 |     |       |
|-----|-----------------|-----|-------|
| 11. | Charlie Salmond | NMC | 40:36 |
| 12. | Lisa Lombardi   | NMC | 40:53 |
| 13. | Joe DiMucci     | NMC | 41:25 |
| 14. | Jim Shope       | NMC | 42:00 |
| 15. | Darlene Hoover  | NMC | 45:16 |
| 16. | Steve McAvoy    | NMC | 45:23 |
| 17. | Rick Hersey     | NMC | 45:56 |
| 18. | Kevin Fallon    | NMC | 45:56 |
| 19. | Phil McGaw      | NMC | 48:21 |
| 20. | Joe Twiraga     | NMC | 50:01 |
| 21. | Megan Theriault | NMC | 53:23 |
| 22. | Ken Becker      | NMC | 54:05 |
| 23. | James Kelly     | NMC | 54:35 |
| 24. | Marge Gladwin   | NMC | 60:03 |
| 25. | Molly Reid      | NMC | 60:04 |
| 26. | Candee Graves   | NMC | 65:07 |
| 27. | MaryLou Crohan* | NMC | 50:43 |
- \*2.5 miles

**Greyhound Pub Mr. Bean Memorial  
3.4 Mile Run  
Worcester, MA  
June 10, 2014**

- |     |                      |         |       |
|-----|----------------------|---------|-------|
| 1.  | Jon Miganowicz       | NMC     | 20:23 |
| 2.  | Mike Martin          | UNATT   | 21:05 |
| 3.  | Jon Pajer            | NMC/CMS | 21:13 |
| 4.  | Jeff Gould           | NMC     | 22:15 |
| 5.  | Mike Morrissey       | UNATT   | 22:19 |
| 6.  | Vin Garofoli         | CMS     | 23:15 |
| 7.  | Heidi Handy          | NMC     | 23:22 |
| 8.  | Matt Moison          | NMC     | 23:29 |
| 9.  | Scott SchaefferDuffy | CMS     | 24:00 |
| 10. | Hichham Manloug      | NMC     | 24:18 |
| 11. | Nick Antkowiak       | NMC     | 24:19 |
| 12. | Kevin Morrissey      | UNATT   | 25:37 |
| 13. | Joe DiMucci          | NMC     | 25:49 |
| 14. | Charlie Salmond      | NMC     | 26:06 |
| 15. | Rene Lavoie          | NMC     | 26:40 |
| 16. | Jack Goolsky         | NMC     | 28:36 |
| 17. | Darlene Hoover       | NMC     | 28:42 |
| 18. | Claire SchafferDuffy | CMS     | 29:19 |
| 19. | Steve McAvoy         | NMC     | 29:01 |
| 20. | Rick Hersey          | NMC     | 29:42 |
| 21. | Kevin Fallon         | NMC     | 29:54 |
| 22. | Donna LeBlanc        | NMC     | 30:31 |
| 23. | Phil McGaw           | NMC     | 30:51 |
| 24. | Megan Therriault     | NMC     | 31:27 |



### Greyhound Pub Results, Continued

25. Ken Becker	NMC	32:59
26. Jim Skelly	NMC	33:15
27. John Lynch	CMS	34:05
28. Holly Hendrickson	NMC	34:30
29. Will Johnson	NMC	34:31
30. Marge Gladwin	NMC	35:41
31. Pat White	UNATT	36:07
32. Karen Pajer	CMS	38:08
33. Cindy Curley	UNATT	38:08
34. Candee Graves	CMS	40:01

**Volunteers:** Charlie Herbert and Lori Berkey, Race Directors; Dave Duval, Marge Gladwin, Jim Shope, Larry Morris, Rene Lavoie, and Denise Lawson

26. Michael Swan		38:31
27. Sandy Superchi		40:25
28. Sherisa Sterling		41:24
29. Bonnie Summer		42:42
30. Jamie Talbot		45:06
31. Judy Cote		45:07
32. Andi Duplessie		45:07
33. Angela Killay		45:08
34. Candee Graves		49:47
35. Marge Gladwin		50:32

**Volunteers:** Joe DiMucci, Race Director; Dave Duval, George Graves, Jim Fay, Jim Brehio, Joe Summer, Jack Thornton, Ryan Twohey, Denise Lawson, Brian Slattery, and Larry Morris

