



RACE RESCHEDULE - LAKE DENNISON JULY 1ST

Out of an abundance of caution, our race director has decided to reschedule the Lake Dennison race, now being held Tuesday, July 1, 2025 at 6:30pm. Check out our [Summer Schedule](#) for all our upcoming races.

Farewell to Phil

During our weekly Devens 5k Series, we said goodbye to long-time lifetime member and “personal friend of everyone,” Phil McGaw. As the official NMC Historian, Phil knows EVERYTHING and EVERYONE associated with North Medford Club, with his collection proudly on display at NMC’s 90th Anniversary Celebration in June 2023. Whether you were a veteran runner or a newbie, Phil was able to connect with everyone at all of our events. Though you won’t be a regular at our races anymore, Phil, don’t be a stranger! And come back to visit from time to time!



(Photo: Jim Shope)

Delta Dental Mt Washington Road Race - Saturday, June 14, 2025

This year’s Mt Washington Road Race was shortened due to forecasted dangerous conditions at the summit. With the announcement coming the day before the race, of course Mother Nature shifted gears and provided

a beautiful day for all participants. Many thanks to all our race volunteers and drivers, your flexibility and commitment is definitely appreciated. Thanks to Jeff Gould for being the first to have a club tent setup on race morning. And of course, many thanks to Rebecca Sullivan for coordinating all of our runners, drivers, and volunteers. Check out some photos of the event on the [NMC Facebook Social page](#).

SRR 26x1 Relay - Saturday, June 21, 2025

What a beautiful day for this year's 26x1 relay! Our NMC team finished in 3:17:31 (over 10 minutes faster than last year) with many standout performances. The official results will be posted to the [Somerville Road Runners website](#) soon, but in the meantime: Hunter Marion placed 1st in his age group and 3rd overall, Arthur Besse & Dave Harper placed 4th and 5th in their age group, and Jim Shope placed 3rd in his age group. For the women, Devasha and Briella Bloomberg placed 8th and 10th in their age group, Deb Barry and Aleida Gage also placed 8th and 10th in their age group, and Kathleen Russell placed 2nd in her age group. Thanks to all our runners and volunteers for all their hard work out at the track in Medford, and a huge thanks to George Higgins for coordinating this year's team. Again, check out some photos of the event on the [NMC Facebook Social page](#).

BAA 10k Hydration Station 2 - Sunday, June 22, 2025

This morning NMC volunteers helped work at Hydration Station #2 at this year's BAA 10k. Again, some unpredictable weather didn't dampen anyone's spirits as nearly 8,000 runners toed the starting line (yes, we were able to find you Tom Stracqualursi and Katie Grobis). Thanks to Andy Merlino from Shamrock Running Club for letting us share the station, and to Rebecca Sullivan for organizing our volunteer group. Here are a few [photos](#) from this morning.

Not seeing something that NMC is involved in?

Send me an email letting me know so I can include it in our newsletters. Our club is involved in so many things it is definitely hard to keep track.

Stay safe in this heat!

~ "Run often. Run long. But never outrun your joy of running" ~ Julie Isphording

Jeremy Zglobicki, NMC President