



Royce Sawyer

Compiled by Donna LeBlanc - With contributions from Julie Christo, Paul Schell, Jeff Gould, and Ken Sawyer

Hopkinton, MA – Lately, It feels like I am writing an obituary column. Sadly, our club has lost many long-time members over the past few years, with the latest being Royce Sawyer. Looked at more positively, it is a tribute that our club has so many members who have continued to be active as some-time racers and often-time volunteers, participating in club events well into their 70s and 80s. They are great examples to all of us ‘youngsters’ on what it takes to run across the life span and gracefully transition from one decade to the next as youthful legs give way to running wisdom and a desire to give back to our sport.



Weirs Beach, NH – Julie Christo and Royce Sawyer under the tent at the Fun Spot on September 25, 2004, Both were volunteers for the 16th Annual Fred Brown Lake Winnepesaukee Relay Race as well as numerous other NMC sponsored races.

Photo by Frenchy Maynard

Many club members have contributed thoughts about Royce. This story is a compilation of reflections by club members and family members who knew him well. And, so we begin with a note of gratitude that Julie Christo sent for inclusion in the newsletter.

‘Royce Sawyer, a long-time member of the North Medford Running Club died September 20, 2014 with U. S. Army services held on September 27th. Royce was a talented runner.

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Royce, Continued

'He completed several marathons over his career, including running the Boston Marathon when only a few runners did so in what has become a world famous race. Royce's family appreciated the club's members who attended his service including Paul Schell, Marge Gladwin, and Rick Hersey. Paul Schell spoke of Royce's encouragement to all fellow runners regardless of their abilities and accomplishments. Royce and Fred Brown are probably off training angels for marathons. Royce will be sorely missed by many in the running community.'

Thank you so much, Julie Christo

Excerpt from Royce's Obituary

...a warm-hearted, generous, and soft-spoken man, Royce always put other people's needs before his own. He loved spending time with Julie and he found happiness and contentment in simple pleasures like a glass of ice cold ginger ale, citizen's band (CB) radio, juicing fruits and vegetables, and contemplating nature.

...His lakeside home was only ten minutes by car to the Boston Marathon starting line. Royce clocked thousands of hours training for a constant calendar of races. He was equally at ease completing 26.2 miles or a weekend fun run with the North Medford Running Club.

...His personal record for finishing a marathon fell well below the three-hour mark. While training, Royce was often the only runner on the road. An appreciation for a quiet, reflective life was always with him.

'Royce was a credit to the club, and represented NMC well. I think he was a member for more than 50 years. I gave him the President's Cup for one reason. While he sometimes showed up to help at club races like Gardner, Log Cabin, and Donnelly's, he was ALWAYS at the out-of-the-way races to help because he knew those races always hurt for volunteers. Go to Merrimac, Danvers, Dartmouth, and he was there. I ran the old 10 miler at Bruce McGill's farm in Candia, NH one sweltering August day a few years back. Smallest field I even ran in. There were only a few runners. When I got near the end of the race, I was parched, and started to panic that I didn't know the way. All of a sudden, right when it was most needed, there was Royce, water at the ready, and directions to the finish. I won that day, a rarity for me. I will miss Royce and I'm glad to have known him over the years.'

Rest in peace, my friend, Jeff Gould

SEPTEMBER 20, 2014

'Royce was my teammate and friend for 50 years. He was a great club member, serving as secretary for many years, sending out penny postcards with information on upcoming events to the membership.'

Paul Schell

SEPTEMBER 28, 2014

'I wanted to say thank you to members of the North Medford Club who attended Royce's memorial service yesterday. Your presence was greatly appreciated by our family and I am sure Royce was smiling down as well.

As you probably know, running and the road race community were passions that my Dad enjoyed his entire life. The North Medford Club was his second family and I know that he greatly enjoyed the camaraderie and fellowship of the running community throughout his life. Some of my favorite memories were listening to Fred Brown tell funny stories at the weekly Fresh Pond fun runs.'

Thanks, Ken Sawyer



Tis the Season For the Jingle Bell Fun Run and Walk



Celebrate the season. Bring your friends, bells, and santa hats to the third annual Jingle Bell Run being held on December 21st at 1 pm.

