



Fifty States Plus DC: An Amazing Accomplishment

by Donna LeBlanc

Concord, NH- It took North Medford Club member Dave Audet 8 ½ years and many miles to accomplish the goal he set out to achieve: To complete a marathon in each of the fifty states and Washington, DC. Even more amazing is that he finished these marathons in three hours or less.

'The idea to do a marathon in every state and Washington D.C. was not a David Audet original,' Audet explains. Two brothers, Bob and Steve Grande, originally from Massachusetts, had cultivated the idea. According to Audet, 'Bob initiated the idea and Steve decided to follow. I was introduced to Steve and his girlfriend, Elaine Pechow (later to become his wife and widow), sometime in 1990 through a mutual friend of ours.'

When Dave mentioned to Steve that he wanted to go to Columbus, Ohio to run the marathon because it was the site of the U.S. Men's National Championship, Steve wanted to do the same. 'The three of us went: Steve, Elaine, and I. We stayed in touch and a few months later Steve and Elaine were headed to New Orleans. They asked if I wanted to go. This time the group was a little larger. So off we went to do the Mardi Gras Marathon. Two months later in March of 1991, Steve suggested that we should run the Music City Marathon in Nashville, Tennessee. About then I realized with marathons in New York, Maine, Massachusetts, Ohio, Louisiana and Tennessee that I wanted to run a marathon in every state.'

When the end of the quest drew near, Audet realized there were seven states plus D.C. where he hadn't run under three hours. 'So, back I went. New Jersey was my nemesis forcing me to go there three times. I barely did it. In the third and final attempt, I was struggling early, and was doing calculations the whole way knowing I couldn't quit because this might be my final attempt. So I told myself to keep going until I was mathematically eliminated from accomplishing the goal. Luckily I made it.'

When asked, which of the marathons was the toughest, Audet cites Pensacola, Florida as being the most difficult. 'It was tough because my body started to come down with a serious flu. As for the most memorable, 'I'd say running a personal best in Boston in '94, nine days after winning the Hogeye Marathon in Fayetteville, Arkansas. It was the only time I dipped under 2:30. I ran 2:27:42.'



Enjoying Post Race Festivities

Lawrence, MA- Cindy Beaudoin, Carol Allain, Jeff Gould, Dave Audet and Zack Tibbetts along with a few other NMC club members who are barely visible at the Claddagh Pub following the Mill Cities Relay held December 7, 2008.

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2008 Iron Runners

89 runners completed seven championship races to earn the coveted Ironrunner jackets including nine members from our club.

According to USATF-NE, it was the second highest total of runners to complete the full series.

2008 NMC IRONRUNNERS

- Michael Auger
- Brian Byrne
- James Imprescia
- Donna LeBlanc
- Larry Morris
- Amy Paquette
- Charles Salmond
- James Shope
- Judy Tibbetts



Congratulations to our Ironrunners for taking the time and going the distance.

Bob Hersey Memorial 4 Mile Road Race
Fitchburg, MA
January 4, 2009

- | | | |
|---------------------|-----|-------|
| 1. John Kinee | CMS | 24:47 |
| 2. David Audet | NMC | 25:28 |
| 3. Jeff Gould | NMC | 26:59 |
| 4. Tim Blouin | NMC | 27:19 |
| 5. Matt Moison | NMC | 28:05 |
| 6. Jim Imprescia | NMC | 28:15 |
| 7. Mike Auger | NMC | 28:21 |
| 8. Charlie Salmond | NMC | 29:23 |
| 9. Ryan Twohey | NMC | 29:57 |
| 10. Mike O'Hara | NMC | 29:58 |
| 11. Jack Goolsky | NMC | 30:21 |
| 12. Amy Paquette | NMC | 30:26 |
| 13. Rich Blake | GCS | 31:04 |
| 14. Keith O'Brien | GCS | 31:12 |
| 15. Jim Shope | NMC | 31:13 |
| 16. Kris Gleason | NMC | 31:34 |
| 17. Rachel Boudreau | NMC | 31:40 |
| 18. Jim Fay | NMC | 32:36 |
| 19. Mark Jackson | NMC | 32:38 |
| 20. Charlie Herbert | NMC | 32:39 |
| 21. Donna LeBlanc | NMC | 32:49 |
| 22. Ken Custer | NMC | 32:56 |
| 23. Lori Berkey | NMC | 33:05 |

