



Melrose Running Times



The Official Newsletter of the Melrose Running Club

July 2001

In This Edition

Melrose Running Club Headlines

- 1 Walk To Run Graduating Class
- 1 Membership Renewal
- 1 Lake Winnepesaukee Relay
- 1 MRC Board Appointments
- 1 Adopt-A-Site

Melrose Running Club Information

- 2 MRC Board Members
- 2 Tuesday Night Club Run
- 2 Other Regular Runs
- 2 From the New MRC President
- 2 From the Newsletter Editor
- 2 First Tuesday of the Month

Membership Information

- 3 Welcome New Members
- 3 Happy Birthday Wishes
- 3 Race Miles Update
- 3 June's Top Performances
- 3 July Race Calendar

Recent Results

- 4 June Road Race Results
- 4 June Race Photos

Walk to Run Graduating Class



Photo By Michelle Carson

The Melrose Running Club 2001 Walk-To-Run program held its last run on June 26th, 2001. Approximately 30 program participants completed the 10-week program by running the entire Melrose Running Club 3 mile summer route. Shown here are many of the runners after receiving their certificate of merit at the Runner's Edge in Melrose, where their final run of the program completed. These runners now are entitled to a complimentary 1-year membership to the Melrose Running Club.

Membership Renewal

June was renewal month. If you have not yet paid your membership dues for the 2001-2002 MRC year, please do so as soon as possible. Club insurance regulations require each member to fill out an application each year and submit it with their annual dues. Dues are \$20 for an individual membership, \$30 for a family membership. If you joined the club after January 1st of 2001 you need only pay \$10 for an individual membership, \$15 for a family membership.

Lake Winnepesaukee Relay

The Lake Winnepesaukee Relay will be held on Saturday, September 22nd. This event is an 8-leg relay around the entire lake, totaling 68 miles of challenging hills and spectacular views. Legs vary in distance from 4 miles to 11 miles. If you are interested in being a member of a team this year, please contact one of the team Captains: Roy Van Buren, Chris Hastings and Margaret Sweeney as soon as possible so that the team can be registered and lodging plans can be made.

MRC Board Appointments

July is the month that we appoint the MRC Board for the upcoming year. Returning for another year are Eileen Lyle, Jim Carson, and Diana Bombaci. After a year off Mike Quigley rejoins the board as Events Coordinator. New faces on the board are Nick Lamberti as our new President, Jolie and Alec Bath as Public Relations Coordinators, and Bill Durning as our Membership Coordinator. The Vice President and Apparel Coordinator are still being decided.

Adopt-A-Site

Do any of you apartment dwellers wish you had your own garden? Well here's your chance to show off your green thumb! The MRC Adopt-A-Site needs some attention. The site is located alongside the Knight of Columbus building and extends down to the rear of Sovereign Bank. If you are interested in aiding in a site clean-up day, please contact Jim Carson.



Photo By Jim Rhodes/CoolRunning

Sharon McKenna crosses the finish line of the James J Connolly 8K Road Race in Woburn. See page 4 to see other MRCers race results from June 2001.

Melrose Running Club Board

President	Nick Lamberti president@melroserunningclub.com
Vice President	vice_president@melroserunningclub.com
Secretary	Diana Bombaci secretary@melroserunningclub.com
Treasurer	Eileen Lyle treasurer@melroserunningclub.com
Newsletter Editor	Jim Carson editor@melroserunningclub.com
Membership Coordinator	Bill Durning membership@melroserunningclub.com
Public Relations	Jolie Bath / Alec Bath pr@melroserunningclub.com
Events Coordinator	Mike Quigley events@melroserunningclub.com
Apparel Coordinator	apparel@melroserunningclub.com

Tuesday Night Club Run

Melrose Knights Of Columbus
23 West Foster Street
Melrose, MA
7:00 PM

Each Tuesday night we meet at the Melrose Knights of Columbus. This serves as both the club's weekly meeting and our club run. Visitors and prospective members are encouraged to join us on this run. Although the routes are switched periodically throughout the year, we basically repeat the same routes each week. Several routes share a common start and continue along the streets of Melrose. There are several break-off points along the run, which allow members to complete routes of 3, 4.5, 6, or 7.5 miles. Individual runners can tailor the run to their own ability or training schedule. For more information about our club run contact e-mail membership@melroserunningclub.com.

From The New MRC President

A note of thanks for your support in the recent Melrose Running Club elections. When I joined the club 2.5 years ago the membership totaled approximately 70 members, roughly 50 women & 20 men. The foyer at the YMCA was crowded at times yet cozy.

Over the past two years the visibility of MRC has increased, its membership has grown to over 135 members, and the club has taken on new responsibilities within the community.

