



# Melrose Running Times



The Official Newsletter of the Melrose Running Club

November 2001

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### Membership Information

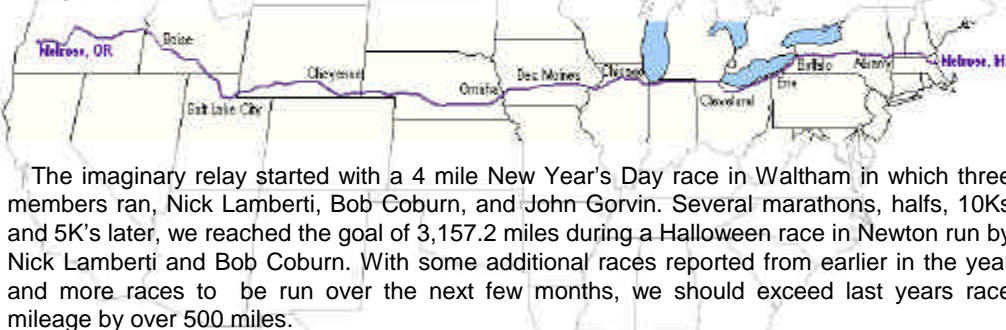
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## Welcome to Melrose...

In January we set a goal to run more than miles in races this year than we did last year. To set a metric to measure this by, we challenged ourselves to run enough miles to cover the distance from Melrose, Massachusetts, the hometown of our club, to Melrose, Oregon, a small area on the west coast of the United States. To do this we needed to run 3,157.2 miles in racing miles. With a club of 100+ runners that is more than a marathon per member.



The imaginary relay started with a 4 mile New Year's Day race in Waltham in which three members ran, Nick Lamberti, Bob Coburn, and John Gorvin. Several marathons, halves, 10Ks and 5K's later, we reached the goal of 3,157.2 miles during a Halloween race in Newton run by Nick Lamberti and Bob Coburn. With some additional races reported from earlier in the year and more races to be run over the next few months, we should exceed last years race mileage by over 500 miles.

With all those miles added together we have run to a place that none of us will probably ever go. The final miles of our imaginary journey took us just south of Winchester Oregon, and North of Medford, Oregon, to a city named Roseburg. As we followed Melrose Avenue out of Roseburg, we crossed Champagne Creek on to Doerner Road to the Hill Crest Winery at Melrose. Melrose, Oregon sits in the Umpqua Valley, a heavily forested cluster of farms and vineyards in southwestern Oregon.

**BE CAREFUL !!!**  
**Wear A Reflective Vest**

## Welcome Sarah Elizabeth Williams

Please join us in congratulating Melrose Running Club member Neil Williams, his wife Karen and son Michael on the birth of Sarah Elizabeth on October 27th. Sarah weighed in at 8 pounds 10.5 ounces and was 22 inches long.



## November Announcements

### THANKSGIVING BASKETS

The Melrose Running Club will once again be donating Thanksgiving Dinners Baskets for local families in need in the Malden/Melrose communities. All members are encouraged to contribute a food item which may be chosen from a list available at the Tuesday Night Run. By the time Thanksgiving rolls around we should have complete dinners, from the cranberry sauce to the apple pies, available for at least three families.

Jackie Doerrer-Mullen is once again coordinating this activity. If you have any questions or would like to be more involved with this project, just ask Jackie. She could use the help collecting the food items and assembling the baskets.

### THANKSGIVING FUN RUN

On Thanksgiving morning MRC members will meet for a holiday fun run. We meet at 9AM at the Stone Zoo Parking Lot in Stoneham, MA. Together we will run a 5 mile run around Spot Pond. All are welcome and refreshments will be served at the end of the run

### HOME FOR THE HOLIDAYS FUN RUN

Join us for the Home For The Holidays Fun Run on Saturday December 8th. This 3 mile run winds through Melrose touring the city's holiday event sites. In conjunction with the run, we will be accepting clothing donations for local homeless shelters.

### MRC HOLIDAY PARTY

Mark your Calendar! The Melrose Running Club will be hosting its annual holiday party on December 15th, 7PM at the Melrose Knights of Columbus. Look for more details next month...

### VOLUNTEERS NEEDED

We need help from our members to organize each of the above events.

## Were they handing out trophies in the Port-A-Potty line?



Several Members earned themselves some hardware at the Homecoming Hustle in Everett. To see who won what, along with race results from other October races, see page 3.

