



# Melrose Running Times



The Official Newsletter of the Melrose Running Club

August 2001

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## MRC Performers of the Month



Photo By Nick Lamberti

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).



Photo By Jim Rhodes/CoolRunning

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.

## 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 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. 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**

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



**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](mailto:membership@melroserunningclub.com).

**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](mailto: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 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: SEPTEMBER 4th**

**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.

**10% OFF**



**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**

- 3 Jolie Bath
- 5 Judy Duffey
- 7 Terry Greenberg
- 8 Sharon McKenna
- 10 Rosemary Henchey
- 11 Eric Bremberg
- 13 Marnie Miller
- 17 Frank Grabiec
- 20 Gillian Cable-Murphy
- 21 Martha Quigley
- 22 Janet Murphy
- 26 Andrea Latham

**July's Top Performers**

(continued from page 1) Twenty-seven 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.



Photo By Nick Lamberfi



Nancy Gorman (l)  
Kathleen Doyle (r)

James Gorman



Jennifer Flood (l) and Michele Iocopino (r)



Janice Meckstroth (b)  
Carrie Johnson (f)



Vivienne Kong

**AUGUST**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>RACE OF THE MONTH</b> Jay Jellison 5K - Reading, MA Sunday, August 19, 2001 at 10:00 a.m.			1 Yankee Homecoming Beverly, MA	2	3 24Hr Relay Wakefield, MA	4
5 MRC SUMMER BBQ Melrose, MA	6	7 MRC Club Run	8 Heat Wave 5K Andover, MA	9	10	11
12 Falmouth Road Race Falmouth, MA	13	14 MRC Club Run	15	16	17 Crane Beach 5M Ipswich, MA	18
19 Jay Jellison 5K Reading, MA	20	21 MRC Club Run	22	23	24	25 Showcase 5M North Reading, MA
26 Run From The Sun 10K Medford, MA	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 Sherman	30:07

**NORWOOD FIRECRACKER 5K**  
NORWOOD, MA - JULY 4, 2001

Johanna Cohan	22:21
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**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
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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	18:53
Eric Bremberg	21:20
Chris Hastings	21:26
Robert Boyd	22:37
Paul Johnson	22:41
Jerry Delatizky	24:32
Margaret Sw eeney	25:56
Jill Weiner	25:59
Sharon Mckenna	26:00
Noreen Camelo	27:31
Pam Paige	27:53
James Gorman	30:16
Michele Iacopino	31:13
Jennifer Flood	31:14
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
Kathy Doyle	39:39
Nancy Gorman	39:40
Paula Weiner	49:21
Anthony Dw yer	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 Sherman	28:40
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Sue Worrall  
Sugar Bowl 5 Miler



Audrey Sherman  
Yankee Homecoming 5K

**EAST END 5M**  
LOWELL, MA - JULY 15, 2001

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
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**BLESSING OF THE FLEET 10M**  
NARRAGANSETT, RI - JULY 27, 2001

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 Mcsweeney	1:25:53
Jerry Delatizky	1:30:47

**YANKEE HOMECOMING 5K**

John Gorvin	22:19
Audrey Sherman	29:34



Andy Goldberg  
Yankee Homecoming 10M

Photo By Jim Rhodes/CoolRunning