

# MELROSE RUNNING TIMES

November - December 1998

Volume II, No. VI

## MRC's Relay Team at Lake Winnepesaukee



Pictured above from L to R: Mark Gravina, Eileen Lyle [Team Captain], Pamela Paige, Roy Van Buren, Dick Duffy, Jerry Delatizky, Barbara Leinweber, and Jacquelyn Doerrer

## Thanksgiving 5-M Fun Run

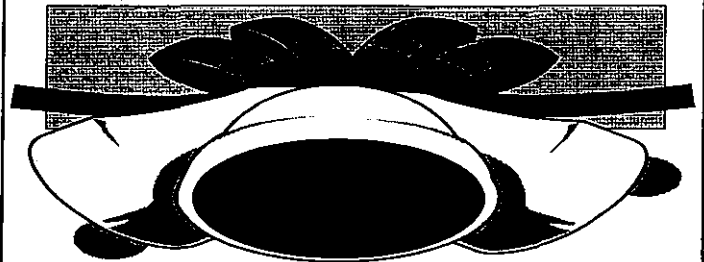
For those of you who want to work up an appetite (and burn a few calories), the *MRC* will be having a *Thanksgiving Day Fun Run* around Spot Pond. We will meet at 9 a.m. in the Stone Zoo parking lot. Light refreshments will be served. You may bring all those crazy enough to run on this usually freezing cold morning along for the fun! In case you are wondering, the Spot Pond loop is about 4.8 miles long. Any questions, call Martha @ (781) 662-9760.



## Home for the Holidays Fun Run

The *MRC* will join the community in celebrating 'Home for the Holidays,' by participating in a 3-Mile Fun Run to be held on December 5 at 9 a.m.

Members and their family and friends are invited to join in the run which will take us by many of the community's holiday festivities. We will meet at *The Runner's Edge*. Bells will be provided and refreshments will be served.



## MRC Holiday Party

The air is getting colder and the days are getting shorter, which means . . . it's time for the *MRC Holiday Party*! The festivities will be held on December 12 at 6 p.m. Mark Gravina has graciously invited us into his home for the holiday entertainment.

Last each member brought their specialty dish and the club provided a 'variety' of beverages — the menu was a great success. So let's keep a good thing going! A sign-up sheet will be posted as the party date gets closer. As with past practice, there will be plenty of items that can be bought for those of you who are cooking and/or baking impaired. For further information, call Linda @ (781) 322-2075.

Saturday, December 12th  
6:00 p.m.

386 Washington Street, Melrose

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) 397-2962

e-mail ⇒ CMERUN@JUNO.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</b>		
<b>Coordinator:</b>	<b>Kelly Clark</b>	<b>(781) 665-6064</b>
<b>Membership</b>		
<b>Coordinator:</b>	<b>Bob Grande</b>	<b>(781) 397-2962</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 . . .**

At the **Melrose Running Club** you will find a strong commitment of excellence for the sport of running. We welcome all runners at different levels. In essence, we share comradeship, support, and love for running. However, "What is our purpose?" The **Melrose Running Club** has prepared a mission statement. As a club that is devoted to its members, this statement will be instrumental in directing the club. Our goal is to provide each other with companionship, as well as motivation on becoming a better and stronger runner.

In January, we will outline the goals and objectives for 1999. Also, a new directory will be coming soon. I would like to take this opportunity to extend 'Best Wishes' for the upcoming holidays.

*Trudy Thompson*

### **Melrose Running Club Mission Statement**

The **Melrose Running Club** is a community-based organization open to all runners regardless of level or ability. The club provides a network of support and camaraderie for those who enjoy recreational or competitive running.

The **Melrose Running Club** strives to promote the sport of running in the community. In addition, the club uses its position in the community to benefit community organizations through organizing and supporting local road races and related community events.

## **Editor's Message**

The *Melrose Running Times* is the Newsletter of the **Melrose Running Club** and is published bi-monthly six times per year. The Newsletter is generally published on the 2nd Tuesday of every other month.

However, the *January-February* issue of the *Melrose Running Times* will be distributed the last week of December.

The deadline for the *Jan.-Feb.* Newsletter will be on Tuesday, December 22. [There can be no exceptions for this issue.]

Race results may be put in the 'Suggestion/Race Result Box' at *Runner's Edge*, or in order to expedite your recent race results, you may leave a message on my answering machine. Please furnish your name and telephone number, identify the name, length, and date of the race, and your official time. (I will call you back if I have any questions.)

Call-In Race Results @ (617) 389-0884

Articles and pictures to be published in the Newsletter may be dropped off at:

*Runner's Edge* c/o Joyce Kelly

or mailed to:

38 Carter Street, #113, Everett 02149

*Joyce Kelly*

**TUFTS  Health Plan**



**10K**  
**FOR WOMEN**

October 20, 1998

Michael Quigley  
Melrose Running Club  
41 Orris St.  
Melrose, MA 02176

Dear Michael,

On behalf of Tufts Health Plan and the six thousand + women who participated in the 22nd Running of the Tufts Health Plan 10k for Women, we would like to thank you for your efforts in coordinating volunteers for the race. Over the years, the support and cooperation we receive from track clubs such as yours has become an integral component in the success of this annual New England road race.

Enclosed, please find payment for your club's involvement. Again, thank you for your time and effort. We look forward to working with you in 1999!

