



**North Medford Club  
90 Years and Running  
2023 Winter Racing Series**

- January 8 Sunday, Bob Hersey Memorial**, K of C 165 Electric Ave., Fitchburg, MA, 5 Miles, (4 miles if park is closed). 1pm, rte. 2, exit 98 towards Fitchburg, left on Electric Ave., K of C on left. For directions: call or text 508-380-6268 or [rainman4131@gmail.com](mailto:rainman4131@gmail.com).
- January 15, Sunday, Worcester NMC 3.4M Run**, 1pm, Fiddler's Green, 19 Temple St. Worcester, MA  
For information: Rebecca Sullivan, [Sullivanreb@yahoo.com](mailto:Sullivanreb@yahoo.com). Entry: see below.
- January 21, Saturday, Leominster Knights 5K**, 484 Lancaster St, Leominster MA. 1pm. For information, George Higgins, [georgemoe9@gmail.com](mailto:georgemoe9@gmail.com). Entry: see below.
- January 28, Saturday, Fresh Pond**, Cambridge, MA, 10am, 2.5 and 5 mile races, FREE. Parking behind Cambridge Honda to avoid possible parking ticket on Fresh Pond property.  
(Club members only).
- February 5, Sunday, Log Cabin 10K**, rtes. 2A & 31, Westminster St., Fitchburg, MA, 1:00pm.  
Directions: rte. 2 exit 94 towards Fitchburg, right at stop sign. Entry: see below.  
For information: [fgorham2@yahoo.com](mailto:fgorham2@yahoo.com).
- February 12, Sunday, Tom & Ron Boone Memorial 10K**, Gardner Fish & Gun Club, ClarkSt. Gardner, Ma. 1pm. Rte. 2 to exit 87. 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.  
Entry: see below For information: [sarahlee52@comcast.net](mailto:sarahlee52@comcast.net).
- February 19, Sunday, Merrimac**, 1 Locust St., Merrimac, MA, 7 Mile handicap run, 1pm. Rte 495 to exit 115 onto Broad St. Turn onto rte. 110 to center of town. Turn left onto Locust St. Entry: see below. For information: [philipmcgaw@comcast.net](mailto:philipmcgaw@comcast.net).

**Entry fees: \$5.00 for all non-members, \$3.00 for NMC members who want a prize,  
no entry fee for NMC members who waive prize.  
All races with the exception of trail races include a race walk.  
Contact race director if race is in question.**

**Other races supported or organized by NMC or its members:**

- December 11, Sunday, On the Rocks 5K Jingle Bell Fun Run/Walk**, 96 Lakefront St. Lunenburg, MA  
12:00pm start for both walk and run. \$5 entry fee includes post event pizza. Entry fees are day of race only. For information: [mark.fontaine@comcast.net](mailto:mark.fontaine@comcast.net).
- January 29, Sunday, The Great Stew Race**, K of C Lynnfield St. (rte. 129) Lynn, MA 15K, 10am.  
Contact Roger Perham at 989-468-7934. Directions, information, and applications: [www.stewchase.com](http://www.stewchase.com),  
Facebook, *15K Great Stew Chase*  
Shirts may be purchased the day of the race.
- March 12, Sunday, NMC On The Rocks 5K Run and Walk**, 12:30 walk, 1:00 run. Entry fee: \$20 until 3/1/22, \$25 thereafter and day of race. Prizes to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place finishers. First 150 participants receive custom gloves. For information: Mark Fontaine, [mark.fontaine@comcast.net](mailto:mark.fontaine@comcast.net).

**NMC Website: [www.NorthMedfordClub.org](http://www.NorthMedfordClub.org)  
To run for the NMC teams at championship races see Jim Fay or Jeff Gould.  
USAT&F card must list North Medford Club, #37**

**The NMC encourages runners who estimate that they will run at fifteen minute or more pace to consider arriving at least a half hour early for each race and either self-time or run with other runners in this same pace group. All times will be counted with the entire field. In addition, the race will close at the 15 min x race length. These changes are done for the safety and convenience of race volunteers.**