

A letter from your editor



Melrose Running Club

Well, the fall is now upon us and the summer of 1997 is history. I know it was a great summer myself (although I worked every single day of it), and I hope it was memorable for everyone in the club. One big accomplishment we have all made this summer is the size of our club. With over 50 members signed up (that means who's checks cleared or paid in cash) we are a real running club. This goes without saying, but for those who come done on Tuesdays and have not paid yet, please pull your own weight and sign up.

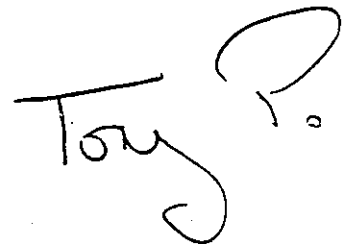
Fall marathons are now upon us so good luck to all running their first marathon or those going after that never ending PR. Included in this newsletter is a marathon story from one of our own members, which I think you will find interesting. First time marathoners, remember to drink, drink, drink (water that is, until after the race) at all water stations, which means walk through the water station if needed to make sure you drink the water, versus spilling it all over your new Melrose Running Club singlette.

Hopefully, we will get on a regular schedule with newsletters, for they are a great means to communicate to everyone in the club, especially since all of us cannot make it every Tuesday. It is a fair amount of work to put these together, and since I am the designated one, I could use much help, which would also get these things out more frequent.

On a special note, I would like to give a sincere THANK YOU to Jackie, for all of her work as our club president. One person, does not make a club successful, for it takes all of us, but Jackie has done more than is expected to move us forward. She is the person making up the mini newsletters, organizing the Sunday runs, Christmas run (more inside on this), maps and directions of the latest running routes, and countless more. So, next time you see her, please say THANKS!!!!!!

Enough rambling here, enjoy this newsletter and happy running....

See you on the roads....Tony P.



October 21, 1997

President's Page

Just a few words...

I agree that the Melrose Running Club is rolling along great right now. Everyone seems to be enjoying themselves and members are making *lots* of positive progress with their running! Whether it be completing a first 10K or marathon, or just finishing the Tuesday night run more easily, we are fulfilling our purpose: providing each other with motivation and companionship, while working towards becoming fitter, healthier, better runners. Good job!

I do hope *all 50+ club members* will try to attend the Home for the Holidays run which the club is hosting on Saturday, December 6th, and meeting at 8:45 am. This is going to be a great way for the Melrose community to get to know us, and we want to have a strong showing. Please mark your calendars now so you can help represent your club!

Speaking of holidays, we talked at our last meeting (in case you weren't there...) of making a donation of some (two or three) food baskets at Thanksgiving to families, preferably right here in Melrose, who could use the help. Perhaps everyone could bring some canned goods in on Tuesday nights the month before Thanksgiving, the club can buy the turkeys, and we can make up some nice baskets. If you know of someone we can help, please let me know.

Thanks again to Martha, Kelly, Jerry, Bob, and Trudy (**and** MRC kids Mary Kate, Kevin and Rachael) for your work at the Tufts 10K. The club appreciates your time on its behalf and you will be granted a 40% discount (up to \$8) on your next t-shirt purchase.

By the way, we are now officially a non-profit organization. Annual dues are **not** deductible, but donations to our club are exempt from federal tax. Besides our main objective of providing support to members with their running, there are endless ways our club can help make a difference out there. Let's put our heads together and explore the different possibilities. The Home for the Holidays run, with donations of toys for tots, and the turkey baskets are a good start.

Jackie Doerrer

CLUB NEWS & COMING EVENTS

Below are the main activities planned for the club over the next few months

Saturday - December 6, 1997 - Social Toys for Tots run from Runner's Edge
More information will come out but the plan is for the club to have a big social run open to everyone including non club members. The run will be approximately 3 miles long and will go throughout Melrose as part of the Melrose Home for the Holidays fair. This will be a great way to introduce more people to the club. We are asking everyone to bring one gift (wrapped) with them to be donated to a local charity. Post run activities will consist of some type of food and beverage, which the club will probably pay for.

Thanksgiving Day Fun Run - last year Mike Quigley organized a very enjoyable fun run around Spot Pond on Thanksgiving morning. There was only a 2 dollar donation for the run and it was a lot of fun without the hype of many bigger road races. We would like to do something similar this year, either at Spot Pond or from the store. Last year we had cider, donuts and tons of bread (for those who were there you that I am not being frivolous in saying we had tons of bread).

Sunday Runs - for those looking for an additional day of running, join others on Sunday mornings at the Stone Zoo for a run around Spot Pond (approx. 4.8 miles long). If interested, meet in the Zoo parking lot no later than 9AM.

Logo Contest - The Melrose Running Club needs a logo. We need members to think of a logo and submit it by December 2, 1997. Don't be ashamed of any logo for you never know what others will think (true story, when someone invented scotch tape, people asked "you want me use this clear sticky thing for what?") So, think of as many logos as you can and send them in. Leave them at Runner's Edge and after the deadline, we will vote on a winning logo.