- | | | |
|------------------------|-----|-------|
| 24. Deb Willard-Parker | NMC | 33:11 |
| 25. Cindy Beaudoin | NMC | 33:15 |
| 26. Carol Allain | NMC | 33:34 |
| 27. Steve McAvoy | NMC | 33:57 |
| 28. Zack Tibbetts | NMC | 34:41 |
| 29. Craig Twohey | NMC | 35:05 |
| 30. Karen Gillespie | NMC | 35:08 |
| 31. Evelyn Dolan | NMC | 35:57 |
| 32. Jim Gaffney | NMC | 36:07 |
| 33. Joanne Hersey | NMC | 36:10 |
| 34. Rick Hersey | NMC | 36:13 |
| 35. Karma Tousignant | NMC | 36:42 |
| 36. Marc Pilon | NMC | 36:43 |
| 37. Phil McGaw | NMC | 37:05 |
| 38. Darlene Hoover | NMC | 37:12 |
| 39. Aldo Bianco | NMC | 39:26 |
| 40. Dave Camire | GCS | 40:02 |
| 41. Skip Cleaver | NMC | 40:02 |
| 42. Stan Klem | NMC | 40:02 |
| 43. Ray Boutotte | NMC | 41:10 |
| 44. Bill Haskell | NMC | 42:45 |
| 45. Steve O'Neil | NMC | 43:58 |
| 46. Kathy Cioffi | NMC | 44:22 |
| 47. Dan Dodson | NMC | 46:39 |
| 48. Julian Siegel | NMC | 48:36 |
| 49. George Leslie | NMC | 69:19 |
| 50. Sherisa Sterling | NMC | 69:39 |
| 51. Dick Hawkins | NMC | 64:51 |
| 52. John Robertson | NMC | 78:00 |
| 53. Louise Rosetti | NMC | 95:00 |
| 54. MaryLou Crohan | NMC | 95:00 |

Volunteers: Tom Spinelli, Molly Reid, George Corff, Marge Gladwin, Dave Duval, Larry Morris, Roland Rust, Jim McDermott, Bob Lali and Simone McGrath

Project Have Hope



Running shoes worn out?

Too many miles on your running shoes?

Don't throw them away; give hope to the people of Uganda by donating your gently used running shoes.

People in Uganda living on less than a dollar a day consider shoes to be a luxury, although they are greatly needed to protect their feet, especially from parasites.



Project Have Hope is a Malden-based non-profit working to improve the lives of people in the Acholi quarter of Uganda.



Photo taken in Uganda by Karen Sparacia, Founder of Project Have Hope

The North Medford Club sponsored a word-of-mouth shoe collection for Project Have Hope at the Bev and Ed Whitney Memorial Race held February 28 and again at the March 3rd Board of Director's Meeting. With minimal effort, our Club collected 34 pairs of gently used running shoes for this worthwhile charity. Plans are underway to sponsor an official, well publicized shoe collection at this year's Lake Winnepauskee Relay.

Additional information about how to donate shoes will be posted on the club website soon.

Visit www.projecthavehope.org to learn more about the humanitarian aid efforts underway to help people in the Acholi region of Uganda.

Log Cabin 10K
Fitchburg, MA
January 25, 2009

1. Brian Allen	UNATT	37:18
2. Brad Fors	NMC	38:06
3. Mike Wade	GCS	38:21
4. John Kinee	CMS	39:29
5. Dave Audet	NMC	41:06
6. Travis Wheeler	CMS	42:10
7. Josh Curtis	NMC	42:30
8. Jim Imprescia	NMC	42:37
9. Peter Heslam	WCRC	43:02
10. Charlie Salmond	NMC	43:26
11. Steve Penney	NMC	43:26
12. Matt Moison	NMC	44:20
13. Tom Denny	UNATT	44:22
14. Mark Johnson	CMS	46:30
15. Jack Goolsky	NMC	46:49

16. Keith Orni	NMC	47:10
17. Mike O'Hara	NMC	47:48
18. Jim Fay	NMC	49:55
19. Jim Shope	NMC	50:49
20. Carol Allain	NMC	51:46
21. Susan Alto	UNATT	52:52
22. Glen Green	UNATT	53:07
23. Ken Becker	NMC	53:47
24. Phil McGaw	NMC	54:33
25. Tim Blouin	NMC	55:05
26. Rick Hersey	NMC	55:41
27. Darlene Hoover	NMC	56:19
28. Chris Reid	NMC	58:02
29. Ray Boutotte	NMC	63:40
30. Cindy Curley	CMSNMC	64:38
31. Steve O'Neil	NMC	66:53
32. Sarah Leonard	NMC	68:28
33. Dan Dodson	NMC	76:12
34. John Robertson	NMC	76:47
(4 miles)		
35. MaryLou Crohan	NMC	1:43:00

Volunteers: Frank Gorham: Race Director, David Duval, Marge Gladwin, Rene Lavoie, Jim Gaffney, Larry Morris, Mark Fontaine, Brian Gleason, Peter Orni and Rick Hersey

NMC Seniors Score Team Victory at
Bay State Marathon

An impressive first place team victory at the Bay State Marathon can be credited to the following club members: James Imprescia, (3:12:39); Brian Byrne, (3:32:21) and, Larry Morris, (4:39:13). Their combined time: 11:24:13.