### Lake Dennison 4.2 Mile Trail Run Winchendon, MA June 17, 2014

1. Jon Miganowicz		24:32
2. Jordan Manuel		24:38
3. Stephen Ingman		26:19
4. Ben Cole		26:45
5. Mike Martin		27:35
6. Justice Graves		27:53
7. Heidi Handy		28:59
8. Felicia Ingman		30:51
9. Ray Anair		31:39
10. Shanna Large		32:04
11. Charlie Salmond		32:07
12. Autumn Brown		32:45
13. Timmy Quinn		32:46
14. Sean O'Sullivan		33:31
15. Joe DiMucci		33:48
16. Steven Talbot		34:24
17. Dick Karvonen		34:45
18. Molly Reid		35:48
19. Emily Roberts		35:53
20. Justin Manuel		35:55
21. Stephen McAvoy		36:59
22. Phil McGaw		37:08
23. George Corff		37:15
24. Kris Dorsey		37:21
25. Abby O'Sullivan		38:03

### Tom and Ron Boone Memorial 10K Road Race Gardner, MA June 24, 2014

1. Brad Fors	NMC	37:07
2. Josh Curtis	NMC	37:31
3. Jon Miganowicz	NMC	38:21
4. Carlos Garcia	HFCRR	40:23
5. Josh Kaddy	NMC	40:45
6. Stephen Ingman	UNATT	41:34
7. Mike Martin	UNATT	42:13
8. Jeff Gould	NMC	42:21
9. Steve Penney	NMC	43:35
10. Steve Drouin	NMC	43:58
11. Anthony Lombardi	NMC	44:25
12. Heidi Handy	NMC	45:11
13. Matt Moison	NMC	45:11
14. Mike Auger	NMC	45:29
15. Bill Troy	UNATT	46:06
16. Kris Gleason	NMC	46:14
17. Felicia Ingman	UNATT	46:18
18. Joe DiMucci	NMC	47:59
19. Tim Blouin	NMC	48:39
20. Lauren Casavant	UNATT	49:10
21. James Huff	UNATT	49:12
22. Charlie Salmond	NMC	49:20
23. Lisa Lombardi	NMC	49:33
24. Caitlin Smith	UNATT	50:18
25. Sean O'Sullivan	NMC	50:21



### Boone Race Results, Continued

26. Shannon Large	NMC	50:42
27. Jim Shope	NMC	51:51
28. Marty Smith	UNATT	52:10
29. Dick Karvonen	NMC	53:22
30. Jack Thornton	UNATT	53:30
31. Steve McAvoy	NMC	54:27
32. Grant Maloney	NMC	54:36
33. Kris Dorsey	NMC	55:27
34. Sandra Superchi	NMC	55:52
35. George Corff	NMC	56:03
36. Peter Orni	NMC	56:09
37. Darlene Hoover	NMC	56:41
38. Rick Hersey	NMC	56:55
39. Megan Therriault	NMC	58:42
40. Mike Fanelli	UNATT	60:00
41. Molly Reid	NMC	62:00
42. Sandra Flynn	UNATT	62:00
43. Jim Kelly	NMC	63:00
44. Deb Fontaine	NMC	65:00
45. Karen Bergeron	NMC	65:00
46. Neil McManus	NMC	67:00
47. Marge Gladwin	NMC	79:00
48. Candee Graves	NMC	80:00
49. MaryLou Crohan*	NMC	71:00

\*5K

**Volunteers:** Lee Meunier, Race Director; Dave Duval, Rene Lavoie, Larry Morris, Molly Reid, Denise Lawson, Brain Slattery, Karen Bergeron, Jim Brehio, Ray Anair, and Deb Fontaine

### Beyond, Continued

As is true with running training programs in general, there is no one-size-fits-all approach. Most of the articles on the subject that I've read, point out that the key is adapting to increased mileage, developing the ability to run while fatigued, and figuring out your unique nutrition and hydration needs.

Long training runs for a 50K vary between 10 and 26 miles. Also worth considering is that most ultra-races are trail races. It's important to recalibrate your expectations of speed. You're going to go slower than on the roads. For a 100 mile race, long training

runs can be 30 to 50 miles in length. Additionally, training often includes pushing yourself and building added endurance by running back-to-back long runs, working out twice a day, and going out for a 20 mile run the day after a race. Other aspects of training include: Running on fatigued legs, running at night to get used to wearing a head lamp, and experiencing that midnight to six a.m. stretch of sleepiness. Also, training in the heat, in the rain, in the cold, or in any other adverse conditions that you might experience during a race.