Kind regards,

Andrea Mrusek  
Race Director

  
Amy Loring  
Assistant Race Director

Mike,  
Thanks again for all of your help. Herd  
group was a pleasure to work with.  
Karen Wean

# MRC Recent Race Results

**5-K Melrose Victorian Fair      September 12**

Dick Duffy	31:47
Judy Duffy	27:17
Peter Fapiano	21:26
Mark Gravina	22:24
Mike Harding	22:16
Pamela Paige	24:35
Faith Sherlock	23:36
Joe Terranova	18:52
Jill Tremblay	23:09
Bill Trippe	22:08
Susan Worrall	23:18

**Tufts 10-K for Women      October 12th**

Marlene Heroux	49:54
Eileen Lyle	49:46 (Pace 8:02)
Trudy Thompson	60:07 (Pace 11:37)

**Atlantic City NJ Marathon      October 18th**

Trudy Thompson	2:32:02
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**Bay State Half Marathon      October 18th**

Jerry Delatizky	1:56:17	2nd Place (65-69)
Eileen Lyle	1:45:02	(Pace 8:01)
Joe Terranova	1:30:15	

**Ro-Jack's USATF-NE Championship 8-K      October 4th**

Bob Boyd	35:55	(Pace 7:11)
Dick Duffy	52:47	(Pace 10:33)
Joyce Kelly	52:40	(Pace 10:32)

**Applefest Half Marathon      October 10**

Jerry Delatizky	1:56:49	4th Pl. (65-69)
Linda Ford	1:41:40	

**5-K Stoneham Town Day Road Race      September 19**

Linda Ford	20:38	2nd (30-39)
Joe Terranova	18:42	

**Boston Athletic Club 5-Mile Road Race      November 8**

Dick Duffy	47:20	(Pace 9:30)
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**New York City Marathon      November 1st**

Dick Duffy	5:13:20
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**Boston Police Chase 5 Miler      November 1st**

Eileen Lyle	37:59	(Pace 7:36)
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**5-K Tampa FL Police Memorial Fund      October 10th**

Joyce Kelly	32:45	(Pace 10:32)
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**Irish American Track Club 5-K      October 25th**

Marlene Heroux	24:46	2nd Place (50-59)
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**5-K Somerville Homeless Coalition Race      October 3rd**

Dick Duffy	30:00	(Pace 9:40)
Joyce Kelly	32:52	(Pace 10:35)
Trudy Thompson	30:23	(Pace 9:47)
Angela Urillo	26:52	(Pace 8:39)

**Lake Winnepesaukee Relay Race      September 19**

Marlene Heroux	2nd Place (Senior.Women's Team)
Irish-American Senior Women	

**Robert T. Lloyd Memorial 5 Miler      October 25**

Jerry Delatizky	38:17	3rd (60+Age)
Eileen Lyle	37:15	(Pace 7:27)

**4 Mi. Saugus Founders Day Race      September 12**

Jerry Delatizky	31:25	(Pace 7:52)
Linda Ford	27:57	2nd (30-39)

**Genesis Battlegreen Run 10-K      November 1st**

Marlene Heroux	51:42	1st Place (Age 50-59)
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**Jerry Delatizky's Other Races:**

5-K Peabody International Festival	23:54	2nd Place (60+)
5 Mi. Paul Perry Road Race	42:18	
5 Mi. Jeff Curley Race	38:46	1st Place (60+)

# Potpourri

## **Ell Pond Cleanup Day**

Saturday, November 14 - 9 A.M. - 12 Noon

Come help the Ell Pond Restoration Committee make Ell Pond a 'Well Pond.' Bring gloves and a pointed walking stick. Meet at the knoll to start the morning off. Call (781) 662-7327 for more information. [Rain Date: Sunday, November 15]

## **Legal Runner**

Joe Terranova has opened a law office. Joe maintains a general practice concentrating in personal injuries, insurance, commercial matters, and real estate. Attorney Joseph Terranova, 6 Eastman Place, Melrose. (781) 662-8600, e-mail: terranovaw@juno.com



The *Melrose Running Club* participated in the 10th Annual Fred Brown Lake Winnepesaukee Relay at Weirs Beach, NH, the weekend of September 18-20. Eileen Lyle and Bob Boyd organized *MRC's* participation in this annual event, and Bob, in addition, made the lodging accommodations, etc. The beautiful weather just added to the celebration for *MRC's* Relay Team members who participated in the 66 mile relay race, and to the other *MRC's* who attended the weekend's sporting and fun festivities

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

## **Run Your Turkey Off**

Tewksbury

15K/5K/1K

5K → 9 A.M.

15K10 → A.M.

Contact # (978) 851-4088

**Sunday, November 15**

## **Melrose Running Club's Thanksgiving 5-Mile Fun Run**

Stoneham

9 A.M.

**Thursday, November 26**

## **Melrose Running Club's Home for the Holidays Fun Run**

The Runner's Edge, Melrose

2.5 M

**Saturday, December 5**

## **Bill Rodgers Jingle Bell Run**

Approx. 2.5 M

The Castle @ The Park Plaza Hotel, Boston

Contact # (617) 723-5612

6 P.M.

**Sunday, December 13**



### **Suggestion/Race Result Box**

There is a sneaker box located in *The Runner's Edge* marked 'Suggestion/Race Results' that is waiting for your input. The officers of the club want to hear what you have to say because we all are responsible for the success of the club. Don't forget to put the race results in so they can make it into the Newsletter. We all like to brag! If you like being technical you can send Linda Ford stuff at: [lindaf@gis.net](mailto:lindaf@gis.net)

**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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