



Melrose Running Times



The Official Newsletter of the Melrose Running Club

March 2002

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Announcements

Volunteer Opportunities – This is one of the busiest times of year for the Melrose Running Club, please lend a hand whenever and wherever you can.

Bylaw Amendment – A vote is to be held March 19th to change the Board Election date from March to September.

E-mail List – Please sign up for the MRC e-mail list to receive announcements in you Inbox. Send an e-mail to this address to join: mrc-all-subscribe@yahoo.com

February Race of the Month

In February, twenty-three members of the Melrose Running Club participated in the Penguin Classic, a 3.4 mile run around Lake Quannapowitt in Wakefield, MA. The club earned a third place team finish although many of our runners were not recognized as MRCers. Had all out members been counted, our times would have resulted in a first place finish! Make sure that you note that you are a member of the Melrose Running Club when filling out race applications.

Linda Ford led the charge around the lake finishing 35th overall. She was the third woman to cross the finish line, first woman in her age group. Other MRC age group winners were MaryAnn MacNeil and Linda Moniz, capturing first and second in their respective age groups.

Pictured below are other MRCers that participated in the race. For race results from this and other races, see page 4.



Linda Ford is the MRC's first finisher of the Penguin Classic



Bob Bruzesse, MaryAnn MacNeil, Natlie Kapij, Johanna Cohan, Bob Boyd, Buddy Hubert, Diana Bombaci, Judy Duffey, Bob Coburn, Martha Quigley, Jane Boyd, Margaret Sweeney, Michelle Carson, Paul Mooney

Walk To Run

With spring on its way many local walkers will entertain the notion of starting a running routine. For these walkers or runners that have lost their way over the winter, the Melrose Running Club is offering its annual Walk-to-Run program starting on April 23, 2002. In it's third year this 10 week program guides walkers through a progressive 30 minute walk/run program each week with the goal of achieving the fitness level to complete a 5K race. Last year over 30 people completed the Walk to Run program and almost half of these participants successfully ran the Take The Lake 5K in Wakefield last July.

If you have any friends interested in joining this program refer them to the WALK TO RUN link on the MRC website.

If you would like to be involved with guiding a group on one or more runs during the program please contact Nick Lamberti.

For more information check out the WALK TO RUN link on the MRC website.



Melrose Run For Women

The Melrose Run For Women is the signature race of the Melrose Running Club. The planning for the 2002 edition of race is in full swing. This year's race directors Jean Terranova and Stu McIntire are looking for volunteers to help continue the success the race is known for. Immediate needs are securing race sponsors, distributing race information, and site preparation.

To learn more about the race you can visit the race's link on the MRC website. For more information on volunteer opportunities watch the MRC news on the website for race meeting, visit the MRC forum on the website, or ask Jean, Stu, or an MRC Board Member.



Melrose Run for Women

MRC Board

Nick Lamberti
president@melroserunningclub.com
Jean Terranova
vice_president@melroserunningclub.com
Diana Bombaci
secretary@melroserunningclub.com
John Morris
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 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



Another Season Starts By Jim Carson

The Melrose Running Club has created a number of ways to measure our runners that gives everyone the possibility of getting their name atop a road racing list. The leaders in these categories will be recognized annually for the achievements as members of the MRC.

The 100 Mile Club - Now in its third year, this program recognizes members that complete over 100 Miles in road racing. Nine racers were inducted into the 100 Mile Club in 2000. Eight of those nine returned with over 100 miles in 2001 and seven more runners exceeded this milestone along with them. These runners were highlighted in the January 2002 Melrose Running Times.

The Fastest Five - Being fast is something to be proud of too. The MRC also recognizes its speedy members too. Starting in 2002, members that post the fastest times in standard race distances will receive certificates of achievement. Five men and five women will be recognized for their accomplishments in the 5K, 5M, 10K, 10M, Half Marathon, and Full Marathon. Eleven men and thirteen women can be proud of the fact that they made the fastest five lists of 2001. Paul Hennessey finished the 5K and the 5M faster than any other MRCers while Andy Goldberg recorded the fastest times for all other races. Linda Ford swept the field as she clocked the fastest time in all six distances.

MRC's Fastest Five in 2001

Best 5Ks of 2001			
Male		Female	
Paul Hennessey	17:50	Linda Ford	21:31
Mike Urquiola	18:25	Linda Ford	21:42
Andy Goldberg	18:53	Johanna Cohan	22:21
Scott Minzy	18:55	Sue Worrall	22:24
Alec Bath	19:11	Marnie Miller	22:31

Best 5Ms of 2001			
Male		Female	
Paul Hennessey	30:42	Linda Ford	34:45
Andy Goldberg	30:49	Ann Dubiel	39:02
Andy Goldberg	31:46	Jolie Bath	39:14
Scott Minzy	31:56	Sue Worrall	39:38
Paul Donahue	31:57	Ann Dubiel	39:43

Best 10Ks of 2001			
Male		Female	
Andy Goldberg	38:56	Linda Ford	44:36
Andy Goldberg	39:58	Linda Santullo	48:22
Scott Minzy	40:25	Jennifer DeSimone	49:43
Paul Donahue	41:03	Jennifer DeSimone	49:57
Paul Donahue	42:10	Jennifer DeSimone	50:26

Best 10Ms of 2001			
Male		Female	
Andy Goldberg	1:03:45	Linda Ford	1:12:59
Joe Terranova	1:09:23	MaryAnn MacNeil	1:18:13
Paul Donahue	1:09:36	Eileen Lyle	1:22:05
Michael MacNeil	1:14:26	Jennifer DeSimone	1:25:40
Andy Goldberg	1:15:29	Jackie Mullen	1:30:52