We will not find a logo that we all like, but the goal is to find one that the majority of people like. It's important though, that once we select a logo, that we accept it and move forward. I'd hate to see people talking about how "stupid" our logo is, etc. after we select one. Now's your time to submit what you may think is an appropriate logo. Speak now or forever hold your peace.

OTHER CLUB NEWS

As mentioned in the opening letter of this newsletter, the club is off to a very successful first year. It seems like the majority of every members enjoys the runs, social events and everything else going on. Unfortunately though, with any group, everyone may not enjoy what is taking place, what events are planned, etc.

This is everyone's club, so it's important that if you are not fully satisfied with your club, then please speak up. Let a friend or someone know what you would like to see different. You could simply send an anonymous letter that we will publish in the next newsletter if interested.

As this newsletter is being typed, Bob Boyd has successfully finished his first marathon in New Hampshire in 3:45. It's very rare that a first time marathoner runs any faster than 4 hours, let alone 3:45, so CONGRATULATIONS to Bob for a job well done. He's hooked now, rumor has it, Bob and his wife are off to Disney for yet another marathon in January...Good Luck

In the next newsletter you'll learn about Roy's marathon debut (and anyone else I may have forgotten).

Jim Applegate's first road race went off very successfully on October 12. With approx. 150 runners (kids and adults), the race went very well. Post race parties (yes plural...parties) were also very successful. Next time you see Jim (who is thinking of changing his name to Chet), congratulate him on a job well done.

Long Sleeve Cotton T-Shirts are being ordered. They should not cost anymore than \$12 and will help scare away the winter chill this year.

THANKS to those who volunteered at the Tufts 10K recently and earned \$20 per person for the club (Mike and Martha Quigley, Jackie Doerrer, Bob Boyd and a few others who I can't remember....THANKS)...

It's time to "fall backwards" with our clocks which means, more of us will be running in the dark. Remember to run defensively. It's always safe to assume that no one in their car sees you. Take a few extra seconds at traffic lights and let the cars go by or better yet, get in the habit of running behind cars at red lights, just in case the light changes and they shoot out quickly. Also wear your reflective gear.

RACE RESULTS

The following results were taken from the new sign up sheet in Runner's Edge on the club bulletin board. Please use this to list all of your race results.

Cape Ann - 25K (15.5 miles) - September 1

Peter Yandell - 1:39:07

Bob Boyd - 2:01

Roy Van Buren - 2:31

Melrose Victorian Fiar - 5K (3.1 miles) - September 13

First Female - Elizabeth Edwards - 19:47

Jerry Delatizky - second place males 60 and over

Lake Winnep(spelling?) - 65 Miles - September 20

One teams sent up consisting of (Pam Grasse, Trudy Thompson, Jackie Doerrer, Jan Felt, Bob Boyd, John Sherlock, Roy Van Buren, Jeff Schenk)

113th place out of 167 Teams - 15 out of 28 teams in the division (mixed open)

8:37:06 total time or 7:53 minutes per mile...Good Job MRC!!!!

Falmouth Road Race (7 ish miles?)

Mike Quigley - 58:11 - 1799 place

Jan Felt - 59:47 - 2157 place

Bob Boyd - 62:22 - 2780 place

Martha Quigley - 74:34 - 5679 place

Total runners - 9,500

Magnolia - 5 Miles (?)

Bob Boyd - 35:34 - 99th place

Jan Felt - 36:ish

Lowell Marathon - October 18th

Joe Terranova 3:19:58

Roy Van Buren 4:25:50

L Street - Sugar Bowl - 5 Miles

Mike Quigley - 34:19 - 243 place

Bob Boyd - 34:44 - 271 place

Linda Ford - 35:11 - 306 place

Martha Quigley - 42:29 - 345 place

Kelly Clark - 44:52 - 966 place

New Hampshire Marathon - October 4th

Bob Boyd 3:45

SUGAR BOWL - 5 MILER ?

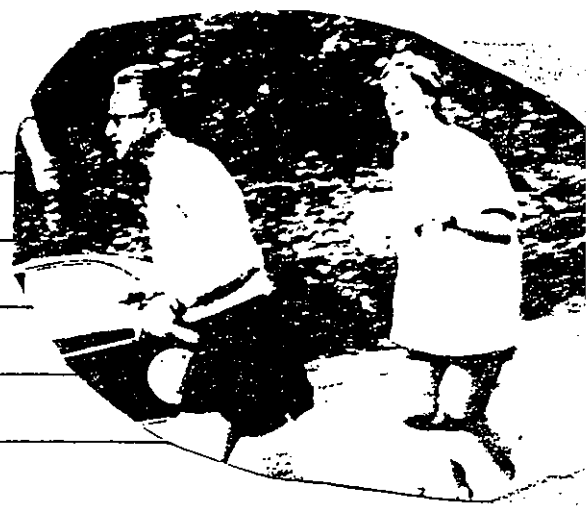


Bob Boyd-

MARATHON FINISH

FIRST CLUB SOCIAL (SUMMER
CLAMBOKE) WHY ARE WE SO
HAPPY (BEER?) ?





