



# Melrose Running Times



The Official Newsletter of the Melrose Running Club

January 2002

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## January Announcements

*Boston Marathon Number Lottery.*  
Once again the BAA has given our club two courtesy numbers for the Boston Marathon. These numbers are given to clubs to distribute to their members. The MRC holds a lottery to determine who gets our number. Interested members need to fill out an application, either online or by paper form, and submit to the MRC board. Board members will review the applications. The lottery is weighted to reflect each members contribution to the club. The lottery will be held January 15th at the Tuesday Night Run.

## 2001 Year in Pictures

With the advent of the digital camera coupled with Jim Rhoades love of running and photography, 2001 became the year of the racing photo. Starting in April, Coolrunning began to include Jim's photos with race results. The result has been the ability of running clubs to capture their members in action. To the right is a photo mosaic of the MRC logo created out of race photos of over 40 MRC members taken throughout 2001 repeated throughout the picture.



## MRC Board

**Nick Lambert**

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**Mike Quigley**

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**Lauren Reid**

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## Regular Runs

Each Tuesday night the Melrose Running Club meets at the Melrose Knights of Columbus for its 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 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**

**Contact: Andy Goldberg**

**Saturday Morning Long Run**  
**Melrose Family YMCA**  
**497 Main Street**  
**Melrose, MA**  
**8:00 AM**

**Contact: Jean Terranova**

## First Tuesday

We'll see you at  
 Stearns & Hill Restaurant  
 on the

FIRST TUESDAY  
 of every month  
 after the

Tuesday Night Club Run.



## RRCA

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



## City Recognizes The Club's 5<sup>th</sup> Anniversary

### CITY OF MELROSE Board of Aldermen

*Resolution in recognition of the Melrose Running Club on the occasion of its 5<sup>th</sup> Anniversary*

*Whereas, the Melrose Running Club (MRC) was founded in 1996 and has a current active membership of 130 members; and*

*Whereas, the MRC supports the Melrose community with its Thanksgiving Basket Program for needy families and the Melrose Run for Women held annually on Mother's Day, an event that raised \$6,000.00 this year for the Melrose Alliance Against Violence. In addition, members volunteer and participate in the Hunt's Annual Photo Chase, the Robert Lloyd 5 mile Race named in memory of the late Chief of Police, the Victorian Fair EMARC 5K, and the Law Enforcement Half-Marathon, all held in Melrose; and*

*Whereas, Melrose was the home of Harry Leonard, one of 12 finishing runners in the first Boston Marathon held April 19, 1897, and two of the world's greatest marathoners, Clarence DeMar and Bill Rodgers, both of whom are honored with a plaque and monument at Ell Pond; and*

*Whereas, MRC members volunteer and participate in a variety of weekly races in the New England area, with seven of its members finishing the Boston Marathon this past April, 2001; and*

*Whereas, the MRC is open to all residents regardless of ability, maintains a web site at www.melroserunningclub.com, and meets regularly at 7:00 p.m., Tuesdays, at the Melrose Knights of Columbus for its fun run and invites all residents to participate; now therefore*

*Be it Resolved, that the Mayor and Board of Aldermen, on behalf of the City of Melrose, recognize and applaud these achievements and congratulate the Melrose Running Club on the occasion of its 5<sup>th</sup> Anniversary.*

*Dated this thirteenth day of November, two thousand one*

*On behalf of  
 The Board of Aldermen,  
 Robert J. Dolan*

*President, Board of Aldermen*



*Richard D. Lyons*

*Mayor, City of Melrose*

*Offered by Alderman John T. Cinella, Jr. and Alderman-at-Large Geraldine R. Heavey*



Alderman and MRC member John Cinella (right) presents the resolution to the Melrose Aldermen at a meeting on November 13th, 2001. MRC Board Members Jim Carson, Eileen Lyle, and Mike Quigley are present as the resolution is passed.



Ten original MRC members join Cinella at the MRC Holiday Party on December 15th to present the resolution to the club.



January

- 7 Jane Boyd
- 10 Jackie Mullen
- 17 Gina Abbot
- 18 Stu McIntire
- 20 Dan Slattery
- 23 Sheila Lawson
- 23 Donna Pagliccia
- 30 Lois Parker Carmona
- 31 Matthew Timony
- 31 Jill Weiner

Welcome New Members

The Melrose Running Club would like to welcome it's newest members...

