

# Melrose Running Times

The Official Newsletter of the Melrose Running Club

August 2001

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Diana Bombaci strides toward the finish of the Jim Kane Sugar Bowl 5 Miler. See page 4 to see other MRCers race results from July 2001.

# **MRC Performers of the Month**



This month's performers of the month were all of the Walk-To-Run Program graduates that completed the Take The Lake 5K Road Race on July 8th. For many of these new runners this was their first road race. Pictured above at the finish line are from left to right Sue Clough, Janice Meckstroth, Mary Ellen O'Connor, Vivienne Kong, and Carrie Johnson. (continued on page 3).

#### Volunteers Needed

The Irish American Club has asked us for 7-8 volunteers for their First Annual Run from the Sun 10K on August 26th. The race starts at 10:00 am at 1 City Hall Mall, Medford. They would like help for the water stops at mile 1, 3 and 5 and the finish line. If you can help, email Mike Quigley at mq45@aol.com or sign up at the Tuesday night run.

## **Adopt-A-Site Cleanup**

The MRC Adopt-A-Site Cleanup will be held Sunday August 26th at 10AM. A meeting of interested volunteers will be held after the Tuesday Night Club run on August 21st to plan the cleanup. If you are interested in helping please plan on attending this meeting or contact Jim Carson or Nick Lamberti.

#### Lake Winnipesaukee Relay

The Lake Winnipesaukee 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. Two teams have already been formed by captains Roy Van Buren and Chris Hastings. A third team may be formed also. If you are interested in joining us at this event or would like to captain the third team please contact Nick Lamberti.

#### 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.

# **Melrose Running Club Board**

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

# **Race Miles Update**

Melrose Running Club members have run a total of **1964.6** racing miles this year. In an *imaginary* relay from Melrose, Massachusetts to Melrose, Oregon, we would now be running along I-80 West in Wyoming. The racing miles run through the month of July were enough to cross the state of Nebraska. We now have **1192.6** miles left to go in the 3157.2 mile journey across the United States.



# 100 Mile Club Update

With 5 Months left in the year three members have already achieved 100 racing miles for the year, with John Gorvin quickly approaching 200 miles. Bob Coburn and Scott Minzy are the other two members that have already reached 100 miles. Shortly behind these three is Linda Ford who is within 10 miles of the goal.

Other runners that are on pace to break 100 are Andy Goldberg, Bob Boyd, Jerry Delatizky, Jackie Doerrer-Mullen, Margaret Sweeney, Judy Duffey, and Nick Lamberti. With the fall marathon season we should soon see these runners reach their goal. Give them your support on the roads and at races.

# 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 6:30PM 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 **Stearns and Hill Restautant**. This payas-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: SEPTEMBER 4th** 

# National Affiliation

The Melrose Running Club is a proud member of The Road R<u>unners Clu</u>b 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 July.

Julie Mulane

Sandra DiCarlo

## **Birthday Wishes**



#### August

Jolie Bath Judy Duffey Terry Greenberg Sharon McKenna 10 Rosemary Henchey Eric Bremberg 13 Marnie Miller 17 Frank Grabiec Gillian Cable-Murphy

22 Janet Murphy Andrea Latham

Martha Quigley

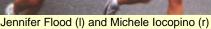
# **July's Top Performers**

(continued from page 1) Twentyseven MRCers participated in the second annual Take the Lake 5K around Lake Quannapowitt. More than half were recent participants in the MRC Walk-To-Run Program.

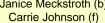














AUGUST								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
RACE OF THE MONTH  Jay Jellison 5K - Reading, MA  Sunday, August 19, 2001 at 10:00 a.m.			Yankee	Homecoming Beverly, MA	24Hr Relay Wakefield, MA	4		
MRC SUMMER BBQ Melrose, MA	5 6	MRC Club Run	Heat Wave 5K Andover, MA	9	10	11		
Falmouth Road Race Falmouth, MA	2 13	MRC Club Run	15	16	17 Crane Beach 5N Ipswich, MA	18		
Jay Jellison 5K Reading, MA	9 20	MRC Club Run	22	23	24	Showcase 5M North Reading, MA		
Run From The Sun 10K Medford, MA	6 27	28 MRC Club Run	29	30	31			