## 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

MRC Voicemail: (781) 685-1450 x6100

## 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**

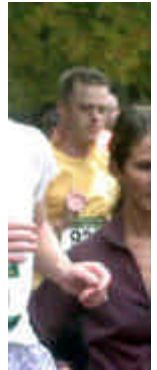
**Thursday Evening Hill Run**  
**Breakheart Reservation**  
**Wakefield Entrance**  
**Wakefield, MA**  
**6:30PM**

**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**

## My Boston Half Marathon

In 1981 I was a sophomore in high school running my first year of track. Although I started as a sprinter my coach kept pushing me to run longer. One day he sent me and a friend out with the distance runners for a long run. The run left Brookline High School with the two of us near the front of the pack. It traveled up to and around Jamaica Pond, where we found ourselves at the back of the pack. It continued down the RiverWay to the Fenway, where we lost sight of the group of runners leading the way. It was dark, we were tired, we had lost the rest of the team and a train was coming. Since the train was free going outbound, like Rosy Ruiz had done the spring before in the Boston Marathon, we took the train to shorten our run. We got off the train one stop before the Brookline High School stop to avoid the embarrassment of cheating on our run, but as we did the pack came running down the street and caught us. This experience made it obvious that I didn't have the endurance of a long distance runner. Every long run the coach sent us on was preceded with the warning "And don't take public transportation!"



In March of 2000 I ran my first half marathon. The few months of training and the few hours of racing proved once again I don't have the endurance of a long distance runner. I vowed never to attempt that distance again... until I saw a flyer for the inaugural BAA Boston Half Marathon. An opportunity of running the distance I swore off of on the roads I was once unable to complete a long run on. How could I pass up this challenge? This was MY race!

The race course began at Roberto Clemente Park in the Fens, in the center of a triangle that held important significance to me on each corner. To the north was Fenway Park, a place where four generations of James Carson's have routed for a losing team. To the south was Northeastern University, my Alma Mater. To the east Beth Israel Hospital, the birthplace of my three children. The first miles brought me past some personal landmarks. Along the route that I used to take when I walked to NU during the summer, I passed the infamous Fenway T Stop, along the Muddy River with Longwood Towers on the opposite side, where my grandmother worked when I was a kid. The first mile ended a block from the street I grew up on. Here my parents and brother stood cheering me on. The second mile took us into Brookline past the Brookline High School Track. From there we continued into the third mile, up around Jamaica Pond where our cross country meets were held. The fourth mile hit the Arborway along the Arnold Arboretum where Michelle and I once ran the Tot Trot there with James in Kaitlin in jogging strollers. The next mile brought us over the Forest Hills train station and up a hill to Franklin Park. As I was going up the hill the front runners were coming down. Bill Rogers, a high school running hero, was coasting down the hill as I struggled up. We ran past the Franklin Park golf course where I ran in the Cross Country state meet in 1983. A series of turns brought us through the Zebra exhibit at the Franklin Park Zoo and back down the hill. The trip back was wet as the mist turned to rain. My 8 minute miles were stretching to 9 minutes. From the course I spotted the South Huntington Ave bus stop where I waited in the cold to go to NU on winter mornings. The cool rain falling wasn't as bad as the sub-zero days waiting for the bus. In the 10th mile I passed back over Brookline Ave. My mother was still waiting to see me come by but my brother had taken my father back home out of the rain. Mile 11 passed back by the Fenway Stop. I made it without the aid of public transportation! Closing in on the finish we passed in behind the Museum of Fine Arts, past the NU dorms and apartments, and back to the Fenway. As the race ended I caught a glimpse of one of the light towers at Fenway Park. This encouraged me to do something in this race that the Red Sox haven't been able to do in 80+ years... finish strong!

## 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



## 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  
 DECEMBER 4th



**Birthday Wishes**



**November**

- 1 Steven Broadley
- 1 Sandra DiCarlo
- 13 Jennifer DeSimone
- 13 Buddy Hubert
- 14 Joyce Anderson
- 19 Eileen Lyle
- 20 Eden Gernart
- 21 Lauren Reid
- 24 Kevin Anderson

**Scenes From Lake Winnepesaukee**



**Welcome New Members**

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

- Tom Cross
- Paul Hennessey
- Michelle Jome
- Karen Kezerman
- Erin Lynch
- Lynne Meehan
- Paul Mooney
- Kenneth Peluso
- Brian Slater
- Emily Wallengren

**NOVEMBER**

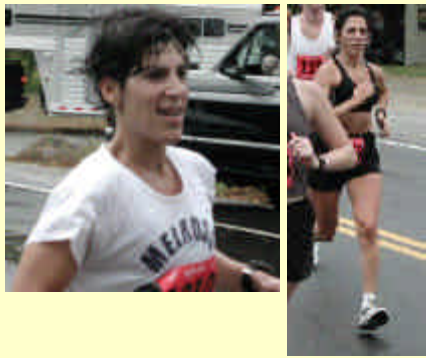
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>RACE OF THE MONTH</b> Veterans Memorial 11K Sunday, November 11th at 11:00 AM				1	2	3
4 BattleGreen Run 5K/10K Lexington, MA	5	6 First Tuesday MRC Club Run	7	8	9	10
11 Veterans Memorial 11K Stoneham, MA	12	13 MRC Club Run	14	15	16	17 Edaville Railroad 5M Carver, MA
18 Slattery's Turkey Trot 5M Fitchburg, MA	19	20 MRC Club Run	21	22 Thanksgiving Feaster Five Andover, MA	23	24
25 ACC CrossCountry 6K Andover, MA	26	27 MRC Club Run	28	29	30	Join us for a fun run Thanksgiving Morning 9AM at Spot Pond

