

MELROSE RUNNING TIMES

September - October 1998

Volume II, No. V

FALL & WINTER ROUTE

The usual Tuesday night run will start the Fall/Winter season on September 22. We will change our route to the "Greenwood Route." This route will be familiar to most of our club members and will offer the usual variations in distance. (These distances are not wheel measured or TAC certified. They are approximate, car measured, courses and they work for us!)

All runners will start together at the store and run down Main Street towards Wakefield.

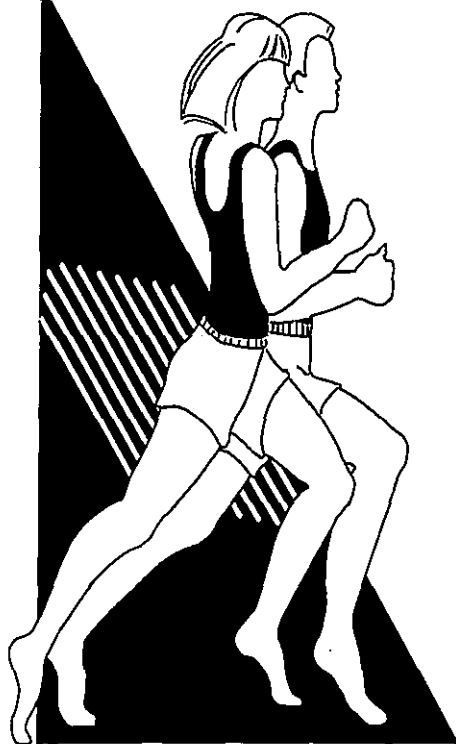
Three Miles ☒ Main St. to Humphrey St. (just beyond Billy's Roast Beef). Turn around and return to the store.

Four Miles ☒ Main St. to Greenwood St. Turn around at Greenwood St. and return to the store.

Five Miles ☒ Main St. to Greenwood St. Left onto Greenwood. Left onto Franklin St. Right onto Tremont St. Left onto Lynn Fells Parkway. Right onto Melrose St. Right onto Main St. and back to store. (Run beyond the store to Dunkin Donuts for an exact five.)

Six Miles ☒ Follow course for Five Miles to the end of Greenwood. Take a right onto Franklin St. Follow up the hill to Perkins St. Left onto Perkins St. Follow Perkins to the end. Left onto the Lynn Fells Parkway. Right onto Melrose St. Right onto Main St. and back to the store.

Seven Miles ☒ Follow course for Six Miles to the end of Perkins St. Take a right onto the Lynn Fells Parkway. Left onto West Wyoming. Left onto Main St. and back to the store.



Melrose Running Times
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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 contact: Bob Grande, Membership Coordinator

phone ⇨ (781) 397-2962

e-mail ⇨ CMERUN@JUNO.COM



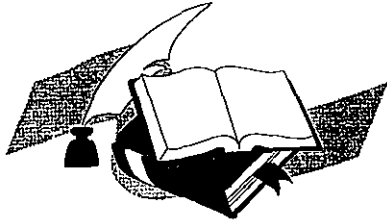
Melrose Running Club Officers

President:	Trudy Thompson	(781) 321-9852
Vice President:	Bill Trippe	(781) 665-8063
Treasurer:	Eileen Lyle	(781) 665-6882
Secretary:	Martha Quigly	(781) 662-9760
Newsletter Editor:	Joyce Kelly	(617) 389-0884
Public Relations Coordinator:	Kelly Clark	(781) 665-6064
Membership Coordinator:	Bob Grande	(781) 397-2962
Apparel Coordinator:	Kate Iantosca	(781) 334-0190
Special Events Chair:	Linda Ford	(781) 322-2075

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 . . .



The **Melrose Running Club** is an adventuresome group in which all members must move together. Each member brings different strengths and weaknesses. However, as we approach the team concept, we will unite as one strong group.

Consequently, it is a great joy and privilege to run with an extraordinary group of people. Within our group experience is the opportunity to grow as runners.

As we begin the fall and then the winter season, it is important that we think about ideas for our community involvement, such as the Holiday Run, Toys for Tots and donating of food for local needy families.

There will be a business meeting for all members on September 22, in which members can voice their concerns and ideas. Also, I want to extend a personal invitation and encourage your participation in volunteering to work at the *Tufts 10-K Race* to be held on October 12. Please see **Michael Quigley** to volunteer. Our club will receive compensation for each *MRC* volunteer. This money will be dispensed into our community through our volunteer activities.