# Melrose Running Club Members' July Race Results

#### NORTH ANDOVER 4TH OF JULY 10K NORTH ANDOVER, MA - JULY 4, 2001

Paul Donahue 42:10
Eric Bremberg 45:01
John Gorvin 45:50
Chris Hastings 46:04
Nick Lamberti 48:47
John Morris 49:54
Margaret Sw eeney 53:23
Robert Coburn 57:48

#### NORTH ANDOVER 4TH OF JULY 5K

Judy Duffey 27:26 Audrey Shernan 30:07

# NORWOOD FIRECRACKER 5K

NORWOOD, MA - JULY 4, 2001

Johanna Cohan 22:21

#### MINUTEMAN CLASSIC 5M

CONCORD, MA - JULY 4, 2001

Alec Bath 33:29 Jolie Bath 39:14 Rosemary Henchey 47:08

#### PAT POLLETTA 5 MILE NEWBURYPORT, MA - JULY 6, 2001

Robert Boyd 37:13



Jill Weiner Marathon Sports 5 Mile



Jerry Delatizky Sugar Bowl 5 Miler

#### TAKE THE LAKE 5K WAKEFIELD, MA - JULY 8, 2001

Michael Urquiola 18:25 Andy Goldberg Eric Brembera 21:20 Chris Hastings 21:26 Robert Boyd 22:37 22:41 Paul Johnson Jerry Delatizky 24:32 Margaret Sw eeney Jill Weiner Sharon Mckenna 26:00 Noreen Camelo 27:31 Pam Paige 27:53 James Gorman 30:16 Michele lacopino 31:13 Jennifer Flood Carrie Johnson 31:48 Janice Meckstroth 31:50 Vivienne Kong 31:59 Patrice Ashw orth 32:17 Sue Clough 32:30 Joyce Anderson 33:32 Lorraine Hirsch 33:34 Mary Ellen O'Connor 34:11 39:39 Kathy Doyle Nancy Gorman 39:40 Paula Weiner 49:21 Anthony Dwyer 60:35

#### MARATHON SPORTS 5 MILE WELLESLEY, MA - JULY 12, 2001

Jill Weiner 40:24
Andy Goldberg 40:25
Judy Duffey 45:20
Sharon Mckenna 46:56

#### GREAT LEGS 5K LOWELL, MA - JULY 13, 2001

Audrey Shernan 28:40



Sue Worral Sugar Bowl 5 Miler



Audrey Shernan Yankee Homecoming 5K

#### EAST END 5M

Chris Hastings 36:47

Jerry Delatizky 41:28

Margaret Sw eeney 42:41 Robert Coburn 46:16

#### SUGAR BOWL 5M BOSTON, MA - JULY 19, 2001

#### **RACE OF THE MONTH**

Scott Minzy 32:38 Chris Hastings 36:34 Susan Worrall 39:38 Nicholas Lamberti 40:00 Margaret Sw eeney 41:48 Jerry Delatizky 42:42 Judy Duffey 45:25 Diana Bombaci 45:51 Robert Coburn 48:42

#### SAPIENZA MEMORIAL 5M HAVERHILL, MA - JULY 20, 2001

Jerry Delatizky 42:55

#### BLESSING OF THE FLEET 10M NARRAGANSETT, RI - JULY 27, <u>2001</u>

Eileen Lyle 1:22:05 Terry O'Reilly 1:27:38 Jacquelyn Doerrer- 1:30:52 Lauren Reid 1:42:05

#### YANKEE HOMECOMING 10 MILE NEWBURYPORT, MA - JULY 31, 2001

Andy Goldberg 1:03:45
Joseph Terranova 1:09:23
Michael Macneil 1:24:13
James Mcsw eeney 1:25:53
Jerry Delatizky 1:30:47

#### YANKEE HOMECOMING 5K

John Gorvin 22:19 Audrey Shernan 29:34



Andy Goldberg Yankee Homecoming 10M

Photo By Jim Rhodes/CoolRunning