Melrose Running Club Members' October Race Results

APPLEFEST HALF MARATHON

HOLLIS, NH - OCTOBER 6, 2001

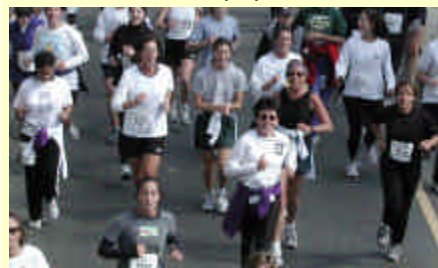
Linda Ford 1:41:35  
Maryann Macneil 1:51:40



TUFTS 10K FOR WOMEN

BOSTON, MA - OCTOBER 8, 2001

Jennifer Desimone 50:26  
Jackie Doerrerr-Mullen 52:49  
Jean Terranova 53:31  
Lauren Reid 55:07  
Judy Duffey 56:45  
Sharon Mckenna 57:36  
Diana Bombaci 57:02  
Martha Quigley 57:51  
Liz Tassinari 60:55  
Audrey Shernan 60:39  
Jane Boyd 61:37  
Janice Meckstroth 62:42  
Janet Murphy 63:30  
Mary Lynch 67:05



SAUGUS LIONS 5K

SAUGUS, MA - OCTOBER 20, 2001

2nd Overall Linda Ford 21:42  
3rd in Age Group Maryann Macneil 23:07  
2nd in Age Group Robert Coburn 28:07

BAYSTATE MARATHON

TYNGSBORO, MA - OCTOBER 21, 2001

Nattie Kapij 3:35:34  
Kelli Allison 3:41:26  
Jennifer Desimone 3:54:41  
Roy Van Buren 4:02:16



THE FALL CLASSIC 5M

LYNN, MA - OCTOBER 6, 2001

Paul Hennessey 30:42  
Buddy Hubert 39:40

HOMELESS COALITION 5K

SOMERVILLE, MA - OCTOBER 6, 2001

Robert Bruzzese 21:48  
Robert Coburn 27:37

PORTLAND HALF MARATHON

PORTLAND, ME - OCTOBER 7, 2001

Linda Moniz 2:15:31

MOAKLEYS RUN FOR RESEARCH 5M

DORCHESTER, MA - OCTOBER 13, 2001

3rd in Age Group Robert Boyd 36:40  
Robert Coburn 44:21

BAYSTATE HALF MARATHON

Paul Donahue 1:29:21  
Michael MacNeil 1:50:55  
Paul Johnson 1:51:58

CHICAGO MARATHON

CHICAGO, IL - OCTOBER 7, 2001

Jill Weiner 4:38:24

MOHAWK-HUDSON RIVER MARATHON

ALBANY, NY - OCTOBER 14, 2001

Johanna Cohan 3:57:38

BOSTON FIREFIGHTERS 10K

DORCHESTER, MA - OCTOBER 21, 2001

Eric Bremberg 47:00  
Randy Hudson 51:30  
Robert Coburn 55:45

IRISH-AMERICAN CLUB OF WOBURN 5M

WOBURN, MA - OCTOBER 7, 2001

Paul Donahue 31:57  
Robert Boyd 36:57  
Robert Coburn 43:27  
Judy Duffey 45:33

B.A.A. HALF MARATHON

BOSTON, MA - OCTOBER 14, 2001

Jim Carson 1:54:09  
Kerri Kean 2:00:53  
Lauren Reid 2:01:37

TOPSFIELD FALL FOLIAGE 5M

TOPSFIELD, MA - OCTOBER 21, 2001

Audrey Shernan 47:03

HOMECOMING HUSTLE

EVERETT, MA - OCTOBER 20, 2001

3rd Overall Paul Hennessey 17:50  
Robert Bruzzese 20:25  
2nd in Age Group John Morris 21:13  
3rd in Age Group Nicholas Lamberti 22:19  
1st in Age Group Susan Worrall 22:24  
Buddy Hubert 22:42  
2nd in Age Group Lauren Reid 24:31  
Lisa Millerick 28:47  
Susan Clough 29:19

HALLOWEEN HUSTLE 5K

NEWTON, MA - OCTOBER 27, 2001

Nicholas Lamberti 24:09  
Robert Coburn 27:06

SHIRT FACTORY FIVE

SALEM, NH - OCTOBER 28, 2001

Robert Boyd 37:06  
Judy Duffey 45:15



Photos from CoolRunning