

Melrose Running Times

Vol. 2 No. 3
March 1998

Melrose Running Club

Melrose Run for Women set for May.

INSIDE

Womens run is okayed. 1
Why I run...... 1
Stew Chase and Penguin Classic
From the President...... 2
Eastern States Review...... 2
Race results:
Stew Chase......2
Penguin Classic.... 2,3
Amherst......3
Eastern States...... 3
My Honey Fitz...... 3
News and Notes...... 3
Submissions...... 3

Melrose Running Times

Melrose Running club

401 Main Street
Melrose Ma. 02176
Phone: 781-662-0091

The Melrose Running Times is a monthly publication aimed at recognizing the accomplishments of club members and bringing training tips and nutritional guidelines to our readers.

Club Officers:

Pres. Jackie Doerrer
V.P. Trudy Thompson
Treas. Jenn Pallotta
Mem. Dir. Angela Urillo
Race Dir. Bob Boyd
Newsletter: Tony Pallotta
John Sherlock

Womens run is okayed.

The MRC has set the groundwork for its first road race, a 3.5 mile women's race on May 10. The permit has been okayed; the armory has been finalized as headquarters, and proceeds from the race will go to Melrose Alliance Against Violence.

At this time sponsors are being sought, as are volunteers too help. Applications are also being distributed, and the enthusiasm is high!

We are lucky to have lots of talented and creative club members assisting in organizing this race. I hope that everyone in the club will want to help out in some way-- wether it be by soliciting sponsors, delivering applications to area races and health clubs, or volunteering on race day.

We need to make this race a success. If possible, please try to attend our next meeting scheduled for Tuesday, March 10, after the run at Papa Gino's.

Why I run

This is a new segment that will hopefully become a monthly regular. We would love to hear from our club members, and their stories of why they run.

I'm sure as many of you who go off to our weekly Tuesday night runs, you are asked: "How can you run when it's so cold, dark, late, windy, etc... In 12 years that I have been running, I've often asked myself the same thing. Well, at this point of my life, being the mother of two small children (who I dearly love being with all day), it is my time to be Linda the runner, not Linda the mother, chief cook, and all around slave woman. And it is also a chance for me to have some adult conversation, as those of you have had the good fortune to have listened to, I mean, ran with me, (which is most of you) know.

It is also the feeling of accomplishment when I finish a long run, or even just getting out the door when I thought I'd rather be snoozing, eating, or watching Oprah.

I also love the camaraderie that I feel with other runners when I do a road race. There is a feeling that we are all great, yet a little crazy, to be spending a beautiful, or cold or rainy, Sunday morning sweating and panting with a whole bunch of people we don't even know. But I know the real reason I run. It just plain feels good....

Linda Ford

Stew Chase and Penguin Classic.

Anyone who read the Melrose Running Times review of the Derry NH 16 miler may have to decided to put away their running shoes until spring. The graphic descriptions of the cold, ice and hills would dampen the spirits of even the hardiest runners among us. However, there are a few great alternatives to consider next winter when planning winter runs.

Five members of our club ran the Stew Chase, a 15K race held in Lynn on February 7. This race was very well organized. Even the police directing traffic were friendly and helpful. The course was relatively flat with nice scenery. The weather was beautiful. The post race meal consisted of beef stew, rolls and hermit cookies... real food that was delicious and plentiful. We back of the packers were not forgotten. We enjoyed the hospitality of the Lynn Athletic Club. They did a great job.

On February 8, many of our club members were at it again. This time we were in Wakefield at the second annual Penguin Classic 3.4 mile social run/walk. This race had all the elements necessary for a good time. It was cold that day

but the post race party made up for the weather. There was plenty of pizza on hand as well as liquid refreshment and music. The t-shirts were nice and each finisher received a trophy. The race participants learned about Angel Flight the event's sponsor and the important services they provide to those in need of air transportation for medical care. Kudos to Dick Duffy and the folks at Angel Flight for putting on a great day. They really managed the crowd well, considering that there were 69 participants last year, and over 500 this year. So, all is not lost. You can have fun running in the winter.

Anonymous

From the President

This April will be MRC's first anniversary! We should be proud of the things we have accomplished as a club over the past twelve months— and should celebrate!

Pam suggested we have a party somewhere, and send out invitations to our 70 plus members (many members we don't see every week, and we'd love to catch up). I like this idea, and welcome feedback.

I'd also like the club to hold an open house on the Tuesday night after the marathon. That is a great time to get new members interested in our club. It worked well last year!