Thanks to the efforts of Linda Ford and many, many MRC members the club holds the premiere Mother's Day roadrace in the Commonwealth. Thanks to the hard work of Jim Carson we have a terrific, world-class Website and thanks to the efforts of Mike Quigley & the generosity KofC the club now has more space to operate from.

As the newly elected President of the Melrose Running Club my goal for the upcoming year will be to address the needs of the club as we continue to grow.

With your help, I hope that we will be able to develop an Annual Budget to meet our expenses, better manage our operating cost, and develop additional revenue streams for the club. I also hope that we can compile & publish an Annual Calendar to help us all better plan our activities. Finally, I hope that we may be able to find a corporate sponsor or endowment and put the club on a solid financial foundation for the future.

Several MRC members have already shared some of their ideas for the MRC in the upcoming year & I encourage everyone to share their ideas with me here on the MRC Forum or with me in person.

Thanks again for your support & I look forward to working with you!
Nick Lamberti

From The Newsletter Editor

Brought to You in Living Color... The Melrose Running Times is now now in color! The Melrose Running Club has purchased a color laser printer to liven up our literature. The new printer will be used to publish the Melrose Running Club's newsletters, applications, flyers, and mailers as well as for Melrose Run For Women Applications, posters, and Mailers. If you need club related printouts please forward the material and the number of copies you need to me.

Jim Carson

Other Regularly Scheduled Runs

Occasionally members meet for the following group runs. To find out more information contact an MRC board member. Please use the MRC Forum and the MRC mailing list (all@melroserunningclub.com) to coordinate these runs.

Thursday Morning Track Run
Melrose High School Track
Tremont Street
Melrose, MA
5:30 AM

Thursday Evening Run
Breakheart Reservation
Wakefield Entrance
Wakefield, MA
6PM

Saturday Morning Long Run
Melrose Family YMCA
497 Main Street
Melrose, MA
7:00 AM

Sunday Morning Track Run
Wakefield High School Track
Wakefield, MA
9:30AM

First Tuesday Of The Month

On the first Tuesday of every month the Tuesday Night Club Run is followed up with a social gathering at the Melrose Knights of Columbus. This pay-as-you-go event features beer, water, and munchies. The evening is a good chance for members to meet each other. The "First Tuesday" run has coincidentally become the most attended Tuesday Night run each month.

NEXT FIRST TUESDAY: AUGUST 7TH



National Affiliation

The Melrose Running Club is a proud member of The Road Runners Club of America



Runner's Edge

When you make a purchase at the Runner's Edge, ask for the Melrose Running Club Discount.



New Members

The Melrose Running Club would like to welcome the new members that joined in the month of June.

- Kelli Allison
- Robert Bruzzese
- Natie Kapij
- Marnie Miller
- Terry Reilly
- Jennifer Rorick

Birthday Wishes



July

- 1 Marilyn Scannell
- 3 Mark Hurley
- 3 Diana Bombaci
- 4 Anne Elliot
- 4 Derek Palumbo
- 8 Robert Bruzzese
- 8 Janet Wallace
- 9 Nina Clancy
- 9 Chris Halligan
- 10 Margaret O'Hogartaigh
- 12 Michelle Carson
- 17 Joyce Tremblay
- 21 Scott Henry
- 28 Linda Ford
- 29 Linda Santullo
- 30 Judy Hasselbrack
- 31 Nick Lamberti

Race Miles

Melrose Running Club members have run a total of 1589.7 racing miles this year. In an *imaginary* relay from Melrose, Massachusetts to Melrose, Oregon, we would now be running along I-80 West near Lincoln Nebraska. We are at the halfway point of our route with 1567.5 miles left in our journey.

You can follow our progress on the Recent Results page of our club website...
melroserunningclub.com.

Vermont City Marathoners



Job Well Done... Linda Ford and Gary Gilbert running alongside each other during their successful Vermont City Marathon performances.

(Photo by Chris Hastings / Margaret Sweeney)

June's Top Performers

This month's top performers are John Gorvin and Roy Van Buren. These two Melrose Running Club members followed up their Boston Marathon performances earlier in the year with a grueling run in the Mount Washington Road Race. The 7.6 mile race course rises 4650 vertical feet at an average 11.5 percent grade.

John Gorvin, also of the Somerville Road Runners, completed the course in 1:56:49, a pace of 15:23 minutes per mile. This was good enough to finish 398th in the field of 670 runners. Roy Van Buren finished 509th in 2:07:32, a 16:47 pace.