Mill Cities Re-Cap

by Jeff Gould



This year was lucky 13 for me. We went from having a single team to having a few teams as an also ran, to this year's record club turnout of 14 teams, three more than our previous best. Fourteen teams means 68 runners, more than a third of our club. I challenge any other club to top this. This year's relay not only featured more club teams than ever before, but a full dozen runners running on



our teams that I'd never met nor spoken to. Furthermore, seven remain in this boat. I hope I have the chance to meet all that ran sometime soon.

Credit should be extended to those that ran the 2.5 mile 'short leg', as they drove the furthest to run the least distance. Some don't care for this leg, though I can't figure out why. When I was still in the open division, my goal was to get a full team of runners that were faster than me, so I belonged on the short leg. That way, my day was over in 15 minutes or so.

On the other side of the coin, Amy Paquette is to be congratulated for using the most laundry. A friend of hers was unable to make the race, so after running leg 2 on her own team, she ran leg 4 in her friend's place. I believe her total was 14.2 miles, two hats, three long sleeved shirts, two pairs of running pants, and two pairs of socks. How many pairs of shoes, Amy?

Even if you don't understand the scoring, suffice it to say that we've been parked in 5th place for the past half dozen years, scoring over 40 points on only two occasions in the past. This year, we scored 75.

And we managed to move up to 4th this year, no small accomplishment, finishing a heartbreaking 2 points out of third place, which would have gotten our club name engraved on the trophy.

Donnelly's Tavern 5 Mile Road Race
Lunenburg, MA
February 8, 2009

1. Andy McCarron	CMS	26:45
2. Michael Wade	GCS	30:53
3. Nick Edmonds	UNATT	32:09
4. Steve Penney	NMC	32:15
5. Joshua Curtis	NMC	32:33
6. Dave Audet	NMC	33:02
7. Jeff Gould	NMC	33:15
8. Sheila LaPointe	NMC	33:37
9. Rachel Boudreau	NMC	33:46
10. Charlie Salmond	NMC	34:10
11. Tom Denny	UNATT	35:00
12. Tim Blouin	NMC	35:54
13. Keith Orni	NMC	36:19
14. Joe DiMucci	NMC	36:52
15. Mike O'Hara	NMC	37:01
16. Peter McCarron	CMS	38:40
17. Jim Shope	NMC	38:49

If we can come this close, we can take a shot at that coveted third place. That means that I'll be on your backs next October to run again, and to have any chance, I'll need everyone that was there this year to not only return, but to recruit a fast friend into the club in the meantime. I'll certainly do my part. On that note, for those few that ran that are not members at this time, it would be nice to get you signed up so that everything is a bit more legit.

The traditional award given to the top three teams in each division is a brick (from an old demolished mill, hence 'Mill Cities Relay'). We managed five bricks, two firsts and three thirds. My goal is to win enough bricks to tip our table over at the awards ceremony. A couple more next year should do it. Our mixed masters team won, as did our mixed seniors, both missing course records by so little that it's safe to assume, in both cases, that the slick conditions in legs one and two cost both teams course record status. Lugging bricks away for third place were women's open, women's seniors, and men's veterans. Closest with nothing to show for it was our much improved women's masters, Donna LeBlanc, Zack Tibbetts, Tina Kelly, Julie Wright and Lori Berkey, that came in 5th place in their division. Men's masters and seniors were 7th and 6th, respectively, as well.

18. William Peters	NMC	38:55
19. Lori Berkey	NMC	39:10
20. Walter Kuklinski	CMS	39:12
21. Charlie Herbert	NMC	39:22
22. Jim Fay	NMC	40:33
23. George Corff	NMC	40:56
24. Carol Allain	NMC	41:23
25. Ken Becker	NMC	42:01
26. Eric Brugess	NMC	43:33
27. Karen Gillespie	NMC	44:03
28. Darlene Hoover	NMC	45:57
29. Sherisa Sterling	NMC	47:14
30. Victoria Pearce	UNATT	51:11
31. Ray Boutotte	NMC	53:20
32. George Lesliet	NMC	62:04
33. Jack Christians	NMC	89:00
34. Marilou Crohen	NMC	1:55:00

Volunteers: Frank Gorham: Race Director, Marge Gladwin, Cindy Beaudoin, Dave Duval, Rene Lavoie, Molly Reid, Chris Reid and Larry Morris