Trudy Thompson

Editor's Message

Thanks to all of you who have submitted articles for publication. Please keep it up!

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. The deadline for submitting articles for the November/December issue is: November 3. 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 (legibly), typed (double-spaced), or, even better, on a disk. Articles and pictures to be published may be dropped off at:

Runner's Edge c/o **Joyce Kelly**

or mailed to me at:

38 Carter Street, #113, Everett 02149

Joyce Kelly



The Grande Report

Dear MRC Members:

I would like to introduce myself as the newly appointed **Melrose Running Club** Membership Coordinator. It is my intention to insure that the club's rapidly steady membership enrollment continue to grow in a responsible manner. I hope that we are able to expand our membership in a way that would continue to maintain the values and focus of an intimate local fun running club. I believe it is feasible with our present growth to maintain the individuality and talents of our membership. I wish to offer all members an open forum in which we are able to share our ideas, desires and expectations for a successful and fun running club.

All members should receive an annual directory which will include the address, phone number, e-mail, personal running goals, desires, or other related information individual members chose to make public.

I may not be as visible as I would like due to my non-traditional hectic work schedule. Therefore, all members should feel free to initiate a sincere and cordial welcome, and offer to introduce any new face who may turn up on any given Tuesday night to the rest of the members.

Please feel free to e-mail, write, or call me, with membership information, questions, dues, or other ideas at: CMERUN@JUNO.COM or 44 Loomis St. #205, Malden 02148, (781) 397-2962.

See you on the roads,

Bob Grande

Good Things Are Coming!



In October, we will have a guest speaker, Don Allison, writer for *Cool Running*. He will speak to us about "Nutrition for the Runner" and "What You Need To Know About Sports Injuries."

MRC Holiday Party

The Holidays are just around the corner -- believe it or not! The *MRC Holiday Party* does not have a place to celebrate -- so if you have any suggestions, please call **Linda Ford** @ (781) 322-2075, and she will run with it.



The Grande Pre-Wedding Run

Bob and Norma Grande held a Pre-Wedding Run in celebration of their upcoming wedding on June 18th.
Top Right: Trudy Thompson; Bottom Left: Dick Duffy; and Bottom Right: Bob and Norma Grande.



MRC Recent Race Results

The *Malden Irish American Club* held its Annual Labor Day Race (5 & 10K) on Monday, September 7. MRC members were among the winners:

2nd Overall Winner in the 5K

Tony Pallotta

2nd Place in the 10K (Age Group 40-49)

Eileen Lyle

1st Place in the 5K (Age Group 30-39)

Tony Pallotta

2nd Place in the 5K (Age Group 60+)

Jerry Delatizky

<u>5-K Race Results</u>	<u>Time</u>	<u>Pace</u>
Tony Pallotta	18:21	5:55
Mike Harding	22:44	7:20
Mark Gravina	23:07	7:27
Bill Trippe	23:22	7:32
Jerry Delatizky	24:25	7:53
Martha Quigley	28:44	9:16
Judy Duffey	28:56	9:20
Audrey Shernan	30:57	9:59
Joyce Kelly	38:09	12:18

<u>10-K Race Results</u>	<u>Time</u>	<u>Pace</u>
Jack Mitchell	44:29	7:10
Eileen Lyle	50:16	8:06
Bob Grande	56:41	9:09
Pamela Paige	60:19	9:44
Trudy Thompson	71:02	11:27

The *5th Annual YMCA / Brueggers 5 Mile Classic* was held in Woburn on September 5:

MRC members running included **Dick Duffy, Pam Paige, Trudy Thompson, and Jerry Delatizky** who finished 3rd Place in the Men's Division (60+).

Volunteers Needed

Boston Marathon Jimmy Fund Walk

The organizers of the *Boston Marathon Jimmy Fund Walk* (26.2M / 13.1M) are looking for volunteers to work at Wellesley High School on Sunday, September 27.

The MRC will receive two *Boston Marathon* waivers for every six volunteers. You may pick up the Volunteer Application at *The Runner's Edge*.

If you need additional information, please call **Bob Grande** at (781) 397-2962 or e-mail at CMERUN@JUNO.COM.

Tufts Health Plan 10-K Race

The *Tufts Health Plan 10-K Race for Women* will be held on October 12. Conventures is requesting 20-25 volunteers from the MRC. Our club will receive a pay rate of \$20 per person.

