



# Melrose Running Times



The Official Newsletter of the Melrose Running Club

September 2001

## In This Edition

### Melrose Running Club Headlines

- 1 MRC Summer Barbecue
- 1 Match Made in Melrose
- 1 Membership Renewal

### Melrose Running Club Information

- 2 MRC Board Members
- 2 Note From Nick
- 2 Regular Runs
- 2 Adopt-A-Site
- 2 Belated Birthday
- 2 First Tuesday of the Month
- 2 Runner's Edge
- 2 RRCA

### Membership Information

- 3 Welcome New Members
- 3 Happy Birthday Wishes
- 3 Summer BBQ Photos
- 3 September Race Calendar

### Recent Results

- 4 August Road Race Results
- 4 August Race Photos

## MRC Summer Barbecue



Photo By Amanda Lanza

MRC member Margaret O'Hogartaigh and her husband Ciaran, pictured here, graciously hosted the annual Melrose Running Club Summer Barbecue on August 5th. Margaret had joined the Melrose Running Club last fall at the start of her one year stay in the United States. A week after the barbecue Margaret and her husband returned to Ratoath, County Meath in Ireland where they promised to proudly wear their MRC apparel.

For more pictures from the MRC Summer Barbecue see page 3.

## Match Made in Melrose

A romance that started at the Lake Winnepesaukee Relay last year, marked a major milestone as the couple wed in their own post-race ceremony. Chris Hastings and Margaret Sweeney, pictured here at the MRC Summer BBQ, met on the Tuesday Night Club Runs last fall after Chris joined the club. The two celebrated their wedding day with a quick 10K in the morning, the Bridge of Flowers Race in Shelburne Falls, MA, and then sped off to their appointment with a Justice of the Peace.

Having a good day overall, Chris not only won the heart of Margaret but also placed second in the Open Clydesdale Division. The race director changed the order in which the awards were presented so that Chris and Margaret could make their appointment on time.

When interviewed about the event Chris said they wanted to run the race before their wedding because they met through the Melrose Running Club. Asked if they had run the race together, Hastings said, "I wouldn't have gotten this (prize) if we had run together." Margaret just laughed.

Congratulations Chris and Margaret!



Photo By Amanda Lanza

## 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. Members that have not renewed will be removed from the active member list on November 1st.



Photo By Jim Rhodes/CoolRunning

Andy Goldberg after his 13th place finish at the Run From The Sun 10K in Medford. See page 4 to see other MRCers race results from August 2001.

## MRC Board

Nick Lamberti president@melroserunningclub.com
Jean Terranova vice_president@melroserunningclub.com
Diana Bombaci secretary@melroserunningclub.com
Eileen Lyle treasurer@melroserunningclub.com
Jim Carson editor@melroserunningclub.com
Bill Durning membership@melroserunningclub.com
Jolie Bath / Alec Bath pr@melroserunningclub.com
Mike Quigley events@melroserunningclub.com
Lauren Reid apparel@melroserunningclub.com

## Regular Runs

Each Tuesday night the Melrose Running Club meets at the Melrose Knights of Columbus for it's Tuesday Night Club Run. 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.

**Tuesday Night Club Run**  
**Melrose Knights Of Columbus**  
 23 West Foster Street  
 Melrose, MA  
 7:00 PM

Other runs that take place from time to time are listed below. These runs are coordinated by members to fit their training needs. They are not necessarily held every week. Please use the MRC Online Forum to coordinate these runs.

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

**Thursday Evening Hill 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

## Note From Nick



**Jim Carson receives his plaque in appreciation of his contribution to the Melrose Running Club.**

**MRC Thanks Key Contributors** - At this year's MRC Summer BBQ, the Melrose Running Club recognized five MRC members whose dedicated service and hard work over the past five years have made the Melrose Running Club an outstanding running club. These five individuals have volunteered a substantial amount of time and effort to make the MRC an integral and creditable organization in Melrose. On this the fifth anniversary of the Melrose Running Club, I felt it important that the club recognize their contributions and thank them for their hard work.

