





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.





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 or text 978-407-8905, or Jim Shope 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

- <u>26x1 Relay</u>: 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!
- <u>Final Devens Race</u>: Our final race in the Spring Devens 5K/1M series is taking place on Wednesday, May 24th at 6:30pm. See the <u>flier</u> 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 <u>Facebook Group</u>.

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. Keep on running!