



The NMC Weekly Fresh Pond Race Series Has a Rich History

by Donna LeBlanc with gratitude to Phil Keeley for researching the story

Cambridge, MA-The weekly Fresh Pond race is a signature event for the North Medford Club rich with club history and a 46 year endurance record of its own to brag about.

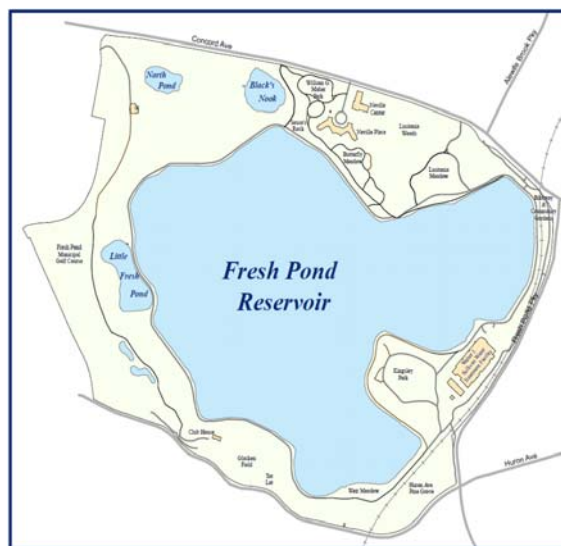
According to Sara Mae Berman, who founded the race, the Fresh Pond races began as a girls-only one mile cross country event. At that time women weren't allowed to run long distance.

The race began in 1963 and took place during the summer. In 1968, a new Park and Recreations Director took over for the City of Cambridge. He contacted Larry and Sara Mae Berman and asked them to start a weekly race at Fresh Pond. The new races were run only in the summer and alternated between 2.5 miles one week and 5 miles the next.

The race started at the pipe field, a storage area for water pipes at Fresh Pond. Around that time the 'popsicle' system was implemented with numbered popsicles sticks used to help track finish time and place. This system is still used today.

When Fred Brown took over as Race Director in 1974, the race became a 52 week-a-year event. Fred also started having both 2.5 and 5 mile races the same week. When Fred died in 1992 the race was passed on to Diane McLaughlin, Joe Macdonald and Phil Keeley who all continue to do the job today.

The race has changed little over the years. The pipe field has been removed. The start and finish of the race have moved about two hundred yards.



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



2009 Boston Marathon Finishers

At least 42 North Medford club members completed the cool and blustery 26.2 mile trek from Hopkington to Boston on April 20th. Congratulations to all who finished and apologies to any member completing the journey whose name does not appear below:

Name	Age	Time
Tom Manning	33	2:26:57
Todd Brown	44	3:04:04
Deb Barry	43	3:09:29
Marty Ellowitz	54	3:13:04
Michael Auger	49	3:15:29
Dave Audet	44	3:18:12
Julie Wright	47	3:19:34
TM Thornton	38	3:19:39
Joe Dimucci	50	3:20:27
Paul Funch	58	3:21:08
Katie Kinnear	37	3:23:07
Mike O'Hara	53	3:27:50
Kris Gleason	46	3:29:02
Tim Blouin	52	3:30:26
Bob Hill	41	3:30:57
Jim Fay	53	3:31:02
Bill Peters	46	3:33:54
Mark Wigler	60	3:35:50
Rich St. Hilaire	59	3:41:36
Brian Byrne	61	3:42:57
Stephen Drouin	53	3:48:03
Mark Fontaine	51	3:51:48
Dave Harper	42	3:53:23
Amy Paquette	31	3:55:44
Craig Twohey	54	3:58:30
Karma Tousignant	35	3:58:52
Lynn Thornton	38	4:03:25
Kevin Kinnear	47	4:04:57
Mark Jackson	44	4:06:40
Tom Spinelli	42	4:09:55
Paul Lambert	60	4:10:08
Sandra Superchi	52	4:10:53
Ryan Twohey	18	4:14:44
Alissa Zbikowski	35	4:16:00
Mike Ellowitz	57	4:18:43
Raymond Anair	40	4:21:55
Donna LeBlanc	49	4:22:05
Ron Kmiec	66	4:22:27
Anthony Cali	41	4:25:17
Zack Tibbetts	49	4:43:54
Larry Morris	62	4:44:44
Molly Reed	49	4:49:37



Fashion Statement- Zack Tibbetts and Donna LeBlanc strike a pose wearing their NMC attire before the start of the 2009 Boston Marathon.