JOHN SHERLOCK - "JENNI, WHY ARE WE HERE"

JENNI - "GOODS QUESTION"



→ LAKE W.



October 1, 1997

Runner's World Memorable Races:

Boston is special, Big Sur is gorgeous, but Stamford (1989) is my most memorable marathon. The now defunct Stamford (CT) Marathon was run in the fall two weeks before New York. The highlight of this incredible weekend was meeting the phenomenal wheel chair champion Jim Knaub in the host hotel coffee shop the afternoon before the race. Asked if we'd like to drive the course with him, Jim insisted he'd drive to get a proper feel for the course nuances. We marveled at the ease at which he drove his specially equipped vehicle using only his hands while discussing race strategy.

Knaub was a godsend. Suffering from severe depression due in part from a traumatic relationship breakup, I was running seventy-five miles a week to keep my sanity. Given his situation, Jim's positive perspective on life, health and competition served as my inspiration.

Convinced I couldn't run with my brother, I simply tried to keep him in site for as long as possible. At the nineteen mile aid station I was surprised to see him stop to stretch an apparent leg cramp. Steve had constantly posted sub 3:20's without injury and I was lucky to run a sub 3:45 marathon on my best day. Passing him, I felt rejuvenated and strong. I cruised the last seven miles maintaining a 7:40 per mile pace. At the twenty-five mile mark I could hear the race director announce,

"If you can hear my voice, you can break three-twenty five." I crossed the finish line walking proudly through the chutes pumping my fist shouting, "I DID IT!". Our friends were surprised, expecting Steve to finish before me. My 3:25:18 PR time qualified me for the 1991 Boston Marathon and is the only time I have ever beaten my more talented brother.

After the race, Jim was busy holding court at the beer tent with other wheel chair participants. I joined them and toasted Knaub's 1:47 CR victory, thoroughly enjoying the wait for my brother to finish.

Since Stamford, my brother and I have gone on to run a marathon in each of the fifty states and D.C. Jim Knaub has become one of the most famous wheel chair athletes. He holds several course and world records constantly competing, influencing and inspiring others. Annually, I await Jim's spring pilgrimage to Boston.

Bob Grande

Melrose Running Club

Women's Running!

Part 2

1997

Women's participation in running events has increased significantly since the late 1980s. Women's participation has increased from 100,000 during the 1989-90 season to 400,000 during the past season.

The Race For The Cure series of which New Balance has been a major sponsor since 1991 began with 600 runners in Dallas in 1983. The series has expanded to races in 78 cities with over 400,000 participants planned in 1997.

These new women runners seek advice on the type and fit of their shoes. With both the 800 and the 1000 series you get now offer every one the right shoe with the correct fit. Take advantage of this opportunity!

New clubs!

WESTERN REGION

- AC's Athletic Club (CA)*
- Big Island Internat. Marathon Assoc. (HI)*
- All American Trail Running Association (CO)
- Chehalem Valley Track Club (OR)
- Clark County Running Club (WA)
- Club Northwest (WA)*
- Desert Cities Track Club (CA)
- Five Miler For Men's Cancer Research (AK)
- Fresno Joggers (CA)
- High Desert Runners (CA)*
- Ketchikan Running Club (AK)
- Linkville Lopers (OR)
- Los Feliz Flyers (CA)
- Salt Lake City Track Club (UT)
- Tamalpa Runners (CA)
- Utah Road Runners (UT)

CENTRAL REGION

- Cincinnati Athletic Association (OH)
- Elkhorn Valley Striders (NE)*
- Grand Rapids FrontRunners (MI)
- Kansas City Running Club (MO)
- Moberly Area BRW Club (MO)
- Road Hogs Running Club (OH)
- Saint Louis Frontrunners (MO)*

EASTERN REGION

- 5K Sports Road Runners Club (ME)
- Batten Kill Valley Runners (VT)
- Belmar Five Running Club (NJ)*
- Central New Jersey Road Runners Club (NJ)
- Chatham Athletic Club (MA)*
- Melrose Running Club (MA)***
- New Hyde Park Runners Club (NY)
- Road Hog Athletic Club (CT)
- Slower Sussex Harriers (DE)
- Steuben Striders Runners Club (NY)
- Twin Rivers Athletic Club (NJ)
- Wampanoag Road Runners (MA)

SOUTHERN REGION

- Buckhead Road Runners Club (GA)
- Chalmette Track Club (LA)
- Fayetteville Tri Sport Club (AR)
- Foothills Running Club (GA)
- Lake Area Runners (LA)
- Millen Miles and More (GA)*
- Morning Calm Runners Club (GA)

* New since June

Do you HAVE ANY INTERESTING NEWS ITEMS?

DROP THEM OFF @ RUNNER'S EDGE FOR

THE NEXT NEWSLETTER!