If anyone is interested in volunteering to work that day, please call **Michael Quigley** at (781)662-9760 or e-mail "M_Quigley@BOSOA.COM".

Volunteer Thanks

Michael Quigley received a letter of recognition from Amy Loring, Race Director, for Conventures and Chase Manhattan Bank, who sponsored the *1998 Chase Corporate Challenge* which was held in July. The *Melrose Running Club* was thanked for our hard work on the day of the race and for our continued support the last several years.

MRC Will Be Running

The Lake Winnepesaukee Relay

Weirs Beach, N. H.
(781) 891-1844
Saturday, Sept. 19

The Tufts Health Plan 10-K for Women

Boston, MA
(617) 439-7700
Monday, October 12

The Bay State Marathon & Half Marathon / Merrimack River 5-K

Tyngsboro, MA
(978)597-5204
Sunday, October 18



Melrose Running Club Business Meeting

At The Runner's Edge on:

Tuesday, September 22nd

at 7 p.m.

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

Marathons for Fun

by **Bob Grande**

Yes, believe it or not, you too can run marathons for fun. They can be injury free and without pain. Within four weeks you can be ready to run again and enjoy another marathon. There is no secret potion and nothing to buy! But there is no short cut . . . only your desire, will, a little motivation, and a slow easy pace. I'm not trying to sell a book (yet), or a religious cult, or even a training formula from Clarence DeMars' lost memoirs. Please believe me. The elite marathoners don't or wouldn't follow my "regimented" training methods. If you are a serious runner, a competitive runner, or believe you must run seventy miles a week with a grueling track workout to complete a marathon, don't read this regular column. It normally will not contain any major training breakthroughs.

Marathons are my life . . . just doin' 'em . . . but marathons are not all there is to life. To say "I run marathons," is an oxymoron. Running at a comfortable 9:30 - 10:00 minute mile pace is hardly running at all. Tony Pallotta is in no danger of losing to me on a Tuesday night Runner's Edge race. So, let's simply say "I completed a marathon in each of the fifty states and Washington, D. C." As of this writing, I have run 64 marathons with future plans for the Canadian Provinces, every continent, and at least 100 marathons before I go. To "do the states" was merely an enjoyable monthly obsession for the members of the national Fifty State Plus D.C. club. Other New England participants included 'faster brother' Steve, 'slow dog' Pechow, 'kick ass' Normiester, 'that's our Davey' Audet, and anyone of a number of other cast of characters who happen to join us on our five year USA Marathon Tour. On June 1, 1996, in Helena, Montana, I became the 50 person in the U.S. and the first person from Massachusetts to finish a marathon in each of the states and D. C. In the fall of the same year, my brother became the 51 person in the U. S. and the first person from New Hampshire to accomplish the feat. Over the coming months, we will tell a different story from a different marathon. The first installment will be Stamford, Connecticut. This was my 'fastest' marathon and the only one in which I beat my more talented brother Steve!

Marathon Star Rating

Marathon Star Rating (MSR) takes into consideration each of the following categories:

- Course
- Organization
- Pre & Post Race Activities
 - Assistance
 - Information
- Race Direction
 - Locale
- Personal Bias

One quality point is given for satisfactory acceptability in each category, with eight points being the maximum possible.

GOLD	<i>Excellent</i>	8 Points (Highly recommended & I will be back)
SILVER	<i>Good</i>	6-7 Points (Recommended & I would go back)
BLUE	<i>Okay</i>	4-5 Points (Mildly recommended & I might go back)
RED	<i>Fair</i>	2-3 Points (Probably wouldn't return, unless I had to)
GREEN	<i>Poor</i>	1 Point (Don't expect to see me here again)
BLACK	<i>No Rating</i>	0 Points (A Marathon from hell - no way I'd come back to run, but thanks for putting it on)

Stamford Marathon & Half-Marathon

by Bob Grande

Silver Star ★

The first 16 years of my illustrious running career, I averaged one to two marathons a year. Beginning with the Marine Corps Marathon in 1978, I barely survived the 85 degree hot, humid, and sunny fall day in Washington, D. C. with an unimpressive time of 4:37:13. Each year following I tried to improve my marathon times. On an October weekend in 1989 in Stamford, Connecticut, I met man who would change my perspective and appreciation of life and marathoning forever.

