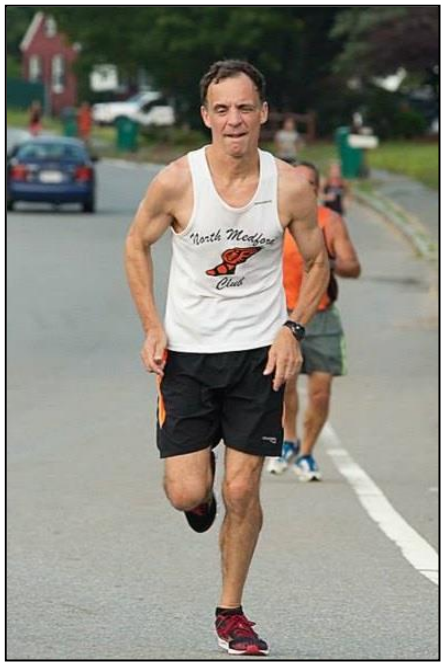
Fall/Winter, 2015 (Vol. 21, No. 2)

Member Spotlight – Tim Blouin

By Donna LeBlanc



Tim Blouin has an impressive array of statistics. Like mild mannered Clark Kent, when it comes to running, Tim turns into superman. He has been competing in running events for 46 years; 6 in middle school and high school, with the remaining on the trails and roads. Tim estimates that he has been a club member for over 25 years, choosing NMC because 'they have long-time members who dedicate themselves to the club's longevity and success.'

Diagnosed with Multiple Sclerosis (MS) is 2005, Tim acknowledges that the disease has impacted his running, but it hasn't stopped him from running or competing. 'It has affected my every day routine and training and running over all.
Some weeks I stay upright all week, but some weeks I trip and fall. You just never know when. You get rattled, but you just keep going. With MS slowing me down, I now run six miles a day, unless I'm running a marathon.'

When asked about favorite races, Tim is quick to mention the Tom and Ron Boone 10K held in Gardner as his favorite club race. 'It's a challenging 10K.' He has run the Boston Marathon every year for the past 29 years and cites his first Boston Marathon that he ran in 1983, as changing his outlook and every aspect of his life for the better.

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The Times They Are a Changing

By Donna LeBlanc

Not only a famous 1964 Bob Dylan song and album, but a fitting line to announce the end of the NMC newsletter as we have come to know it. This is the last print issue of the NMC Club News. Club news and announcements will be distributed electronically only beginning in 2016. Currently only 15 members receive a mailed copy with the remaining members (200+) accessing issues via a link that is emailed to them. The Board of Directors recognizes, that in this technolgoical age, most people are accustomed to less news more often. With this in mind, the NMC board is researching options for communicating with members more often with an emphasis on upcoming events.

It has been my pleasure to write and compile stories for the past six years. I am grateful to all of the contributors and readers. While feeling sad that this is the last issue, I truly believe that club members will find the new electronic format to be timely, relevant, and engaging.

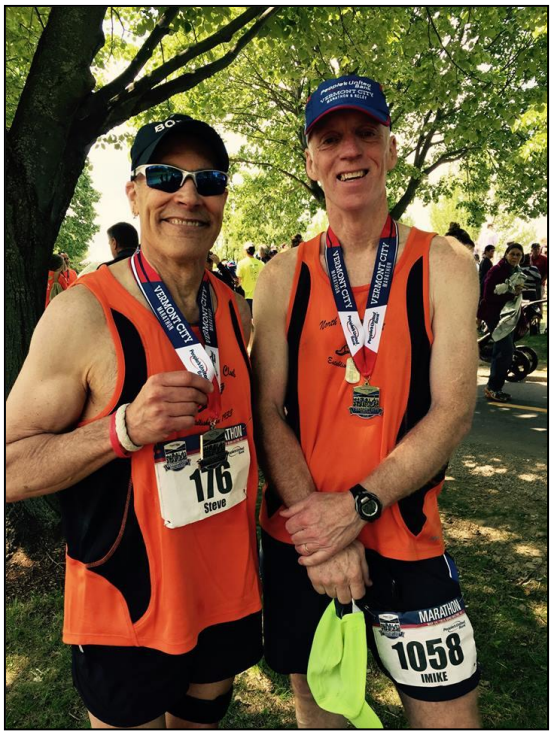
Member Spotlight, Cont'd

Tim recalls the 1996 Hyannis Half Marathon as another high point in his running career. He came in first out of 900 runners in a time of 1:13:20. Looking back, another memorable race, was the inaugural Los Angeles Marathon. He finished in an amazing time of 2:34:25, placing 34th out of 10,000 runners. By day, Tim works as a custodian at Murdock High School in Winchendon; the same high school that he attended. When not running or working, Tim enjoys watching the New England Patriots and the Boston Bruins.