Tom and Ron Boone
Memorial 10K Road Race
Gardner, MA
February 15, 2009

- | | | |
|--------------------|-------|-------|
| 1. Brad Fors | NMC | 37:19 |
| 2. Steve Penney | NMC | 39:29 |
| 3. Josh Curtis | NMC | 40:07 |
| 4. David Audet | NMC | 41:42 |
| 5. Jeff Gould | NMC | 42:09 |
| 6. Charlie Salmond | NMC | 42:30 |
| 7. Tom Denny | UNATT | 42:31 |
| 8. Matt Moison | NMC | 42:36 |
| 9. Jim Imprescia | NMC | 42:39 |
| 10. Mark Wigler | NMC | 43:38 |
| 11. Keith Orni | NMC | 44:52 |
| 12. Joe DiMucci | NMC | 45:30 |
| 13. Mike O'Hara | NMC | 46:31 |
| 14. Kris Gleason | NMC | 46:44 |
| 15. Jim Fay | NMC | 47:43 |

- | | | |
|---------------------|-------|--------|
| 16. Jim Shope | NMC | 48:08 |
| 17. Charlie Herbert | NMC | 49:27 |
| 18. Lori Berkey | NMC | 50:20 |
| 19. George Graves | NMC | 51:21 |
| 20. George Corff | NMC | 52:13 |
| 21. Jim Gaffney | NMC | 53:19 |
| 22. Darlene Murray | NMC | 56:02 |
| 23. Karen Gillespie | NMC | 57:05 |
| 24. Sandy Leonard | NMC | 59:19 |
| 25. Sandy Orni | NMC | 59:59 |
| 26. Jenna Mooney | UNATT | 60:16 |
| 27. Jack Thornton | NMC | 60:16 |
| 28. Ray Boutotte | NMC | 65:21 |
| 29. George Leslie | NMC | 76:26 |
| 30. Marilou Crohan | NMC | 100:00 |

Volunteers: Carol Allain and Cindy Beaudoin; Race Directors, Dave Duval, Jim Brefio, Chris Reid, Molly Reid, Marty Ellowitz, Brian Gleason, Stephen Brooks, Frenchy Maynard, Marge Gladwin and Rene Lavoie

NMC Newsletter Goes Green

This will be the last North Medford Club newsletter mailed out to all club members. Going forward the NMC Newsletter will be published on our website as a .pdf document that can be accessed using the link: <http://www.northmedfordclub.org/newsletter>. For anyone who doesn't have Adobe Acrobat, the software needed to view the newsletter, a link to the free download page will be provided on the club website: www.northmedfordclub.org.

Not only will this move save our club money in copying and postage, it should also save a few trees. Printing and mailing the newsletter ends up costing our club thousands of dollars each year. Additionally, as runners, we have a responsibility to reduce our carbon footprint and preserve the world in which we run.

For the foreseeable future, we will mail newsletters to club members who request it. If you would like to continue to receive a copy of the newsletter in the mail, please complete the form below and return it to: Sherisa Sterling, Newsletter Editor, C/O North Medford Club, 39 Central Street, Ashburnham, MA 01430.

I would like to continue to receive the NMC Newsletter in the mail

NAME _____

DELIVERY ADDRESS _____



7 Mile Handicap Road Race
Merrimac, MA
February 22, 2009

	Name	Total	Handicap	Net	Club	Town
1.	George Corff	69.05	-7:00	62:05	NMC	Stow
2.	Phil McGaw	70.59	-7:00	63.59	NMC	Shirley
3.	George Leslie	71:28	+14.00	85.28	NMC	Chelmsford
4.	Zack Tibbetts	72.16	-8.45	63.31	NMC	Westford
5.	Ken Taylor	72.24	+28.00	100.24	NMC	W. Newbury
6.	Charlie Salmond	73.00	-21.00	52.14	NMC	Fitchburg
7.	Rick Hersey	76.34	-7.00	69.34	NMC	Medfield
8.	Dan Coffey	83.51	-1.00	82:51	NMC	Beverly
9.	Marilou Crohan	99.32	+17:00	116.32	NMC	Leominster

Hosts: Paul and Ann Tucker

Volunteers: Phil McGaw: Race Director, David Duval, Marge Gladwin and Gil Emery

Running with Purpose



Stoneham, MA- Rich and Jackie St. Hilaire pictured above honored 'Zack' Tibbetts father, Stanley Zajchowski, by running the Remember Veteran's Day 11-K race in his memory. Zajchowski, a World War II Veteran, passed away unexpectedly in June of 2008. He was 92 years old.



The Final Word

We Want You ...To contribute stories and photos.

We hope to make the newsletter more of a collaborative affair, but we need your help. Know a club member who has done something interesting or extraordinary? Have a running photo or two that you've taken and would like to share? Maybe a race story or a running adventure? Send your ideas, suggestions and pictures to Donna LeBlanc: donnajleblanc@yahoo.com.