

# MELROSE RUNNING TIMES

JULY - AUGUST 1998

Volume II, No. IV

## MRC SUMMER PARTY

Summertime isn't just a great time for running . . . it's a great time for a picnic! The *Melrose Running Club* is having their *Second Annual Summertime Party* on Saturday, August 15th, at 5 p.m. at **Bob Boyd's** house.

Some members would like to work up an appetite before dinner, so there will be a 'fun run' to start off the festivities (and cold drinks to follow). The menu has not been cast in stone, but there will be something 'yummy' for everyone! Beer and wine will be served. And all you pastry chefs out there, get out the whisks, because we are looking for volunteers for dessert. Everyone else, most supermarkets have a superb bakery.

The cost is \$10 for adults and \$5 for children. There will be a sign up sheet on Tuesday nights at *The Runner's Edge* for all those interested in going — that means you! For more information, please call me at (781) 322-2075.

*Linda Ford*

Directions: ☞ Main St., Melrose, to West Wyoming St., to Fellsway, right @ J.J. Grimby's, right on Fellsvlew: 95 Fellsvlew Road, Stoneham



## MRC OPEN HOUSE

The *Melrose Running Club* believes the more, the merrier, so we are having an "Open House" on Tuesday night, September 15, at 7 p.m., at *The Runner's Edge*.

We are trying to get the word out through the local newspapers, community television and at road races. We have a nice handout that is available if you can help us spread the word. . . .

The "Open House" is also a great way to get some of your friends to join that might be interested, but yet a little hesitant to join. We will keep the run short and serve refreshments afterwards. Spread the word!

*Linda Ford*

The Melrose Running Times is the official newsletter of the Melrose Running Club, which is a non-profit organization whose members enjoy the immense satisfaction and exhilaration of improving their running. Membership is offered to men and women at all levels of running. So whether you may be just starting to run, or have been running for a while, or are a veteran competitor, you will have the opportunity to meet other runners who share the same values and goals as yourself. Dues are \$20 per year.

For more information about the Melrose Running Club or to obtain a membership application:

phone ⇒ Bob Grande, Membership Coordinator, (781) 397-2902

e-mail ⇒ Kate Iantosca "soxhead9@ix.netcom.com"



### **Melrose Running Club Officers**

<b>President:</b>	<b>Trudy Thompson</b>	<b>(781) 321-9852</b>
<b>Vice President:</b>	<b>Bill Trippe</b>	<b>(781) 665-8063</b>
<b>Treasurer:</b>	<b>Eileen Lyle</b>	<b>(781) 665-6882</b>
<b>Secretary:</b>	<b>Martha Quigly</b>	<b>(781) 662-9760</b>
<b>Newsletter Editor:</b>	<b>Joyce Kelly</b>	<b>(617) 389-0884</b>
<b>Public Relations Coordinator:</b>	<b>Kelly Clark</b>	<b>(781) 665-6064</b>
<b>Membership Coordinator:</b>	<b>Bob Grande</b>	<b>(781) 397-2902</b>
<b>Apparel Coordinator:</b>	<b>Kate Iantosca</b>	<b>(781) 334-0190</b>
<b>Special Events Chair:</b>	<b>Linda Ford</b>	<b>(781) 322-2075</b>

The Melrose Running Club meets every Tuesday evening at 7 p.m. @

**THE RUNNER'S EDGE**  
**401 MAIN STREET**  
**MELROSE, MA 0217**  
**(781) 662-0091**

## **From The President . . .**

It is with great pleasure to accept the position of *President* of the *Melrose Running Club*. I am looking forward to this wonderful and challenging opportunity.

First of all, I would like to acknowledge **Jackie Doerr**, for the excellent and exciting job she has done as *President* of the *MRC* this past year.

Secondly, I would like to say that one person does not make a club successful -- it takes many members -- and with the help of the elective *Board Members*, the *MRC* will have another successful year .

It is important to remember that we work in concert with each other. I would like to see our club participate in several road races. On September 19th, some members will be running the *Lake Winnepesaukee Relay Race*. Last year, our team placed 113th out of 167 teams. We are hoping this year to have two teams (of six people each). Please contact **Bob Boyd** or sign up at *The Runner's Edge*.

Over the next few weeks, several social events have been planned, which are detailed inside the newsletter. We hope everyone can participate in some way!

Congratulations to those *MRC* members who ran in this year's *Boston Marathon*.