The event starts and finishes at On The Rocks, 96 Lakefront Avenue, Lunenburg, MA.

Cost to participate is \$5.00. Free Embers pizza will be served following the fun run/walk.

For questions email Santa Reid at: reidcc@comcast.net

Volunteer Leader Board

NMC's top 15 volunteer point earners through the end of October, 2014 are:

Rene Lavoie	47
Dave Duval	31
Marge Gladwin	30
Larry Morris	25
Denise Lawson	23
Molly Reid	21
Chris Reid	19
Brian Slattery	18
Frank Gorham	16
Paul McDermott	16
Joe DiMucci	14
Ken Parker	13
Karen Bergeron	12
Mark Fontaine	12
Phil McGaw	12



Newburyport, MA – Stan Moulton continues to impress at the Yankee Homecoming 10 Mile Road Race held on July 29th. Stan finished third in the 70 + men's division in an impressive time of 1:35:51, just a few minutes shy of 2nd place won by Peter Orni in 1:33:16.

It's About Me

By Jeff Gould

That's right, this time I'm going to be selfish. I always write about other people, races, race series and statistics, this time about me. My long awaited (by me, anyway), entry in to the seniors division finally arrived. On September 7th, I managed to bobsled my way past my 50th birthday. It came and went without much fanfare. This past spring, I perused several running sites to handpick my first race after turning 50. My 50th being on a Sunday, I figured I'd have a veritable smorgasbord to choose from. Lots of races, but most seemed to be run-of-the-mill 5k's. Aaah, here's one - Whiteface Mountain. Eight miles. Great distance. Steep, steady incline all the way. Right up my alley. It was in upstate New York, but the lure of the mountain, not to mention a road trip, were too much too pass up. Off I went.

Wilmington, NY is a small town nestled in a rather remote corner of the Adirondacks, the kind of place one might expect was where the old man was standing when he invented the expression, 'Cahn't get there from here'. (That means I got lost trying to find the place). The biggest attraction in town was the candy store at the intersection of Routes 86 and 431. Race parking was at the candy store, and the race started at the intersection of Routes 86 and 431. Number pickup was in a small open tent. At the intersection of Routes 86 and 431.



About Me, Continued

Awards were at a small fair that was being held in town that weekend. It was just beyond the intersection of Routes 86 and 431. You had to turn right at a sign that said 'Fair', and had an arrow pointing to the right. No shortage of small town charm.

Colder weather is more to my liking, as many know. September 13th? Probably be warmer than I like it. Not to be. The starting line temp was 39 degrees, colder at the finish. Mid-September, and I could see my breath in the air, my fingers too cold and stiff to untie my shoes at the finish. Again, right up my alley. In a race like this, times are pretty meaningless. But, for what it's worth, I felt great the whole way, ran 1:12:50, about a 9 minute pace, and managed to cop 7th place, 1st in the M50+ division by several minutes. I lugged home a half dollar sized medal worth about a buck for all my trouble and expense, but make no mistake, I picked the right race. It was small, with only about 90 finishing, but I saw several running friends from the New England area. I'm sure the race hierarchy would be thrilled to know that Jeff Gould gives their race a recommendation. In any event, they'll get that out of me. It was a great race for those that might consider it. Well worth the trip. If anybody wants any info on the race, see me at our next race, hand me a nice cold Wachusett, and just ask. Cheers. Jeff

Looking Back on NMC's Pub Series

By Mark Fontaine

Well, the second weekend in September sure felt strange this year. That is the weekend NMC has normally held the Lake Winnepesaukee Relay for the last 25 years and this was the first year we did not present the race. As most of you know, we started a 5-K series that we call the Pub Series, to serve in place of the relay. No race, or series of races, could replace the

unique quality of Lake Winni; we simply attempted to replace a means of generating revenue to keep our club financially solvent.

This year we put on four races in the series: Shamrocks on the Rocks 5-K, Franco de Mayo 5-K, Smokin' Hot Embers 5-K and Rock the GazBar 5-K. The Franco and Embers races were new this year, with the Shamrocks and GazBar races presented for their second years.



