



## Mount Washington: A Retrospective

by Jeff Gould

### Pinkham Notch, NH –

Ah, Mt. Washington, one of my favorite races. For some, Mt. Washington is a one-time thing – a 'I have to do it once' event, for others an odyssey, and for some, something they'll never do again. For me, it's a race, nothing more, nothing less. I've ventured up to the White Mountains for the race every year now for twenty years, and hope to continue that for some time to come.



### Celebrating Our Travels and Accomplishments

It seems like this issue demonstrates just how far (and high) we'll go in pursuit of our running goals - whether it's 6,288 feet up Mt. Washington or a hundred miles or more by car to run a race in another part of the country. The stories by club members Jeff Gould, Dan Dodson and Jim Fay attest to our determination to scout out and compete at events all over New England and beyond.



The Mt. Washington Road Race has a fascinating history, dating back to 1936. For those who are very articulate, the race has had a hiatus or two, so that the years don't quite add up, but next year's event will be the 50th annual, which is sure to make it a popular year, just as the Boston Marathon 100<sup>th</sup> was.

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<b>Managing Editor:</b>	Sherisa Sterling	satinday@verizon.net
<b>Mailed Circulation:</b>	Sherisa Sterling	satinday@verizon.net
<b>Photography:</b>	Paul McDermott	paulmac3@verizon.net
<b>Virtual Circulation:</b>	Marc Pilon	webmaster@NorthMedfordclub.org
<b>Lay-out &amp; Design:</b>	Donna LeBlanc	donnajleblanc@yahoo.com
<b>Contributing Writers:</b>	Jeff Gould	twentyquarters@comcast.net
	Jim Fay	gottarun449@comcast.net
	Rene Lavoie	rainman52@verizon.net
	Daniel Dodson	mjodand7@msn.com
	Donna LeBlanc	donnajleblanc@yahoo.com



## Try This... Annual Covered Bridges Half Marathon

By Daniel J. Dodson

**Quechee, Vermont** - On Sunday, June 7, 2009, I participated in the 18<sup>th</sup> Annual Covered Bridges Half Marathon in Quechee, Vermont. The story starts six months earlier in December of 2008 when NMC member Jackie St. Hilaire e-mailed several friends to let us know that on-line registration would be held on December 8<sup>th</sup>. The cap of 2,600 entrants was reached in a record 64 minutes! Unfortunately, Jackie & Rich St. Hilaire did NOT break through in time. The entry fee, including a tech shirt, was \$43 (plus \$4.15 on-line processing fee).



My wife, Mary Jo, and I arrived on Saturday at Comfort Suites in White River Junction, Vermont, about 15 minutes from the race site. After unpacking, we headed to the Norman Williams Public Library in Woodstock where the race directors were available from noon to 7:00 pm to answer questions and hand out course maps. We



then drove the entire 13.1 mile course to look for spectator sites for Mary Jo's pictures and to see the road surface including hills. Overall, the course has a gentle downgrade of 200 feet over the 13.1 miles. There is a moderate hill at mile 5 and a short but STEEP hill at the Taftsville covered bridge at mile 8. A significant portion of the course is on gravel roads, but the majority is on asphalt.

We then headed to the Woodstock Country Club for the Woodstock Chamber of Commerce pasta dinner. There were separate seatings at 5:30, 6:30 and 7:30 pm. We had reservations for the latter and arrived by 7:00pm to check everything out. We met author/runner Kimi Puntillo and bought her book (with autograph) Great Races, Incredible Places: 100 Fantastic Runs Around the World. She is the first woman to have run a marathon on every continent. The Covered Bridges Half Marathon is included in this book – quite an honor. The supper itself, an 'all you can eat' pasta buffet, was excellent. At our table were runners from Pennsylvania, New Jersey, and New England.

The race starts promptly at 10:15am on the street by the ski area. You run over timing mats in order to receive a fair net time in addition to gun time. The first 3 miles are on asphalt – very rural roads with farm



animals and fields & mountain views. The 4<sup>th</sup> & 5<sup>th</sup> miles run through Woodstock – a stereotypical New England village – with many cheering spectators. It is here that you run through the Middle Bridge – the only covered bridge that you actually get to navigate (you also run next to 3 other covered bridges). This bridge is above the Ottauquechee River. After Woodstock miles 5 – 8 are on a dirt road with the river on your right. At the 8 mile mark you encounter a steep hill (0.3 long) next to the Taftsville Bridge. The road becomes asphalt and trends ‘downstream’ until the finish at the Quechee Polo Field.