Ron Kmiec Just Keeps on Running

By Jeff Gould

On June 8th, 1992, Mark Wigler rolled out of bed and did something he hasn't done since. He didn't run that day. This July will make 17 years that he hasn't missed a day of running. Heat, cold, snow, ice, darkness and missile attacks don't get in the way. And he holds the distinction of the **FOURTH** longest running streak in North Medford Club. Ron Kmiec ventured out in November 1978 and began what would become the 14th longest streak in North America. It lasted 11,687 days. It took a heart attack to put an end to it, and only a few weeks later he was back at it, starting another streak. And yes, there is actually an organization that keeps track, the Running Streak Association. Add to that a streak of 36 consecutive Boston Marathons, all official, with a number that was earned by qualifying, putting him near the top in that category, too. Next time you see Ron, ask him about the running streak. He'll make you feel young. Here's to you, Ron, on beating that PR, even if you are at or beyond the century mark when you get there.



Tree Wrestlers- Marge Gladwin (pictured above) and Jim McDermott (pictured below), with saws in hand, wrestle a couple of storm damaged trees to the ground. A crew of NMC members worked with volunteers from the Massachusetts Audubon Society and North Country Land Trust and others to clear the trails in time for the Overlook Trail run on May 3rd.



December Ice Storm Doesn't Stop Overlook Trail Race

by *Rene Lavoie*

If a runner attempted to run the NMC Overlook 7M Trail Race course like I attempted to on March 1st they'd believe it near impossible to have the course cleared for the scheduled May 3rd running of the race. With the exception of a few hand cleared sections of the course, you could not run a quarter of a mile without being blocked by downed trees and limbs. Some trails that were easily followed were obliterated and it would be very easy to lose the trail and become lost. Trails I have been running for over twenty-

five years were unrecognizable. In spots entire trees were uprooted and laid horizontally across trails. Snow and ice held limbs firm to the ground. Thoughts about canceling the race, postponing it for a month or two, redesigning the course to accommodate the sections that were or would be passable raced through my mind. As any North Medford Club member would attest there are few obstacles that prevent us from running our races. For example, in my experience with the club over the last twenty years I can only recall two races being canceled because of the weather or for any reason. For those familiar with the Fresh Pond series, a series that has been run every Saturday morning for decades few races have been canceled. So the challenge was to find a way regardless of how improbable it seemed. The first calls were to the property managers from the Audubon, Ron Wolanin, and from The North County Land Trust, Janet Morrison. Janet had taken a crew out on the Overlook section shortly after the first of the year and despite deep snow pack opened up that section of the course. Ron as you can imagine had his hands full with several Audubon conservation areas in northern Massachusetts, all of which had been equally devastated by the ice storm. Ron assured me that he would make the course a priority. With a small crew he was true to his word. Ron and his crew did the bulk of the chainsaw work and without them there would have been no race. Emails to club members resulted in an overwhelming response. For several weekends small crews opened up sections of the course a little at a time using bow saws and loppers, truly a time consuming and physically demanding effort. Two weeks before the scheduled date of the race we all felt comfortable enough to declare that the race was on. What a relief! Along the way we came across several other individuals who routinely use the trails who took it upon themselves to help with the clean up. Some were anonymous but there was evidence of their efforts. Others like Dan Donahue, a Fitchburg firefighter we met on the trails, kept in touch by email and coordinated with us to clear the course. From the NMC there was Mike O'Hara, Jim Gaffney, Chris and Molly Reid, Paul and Jim McDermott, Russ Syrjala, Brian Slattery, Deb Walgren and Marge Gladwin. I apologize if I am missing others.



December Ice Storm, Continued



As for the race, we were blessed with ideal weather and a field of 50 runners and walkers. Many expressed their admiration for the course. As is typical of most trail races you rarely focus on anything other than the few feet ahead of you but if you did you would have had a real sense of

how much damage an ice storm can have. A positive consequence is that the course has added several new obstacles making it even more unique than it once was.

For those of us who have lived in this area most if not all of our lives and who have run and walked these trails we have a special appreciation for this race. Its history goes back over twenty years when Ken Gulliver was the race director for the first version. It was a popular race then held on the Summer Equinox and once drew over a hundred runners. Despite the challenge of preparing for this race I believe we are determined more than ever to revive this race and make it one of the highlights on the NMC race calendar.