Lunenburg, MA - Youngsters George Leslie and Paul McDermott ready to run the Smokin' Hot Embers 5K Race held for the first time on August 31st. *Photo provided by Paul McDermott*

Overall, we had a successful year for the series and NMC will be donating a portion of the profit to help with construction of the new Leominster High School track facility. As was the case with the Lake Winni Relay, we put on all 4 races in the series as a committee – there was no Race Director per se, but a hard-working crew who served as race organizers: Molly & Chris Reid, Deb & Mark Fontaine, Darlene Hoover, Jim Shope, Gary Savoie and Marge Gladwin.

We are already planning for 2015 and our 3rd year in the series. We would like to ask all NMC members to consider running the races next year. They are fun races and you will help support our club, help with a great cause and participate in a new tradition. Thank you, NMC'ers and let's carry on.



Country Road 5K
August 12, 2014
Templeton, MA

1. Jon Miganowicz	NMC	18:38
2. Joshua Kaddy	NMC	19:45
3. Michael Martin	NMC	20:15
4. Matt Poirier	NMC	21:30
5. Elizabeth Bond	NMC	21:36
6. Mike O'Hara	NMC	21:38
7. Heidi Handy	NMC	22:11
8. Andrew Hill	NMC	22:15
9. Joe DiMucci	NMC	22:19
10. Tim Blouin	NMC	22:29
11. Charlie Salmond	NMC	22:31
12. Libby Ward	UNATT	22:45
13. Caitlin Smith	UNATT	23:17
14. Mark Wigler	NMC	23:55
15. Marty Smith	UNATT	23:58
16. David Adrian	UNATT	24:23
17. Noah Hill	UNATT	24:35
18. Jim Shope	NMC	24:41
19. Rick Hersey	NMC	25:53
20. Allison Hill	UNATT	26:38
21. Eric Hill	UNATT	26:53
22. Steve McAvoy	NMC	27:04
23. Sandi Superchi	NMC	27:19
24. Hunter Graves	NMC	28:06
25. Alan Bonneau	UNATT	28:10
26. Darlene Hoover	NMC	28:29
27. Megan Therriault	NMC	31:07
28. Ryan Maloney	NMC	35:05
29. Grant Maloney	NMC	35:06
30. Isaiah Shalom	CSU	36:08
31. Candace Graves	NMC	39:34



Templeton, MA – A country view taken along the course of the Country Road 5K.

Photo by Paul McDermott



Fitchburg, MA – Photo finish at the Log Cabin 10K. It looks like Denise Lawson manages to hold off a lunging George Corff at the finish line. Results from the Log Cabin race will be published in the next issue of the newsletter.

Photo by Paul McDermott

Bev and Ed Whitney Memorial
5K Road Race
Devens, MA
September 9, 2014

1. Brad Fors	NMC	17:42
2. Jon Miganowicz	NMC	17:48
3. John Kinnee	NMC	18:15
4. Lee Meunier	NMC	20:51
5. Sau-Mei Leung	NMC	21:38
6. Charlie Salmond	NMC	22:38
7. Joe DiMucci	NMC	23:57
8. Tom Stracqualursi	CRR	24:15
9. Joseph Pol	UNATT	24:21
10. Jim Shope	NMC	24:30
11. Steve McAvoy	NMC	25:09
12. Rick Hersey	NMC	25:26
13. Denise Larson	NMC	25:46
14. Darlene Hoover	NMC	26:00
15. George Corff	NMC	26:19
16. Bill Forbes	NMC	26:27
17. Peter Orni	NMC	26:55
18. George Higgins	NMC	28:34
19. Deborah Loranger	UNATT	33:21
20. Deb Fontaine	NMC	35:58
21. Marge Gladwin	NMC	35:58





Westford Academy
3.58 Mile Road Race
Westford, MA
July 17, 2014

NMC Finishers

1.	Charlie Salmond	NMC	26:56
2.	Joe DiMucci	NMC	28:39
3.	Sarah Dennechuk	NMC	29:39
4.	Rick Hersey	NMC	30:18
5.	Peter Orni	NMC	31:07
6.	Hunter Graves	NMC	33:27
7.	Dave Duval	NMC	37:51
8.	Candee Graves	NMC	41:39
9.	Marge Gladwin	NMC	43:26

Volunteers: Paul Poisson and Peter Dennechuk, Race Directors; Sarah Dennechuk, and Marge Gladwin. ***Thank you to Paul and Peter for having NMC Night.***