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Fourth of July Road Races 10K, 5K North Andover, MA			Pat Poletta 5M Newburyport, MA	
8	9	10	11	12	13	14
Take The Lake 5K Wakefield, MA		MRC Club Run	Marathon Sports 5M Wellesley, MA		Great Legs 5K Lowell, MA	
15	16	17	18	19	20	21
Running With The Green 5M Lowell, MA		MRC Club Run	Sugar Bowl 5M Dorchester, MA			
22	23	24	25	26	27	28
		MRC Club Run				
29	30	31	RACE OF THE MONTH Jim Cane Sugar Bowl 5 Miler Thursday, July 19, 2001 at 6:30 p.m.			
	Yankee Homecoming Newburyport, MA					

Melrose Running Club Members' July Race Results

WAKEFIELD READING YMCA 5K

WAKEFIELD, MA - JUNE 2, 2001

Eric Bremberg 21:27
Deana Hickey 24:17
Shar on Mckenna 27:26

RACE OF THE MONTH

SAUGUS YMCA 5K

SAUGUS, MA - JUNE 2, 2001

Alec Bath 22:22
Jolie Bath 27:15

RACE OF THE MONTH

FREIHOFFER'S RUN FOR WOMEN 5K

ALBANY, NY - JUNE 2, 2001

Audrey Sher nan 30:40

DAVID BRUNDAGE 5K

SOMERVILLE, MA - JUNE 3, 2001

Chris Hastings 21:53
Robert Cobur n 27:09

PETER OTT'S CAMDEN 10K

CAMDEN, ME - JUNE 3, 2001

Scott Minzy 40:25

JAMIE MCKEOWN TOWN DAY 5M

WINCHESTER, MA - JUNE 9 2001

Paul Donahue 32:40
Robert Cobur n 43:56

KHOURYS SUMMER STEAMER 4M

SOMERVILLE, MA - JUNE 10, 2001

Jerry Delatizky 34:34
Judy Duffey 36:25
Robert Cobur n 37:39

THE BATTLE OF BUNKER HILL 8K

CHARLESTOWN, MA - JUNE 10, 2001

Andy Goldber g 31:46
Eric Bremberg 36:24
Nicholas Lamber ti 39:32

CROWLEY BROTHERS MEMORIAL 10K

RUTLAND, VT - JUNE 10, 2001

Margaret Sweeney 53:38

MILTON 10K ROAD RACE

MILTON, MA - JUNE 12, 2001

Patrick Brennan 46:37
Jim Car son 49:19

MACDONALD PARK 2.5M

MEDFORD, MA - JUNE 14, 2001

Andy Goldber g 15:48 *2nd Over all

Photos By Jim Rhodes/Coolrunning

JAMES J. CONNOLLY 8K

WOBURN, MA - JUNE 14, 2001

Chris Hastings 35:35
Robert Boyd 36:57
Ann Dubiel 39:02
Margaret Sweeney 42:03
Jerry Delatizky 42:12
Randy Hudson 42:36
Robert Cobur n 43:45
Judy Duffey 44:51
Shar on Mckenna 48:06

MT WASHINGTON ROAD RACE

PINKHAM NOTCH, NH - JUNE 16, 2001

John Gor vin 1:56:49
Roy Van Buren 2:07:32

LOUISE ROSSETTI 5K

BEVERLY, MA - JUNE 20, 2001

Susan Wor rall 24:21
Jean Terranova 24:45
Martha Quigley 29:21
Donna Perham 31:16
Jane Boyd 31:22

CORPORATE CHALLENGE 5K

BOSTON, MA - JUNE 21, 2001

Marnie Miller 26:07
Lucy Sexton 37:
Judy Mar shall 43:45

POWDER HOUSE PUB 4M

SOMERVILLE, MA - JUNE 24, 2001

Andy Goldber g 24:45 *3rd in Age Group
Alec Bath 25:45
Paul Donahue 25:49
Eric Bremberg 27:57
Linda For d 27:58 *2nd in Age Group
Chris Hastings 28:19
John Gor vin 29:42
Jolie Bath 32:03
Jerry Delatizky 34:21
Diana Bombaci 38:07
Donna Perham 40:52 *2nd in Age Group

NEW CHARLES RIVER RUN 7M

BRIGHTON, MA - JUNE 24, 2001

Nick Lambert i 56:50
Johanna Cohan 57:59
Jim Car son 60:27

FIESTA FIVE 5K

GLOUCESTER, MA - JUNE 28, 2001

Bob Boyd 22:57



Jerry Delatizky
Khoury's Summer Steamer



Judy Duffey
Khoury's Summer Steamer



Bob Coburn
Khoury's Summer Steamer



Alec Bath
Powderhouse Pub



Jolie Bath
Powderhouse Pub



Margaret Sweeney
Connolly 8K