So let me know what you think. April will be here before you know it.

It also should be note that it nearing that time for renewing your memberships. The application and fee should be submitted by the end of April. Anyone who joined after Jan 1, 1998 is good until next April 1999. You will find an application for renewal at the back of this newsletter.

Thank You,
Jackie

Eastern States Review

The Eastern States 20 miler took place on February 22, and was run from Kittery, Maine, to Salisbury Mass, along the New Hampshire seacoast and scenic route 1A. There were well over 500 participants for the race (formerly know as Border to

Border), and the weather couldn't have been better.

With temperatures in the mid 50's and people forgoing the usual winter garb, for tank tops and shorts, it made for a summer like atmosphere.

The race was well organized, which included busing runners from Hampton Beach to Kittery, and then from Salisbury back to Hampton. It all ran rather smoothly. The greatest thing about this race was the scenery. It was so beautiful at times, and the weather enhanced it to the point that you would run for stretches with out even being mindful of it. That certainly helped the race to pass with less anguish. There was one bad thing about the weather. I GOT A SUNBURN! Who thinks of getting a sunburn in mid February in New Hampshire? I know I didn't and I payed for it.

The water stops were great. Not only did they provide water, but also Gatorade, Power Gel, bananas, oranges, jelly beans, as well as other items. There was a great deal of variety for refueling at these stops. The spectators, although scattered along the way, were very supportive and encouraging to all.

Having never run 20 miles before I wasn't quite sure what to expect once I passed 16 miles. I had been 16 miles at least three times, so I knew I'd be okay until then. I found out what the rest of the race would be like at the 17 mile mark. My pace had been consistent until then, but we hadn't had a water stop since 12 miles, and that stretch until 17 was a tough one. Finally I reached 17 and the water stop. I stopped to take water and some lemonade. I also had a couple banana pieces, and then some more water. Then some more bananas, and some more lemonade. Then I found the jelly beans and had some of them. Then more water. And more lemonade. You get the picture. I thought about pulling up a chair and continuing with my feast, and I'm sure the people at the water stop figured I would. I didn't, and after grabbing one more banana, began walking down the road as I ate. I started to run again, but by now my legs were getting stiff (all that standing around at 17 no doubt).

Needless to say, the last 3 miles were very difficult. Fortunately for me I had met two women at about the 8 mile mark and we ran together the rest of the way. One of the

women struggled like I did, but we worked off each other those last three miles, and were able to finish the race running the last mile and a half together, without stopping, and believe me the finish line was a welcome sight. I thanked the women for her help and her consideration, and we had some water and talked about what we had planned next, since we both were training for Boston. We then said our goodbyes and wished each other luck with our training. This is what these longer races are all about. The 5K's that we do are over before we know it, and we may mingle afterward for a bit. In these long races you really get to understand the human condition. We all may not be equal in strength or speed, or in wealth and intellect, but we do however all understand how important it is to succeed, and to help others to succeed. It's amazing how a person's ability to do that takes over, even under such conditions when you are exhausted, and you just want this to be done with. How you can just look to your left or right and say, "let's do this together".

It was a grand time, and a wonderful race, and one that I would do again (if I ever thought about doing another marathon). And now I can say I have run 20 miles, and run from Maine to Mass., and had a great time doing it.

John Sherlock

Race Results

Stew Chase 15K Lynn, MA. Feb. 7 1998

Name	Place	Time
Jackie Doerrer	281	1:19:13
Bob Grande	322	1:24:23
Martha Quigley	333	1:26:42
Pam Paige	349	1:28:53
Trudy Thompson	370	1:57:57

Penguin Classic Wakefield, MA. Feb. 8 1998

Name	Place	Time
Bob Boyd	94	25:44
Mike Harding	119	26:32
Bill Trippe	120	26:32
Mark Gravina	169	28:20

Mary Dickerson	219	30:03
Christine Gross	227	30:21
Steve Gross	228	30:21
Pam Paige	259	31:14
Donna Perham	287	32:37
Trudy Thompson	355	37:31
John Cinella	378	45:42
Colleen Carafotas	382	46:09

Sugarloaf Amherst 10 miler

<u>Name</u>	<u>Place</u>	<u>Time</u>
Bob Grande	509	1:45:35

**Eastern States 20 miler
Kittery, ME. Feb 22 1998**

<u>Name</u>	<u>Place</u>	<u>Time</u>
Jack Mitchell	180	2:37:31
John Sherlock	374	3:06:12
Kelly Clark	459	3:43:42

**My Honey Fitz 5K
Malden MA. March 1, 1998**

<u>Name</u>	<u>Place</u>	<u>Time</u>
Bob Boyd	61	22:19
Jim Costello	72	22:47
Bob Grande	167	27:10
Donna Perham	198	28:48
Kelly Clark	215	29:35
Trudy Thompson	230	31:35

News and Notes

On Target Training Services

On Target provides professional, nutritional and supportive assistance with your individual fitness goals. Contact Pam at (781) 665-5237. ACE certified. All Melrose Running Club members receive a 20% discount.