Fresh Pond Road Races
Cambridge, MA
July 26, 2014

NMC 2.5 Mile Finishers

1.	John Babington	NMC	23:21
2.	Dave Duval	NMC	25:03
3.	Marge Gladwin	NMC	28:22
4.	MaryLou Crohan	NMC	47:15

NMC 5 Mile Finishers

1.	Charlie Salmond	NMC	37:08
2.	Bill "Juice" Frobes	NMC	42:23
3.	Stephen McAvoy	NMC	44:05
4.	Paul Schell	NMC	51:14

Lynn Woods
5.75 Mile Trail Race
August 5, 2014

1.	Abel Jimenez	UNATT	43:55
2.	Charlie Salmond	NMC	47:18

3.	Paul Quinn	NMC	52:43
4.	Peter Orni	NMC	53:26
5.	Stephen McAvoy	NMC	54:28
6.	Rick Hersey	NMC	54:40
7.	Joe DiMucci	NMC	64:51
8.	Rob Therrien	UNATT	65:29
9.	Paul Schell	NMC	67:05
10.	Sarah Coffey	NMC	68:42
11.	Marge Gladwin	NMC	79:55
12.	Dan Coffey	NMC	84:55
13.	Trish Gabor*	NMC	85:00

*Got lost: - ran 7.5 miles

4Cs 5.7 Mile Road Race
Shirley, MA
October 18, 2014

1.	Jeff Gould	NMC	37:58
2.	Tim Blouin	NMC	42:27
3.	Charlie Salmond	NMC	44:10
4.	Stephen McAvoy	NMC	48:20
5.	Rick Hersey	NMC	48:53
6.	Donna LeBlanc	NMC	51:56
7.	Chris Reid	NMC	59:29
8.	Kevin Fallon	NMC	60:31
9.	Donna Beaulac	NMC	65:48
10.	Deborah Loranger	NMC	69:11
11.	Marge Gladwin	NMC	73:06

Volunteers: Phil McGaw, Race Director and Host; Dave Duval, Marge Gladwin and Molly Reid.



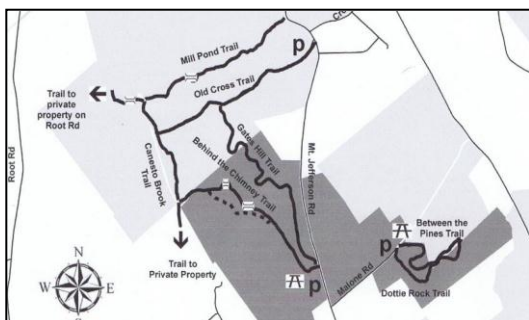
Shirley, MA - From the looks of it, all runners complied with the orange and black dress code requirement at the 4Cs Road Race.

Photo by Marge Gladwin





Hilltop 5K
Hubbardston State Forest
Hubbardston, MA
July 8, 2014



1. Mike Bisbee	UNATT	20:19
2. Joseph Capps	MAC	21:20
3. Jon Miganowicz	NMC	21:41
4. Mike Martin	NMC	23:05
5. Heidi Handy	NMC	25:15
6. Lee Meunier	NMC	25:16
7. Matt Poirer	NMC	26:13
8. Brian O'Sullivan	NMC	26:49
9. Gina Lock	UNATT	27:05
10. Sean O'Sullivan	NMC	27:07
11. Mike O'Hara	NMC	27:18
12. Hunter Marion	NRHS	27:25
13. Charlie Salmond	NMC	27:58
14. David Sacramone	UNATT	28:36
15. Tim Blouin	NMC	29:07
16. David Adrian	UNATT	29:27
17. Abby O'Sullivan	NMC	29:42
18. David Martin	UNATT	29:44
19. George Corff	NMC	30:00
20. Joe DiMucci	NMC	30:02
21. Kris Dorsey	NMC	31:04
22. Sandi Superchi	NMC	32:03
23. Rick Hersey	NMC	32:10
24. Steve McAvoy	NMC	32:23
25. Kim Lewyer	UNATT	32:39
26. Peter Orni	NMC	32:47
27. Sherisa Sterling	NMC	38:32
28. Ryan Maloney	NMC	39:55
29. Grant Maloney	NMC	39:56
30. Hunter Graves	NMC	46:20
31. Marge Gladwin	NMC	46:48
32. Candace Graves	NMC	46:54

Volunteers: Jon Miganowicz, Race Director; Dave Duval, Marge Gladwin, Larry Morris, Phil McGaw, Anna Capps, Renee Capps, Joe DiMucci, Donald Miganowicz and Donna Miganowicz.