Newburyport, MA – Steve Drouin, Mike Auger and Joe DiMucci (from left to right) pose for a selfie after a great showing for North Medford Club at the Yankee Home Coming 10 Mile race in Newburyport. NMC took 6th place overall thanks to the fine running of Jonathan Miganowicz, Dave Audet, Mike Auger, Joe DiMucci, and Steve Drouin. NMC was 4th in the 40+ division (Dave Audet, Mike Auger, Joe DiMucci, Peter Orni, and Steve Drouin). In the 50+ Division, NMC senior men's team came in third (Dave Audet, Mike Auger, and Joe DiMucci).

Gloucester, MA – NMC runners smiling at the Lone Gull 10K held September 20th. From left to right, Mike Auger, Joe DiMucci, Steve Drouin, Darlene Hoover, and Jim Shope.

Boston Bound



Burlington, Vermont - Steve Drouin and Mike Auger don't look too tired after completing this year's Vermont City Marathon. Steve and Mike qualified for the Boston Marathon at the event. – a heartfelt congratulations to both.

NMC Success at the Fitchburg Police 5k

The Fitchburg Police 5K Race seemed to have a number of NMC'ers as age group winners including:

2nd place Female 60 – 99
Ann Peterson Ashby 34:27

1st place Male 60 – 99
Jim Shope Sterling 25:37

1st place Female 50 – 59
Darlene Hoover Sterling 26:44

2nd place Female 50 - 59
Sue Collura Fitchburg 26:57

1st place Male 50 – 59
Jeff Gould Gardner 20:22

2nd place Male 50 - 59
Mike O'Hara Fitchburg 22:47

1st place Male 40 – 49
Brad Fors Ashby 17:54

1st place Female 19 – 29
Nicole Foster Westminster 23:46

Fitchburg, MA – Sue Collura, Jim Shope and Darlene Hoover display of medals they won at the Fitchburg Police 5K road race.

Top NMC Point Earners

NMC members who have earned the most points for their volunteer efforts helping at club races and events through November 15, 2015 are:

- Rene Lavoie
- Dave Duval
- Marge Gladwin
- Phil McGaw
- Chris Reid
- Larry Morris
- Robert Wirtanen
- Joe DiMucci

Top Earners, Cont'd

- ★ Denise Lawson
- ★ Deb Fontaine
- ★ Tricia Gabor
- ★ Ken Parker
- ★ Dan Anair
- ★ Sue Collura
- ★ Ray Anair

Let's Hit the Trails!

in Dr. Neil Feldman, Patient Stories, Running, The Love of Running by Dr. Neil Feldman. August 4, 2015. Reprinted with permission.

Let's face it, once you start running trails, roads just flat out suck. I'll give you my professional opinions and rationale, but let's start by me just giving you an opinion from a runner's standpoint.

Running helps me clear my mind and organize my thoughts. It helps me take the chaos of daily life and organize that chaos into neat, orderly piles on my proverbial mental desk, making problems easier to sort out and clear up. Whatever troubles I have either get solved on the run, or don't seem as bad after a run. On the road, you are still in the world we experience on a daily basis. Running still has those benefits, but you still have to dodge cars, run by houses and be reminded of the daily rigmarole we are all so stuck in. On the trail, you reconnect with nature, and tap into your primal DNA. You step into a world that has a second hand that beats to a different clock. You can be a part of the beauty this world has to offer, not just think about it or see it in magazines. If you've struggled with the idea of trying trail running for fear of tick bites, sprained ankles, broken toes or getting lost, I encourage you to find some friends, find some organized races and organized trails and give it a try! You will truly find out what running can be.

Why are trails better than roads? I'll break it down to 3 main categories; Form, pacing and time.

Form is better on trails. On roads, people have tendencies to settle in to strides and patterns of gait that can lead to overuse injuries such as Achilles tendonitis, plantar fasciitis, patella-femoral pain (runner's knee) and IT band problems among other ailments. If someone has a stooped posture while running, all of these possibilities become much more likely the longer you are on that road maintaining that form. On the trail, you are encouraged (through fear of falling) to slow down a bit, stay more upright (better posture) and be sure to lift your legs off the ground as opposed to the shuffling so many road runners do while fatiguing late in runs. Fall on your face, turn an ankle, kick a root or rock and you will be reminded that you need to lift your legs off the ground and maintain your form. Additionally, due to the variations in the terrain, you won't be able to maintain bad form for extended periods of time at a pace that is too great, not to mention, the pounding on the feet is much less in the woods than it is on asphalt.