In 2009, the NMC newsletter acknowledged Mark Wigler's and Marty Ellowitz's efforts in completing the Vermont 50 miler. They were among the first club members to venture into this other world. Marty placed 17<sup>th</sup> in the race in a time of 9:21:56 and earned first place honors in the 50 – 59 age group. Mark came in 61<sup>st</sup> in a time of 10:51:20 and earned 2<sup>nd</sup> place in the 60 - 60 age category. Since then, there have been a more reports of other NMCers who have gone long.

This past year, Mike Auger participated in the Rhode Island 6 Hour Ultra, completing 36.468 miles in the allotted time, earning 2<sup>nd</sup> place in his age group.

Kris Gleason can take completing a 50K off her bucket list. In October of 2012, Kris completed the TARC 50K held at Great Brook Farms in Carlisle, MA. 'I did the 50K 2 years ago. I can tell you it was a great experience. You have to get your mind set that this is a slower paced race. I wouldn't even call it a race. It was just a very long trail run. I never once thought about quitting. I was just enjoying the scenery and running with friends. I didn't even train for it. About a month before the race I decided to sign up. It took 6 hours to complete, but honestly I loved it. Karma Tousignant competed in the



## Beyond, Continued

race as well. Kris finished in a time of 6:07:03; Karma in 5:42.06.

The last known ultra-finish by an NMC member goes to Karma Tousignant who took on the North Face Endurance Challenger 50 miler last December in San Francisco, CA. Here's how Karma describes her preparation, 'I really only trained by lengthening my long run on the weekends. I am limited with time because of work and the kids, so I am sure that by most plans I fell way short, but it was the best I could do. I did all of my long runs at Mt. Wachusett. I ran up, down, and all around several times for several weeks in a row. My longest run was about 38 miles. I loved the training. The Mountain in the fall is beautiful. Karma goes on to describe the race, 'The race itself was very tough. I did not expect it to be so tough. Although, I am the first to admit that I did not do as much as I should have done according to 50 mile training plans, I felt that I was ready. I had also focused on strength training, so I know this helped me, too. But, the course in San Francisco was extremely challenging. It was beautiful. I loved it, but it hurt and was very hard. Karma finished the race in an amazing time of 11:54:33.

Mike, Kris, and Karma are all planning on fall races. Rumor has it, Mike plans to participate in the Rhode Island 6 Hour Ultra again this year. Kris is looking to run the TARC 50K and Karma just signed up for the lottery for the Stonecat 50 miler in Ipswich this fall. 'I would like to give it another shot with less elevation changes', says Karma.

Looking for a new challenge and have time, energy, and the right attitude, then the world of ultra-running might just be worth the trip. Judging from the willingness of our NMC ultra runners to repeat the experience, a really long race definitely has its rewards.

## References

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## Parting Shot

**Pinkham Notch, NH – Get Your Water Here** – NMC volunteers Paul McDermott and Karen Bergeron working the water stop at the Mt Washington Road Race. *Photo by Paul McDermott's Camera*