Donnelly's Tavern
5 Mile Road Race
Lunenburg, MA
July 15, 2014

1. Zack Rolfe	Parker	30:07
2. Brad Fors	NMC	30:16
3. John Kinnee	NMC	30:25
4. Jon Miganowicz	NMC	31:28
5. Travis Wheeler	VTRC	33:42
6. Steve Drouin	NMC	36:00
7. Anthony Lombardi	NMC	36:18
8. Heidi Handy	NMC	36:28
9. Greg Doran	UNATT	37:15
10. Mike Auger	NMC	37:24
11. Matt Poirer	NMC	37:38
12. Kris Gleason	NMC	38:34
13. Tim Blouin	NMC	39:37
14. Amy Flanagan	UNATT	39:40
15. Charlie Salmond	NMC	39:46
16. Lisa Lombardi	NMC	41:10
17. Craig Reid	NMC	41:26
18. Riley Korhonen	Parker	42:07
19. Cole Senatore	Parker	42:37
20. Steve Gill	UNATT	44:25
21. Steve McAvoy	NMC	44:30
22. George Corff	NMC	44:51
23. Peter Orni	NMC	44:53
24. Rick Hersey	NMC	45:20
25. Juice Forbes	NMC	46:06
26. Anthony Deluca	Parker	46:26
27. Megan Theriault	NMC	50:10
28. Ken Becker	NMC	52:12
29. Nicole Foster	NMC	54:38
30. Kenneth Hollums	NMC	54:38
31. Marge Gladwin	NMC	60:14
32. MaryLou Crohan*	NMC	76:18

* (3 Miles)





**Burbank
5 Mile Trail Race
Fitchburg, MA
July 22, 2014**

1.	Rob Hult		30:57
2.	Zack Rolfe	Parker	31:45
3.	John Kinnee	NMC	31:50
4.	Jon Miganowicz	NMC	33:51
5.	Shane Anderson		34:28
6.	Peter Lillie		38:22
7.	Steve Drouin	NMC	38:40
8.	Greg Doran		38:46
9.	Lee Meunier	NMC	39:06
10.	Mike Auger	NMC	39:26
11.	Mike O'Hara	NMC	39:34
12.	Matt Moison	NMC	39:54
13.	Anthony Lombardi	NMC	40:38
14.	Charlie Salmond	NMC	41:04
15.	Libby Ward		41:40
16.	Lauren Casavant	NMC	42:40
17.	Josh Kaddy	NMC	42:45
18.	Riley Korhonen	Parker	42:54
19.	Cole Senatore	Parker	42:55
20.	Craig Reid	NMC	43:04
21.	Jack Lunday	Parker	43:54
22.	Lisa Lombardi	NMC	44:53
23.	Erica Murray		45:05
24.	Joe DiMucci	NMC	45:46
25.	Sean O'Sullivan	NMC	45:49
26.	Brian O'Sullivan	NMC	46:08
27.	Rick Hersey	NMC	46:32
28.	Steve McAvoy	NMC	46:39
29.	George Corff	NMC	46:49
30.	Bobby Griffis		47:36
31.	Grant Maloney	NMC	47:38
32.	Angela Anderson		47:46
33.	Jim McDermott	NMC	48:00
34.	Juice Forbes	NMC	48:32
35.	Anthony Deluca		49:06
36.	John Collura	NMC	49:13
37.	Molly Reid	NMC	50:36
38.	Peter Orni	NMC	50:59
39.	Ed Kिरrane		52:09
40.	Denise Lawson	NMC	52:40
41.	Mike Fanelli		53:45
42.	Shelia LaPointe		53:46
43.	Tricia Gabor	NMC	53:58
44.	Rob Therrien	NMC	54:39

45.	Sherisa Sterling	NMC	56:51
46.	John Healey		57:44
47.	Sue Collura	NMC	57:44
48.	Chris Reid	NMC	62:00
49.	Sara Fontaine	NMC	67:46
50.	Marge Gladwin	NMC	68:20

Sometimes Less Is More

By Donna LeBlanc

To those of us who define post-race recovery as going for a tempo run the day after a big event or better yet scheduling back-to-back races, here's something I recently read on-line worth considering:

'Easy is easy, and hard is hard—and it has nothing at all to do with pace. The most common mistake in recovery is in running your easy days too hard, and the collective effect that has on your healing.'