*Trudy Thompson*

## **Editor's Message**

The *Melrose Running Times* is up and 'running' again! Many thanks to **Tony Pallotta** for his work and effort in originating the *MRT* Newsletter, and to **John Sherlock**, past editor, for his enterprising journalism.

The *Melrose Running Times*, the Newsletter of the *Melrose Running Club*, is published bi-monthly six times per year. The Newsletter is published on the 2nd Tuesday of every other month. The final deadline for submitting articles and pictures is on the 1st Tuesday of every other month. [Exception: Sept./Oct. Newsletter because of Labor Day.] The deadline for submitting articles for the Sept./Oct. issue is: September 8th. The *MRT* will be distributed on the 2nd Tuesday of every month to all members present at *The Runner's Edge*. Otherwise, it will be mailed to those members not present.

Articles may be handwritten, typed, or on a disk. Articles submitted for publication may be dropped off at *Runner's Edge* c/o **Joyce Kelly** or mailed to me at:

38 Carter Street, #113, Everett 02149

All members are encouraged to submit articles and accompanying pictures. Due to space limitations, some articles may not be published in this month's issue, but will be printed in a subsequent one. If necessary, I may edit or rewrite submitted articles at my discretion.

*Joyce Kelly*

## **MRC At The 101st Boston Marathon**

The *MRC* made a strong showing at the 101st running of the **Boston Marathon**. Nine members of the **Melrose Running Club** took part in the Marathon on April 20th. All of our members made a strong showing, with all nine completing the course in time to receive an official *BAA Finisher's Medal*. The club's top male finisher was **Jack Mitchell** and the top female finisher was **Jenn Pallotta**.

The training began in the fall; many members ran the *Hollis Half Marathon* in October, and they continued to log the miles through the long winter months. This included the now infamous *Derry 16 Miler* with snow, ice, and a wind chill below zero! The long runs were capped off on a great day with the *Melrose Half Marathon*. The Marathon weekend was filled with anticipation leading up to the big day, from number pick-up to the hour-long wait to get into the pasta dinner.

Club members who ran included Marathon veteran **Jack Mitchell**, **John Quinn**, **Jenn Pallotta**, **Kelly Clark** and **Robin Cain**. Competing in their first Marathon were **John Sherlock**, **Linda Ford**, **Roy Van Buren**, and **Trudy Thompson**.

Our Marathoners would like to express thanks to *MRC* members and their families who came out to cheer them on Marathon day. Also, to the **Bronder** family of Hopkinton who served as our hosts in the morning.

### *Kelly Clark*

*Top Right Picture:* [from L to R]  
**John Quinn**, **Linda Ford**, **Kara Quinn**,  
**Robin Cain** and **Kelly Clark**

*Middle Right Picture:* [from L to R]  
**Trudy Thompson**, **Kelly Clark** and **John Sherlock**

*Bottom Right Picture:* [From L to R]  
**John Sherlock**, **Robin Cain** and **Linda Ford**



## **MRC Recent Race Results**

Joe Terranova, was the city's top finisher at the *Spot Pond Road Race* in Medford on *Father's Day*, Sunday, June 21st.

Eileen Lyle and Jackie Doerrer finished in 1st and 2nd places respectively, in the women's division of the 2.75 *Lynn Woods Road Race* held on Wednesday, June 24.

Linda Ford ran the *North Shore Half Marathon for My Brother's Table* in Swampscott on Saturday, June 27, in 1:43:51.

Linda Ford finished in 1st place in the Women's Division (30-39) at the *Lynnfield Couple's Club Race* on July 4th finishing in 26:19.

## **Volunteers Needed @ Corporate Challenge**

This year's *Chase Bank Corporate Challenge* will be held on Thursday, July 30th, at 7 p.m. beginning at the *Boston Common*. We have been asked to assist in the race by *Conventures, Inc.* We will be working a water stop on Commonwealth Avenue. I am looking for 20 volunteers to help out. A few people have signed up, but we still need many more as *Conventures* will award the *MRC* \$30 per person. This is great exposure for the club as well as a great deal!

If anyone is interested, please call me at (781) 662-9760 or e-mail at "M\_Quigley@BOSOA.COM".

I will be at the designated water stop at 3:30 p.m. so anyone who has the day off or can get there early, please be my guest. Everyone volunteering will receive a tee-shirt.