Overlook Trail Race Results
May 3, 2009



7 Mile Run

1. Allan Powers		45:26
2. Pat Bazinet		45:32
3. Keith Orni	NMC	49:57
4. Robert Low		50:28
5. Marshall Randolph		51:25
6. Charlie Salmond	NMC	53:46
7. Jeff Hart		53:48
8. Kim Tabor (F)		54:04
9. Mark Johnson		55:16
10. N/A		56:34
11. Tom Derderian	GBTC	57:23
12. Patrick O'Hara	NMC	57:35
13. Mike O'Hara	NMC	57:36

14. Laura Church (F)		58:52
15. Peter Orni	NMC	58:58
16. George Corff	NMC	59:42
17. Jeff Merrill	NMC	60:26
18. Dan Scotina		62:47
19. Michael Unger		63:30
20. Rick Scott		63:34
21. Cynthia Hastings (F)	GBTC	64:12
22. Tim Norton		64:37
23. Rob McDonald		64:40
24. Sherisa Sterling (F)	NMC	64:45
25. Janine Fallone (F)		64:47
26. Joe DiMucci	NMC	65:17
27. Way Hedding	Mohegan Striders	65:55
28. Warren Church	GCS	66:15
29. Tom Swim		66:16
30. Dan Schnidtcher		66:21
31. Emily Trespas (F)		66:25
32. Tom Gumbart		69:26
33. Ray Boutotte	NMC	73:50
34. Mike Fernandes		75:55
35. Jim Fay	NMC	81:22
36. Sara Minsk (F)		83:10
37. Karin Oleski (F)		83:33
38. Richard Busa		83:36
39. Barry Ostrow		85:12
40. Marie Leigh (F)		85:48
41. Woody Syrjala		2:20:49
42. Russ Syrjala	NMC	2:20:51

5K Run

1. David Tall		36:29
2. Melinda Hedding (F)	Mohegan Striders	41:19



Overlook Trail Results, Continued

5K Walk

1. Evelyn Callazo (F)	53:23
2. Mike Gould	53:24
3. Michelle Hagstrom (F)	53:26
4. Kris Smith (F)	53:37
5. Jennifer Adams (F)	71:41



Summer Reading- The much sought after running cult classic, *Once a Runner*, by John Parker has been re-issued after being out-of-print for close to twenty years. Amazon.com is selling the book for \$15.29.

Cross-Cultural Journey

By Jim Fay

Suzhou, China- During the Summer and Fall of 2008, I had the opportunity to work in Suzhou, China. While there, I grew to love the people, culture, food and history. Most evenings I would return from work and get out the door to go for a run. My longest run was a 24 miler when I was getting ready for the Bay State Marathon last fall.

Almost every night the nearby park was filled with large groups doing a variety of Tai Chi...or so I thought. My first night there, from the 19th floor lounge of the hotel where I was staying, I could see a few hundred people doing this ancient form of martial arts. Upon closer inspection, I heard Dwight Yokem's country hit, 'Fast as You'. And, it was even more surprising to find this large group line dancing! In other parts of the park smaller groups were doing traditional Tai Chi. Many groups used swords or fans which snapped open and closed in well practiced unison.



While in China, I was asked and sponsored by my company to run a charity race for the children affected by an earthquake last May. Entering proved quite difficult as photos, a passport and other identification were required. Races in the States might seem disorganized, but nothing compared to what I experienced at this race. There were no bib numbers. Instead a sticker was affixed to my NMC singlet. I was 'adopted' by an insurance company to be on their team. When the race started we walked by rows for the first 1/2 mile. Then everyone started yelling and running. The race was about five kilometers with no clear finish line. At the end of the race, participants were asked to sign a huge banner. Every signature meant more money for the young earthquake victims. Despite the great difficulties communicating, I'll remember this race as being one of the best.



NMC Newsletter Green Reminder

This edition 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.

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.

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Try This... Katie Lynch Heartbreak Hill Half Marathon

By Donna LeBlanc

Newton, MA- While many club members were taking on the challenge of Pack Monadnock, a few other NMC runners thought they'd try an 'easy' half marathon. The inaugural Heartbreak Hill Half Marathon proved anything but easy with Heartbreak Hill being one of the smaller hills encountered along the route. The race was described on the race web site as 'a moderately challenging race course that winds through scenic neighborhoods up Heartbreak Hill in Newton'.

The course is an out-and-back that starts and ends at Newton South High School. The first three miles feature rolling hills through neighborhood streets. The real run begins with a rather steep one mile descent on Langley Road into Newton Center. Of course, in an out-and-back race, what goes down must go back up. It was miles 8 and 9 back up Langley Road that proved to be the real Heartbreak Hill. A short steep half mile up Waban Hill Road was equally grueling between miles 6 & 7. The bottom line is don't let the race course description of moderately challenging fool you. This course is difficult. Add to it the





Katie Lynch Half Marathon, Continued

possibility of warm temperatures and you have yourself a true endurance event. Temperatures on race day were in the low 70's, but felt hotter. The NMC runners who participated all agreed that the route is very tough.