Here's an approach, also from that same article, that offers an alternate strategy; one that I've found helpful and easy to apply:

Rate via color how you feel overall during a workout:

- **Yellow:** I felt strong and could have done more today.
- **Orange:** I felt okay, but nothing to write home about. I didn't feel awful, but I also didn't feel particularly strong either.
- **Red:** I was in the "bite me" zone for much of the workout and struggled to finish.

Highlight your colors on your training log or calendar. You will begin to see the trend and how your body is adapting to the training load or recovering post-race. When you see lots of yellow and a few oranges, you are on the right track. If, however, you begin to see a trend in consistent orange and some red, something is affecting your recovery rate, and it's time to ease off.

Source: <http://www.runnersworld.com/injury-prevention-recovery/whats-the-best-postrace-recovery-plan>



2014 Summer Grand Prix Series Results

Race Statistics Courtesy of Denise Lawson

Another summer has passed and with it an ambitious NMC summer race series. There were 96 club members who participated in at least one race. As for winners, to qualify as a Grand Prix award winner, participation in a minimum of 8 races (over half) was required. In the Men's division, five runners: Charlie Salmond, Jon Miganowicz, Steve McAvoy, Rick Hersey, and Joe DiMucci; met the threshold. Only Marge Galdwin managed to do the same for women.

Another well-deserved congratulations to Charlie Salmond for being the one and only to once again achieve Ironman status by running all 15 races. Not only amazing for the number of races, but for the scheduling and logistics that accompany that level of participation. Here are the results:

1.	Jon Miganowicz	11/15 races	795	Total	1,076	pts.
	Marge Gladwin	8/15 races	625	Total	976	pts.
2.	Charlie Salmond	15/15 races	700	Total	1,228	pts.
3.	Joe DiMucci	10/15 races	622	Total	757	pts.

Age Group Winners

Men		Women	
<u>00-15</u>		<u>00-15</u>	
Hunter Graves	191 pts.	Abby O'Sullivan	161 pts.
<u>16-29</u>		<u>16-29</u>	
Jon Miganowicz	1,076 pts.	Felicia Ingman	192 pts.
<u>30-39</u>		<u>30-39</u>	
John Kinnee	293 pts.	Tricia Gabore	158 pts.
<u>40-49</u>		<u>40-49</u>	
Brad Fors	499 pts.	Heidi Handy	697pts.
<u>50-59</u>		<u>50-59</u>	
Joe DiMucci	757 pts.	Darlene Hoover	501 pts.
<u>60-69</u>		<u>60-69</u>	
Charlie Salmond	1,228 pts.	Marge Galdwin	976 pts.
<u>70-79</u>		<u>70-79</u>	
Peter Orni	490 pts.	MaryLou Crohan	328 pts.



Summer Series Results, continued

NMC Trail Race Series Final Results

(Participation in 3 out of 4 trail our races required)

Men

1. Jon Miganowicz-285 pts
2. Charlie Salmond-245 pts
3. Sean O'Sullivan-216 pts

Women

1. Sherisa Sterling-209 pts
2. Marge Gladwin-204 pts

Congratulations to all. Awards will be presented at the Annual Meeting after the running of the first winter series club race of 2015; the Bob Hersey Memorial 5 mile road race on January 4th. Trophies will also be awarded to age group winners and the winners of the trail series.



NMC HOLIDAY PARTY
KNIGHTS OF COLUMBUS HALL
165 ELECTRIC AVENUE, FITCHBURG, MA
SATURDAY, December 20, 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 December 13, 2014

MAIL THIS FORM WITH A CHECK PAYABLE TO 'NORTH MEDFORD CLUB'
TO: Deb Fontaine, 786 Elm Street, Leominster, MA 01453

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