**North Medford Club**  
**81 Years and Running**  
**2014 Summer Race Series**

- ❖ **June 3 Tuesday, Bob Hersey Memorial 5 mile**, K of C, 165 Electric Ave. Fitchburg, MA 6:30 pm **POT LUCK**
- ❖ **June 10 Tuesday, Greyhound Pub Mr. Bean Memorial Run**, 3.4 miles, Kelley Square, Worcester, MA 6:30 pm For information contact Lori Berkey at [loribcharlieh@aol.com](mailto:loribcharlieh@aol.com)
- ❖ **June 17 Tuesday, Lake Dennison** (at main beach), Baldwinville, MA, 4 miles, 6:30 pm, dirt road and trails
- ❖ **June 24 Tuesday, Tom and Ron Boone Memorial 10K**, Gardner Fish & Gun Club, Clark Street Gardner, MA, 6:30 pm
- ❖ **July 8 Tuesday, Hill Top 5K Trail Race**, Hubbardston State Forest, Mt. Jefferson Road, Hubbardston, 6:30 pm. For information contact [runningkid47@yahoo.com](mailto:runningkid47@yahoo.com)
- ❖ **July 15 Tuesday, Donnelly's Tavern Run**, 43 Summer St. Lunenburg, MA, 5 miles, 6:30 pm
- ❖ **July 17 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 22 Tuesday, NMC Burbank 5M Trail Race**, Fitchburg, MA, trails behind the Health Alliance Hospital. 6:30pm. For information contact Chris Reid at [reidcc@comcast.net](mailto:reidcc@comcast.net)
- ❖ **July 26 Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races. Entry: FREE. For information call: (617) 381-0532. Club members only.
- ❖ **August 6 Tuesday, Lynn Woods**, 5.75 miles (trails), 6:30 pm. For directions call (781) 592-3808
- ❖ **August 12 Tuesday, Country Road 5K**, 703 South Road, Templeton, MA. 6:30 pm. For information contact Jon Miganowicz at [runningkid47@yahoo.com](mailto:runningkid47@yahoo.com).
- ❖ **August 19 Tuesday, Merrimac**, 1 Locust St. Merrimac, MA, 7 mile handicap, 6:30 pm.
- ❖ **August 26 Tuesday, Log Cabin 10K**, rtes. 2A & 31 Westminster St., Fitchburg, MA, 6:30pm
- ❖ **September 9 Tuesday, Whitney Memorial 5K at Devens**, Devens, MA 6:15 pm
- ❖ **October 18, 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 4<sup>th</sup> thru Sept. 17<sup>th</sup> 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 8/13 at 6:00pm and the 5.75 mile handicap race on 8/20 at 6:00pm. For directions and information contact Bill Mullin at (978) 535-3905 or (781) 592-3808
- ❖ **May 10, North County Quad Series**, 5K series begins with Fitcon 5k in Gardner; June 28, Lake Dennison 5K; Run For A Beer 5K in Gardner on September 27<sup>th</sup>; and Pumpking 5K Run, October 18<sup>th</sup>. For information: e-mail: [www.ncquadseries.com](http://www.ncquadseries.com) or [joyce@fitconcepts.net](mailto:joyce@fitconcepts.net)
- ❖ **June 14, Saturday, 7th Annual Phillipston Bazaar Firefighter's 5K Road Race**, \$20 entry fee. Walkers begin at 4pm, runners at 4:30pm. Pre-registration by June 1<sup>st</sup>, 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 28, Saturday, Fitchburg Police Association Community 5K Road Race/Walk**, The Cellar, 14 Mill St., Fitchburg, MA. 10am start for walkers, 11am for runners. Proceeds benefit Sounded Warrior Project. For information contact Mark Jackson by e-mail at [mdjackson@fitchburgpolice.com](mailto:mdjackson@fitchburgpolice.com)
- ❖ **July 26, Saturday, Asbury Grove Duathlon Race**, 2.4 mile run/8.6 mile bike/2.4 mile run. \$10 fee. For information e-mail: [www.stewchase.com](http://www.stewchase.com) or call (978) 468-7934
- ❖ **August 2, Saturday, Wind Turbine 5K Walk-Run**, Narragansett Regional H.S., 462 Baldwinville Rd., Baldwinville, MA. 8:45am walk, 9am run. \$16 before July 19, \$20 after and day of race. For information go to: [www.windturbine5k.org](http://www.windturbine5k.org)
- ❖ **September 1, 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 6, Saturday, 17<sup>th</sup> 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 (977) 928-5120 or by email at [mtwigler@gmail.com](mailto:mtwigler@gmail.com).
- ❖ **November 2, 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](mailto:jdimucci5@comcast.net)



**Other Races, Continued**

- ❖ **November 27, Thursday, 17<sup>th</sup> Annual Thanks For Running Road Race**, 3 miles, 151 Boutelle St., Fitchburg. 8:30am for walkers, 8:45am for runners. \$25 to benefit the Hydrocephalus Association. Long sleeve T-shirts. For directions and information contact 508-341-1279, 978-273-5179, [4gboys@comcast.net](mailto:4gboys@comcast.net), [elizabethwalsh1@verizon.net](mailto:elizabethwalsh1@verizon.net)
  
- ❖ **November 27, Thursday, 35<sup>th</sup> 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, [GardnerTurkeyTrot@gmail.com](mailto:GardnerTurkeyTrot@gmail.com)

**Multisport Race Schedule:**

For information on upcoming events check the NMC Homepage.

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**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](mailto:donnajleblanc@yahoo.com).**

**See Jeff Gould 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.**