Katie Lynch whom the race is named after, was born with a rare form of dwarfism and a tissue disorder that required her to undergo many surgeries over the course of her life. She was known to face challenges head on with plenty of humor, courage and spirit. On April 16, 2001, she jubilantly crossed her own modified Boston Marathon finish line. She stood just 28 inches and had walked 26.2 feet. Her inspiring message that "every human being is worth it" is the core of her legacy.

The Katie Lynch Foundation was established to honor and perpetuate Katie Lynch's commitment to the well-being of those with special needs. The Foundation seeks to fund programs which create opportunities and foster respect for individuals with disabilities and those who assist them. The goal is to enable and assist members of the disabled community to live active and fulfilling lives. One hundred percent of the race registration fees goes to the Foundation.

This race is likely to become an on-going annual event. If you're not training for the Mount Washington Road Race, or even if you are, and are looking for a hill work-out and a worthy cause try this event.

NMC Logo Wear

The North Medford club logo can be purchased at the **The Monogram Shoppe** in Fitchburg. The logo is available in black lettering for orange clothing or orange lettering for black attire. In addition, the NMC Tri Team logo can be purchased as well. You will need to tell the Monogram Shoppe the logo you want. Prices are:

1 or 2 pieces	\$9 per
3 pieces	\$8 per
4 pieces	\$7 per
5 pieces	\$6 per
6+	\$5 per

The Monogram Shoppe
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We Still 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.



Vertical Challenge

By Donna LeBlanc

Worcester, MA- On March 8, a team of eleven North Medford runners moved very quickly up 24 floors at the Sovereign Bank Tower in Worcester to challenge themselves and raise money to benefit the American Lung Association (ALA).

ALA events take place across all over the United States. They usually happen in prominent skyscrapers and involve climbing the stairs to the top floor. Sometimes called a 'vertical road race', participants can use the event as a fitness target, a race, to race against other people, or as a great way to be active and meet new friends.

Among the participants was Carol Allain whose sister Peggy lost her battle with lung cancer on April 19, 2008. 'It made the event more meaningful to me', Carol explained. 'Participants had the opportunity to write their thoughts about the event on poster board. Many people were posting photos and dedicating the event to someone they had lost to cancer. I wrote a message on the board dedicating my race to my sister Peggy. I think the event brought everyone together for a common cause. Young children had cheerleader pompoms and were cheering on the participants. Teams of firemen raced to the top in full uniform'.

According to Carol, the event was well organized, and a lot of fun, despite the grueling effort to get to the top. An awards ceremony and breakfast buffet took place afterwards at a local pub. 'Nearly everyone in NMC brought home a ribbon for either winning or placing in their division! We also raised the most money', Carol added.

Deb Fontaine is captain for the NMC team. This year, she recruited teammates by e-mail and word-of-mouth. If you are interested in joining NMC for Worcester Climb 2010, contact Deb at debholiday@aol.com.



Looking Good-Judging from the smiles worn by Kathy Haywood (left) and Charlie Herbert (right) you'd think it's easy to run up 48 flights of stairs.



Fresh Pond Continued

Restrooms are now available at the Walter Sullivan treatment plant. There have also been a couple of changes to the course. For example, one section that used to have a quick short steep hill was reworked. The pavement was removed and replaced with a permanent dirt road.

The race takes place every Saturday at 10 a.m. When Christmas, New Years Day and the 4th of July fall on a Saturday, the race is still held. It's only been called off a few times and not once when Fred Brown was alive.

Phil Keeley explained that publishing of results in the Boston Globe and Boston Herald goes all the way back to the beginning. At first, the top five men and the top three women were listed. In 2000, the Globe demanded an equal amount of men and women. According to Phil, most weeks it is hard to find enough women for the results.

One of the races Phil remembers most vividly is one of the few that were cancelled. 'I called the runners to line up for the start. When they walked to the starting line, it was so slippery that some of them fell down on the ice. I deemed it too dangerous for us and for them.

Another race that Phil recalls is when Lynn Jennings set the women's course record at 12:04 for the 2.5 mile race. Lynn ran Fresh Pond many times and has a goal to break 12 minutes; a goal she's yet to accomplish.

According to Keeley, the race draws fewer runners these days. The cost to run the race hasn't changed. It's free. Many of the same runners still run, just a little slower.

NMC 2009 Climb Worcester Results

Place	Time	Last Name	First Name
5	3:22	Shope Jr.	Jim
6	3:22	Fontaine	Mark
8	3:33	Herbert	Charlie
12	3:38	Spinelli	Tom
14	3:39	Hayward	Kathleen
18	4:03	Fontaine	Deb
20	4:10	Allain	Carol
23	4:19	Berkey	Lori
25	4:37	Reid	Molly
34	5:30	Mcdermott	Paul
40	6:27	Pratt	Sheila