- Karen Bauer
- Ken Bauer
- Aron Chiang
- Michael Lowry
- Bernie Svedlow
- Paul Walsh

With the addition of these members, our current total is 140 members.

Member Poll

From the city streets of Melrose, MRCers have traveled far and wide to run. If you traveled for a race or you just ran while you traveled, I want to know where the sport of running has taken you while you've been a member of the club. E-mail your MRC running adventures to editor@melrosesrunningclub.com

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

**10% OFF**  
**RUNNER'S EDGE**

Home For The Holidays Fun Run



Several MRC members and local runners gathered for the annual Home For The Holidays 3 Mile Fun Run on December 6th. The run traveled down Main Street through Franklin Square and Cedar Park, locations that would host holiday events throughout the day as part of the Melrose Chamber of Commerce Home For The Holiday Weekend. A clothing donation drive associated with the run was successful with members donating assorted garments. Special thanks to Diana Bombaci who emptied her fiancé's closets of old suits. The clothing was well accepted by the Pine Street Inn Homeless Shelter.

Mission Accomplished

The MRC 100 Mile Club recognizes members that run over 100 miles in road races throughout the calendar year. Runners were awarded certificates of achievements at the MRC holiday party by club president and 100 miler Nick Lamberti and 100 miler Jim Carson, the creator of the 100 Mile Club. See page 6 for more on the fourteen MRC members that accomplished this feat.



(l-r) 100 Milers Nick Lamberti, Andy Goldberg, Bob Boyd, Linda Ford, Judy Duffey, and Jackie Mullen with Jim Carson, 100 Mile Club creator.

**Men's Route**

**Women's Route**

Who will make it Melrose Florida first? Report your race reports and help your team win!

Challenge 2002

In 2001 MRC members were challenged to run more racing miles than the previous years. Enough miles in fact to run a mapped route from Melrose, Massachusetts to Melrose, Oregon. We made that goal without any trouble, exceeding the required mileage by over 700 miles.

2002 poses a new challenge to the membership of the Melrose Running Club. This year we will be racing from Melrose, Massachusetts to Melrose, Florida. The twist, this years miles will pit the women of the MRC versus the men of the MRC. Two separate paths have been created that are roughly equivalent to the mileage each gender ran in 2001. The men's path travels through cities and towns named Melrose in the states of New York, Pennsylvania, Ohio, Kentucky, Tennessee and Georgia before heading to Florida. The women will take a shorter route through Melroses in Connecticut, New Jersey, Maryland, Virginia, West Virginia, and Georgia. The two paths converge in Atlanta, Georgia on the way to Melrose, Georgia and follow the same path into Melrose, Florida.

As the race results pour in you can track the progress of the two teams on the recent results page of the Melrose Running Club website.

## December Race Results

### St. Brigids Kris Kringle 5K South Boston, MA - December 1, 2001

Jackie Mullen	25:10
Lauren Reid	25:54
Robert Coburn	28:29

### Aurelio Polci Memorial 5K Somerville, MA - December 2, 2001

Michael Quigley	23:31
Robert Coburn	27:37
Paul Mooney	31:38

### Scott Bailey 5M Framingham, MA - December 2, 2001

Buddy Hubert	43:42
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## RACE OF THE MONTH

### Larry Robinson 10M Andover, MA - December 9, 2001

Paul Donahue	1:09:36
Linda Ford	1:12:59
Michael Macneil	1:14:26
Andy Goldberg	1:15:29
Eric Bremberg	1:15:38
Chris Hastings	1:16:38
Maryann Macneil	1:18:13

### Larry Robinson 5.7M

Nick Lamberti	46:05
Jill Weiner	49:55
Margaret Sweeney	51:47
Bob Coburn	52:34
Judy Duffey	54:11
Sharon McKenna	57:13

### Colonial Winter Series 4.0M Abington, MA - December 15, 2001

Margaret Sweeney	32:15
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### Last Night 5K Somerville, MA - December 31, 2001