Social Club

Runners, if you are looking for a social club that is fun and offers many diverse activities, try Suburban Adventure Club. This social club is for couples and singles, ages 20 through 50, and is lots of fun. If you have any questions feel free to call Pam at 665-5237, or call the clubs President, Meg Bond, at (978) 663-9495.

Babysitting

If you are in the market for a responsible, reliable babysitter, your search is over.

Pam Paiges daughter, Alaima, has attended the babysitting course offered through the Melrose- Wakefield hospital, and has received her babysitting certificate.
Call Pam at 665-5237

Hobby Day

On February 11, MRC members John Sherlock and Pam Paige participated in the Winthrop Schools annual hobby day. It is a day where students and community members get together to promote their hobby and answer questions.

The goal was to promote running to younger kids and try to get them involved in the sport.

FAT CHANCE! Here we were with our running equipment and books and so on. We couldn't compete with the kid who built castles out of Legos, or the guy next to us who made things out of clay. Hardly any of the kids approached us, and those that did, only did because they were on their way to see the clay guy, who happened to be seated next to us.

All in all it was a fun time though, as we got a kick out of some of the things these kids collect, but I don't think we will be having a rush on memberships due to our participation.

Half Marathon

We are still in need of help for the Half marathon on Sunday march 15. Please contact Tony at 662-0091 if you are available. Time is running out.

Submissions

If there are any articles or notes you would like to have put into the newsletter, please get them to us by the last Tuesday of each month.

MELROSE RUNNING CLUB

Renewal Application

Name: _____ Date: _____
Street: _____ Apt. # _____
City: _____ State: _____ Zip _____
Age: _____ Date of Birth _____ Sex: _____
Home Phone: _____ Office Phone: _____
Okay for other members to have your number? Yes or No
Membership Plan (check one) _____ Single: \$20 _____ Family: \$30 _____

List any family members (spouse and/or children under 18) to be included in the family plan

Name:	Age	Name:	Age
_____	_____	_____	_____
_____	_____	_____	_____

Caliber of Runner: Beginner ___ Intermediate ___ Advanced ___
Approximate Number of Miles Run Per Week _____

Volunteer Information. If you would like to assist the Club in special projects during the year, please check here _____ No experience necessary and a minimum amount of your time will be required.

Our goal is to enhance and encourage running at all levels. Membership fees support activities such as fun runs, social gatherings, the newsletter, and local charitable events.

Waiver

All Members *Must* Sign

I desire to enter and participate in fun runs and races organized by the Melrose Running Club. I acknowledge that running has inherent dangers and can be a dangerous sport. I assume all risks of running along or across roadways. In consideration of the acceptance of my joining the club in weekly fun runs, and/or the acceptance of my membership to the club, I hereby for myself, my heirs, executors and assigns, waive, release and hold harmless The Melrose Running Club, Runners Edge, any other member, sponsor entity and the officers, directors and shareholders and or members agents employees of each, all medical and other personnel assisting with the runs, their representatives, successors, and assigns, from any and all claims, demands, liabilities, rights or causes of action of whatsoever kind of nature including but not limited to those arising from negligence on the part of any of the aforementioned persons or entities, for damages for any and all injuries to me or my property, or for damages caused by me or by anyone else (including Act of God), arising out of or in connection with participation in the runs and races. I hereby certify that I am in good health.

Date Signature of Runner or Parent/Guardian*

Date Signature of Runner or Parent/Guardian*

Date Signature of Runner or Parent/Guardian*

Date Signature of Runner or Parent/Guardian*

*Parent/guardian must sign if runner under 18

Please return this application with a check or money order for \$20 for individual membership, \$30 for Family membership. (Memberships will be renewable *next year* on April 15.) Make checks payable to **Melrose Running Club**. Mail to: Melrose Running Club

C/O Runners Edge
401 Main Street, Melrose, MA 02176