Hit the Trails, Continued

Pacing is a major problem many runners have. On the roads, runners generally try to outpace their fitness level. On trails, the need to careful and more attentive usually means a more manageable pace and one that is more sustainable throughout the run. Also, there seems to be less shame in walking up steeper hills and inclines in the woods vs. the roads. Runners often become too focused on running a certain distance or a certain time and try and run faster in the beginning with the hope that the run will be over quicker. Improved focus on proper pacing will ensure a run that has more consistent effort throughout as well as leave you feeling strong at the end of every run, not too mention, finishing the run sooner than expected

Speaking of which, **time is experienced differently on the trails.** A 3 hour trail run is the equivalent of about 60 minutes on the road and 30-40 minutes on a treadmill! Being in nature forces you to be aware of your surroundings; be it the terrain you are running on, the tries or the little creatures roaming around. When you are focused on that, you are not focused on the time. When you run and have no awareness of time, then it's easier to achieve a state of flow where you are in the rhythm of movement and nothing else. Try it! You will be amazed to find that hours go by in the blink of an eye. There are of course potential drawbacks to trail running. Injury is a risk. So be careful and again, focus on posture and form. Safety is also a concern, be it from bee stings, ticks, bug bites, wild animals (night running) or from human predators (ladies please run with a partner). Lastly, getting lost happens! Make sure you have a GPS enabled cell phone (and service) and enough nutrition/hydration to last about an hour longer than expected when running new trails for the 1st time. However, getting lost sometimes is half the fun!! Enjoy and run safe…

4C's 5.7 Mile Road Race
Shirley, MA
October 17, 2015

1.	Jeff Gould	NMC	38:55
2.	Tim Blouin	NMC	41:41
3.	Heidi Handy	NMC	41:53
4.	Mike O'Hara	NMC	42:35
5.	Sean Landers	UNATT	44:14
6.	Joe DiMucci	NMC	46:29
7.	Charlie Salmond	NMC	46:40
8.	John Collura	NMC	46:55
9.	Denise Lawson	NMC	47:06
10.	Stephen McAvoy	NMC	48:11
11.	Molly Reid	NMC	51:32
12.	Rick Hersey	NMC	52:49
13.	Bob Wirtanen	NMC	55:02
14.	Ray Boutotte	NMC	61:57
15.	Phil McGaw	NMC	63:31
16.	Chris Reid	NMC	66:35
17.	Marge Gladwin	NMC	73:54
18.	Deb Fontaine	NMC	73:54
19.	Peter Orni	NMC	93:06

Volunteers: Phil McGaw, Race Director; Sue Collura, Dave Duval, Marge Gladwin, and Carolyn Finch

Other Race Results

Here are links to recent Summer Series races posted on Coolrunning.com.

Donnelly's Tavern Run:
http://www.coolrunning.com/results/15/ma/Jul14_Donnel_set1.shtml

Whitney Memorial 5K at Devens:
http://www.coolrunning.com/results/15/ma/Sep8_Whitne_set1.shtml

For a complete set of results for all club races visit the club website:
http://www.northmedfordclub.org/2015results

Go for a Run with Santa and the Elves

Celebrate the season. Bring your friends, bells, and santa hats to the fourth annual Jingle Bell Run/Walk being held on December 20th at 11 am.

The event starts and finishes at Embers Pizzeria, 84 Lakefront Avenue, Lunenburg, MA.

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

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

NMC HOLIDAY PARTY
KNIGHTS OF COLUMBUS HALL
165 ELECTRIC AVENUE, FITCHBURG, MA
SATURDAY, December 19th, 2015
6:00 to 10:00 pm

Buffet Dinner served at 7:00 pm 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 13th, 2015

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: $_____

2015 Summer Grand Prix Series Results

Compiled by Denise Lawson

The 2015 NMC Summer Series was recently completed with the final race, the 4C's race, held on October 17th. This summer, the series included fourteen races. Within this series, the club also held a trail series that included four trail races. Three club members completed all fourteen races earning the astounding distinction of Iron Runner. They are: **Steve McAvoy**, **Peter Orni,** and **Charlie Salmond**. In order to qualify for Grand Prix winner status, a member must complete over 50 percent of all races. For runners who complete more than eight of fourteen races, the best eight finishes are taken for their total. The following members are this year's overall Grand Prix winners:

1.	Jon Miganowicz	Top 8 races	797	pts.
	Denise Lawson	Top 8 races	775	pts.
2.	Charlie Salmond	Top 8 races	662	pts.
	Marge Gladwin	Top 8 races	602	pts.
3.	Tim Blouin	Top 8 races	624	pts.
	No Runner Qualified			

Age Group Winners

Men		Women	
00-15		**00-15**	
Ryan Maloney	59 pts.	No Runner Qualified	
16-29		**16-29**	
Jon Miganowicz	1,084 pts.	Abby O'Sullivan	95 pts.
30-39		**30-39**	
John Kinnee	194 pts.	Marguerite LaCroix	99 pts.
40-49		**40-49**	
Josh Curtis	499 pts.	Heidi Handy	597 pts.
50-59		**50-59**	
Tim Blouin	693 pts.	Denise Lawson	1,116 pts.
60-69		**60-69**	
Charlie Salmond	1,099 pts.	Marge Gladwin	863 pts.
70-79		**70-79**	
Peter Orni	949 pts.	MaryLou Crohan	408 pts.

