



# Hello, North Medford Club!

May 2023

With one more month until the official start of summer, NMC Vice President Jeremy Zglobicki & NMC President Mark Fontaine are giving club members an update on our latest club news based on our most recent board meeting.

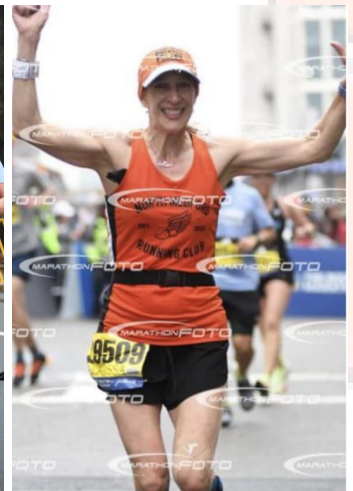
## **NMC Celebrates 90 Years!**

As the second oldest running club in the USA, second only to the BAA, we are happy to announce we are hosting a [90th Anniversary Celebration](#) on **Saturday, June 24th at Saima Park, 67 Scott Road, Fitchburg MA 01420**. Festivities will kick-off with a Mountain Bike & Fun Run at Noon, Volleyball & Cornhole Toss at 1pm, and BBQ Dinner & DJ at 3pm.

**PLEASE RSVP BY MAY 31ST** with attendee names to Bev Mathieu [bevmathieu@gmail.com](mailto:bevmathieu@gmail.com) or text 978-407-8905, or Jim Shope [srunshope@aol.com](mailto:srunshope@aol.com)

**Boston Marathon:** Congratulations to NMC members Arthur Besse, Todd Brown, Ed Chartier, Alissa Clark, Daria Cunningham, Dave Harper, Jonathan Miganowicz, Sean O’Sullivan, Adam Rundell, Thomas Stracqualursi, Karma Tousignant, Paul Vella, & Jeremy Zglobicki on completing the 127th Boston Marathon. Also a huge thank you to the best water stop on the course, the Mile-6 Water Stop, manned by our NMC Volunteers.

Photographs: MarathonFOTO and Rebecca Sullivan





**Summer Series:** Block off all your Tuesdays for the next few weeks (and a few Saturdays, too!) as we kick off our Summer Series on Tuesday, May 30th at the Bob Hersey Memorial 5-mile at 7pm, running from the Knights of Columbus in Fitchburg. Unless otherwise designated on the [SCHEDULE](#), all races are \$5 for non-members, \$3 for members who want a prize, and FREE for members who don't want a prize. Run one race, or run them ALL, just make sure to have a good time!

PS - Bring bug-spray for the trail races!

Photograph: Daria Cunningham  
Bob Hersey Memorial 5-mile, 2022

- **26x1 Relay:** Hosted by the Somerville Road Runners, George Higgins has organized a team to participate in this year's relay. Send out some fast-running vibes on Saturday, June 3rd to our NMC Team!
- **Final Devens Race:** Our final race in the Spring Devens 5K/1M series is taking place on Wednesday, May 24th at 6:30pm. See the [flier](#) on our website for more information.
- **Mount Washington Road Race:** Our runners, volunteers, and drivers are confirmed, and everything is all set for the June 17th Mountain Race. Check out the official race [website](#) for more information.
- **Track Workouts:** Track workouts are in session at Doyle Field on Thursdays at 5pm.
- Stay up-to-date on all the latest news by joining our [Facebook Group](#).

Hope that summarizes it all. If any NMC member has a question, comment, or opinion, please contact any officer or board member - our emails are listed on the "About NMC"-tab of the club website [www.northmedfordclub.org](http://www.northmedfordclub.org). Keep on running!

*"Run when you can, walk if you have to, crawl if you must; just never give up."*

*~Dean Karnazes, Ultra-marathoner*