You pick up your tech shirt after you cross



the finish line mats. Refreshments and micro-brew beer (long lines) are in the polo field. I finished in 2:25:34 (11:07) a PR for me. I was 1499<sup>th</sup> out of 1793 finishers; and 37<sup>th</sup> out of 51 in the M60-69 age group. This race is listed as one of the best 80 races in New England by New England Runner magazine. It is extremely well-organized with plenty of water stops, very little traffic, great pasta dinner and a nice tech shirt. I highly recommend this half marathon but suggest that you pay very close attention to when on-line registration begins (probably in December again). Undoubtedly the race

will ‘sell-out’ in less time than you will need to run it! Good luck. And, just maybe I’ll see you there.

### '08-'09 Winter Series Results

*By Rene Lavoie*

In the past we have awarded points to the first 10 place finishers in both the male and female divisions. The formula that we are now using uses the first place time as the 100 point standard and each finisher's time is a percentage of that time. With this method everyone who finishes is awarded a point value. The advantage of this method is that regardless of where you finish in the standings and the faster you run the more points you will be awarded. This method encourages both participation and individual effort. Beginning this winter the series will be posted on the club's website and club members will be able to view their progress and where they stand in relation to other members participating in the NMC Grand Prix Series.

#### Men

1st	Charlie Salmond	640.29 pts
2nd	Dave Audet	579.82 pts
3rd	Tim Blouin	428.84 pts

#### Women

1st	MaryLou Crohan	412.58 pts
2nd	Darlene Hoover	410.82 pts
3rd	Lori Berkey	361.94 pts







**Senior Women's Team Comes in Second at Mt. Washington**

Congratulations to the NMC Women's Senior team for an amazing race at Mt. Washington. Not only did the team come in impressive second place, with a time of 5:22:12 (top 3 scores), they missed first place by a mere 1 minute 26 seconds:

Carolyn Finch	1:34:14
Cyndi Beaudoin	1:51:37
Carol Allain	1:55:54
Deb Wallgren	1:57:58
Deb Fontaine	1:58:37
Paula Johnson	2:18:42



**Pinkham Notch, NH** - Deb Fontaine, Carol Allain and Cyndi Beaudoin, wearing club colors, celebrate a second place Women's Senior team finish at this year's Mt. Washington Road Race.

**It's an Election Year**

In January, 2010, our club will be holding elections. Every other year, the club elects ten board members and the following officers: President, Vice-President, Secretary, Treasurer, Membership Director, Newsletter Editor and Website Director. Elections will take place on January 3<sup>rd</sup>, 2010 after the Rick Hersey Memorial race at the Knights of Columbus Hall in Fitchburg.

Any club member, in good standing (e.g. a person who has been a member for 12 months and whose dues are current), is eligible for a Board seat. Anyone interested in being a member of the Board and helping to shape the future direction of

the club is encouraged to run for a seat. Board meetings, typically take place Friday evenings. Over the course of a year, five to seven meetings are usually held. For additional information or to state your intentions, please contact any current Board member, including the following Officers:

- |               |  |
|---------------|--|
| Jeff Gould    | <a href="mailto:twentyquarters@comcast.net">twentyquarters@comcast.net</a> |
| Donna LeBlanc | <a href="mailto:donnajleblanc@yahoo.com">donnajleblanc@yahoo.com</a>       |
| Carol Allain  | <a href="mailto:carolallain516@hotmail.com">carolallain516@hotmail.com</a> |
| Marge Gladwin | <a href="mailto:roadrunner_415@yahoo.com">roadrunner_415@yahoo.com</a>     |

**Who Is It?**

Be the first person to correctly identify this accomplished North Medford runner, shown in the photo below, and win a six pack of beer of your choosing.