Since the club's inception in 1996, Eileen Lyle has served and continues to serve as club Treasurer. Thanks to Jim Carson, the club has a first class, innovative Website and an outstanding monthly newsletter. For past three years, Linda Ford who served as club membership director has warmly greeted new members to the club. In addition, Linda's efforts as race director for the MRC Mother's Day Race for the past two years has made the club's annual road race an established tradition recognized by the Boston Globe.

Two individuals who have made substantial contributions to the club from behind the scenes are Mike Quigley and Jackie Doerrer-Mullen. A long-time runner who is serving as the club's special events director this year, Mike Quigley is the MRC point person for the club's participation in several road races such as the Tufts 10K and the Corporate Challenge. Mike was also instrumental in relocating the club to Knights of Columbus. Jackie Doerrer-Mullen who served as the club's first president was the moving force behind the creation of the Mother's Day race and the Walk To Run Program. She continues to coordinate the club's annual Thanksgiving Day basket donations.

Each year MRC initiates several activities in which we ask people to volunteer their time. It is my hope that the club will continue to overtly recognize and thank MRC members who come forth and assume the responsibilities that keep this club operating for all.

## Adopt-A-Site

The MRC Adopt-A-Site Cleanup was postponed due to a conflict with the Run From The Sun Road Race. A committee will be developed to oversee the site and its upkeep. The Melrose Running Club board will designate a budget to the committee.

If you are interested in serving on the committee, please contact Jim Carson or Jean Terranova .

## Belated Birthday

A belated congratulations to MRCer Dan Slattery and his wife Christine on the birth of their son Owen Walter Slattery. Owen was born at 2PM on July 9th and weighed in at 8 pounds.



## Volunteers Needed

Volunteers are needed for registration and finish line duties at the EMARC 5K on September 16th. Please sign up at the Tuesday Night Club Run or by sending Tony an e-mail at [tony@runedge.com](mailto:tony@runedge.com).

## First Tuesday

On the first Tuesday of every month the Tuesday Night Club Run is followed up with a social gathering at the **Stearns and Hill Restaurant**. This pay-as-you-go event features beer, water, and munchies. The evening is a good chance to meet other MRC members.

NEXT  
FIRST TUESDAY

OCTOBER 2nd



## Runner's Edge

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

**10% OFF**



## RRCA

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



**Birthday Wishes**



**August**

- 4 Ann Dubiel
- 5 Mary Henry
- 6 Vi Limone
- 6 Jean Anderson
- 6 Robert Ford
- 9 Michael MacNeil
- 11 Jane Lynch
- 11 MaryAnn MacNeil
- 16 Katie Perham
- 17 Mary Carroll
- 17 Alec Bath
- 18 Jim Costello
- 20 Gary Gilbert
- 20 Audrey Shernan
- 20 Kathy Murphy
- 21 Andrea Croteau
- 22 Steven Douglas
- 26 Dale Fondlay
- 29 Andy Goldberg
- 29 Angela Ferrari

**New Members**

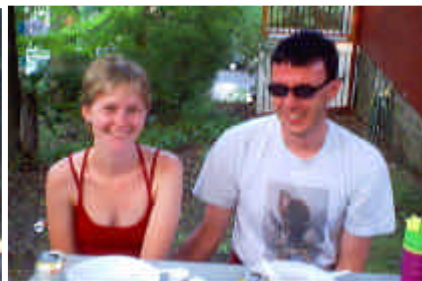
The Melrose Running Club would like to welcome new members that have joined the club.

- Buddy Hubert
- Mary Lynch
- Dave Palmer
- Albert Lopez
- Kaj Kandler
- Elizabeth Kandler
- Kerry Keene
- Linda Moniz
- Glen Drabeck

**Summer BBQ Photos**



Photo By  
Amanda Lanza



Members of the Melrose Running Club joined together on Sunday August 5th for the MRC Summer Barbecue.