*Michael Quigley*

## **From Down Under**

Bob Grande who is honeymooning in Australia with his wife Norma, sent us an e-mail:  
"O.K. guys, it's official! Not great → 4:58, but another continent down → North America, Europe, now Australia. Norma just shopped and watched me come in. No running. We're thinking of Rio de Janeiro next. Post cards in the mail. We're heading for the outback in the a.m. See ya' in a bit. . . over a week. Love ya'.

*Bob & Norma*



On June 20th, Tony Pallotta, of *The Runner's Edge* and the *MRC*, ran the challenging and grueling 7.6 mile up *Mount Washington Road Race* in Gorham, N. H. This race is an arduous task for only the very finest athletes! As you can see, Tony's time was 1:32:44.

# **Officer's Responsibilities**

## **1998-1999 Melrose Running Club**

### **President**

- ◆ Schedule and run meetings at least quarterly
- ◆ Represent MRC to the RRCA
- ◆ Appoint committees and chairs as needed
- ◆ Submit article for newsletter
- ◆ Oversee responsibilities of all committee chairs

### **Vice President**

- ◆ Assume powers of President in his/her absence
- ◆ Special Assignments
- ◆ Coordinate volunteer sign-ups to work at other races
- ◆ Submit article for newsletter
- ◆ Compile list of member's race results

### **Secretary**

- ◆ Record meeting minutes, and keep on file
- ◆ Draft correspondence
- ◆ Submit article for newsletter

### **Newsletter Editor**

- ◆ Gather articles and information from officers and members
- ◆ Create newsletter and coordinate printing
- ◆ Encourages club members to submit information for the newsletter
- ◆ Coordinate mailing of newsletter with secretary and membership coordinator
- ◆ Obtain race results from club members for the newsletter
- ◆

### **Events Committee Chair**

- ◆ Establish schedule of events to happen annually
- ◆ Coordinate with committee the planning and execution of events
- ◆ Works with the board to inform club members of upcoming events for fun and in need of participation
- ◆ Submit article for newsletter
- ◆ Plans for one speaker a year to speak on running

### **Treasurer**

- ◆ Administer all financial dues and have the authority to sign
- ◆ Disburse necessary appropriations as directed

### **Public Relations Coordinator**

- ◆ Submit article for newsletter
- ◆ Communicate with local media on club activities/events/opportunities
- ◆ Seeks out opportunities in the community that the club could participate in and/or get recognition
- ◆ Work with secretary to insure all written club correspondence is completed and sent out in a timely manner
- ◆ Coordinate publicity for events

### **Apparel Coordinator**

- ◆ Submit article for newsletter
- ◆ Order apparel for members as needed
- ◆ Prepare order information sheet
- ◆ Oversees logo development and is responsible for the consistent "look" for MRC
- ◆ Mail new members apparel information
- ◆ Track orders and payment with treasurer

### **Membership Coordinator**

- ◆ Submit article for newsletter
- ◆ Produce membership directory and mailing labels for newsletter
- ◆ Distribute, receive and maintain, membership forms and records
- ◆ Coordinate 'greeters' for new members each week and ensure they have a person to run with
- ◆ Always has a supply of membership applications available
- ◆ Collects dues and deposits with Treasurer
- ◆ Works with Club Secretary to secure annual dues collection via written reminder/ mailing

## **MRC Will Be Running . . . .**

**The 11th Annual Sugarbowl 5 Miler**  
hosted by the "L" Street Running Club at the Bay Side Exposition Center  
Dorchester  
(781) 331-5251  
on Thursday, July 23rd

**The 38th Running of The Yankee Homecoming/USATF Championship 10M Race**  
Newburyport (10M/3M)  
(508) 433-3393  
on Tuesday, July 28

**The Narragansett Lions Club Blessing of the Fleet Road Race**  
Narragansett, R. I. (10M)  
(401) 783-2456  
on Friday, July 24

**The Lake Winnepesaukee Relay**  
Weirs Beach, N. H.  
(781) 891-1844  
on Saturday, Sept. 19



The next business meeting of the  
**MRC** will be held  
@ *The Runner's Edge* on:  
Tuesday, September 22nd  
at 7 p.m.

### **From the Special Events Chair . .**

If you have any ideas for events, such as speakers, social events or community outreach projects, feel free to let me know. We have a lot of notable runners with a lot of great ideas. I look forward to hearing from you!

*Linda Ford*

**10% Discount to all MRC Members @ *The Runner's Edge***

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**Melrose Running Club**  
38 Carter Street #113  
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