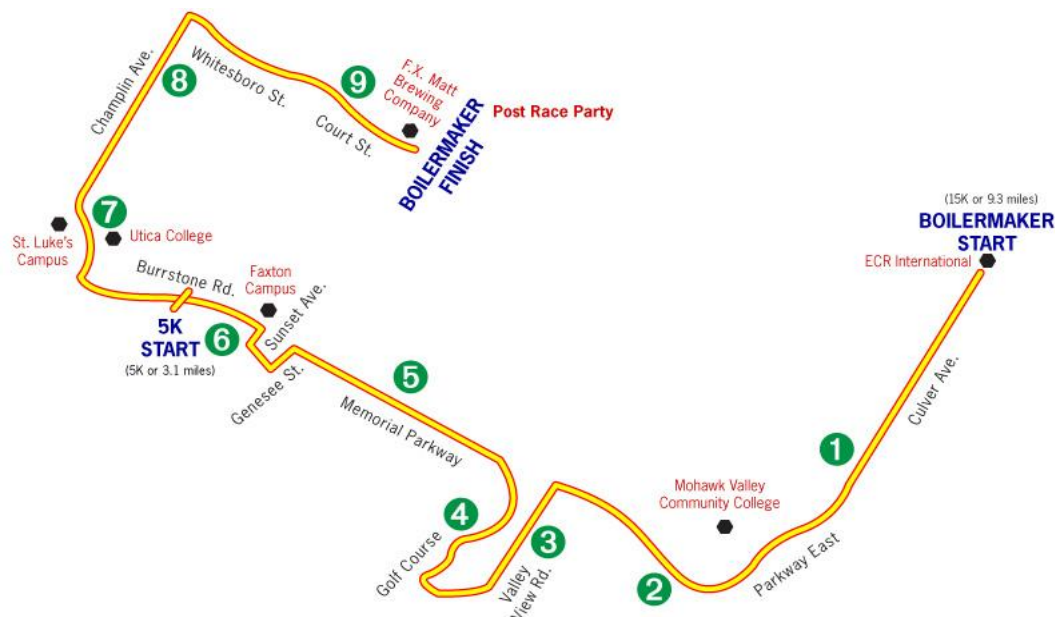
E-mail your response to [donnajleblanc@yahoo.com](mailto:donnajleblanc@yahoo.com). The winner will be announced in the next issue of the newsletter along with a short article about our mystery runner.



## Utica Boilermaker

By Jim Fay

**Utica, NY-** The first I heard about the Boilermaker 15K was seven years ago, when I started running. The name, for obvious reasons, intrigued me. Last year while working the EXPO before the Boston Marathon, I met the coordinator for team ZIP and was asked to join the team. ZIP is run by the NY Beef Association and is affiliated with the race. Joe DiMucci and I ran the Boilermaker 15K in Utica, NY on July 12, as part of Team Zip, wearing their beef steak singlet. There were close to 100 runners on the team.



The Expo was outdoors under tents. Sunshine, which had been rare, was abundant the day of the race. In lieu of the normal T-shirt we fittingly received a beer glass. The New York Beef Association had cooking demos as well as samples which we enjoyed.

Joe and I also had a chance to listen to Katherine Switzer speak. She is said to have sparked the women's running revolution on April 19<sup>th</sup>, 1967, as the first woman to run the Boston Marathon with an official number (before women were allowed to enter), having registered as K. Switzer.

The 5K starts at 7:30 a.m. It begins 6.2 miles into the 15K. The 15K begins at 8 AM. The organization for this race is excellent with plenty of water and sports drinks around before the race. The course is wide and lined from start to finish with bands, dancers and a wildly cheering throng. It reminded me of the community participation at the Falmouth Road Race. And, we received a Boilermaker 15K finisher pin after the race.

The post race party was held in the back lot of a Brewery. 'Nuff said!' Oh yeah, there was plenty of food too! With live music on stage, this was the best post race I've attended. We met Katherine Switzer on the way to our car and had a nice talk about running. No, she doesn't run marathons anymore. However, she just run a half marathon in Africa and was proud of winning her age group.



### NMC Newsletter Green Reminder

This issue of the newsletter **is not being mailed to you** unless you have requested it. The NMC Newsletter is now 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 is provided on the club website: [www.northmedfordclub.org](http://www.northmedfordclub.org).

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.

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

Let's continue to make the newsletter a collaborative affair. 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](mailto:donnajleblanc@yahoo.com).

**Caught in the Act of Contributing to the Newsletter**  
**Pinkham Notch, NH** - Paul McDermott, shown in the photo on the left, with camera in hand, somewhere near the top of Mt. Washington on race day.