Andy Goldberg	19:27
Jennifer Desimone	25:23
Jill Weiner	26:54
Judy Duffey	29:04

## 2001 Road Racing Review By Jim Carson

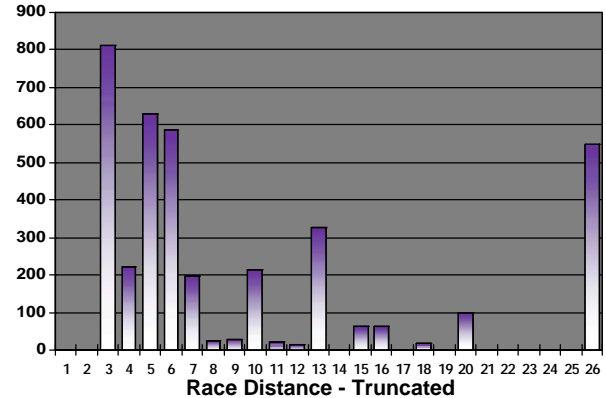
What did you do in 2001? If you were one of the 111 members of the Melrose Running Club that ran a race in 2001 you contributed to our total of 3,870.6 miles of racing throughout the year. As a club, that is over 1,000 more miles than we ran in 2000. All together MRCers put in 547 hours of racing throughout the year, that is nearly 23 days of running.

**How we did it...** The most miles were covered with short races. Race distances between 3 and 4 miles accounted for the most miles, over 800 miles. This total includes 247 results logged in the 54 5Ks we participated in, as well as other 3 milers. Other popular distances were 5 milers with 119 logged, 10Ks with 72 completed, and 25 members finished a half marathon this year. There were 21 marathons completed this year by our members, accounting for 550.2 of our miles. Four members, Johanna Cohan, Jennifer Desimone, Roy Van Buren, and Jill Weiner, ran two.

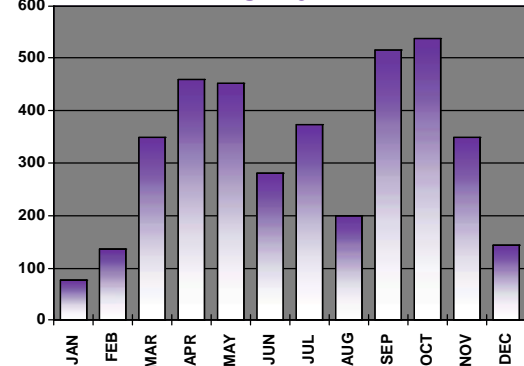
**When we did it...** As one would expect the spring and the fall months are when we do the most racing. With 9 MRC members completing the Boston Marathon, April proved to be most raced spring month with 458 miles covered, just ahead of May's 452. The summer months averaged under 300 miles per month, but the Lake Winnepesaukee Relay and Victorian Fair race help make September the second most raced month of the year. October's fall marathons and half marathons make that the most raced month overall with 537 miles of road passed over.

**Who did it...** We averaged almost 36 miles per member that raced. Although only 42% of our membership is male, the men in the club covered 2,212 of our 3,870 miles, or roughly 57% of the miles. The remaining 1,658 miles were covered by the club's women. Although the birth dates of all are members aren't known, the results that could attribute to age groups shows that the club's men in their 30's did most of the running with nearly 900 miles covered. This demographic group represents about 18% of the club but contributed almost 23% of the racing miles. The women in their 30's raced over 800 miles or 21% of the miles although they represent 27% of the club. The age group that ran the most miles per person were the men in their 60's. Despite representing only 2.1% of the club Bob Coburn, Jerry Delatizky, and Jack Mitchell covered 422.6 racing miles!

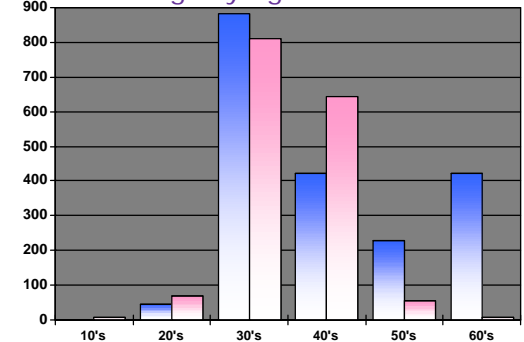
Mileage by Race Distance



Mileage by Month



Mileage by Age and Gender



Jim Rhodes / CoolRunning

Mike Quigley  
Aurelio Polci 5K



Jim Rhodes / CoolRunning

Bob Coburn  
Aurelio Polci 5K



Jim Rhodes / CoolRunning

Andy Goldberg  
Last Night 5K

## Upcoming Race Dates

### January

1/1	Run 4 New Years Day	Waltham, MA	11AM
1/1	Hangover Classic 5K / 10K	Salisbury, MA	11AM
1/13	Frostbite 15K	Raynham, MA	9AM
1/27	<b>Boston Prep 16M</b>	<b>Derry, NH</b>	<b>10AM</b>