This man is the great wheel chair marathoner Jim Knaub. Knaub was not always confined to a wheel chair. Before a tragic motorcycle accident in the early 1980's, Jim was an Olympic World Class Pole Vault Champion. Should you meet Jim, don't make the mistake of feeling sorry for him. He doesn't want your sympathy and would be insulted by your patronizing him. All things being equal, he is one of the toughest competitors you'll ever meet. Jim will kick anyone's ass, any day. Just as he did that fine October morning . . . he not only broke, but smashed the Stamford course record which included wheel chairs, roller skates, bikes, foot, or any other means of racing. He nearly passed the lead vehicle with a phenomenal time of 1:47. In the late 1980's, this was an amazingly uncommon feat for a marathon wheel chair participant.

Meeting Jim Knaub that weekend gave me an incentive to do what I have never done before or since. Suffering from my own severe depression of mid-life crisis and a breakup of an important relationship, I was running to keep my sanity. Several months before the Stamford Marathon, I ran often, hard, and a lot. Often times double sessions of 10 to 15 miles a day. I had no structured training format or coach. I just ran hills, trails, and track. I did whatever I could do to stumble and bumble my way through my miserable daily existence. I didn't eat or drink much. But for me that was a blessing. No stranger to a fork or tossing back a few beers, I was a guy who could afford to miss a few meals and a couple of brews. Consequently, I trimmed down to a comfortable and sleek 128 pounds. At 5' 5", it was a perfect running weight.

Unfortunately, the Stamford Marathon is now only a distant memory of an excellent, well organized marathon. Competing against NYC, Chicago, and Rhode Island marathons, the race is now a half marathon tune up for the

surviving marathons. Since Stamford, Jim Knaub has gone on to become one of the most famous wheel chair athletes and a pitchman for a variety of sport goods. He has piled up marathon and other distance records, breaking his own previous Boston and New York records annually. Jim gave me a perspective to appreciate running and a healthy body. He gave me the presence of mind to enjoy that particular marathon . . . like none other, before or since. And oh man, did I enjoy Stamford. Next to Boston and Big Sur, it is my favorite marathon. As I remember it, the course was a pretty Connecticut countryside run. The weather was cloudy, 55 degrees, and an occasional light cooling mist. There was plenty of rolling hills with a fantastic finish in a field of grass. My brother, Steve, might tell you a different story. I passed him at the 19-mile water stop. He was bent over in pain. I gave a light brotherly tap on his back, asked if he was okay, and continued running. I thought about stopping for my poor hurt younger brother . . . but only for a split second. As I passed him, I turned, smiled, and knew I had him! I was thinking I'd say, "Naa, na, na, na," as I passed. I cruised the last seven miles, keeping a blistering 7:40 pace. As I hit the 25-mile marker, I heard the finish line announcer on a loudspeakers say, "If you can hear my voice, you can break three-twenty five." Moments later, I hit the finish line, pumped my fist and yelled out with a great big, "YES!" I walked briskly through the formalities and traditions similar to most any other marathon. I got my medal, a little food, a couple of kisses and handshakes from friends waiting at the finish . . . stunned that I had kicked my brother's ass. When I reached the beer tent, there were five wheel chair participants relaxing and imbibing on my third favorite past time. (Eclipsed only by running and sex.) I found the person that had inspired me that day. I grabbed a cup of freshly poured brew and hoisted a toast with and to my new best friend, Jim Knaub.

Meeting Jim when I had, my hard training during a somber time, slimming down, the course, the weather, all of this was a formula for my best and most exciting marathon time to date: 3:25:18. It was good enough to beat my brother (a 3:06 PR marathoner). But more importantly, it was good enough, with a little generosity from the BAA, to qualify me for the 1991 Boston Marathon. It was my only Boston running appearance. I may be nuts, but I am a lucky, healthy, happy, fun running marathon kinda guy!

INSIDE

<i>Fall and Winter Route</i>	<i>Page 1</i>
<i>MRC Recent Race Results</i>	<i>Page 6</i>
<i>Volunteers Needed</i>	<i>Page 6</i>
<i>Upcoming Races</i>	<i>Page 7</i>
<i>Marathons for Fun</i>	<i>Page 8</i>
<i>Marathon Star Rating</i>	<i>Page 8</i>
<i>My Fastest Marathon: Stamford, CT</i>	<i>Page 9</i>

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Everett, MA 02149