**SEPTEMBER**

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>RACE OF THE MONTH</b>  <b>EMARC 5K (Melrose Victorian Fair)</b>  <b>Sunday, September 16th at 11:00 AM</b></p>						Bruegger's & YMCA 5 Mile Classic Woburn, MA
	2	3	4	5	6	7
	LABOR DAY Irish American 10K/5K Malden, MA		MRC Club Run			
	9	10	11	12	13	14
Race For The Cure Brighton, MA			MRC Club Run		National Run to Work Day	Run For D.A.R.E. 5K Stoneham, MA
VICTORIAN FAIR	16	17	18	19	20	21
EMARC 5K Melrose, MA			MRC Club Run	K's For Caring 5K Boston, MA		Lake Winnepesaukee Relay Laconia, NH
	23	24	25	26	27	28
CMARC 5K Woburn, MA			MRC Club Run			
	30	<p><b>Good Luck MRCers!</b>                  At least two teams will be representing the Melrose Running Club over the hilly 66+ mile relay around Lake Winnepesaukee in Laconia, New Hampshire.</p>				
Andrew's Run 4M Wakefield, MA						

Melrose Running Club Members' August Race Results

BEACH TO BEACON 10K	
CAPE ELIZABETH, ME - AUGUST 4, 2001	
Jim Carson	50:00
Jackie Mullen	52:29
James Mullen	56:49

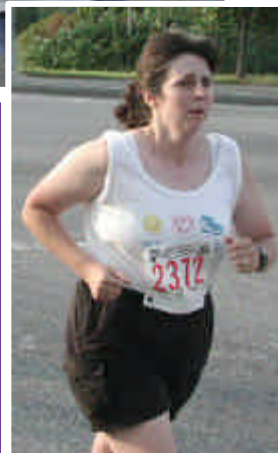
YORK DAY 5K	
YORK, ME - AUGUST 5, 2001	
Nicholas Lamberti	22:58

HEAT WAVE 5K	
LAWRENCE, MA - AUGUST 8, 2001	
Rosemary Henchey	32:54
Lorraine Hirsch	34:38

BRIDGE OF FLOWERS 10K	
SHELburnE FALLS, MA - AUGUST 11, 2001	
Andy Goldberg	39:58
Chris Hastings	47:12
Margaret Sw eeny	58:34

FALMOUTH ROAD RACE 7.1M	
FALMOUTH, MA - AUGUST 12, 2001	
Paul Donahue	48:07
Michael Quigley	59:51
Jim Costello	61:25
Martha Quigley	70:35

L-STREET DAY ROAD RACE 4M	
SOUTH BOSTON, MA - AUGUST 18, 2001	
Jerry Delatizky	32:26



Heat Wave 5K

Rosemary Henchey  
Lorraine Hirsch

JAY JELLISON 5K	
READING, MA - AUGUST 19, 2001	
RACE OF THE MONTH	
Alec Bath	19:11
Michael MacNeil	22:19
Jolie Bath	24:07
MaryAnn MacNeil	24:49

SHOWCASE 5-MILER	
NORTH READING, MA - AUGUST 25, 2001	
Jerry Delatizky	41:30
Judy Duffey	46:20
Robert Coburn	47:50

RUN FROM THE SUN 10K	
MEDFORD, MA - AUGUST 26, 2001	
Andy Goldberg	38:56
Paul Donahue	42:10
John Gorvin	44:23
Eric Bremberg	44:57
Chris Hastings	45:09
Robert Boyd	47:09
Robert Bruzzese	47:54
Jerry Delatizky	52:00
Jill Weiner	52:07
Amanda Lanza	53:05
Robert Coburn	57:29
Margaret Sw eeny	57:36
Judy Duffey	58:44



Photos By Jim Rhodes/CoolRunning

Run From The Sun 10K

Paul Donahue

Eric Bremberg

Chris Hastings

Bob Boyd

Robert Bruzzese

Amanda Lanza

Jerry Delatizky

Judy Duffey