### Retrospective, Continued

North Medford Club has had its' share of success at the race, with runners representing the club running in some of the earliest editions of the race. Graham Brown in 1937, Graham, Frank and Grant Brown in 1938. Relatives, no doubt, of Fred Brown, who was involved in the production of the race in the early years. NMC had many strong contenders in the 60's and 70's, including a winner or two. This past year saw Tommy Manning, a club member that moved to Colorado, return east for the race, and run the fastest time for a club member by several minutes. Manning finished 7th, remarkable considering the national, even international level that the field has become in recent years. Following is a list of the best times by NMC members over the years, some long forgotten, some more recent by current members, some that may come as a surprise. Roland Cormier (1972), listed second, won that year, and recorded 4 times under 1:13.

#### The Super Fast

2009	Tommy Manning	1:05:47
1972	Roland Cormier	1:09:16
1977	Larry Olsen	1:09:33
1973	Peter Crisci	1:10:05
1972	Tom Derderian	1:11:53

#### The Fast

1971	Chuck Keating	1:12:11
1974	Sam Winebaum	1:13:24
1975	Wayne LaMothe	1:14:23
1967	Richard Clapp	1:14:25
1976	Paul Thompson	1:14:57

#### The Half Fast

1975	Earl McGilvery	1:15:13
2003	Bob Johnson	1:15:18
1973	Peter Hanrahan	1:15:23
1979	Paul Quinn	1:15:30
1978	John Concannon	1:15:33
1973	Chet Fortier	1:15:38
1999	Jim Imprescia	1:16:38
1970	Thomas Knatt	1:16:48
1977	Dave Duval	1:16:48
1977	Jack Fahey	1:17:05
1972	John Hurley	1:17:06
1991	Jeff Gould	1:17:38
1980	Bob Whitney	1:18:02
1977	Gil Emery	1:19:11
2008	John Trunik	1:19:12
1967	Jim Daley	1:19:34

#### The Lame, the Halt, and the Famous

1973	Roger Perham	1:29:47
1977	Paul Schell	1:30:24
1961	Royce Sawyer	1:31:19
1968	Bob Hersey	1:32:22
1976	Ron Kmiec	1:40:31
1974	Ron Boone	1:42:09
1967	George Leslie	1:46:49
1978	Steve MacAvoy	1:55:48
1968	Phil McGaw	2:00:58

#### Top Masters

2003	Bob Johnson	1:15:18
2008	John Trunik	1:19:12
2008	Jeff Gould	1:21:05
2005	Todd Brown	1:21:32
1998	Jim Imprescia	1:24:29
2003	Mark Fontaine	1:25:14
1998	Bob Whitney	1:25:33

#### Top Seniors

1999	Jim Imprescia	1:16:38
1998	Bob Johnson	1:17:24
1996	Cal Perham	1:24:36
1996	Peter Orni	1:25:52

#### Top Vets 60+

2007	Peter Orni	1:39:57
2008	Vin Rivard	1:42:15

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**Retrospective, Continued**

**Top Women**

2003	Pam Alexander	1:28:53
1999	Wendy Hagan	1:33:03
1999	Patty Dalconzo	1:33:29
1999	Leslie Keane	1:33:22
2009	Carolyn Finch	1:34:14
1996	Karen Palmer	1:35:06
2003	Deb Parker	1:37:14
2009	Julie Wright	1:37:54
1999	Jackie Foster	1:38:10
2000	Jodi Lyn	1:39:27
1999	Marion Larson	1:39:47
2005	Kris Gleason	1:42:34
2005	Deb Fontaine	1:48:45
1997	Carol Allain	1:49:09
2005	Paulette Slovenkai	1:49:24
2009	Cyndi Beaudoin	1:51:37
2005	Donna LeBlanc	1:51:54
2004	Darlene Hoover	1:56:21
2005	Zack Tibbetts	1:57:12
2005	Sandy Superchi	1:58:02

**Top Women Masters**

2003	Pam Alexander	1:28:53
2009	Julie Wright	1:37:54
2005	Kris Gleason	1:42:34
2005	Deb Fontaine	1:48:45
1997	Carol Allain	1:49:09

**Top Women Seniors**

2009	Carolyn Finch	1:34:14
2009	Cyndi Beaudoin	1:51:37
2009	Carol Allain	1:55:54
2008	Deb Fontaine	1:55:57
2007	Deb Parker	1:56:09

A fine history of the race was written by Dave Dunham, available at [www.buybooksontheweb.com](http://www.buybooksontheweb.com), or by contacting Dave at [dave.dunham@comcast.net](mailto:dave.dunham@comcast.net).



**Westford, MA** - A big turn-out of cheerful NMC club members at the Westford Academy 3.58 mile road race on July 16, 2009. This race is part of the NMC Summer Series.