Summer Series Results, continued

NMC Trail Race Series Final Results (top 3 races scored)

Men

1. Jon Miganowicz - 300 pts
2. Charlie Salmond - 255 pts
3. Steve McAvoy - 236 pts

Women

1. Denise Lawson - 300 pts
2. Sherisa Sterling - 194 pts
3. Marge Gladwin - 192 pts

Congratulations to all. Awards will be presented at the annual meeting and the running of the first winter series club race; the Bob Hersey Memorial 5 mile road race on January 3rd. Trophies will be awarded to Grand Prix winners, age group winners and the winners of the trail series.

North Medford Club
83 Years and Running
2016 Winter Racing Series

- **January 3, Sunday, Bob Hersey Memorial**, K of C 165 Electric Ave., Fitchburg, MA, 5 Miles,1pm. **POT LUCK. ANNUAL MEETING.** (Directions: Rte. 2, South St. exit towards Fitchburg, left on Electric Ave., K of C on left.). Call 508-380-6268 or Rainman52@verizon.net for directions.
- **January 10, Sunday, the Blackstone Tap Run**, 3.4 miles, 1pm Kelly Square Worcester, MA. For information contact Charlie Herbert at loribcharlieh@aol.com
- **January 16, Saturday 3, Fresh Pond,** Cambridge, MA, 2.5 and 5 Mile races, 10am. (Parking behind Cambridge Honda or at school to avoid possible parking ticket on Fresh Pond property). Hosted by CSU. **NMC members ONLY** may participate. For information contact Diane at laugh@mit.edu **Entry fee: FREE.**
- **January 24, Sunday, Log Cabin 10K**, Rtes. 2A & 31, Westminster St., Fitchburg, MA, 1:00pm. (Directions: Rte. 2 to Rte. 31 exit towards Fitchburg, right at stop sign). For information contact fgorham2@yahoo.com
- **February 7, Sunday, Tom & Ron Boone Memorial 10K,** Gardner Fish & Gun Club, Clark St. Gardner, MA. 1pm. (Directions: Rte. 2 to exit 23. Bear onto Pearson Blvd. and then right on Elm St. for .9 miles. Bear left around rotary, Rte. 101, onto Central St. Bear right at fork onto Park St. for .7 miles then bear left on Clark St. to Fish & Gun Club 1.25 miles on left). For information contact sarahlee2@comcast.net
- **February 14, Sunday, Donnelly's Tavern 5 mile**, Donnelly's Tavern, 43 Summer St., Lunenburg, MA, 1pm. (Rte 2 to exit 32 to rte 13 north, Main St. for 2 miles. Left on to North St. at King's Corner for 1 mile to Donnelly's Tavern on right). For information contact fgorham@yahoo.com
- **February 21, Sunday, Merrimac**, 1 Locust St., Merrimac, MA, 7 Mile handicap run, 1pm. (Directions: Rte. 495 to Exit 53 onto Broad St. Turn onto Rte. 110 to the center of town. Turn left onto Locust St.). For information contact philipmcgaw@comcast.net

Entry fees: $5.00 for all non-members; $3.00 for NMC members who want a prize. There is no entry fee for NMC members who waive prize.
All races with the exception of trail races include a race walk.

OTHER RACES SUPPORTED OR ORGANIZED BY NMC OR ITS MEMBERS

- **February 7, Sunday, The Great Stew Race,** K of C Lynnfield St. (rte. 129) Lynn, MA 15K, 10am. $12 no shirt, $25 with shirt. Contact Alan Peterson at 781-592-1667. Directions, information: www.stewchase.com, Facebook, *15K Great Stew Chase*
- **February 13, Saturday**, Baldwinville, MA 3M Snowshoe race, Saturday 10 am. Directions: Rte 2W to Exit 19, Turn right off ramp, then ½ mile to farmstand. $3 for members, $5 for non-members. For information contact sandysuperchi@yahoo.com
- **March 13, Sunday, On the Rocks 5K,** Whalom waterfront, Lunenburg, MA, 1 pm, $15. For information contact Chris Reid at reidcc@comcast.net

NMC Website: www.NorthMedfordClub.org
To run for the NMC teams at championship races see Jeff Gould.
USAT&F card must list North Medford Club, #37