### February

2/3	Super 5K	Lowell, MA	1PM
2/3	Great Stu Chase 15K	Lynn, MA	10AM
2/9	Bradford Valentine 5M / 6K	Bradford, MA	10AM
2/10	<b>Penguin Classic 3.4M</b>	<b>Wakefield, MA</b>	<b>12:30PM</b>
2/24	Hyannis Marathon / Half	Hyannis, MA	10:30AM

### March

3/10	<b>Law Enforcement Half / 5K</b>	<b>Wakefield, MA</b>	<b>10:00AM</b>
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(Highlighted races are the MRC's Races of the Month)

Scenes From The 2001 MRC Holiday Party



## The 2001 Edition of the 100 Mile Club

In 2001 the following fourteen MRC members earned the membership into the MRC 100 Mile Club. The club was established in 2000 to recognize MRC members that race 100 miles in a calendar year. Nine members achieved this goal last year. Eight of those nine are back this year and are joined by five new members of the 100 Mile Club.

# 100 Mile Club



◀ **Robert Coburn, 239.5 miles:** This year Bob didn't just earn his way into the club, he did it twice. By running in over 50 races, he accumulated over 200 racing miles in 2001. Bob ran a road race in every month of 2001, including 10 races in the month of September alone.

▶ **John Gorvin, 166.0 miles:** Despite letting his club membership expire, John Gorvin gained enough miles in the months that he was a member to qualify for the 100 mile club.

◀ **Judy Duffey, 161.7 miles:** Judy logged more miles than any other MRC woman by running in 40 races. Judy ran more 5Ks than any other member of the MRC with 16. The only month Judy wasn't racing was January when it is hard to find a 5K.

▶ **Andy Goldberg, 153.7 miles:** Andy doesn't just run fast, he also races a lot. With 20 races run this year, Andy competed in every month except October to make it into the 100 Mile Club for the first time. He earned the break in October by placing 5th in his age group at the Clarence DeMar Marathon in late September.

◀ **Bob Boyd, 146.7 miles:** Bob earned his membership by participating in 33 road races in 2001. If there is a 5M race in the area, Bob will be there. He competed in 14 of them in 2001.

▶ **Linda Ford, 137.7 miles:** Linda can run fast but she can also run long. Running 14 races in 2001, half of those were 10 miles or more. This year she joins the 100 mile club with two Half Marathons and a Marathon on her list of races.

◀ **Jill Weiner, 131.1 miles:** Jill ran half the miles she needed to make the club in two of her 14 races. She ran both the Rock and Roll Marathon in June and the Chicago Marathon in October. Jill makes the 100 mile club in her first full year running with the club.

▶ **Jerry Delatizky, 124.3 miles:** Despite only running races from April through September this year, Jerry earned enough miles to make the club. Jerry is the senior member of the 100 Mile Club as he celebrated his 69th birthday this racing season.

◀ **Paul Donahue, 122.9 miles:** Paul ran 20 races this year, a race in every month except January, to earn his first trip to the 100 mile club. Paul had a strong racing year with a consistent sub-7 minute pace in every race.

▶ **Scott Minzy, 119.4 miles:** With 13 races early in the year, including the Boston Marathon, Scott earned his 100 miles before returning to his home state of Maine. Scott continued his running up in Maine with a sub-20 5K in December.

◀ **Jackie Mullen, 111.0 miles:** Jackie stays in the club while only racing 11 times this year. Running two half marathons and the Boston Marathon, Jackie makes it into the club with less races run than any others that made it.

▶ **Nick Lamberti, 105.4 miles:** Nick started the year as the first racer on New Year's Day. Keeping to his plan of running at least one race each month, Nick ran 19 more races spread throughout the year earning his way into the club in early December.

◀ **Margaret Sweeney, 103.8 miles:** Margaret was the last person to join the 100 Mile Club. Running the last of her 21 races, a 4 miler, on December 15th. Her favorite race of the year though is most likely the Bridge Of Flowers 10K which was run on the day of her marriage to our last member of the 100 Mile Club...

▶ **Chris Hastings, 101.2 miles:** A nagging injury couldn't stop Chris from carrying out his well planned route to 100 miles. Chris ran his 20th race in early December race to make his way on the 100 Mile Club.

Great Job everyone, now lets get started on the 2002 miles!

By Jim Carson