MRC's Most Improved in 2001

5K	2000	2001	% Improved
John Morris	24:19	21:13	12.7%
Nick Lamberti	23:52	22:19	6.4%
Sharon McKenna	27:36	26:00	5.7%
Margaret Sweeney	27:31	25:56	5.7%

5M	2000	2001	% Improved
Andy Goldberg	32:38	30:49	5.5%
Rosemary Henchey	49:36	47:08	4.9%
Paul Donahue	32:40	31:57	2.1%

10K	2000	2001	% Improved
Jim Carson	51:59	49:19	5.1%
Nick Lamberti	50:24	48:47	3.2%
Mike Quigley	51:12	49:50	2.6%

10M	2000	2001	% Improved
Eileen Lyle	1:26:43	1:22:05	5.3%
Jackie Mullen	1:33:05	1:30:52	2.3%
James McSweeney	1:26:07	1:25:53	0.2%

Half Marathon	2000	2001	% Improved
Paul Donahue	1:33:48	1:29:21	4.7%
Andy Goldberg	1:28:22	1:25:20	3.4%
Jim Carson	1:54:57	1:54:09	0.6%

Marathon	2000	2001	% Improved
Johanna Cohan	4:09:23	3:50:56	7.3%
Roy Van Buren	4:17:17	4:02:16	5.8%
Jackie Mullen	4:12:55	3:58:32	5.6%

Best Half Marathons of 2001

Male		Female	
Andy Goldberg	1:25:20	Linda Ford	1:38:16
Paul Donahue	1:29:21	Linda Ford	1:41:35
Joe Terranova	1:31:03	MaryAnn MacNeil	1:43:10
Stephen Buckley	1:35:53	MaryAnn MacNeil	1:51:40
John Gorvin	1:41:45	Linda Santullo	1:52:22

Best Marathons of 2001

Male		Female	
Andy Goldberg	3:03:58	Linda Ford	3:22:46
Scott Minzy	3:06:22	Natlie Kapij	3:35:34
Gary Gilbert	3:20:28	Kelli Allison	3:41:26
John Gorvin	3:51:53	MaryAnn MacNeil	3:44:49
Stephen Buckley	3:53:07	Johanna Cohan	3:50:56

The MRC's Most Improved - We all can't be the fastest, but we can still take pride in getting faster. The MRC will also start recognizing those runners that improve their race times from year to year. Members with the largest percent improvement in each racing category will be awarded a certificate of achievement. The improvement is compared to your best time in the same distance from the previous year.

Get Racing - If you had trouble getting motivated for the upcoming racing year, these programs should give you something to shoot for. Remember that you can track these programs on www.MelroseRunningClub.com.



- February**
- 3 Ann Foss
 - 6 Natlie Kapij
 - 7 Scott Katzman
 - 8 Terry Reilly
 - 10 Paul Mooney
 - 11 Lisa Finkel
 - 12 Kenneth Paluso
 - 16 James McSweeney
 - 16 Margaret Sweeney
 - 17 Jean Terranova
 - 27 Emily Wallengren
 - 28 Evan Labell

- March**
- 1 Joe Terranova
 - 3 Julie Mullane
 - 4 Naomi Vishnupad
 - 6 Christine Sheehan
 - 9 Kathy Doyle
 - 11 Christopher Perham
 - 13 Paul Donahue
 - 14 Paula Grogan
 - 20 Hank Murphy
 - 27 Aron Chiang
 - 30 Roy Van Buren

- April**
- 2 Susan Montecalvo
 - 2 Neil Williams
 - 5 Susan Clough
 - 8 Elisabeth Kandler
 - 9 Bernie Svedlow
 - 20 Glenn Drabik
 - 20 John Morris
 - 22 Rachel Sorrentino
 - 23 Albert Lopez
 - 23 Brian Slater
 - 24 Mark Gravina
 - 25 Nancy Gaudet
 - 25 Liz Tassinari

A Marathon is Child's Play

Jill Weiner will be running the Boston Marathon on April 15th representing the Melrose Running Club. Jill will be supported by her second grade class too. Her group of 7 and 8 year olds put together this essay on their teacher's upcoming experience.

Jill's Class Reports on their Teacher

Ms. Weiner is our second grade teacher at the Bell School in Marblehead. Since September she has talked to us about her running. We even do math problems using the bib number after she runs a race!!! She told us that running a marathon takes A LOT of practice, and now that she is going to run in Boston, we are VERY excited. We're excited because she told us that it is a famous race, and that her name was picked out of a hat from her running club to get a bib number (oh no...MORE math problems).

Since January, we've been helping her with a training schedule, so we made calendars. We meet once a week to discuss her progress. We check out the calendar and count the mileage. Also, we suggest rest days and long run days. Sometimes we have to make changes if she's tired or hurt. She keeps reminding us about staying healthy and getting a good night's sleep! She even has us stretching with her after she runs at lunch!!!!

Some of us will be at the marathon holding a banner to cheer for her. We're glad she taught us where Boston is located, because some of us didn't know about this city. We hope she wins, but she says that finishing is more important.

She's one COOL second grade teacher....we're her BIGGEST FANS!!!!

By Ms. Weiner's Second Grade Class

Welcome New Members

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

- Nancy Gaudet**
- Evan Labell**
- Paula Grogan**
- Chris Chang**
- Brian Ladner**
- Naomi Vishnupad**

With the addition of these members, our current total is **148** members.

Boston Lottery

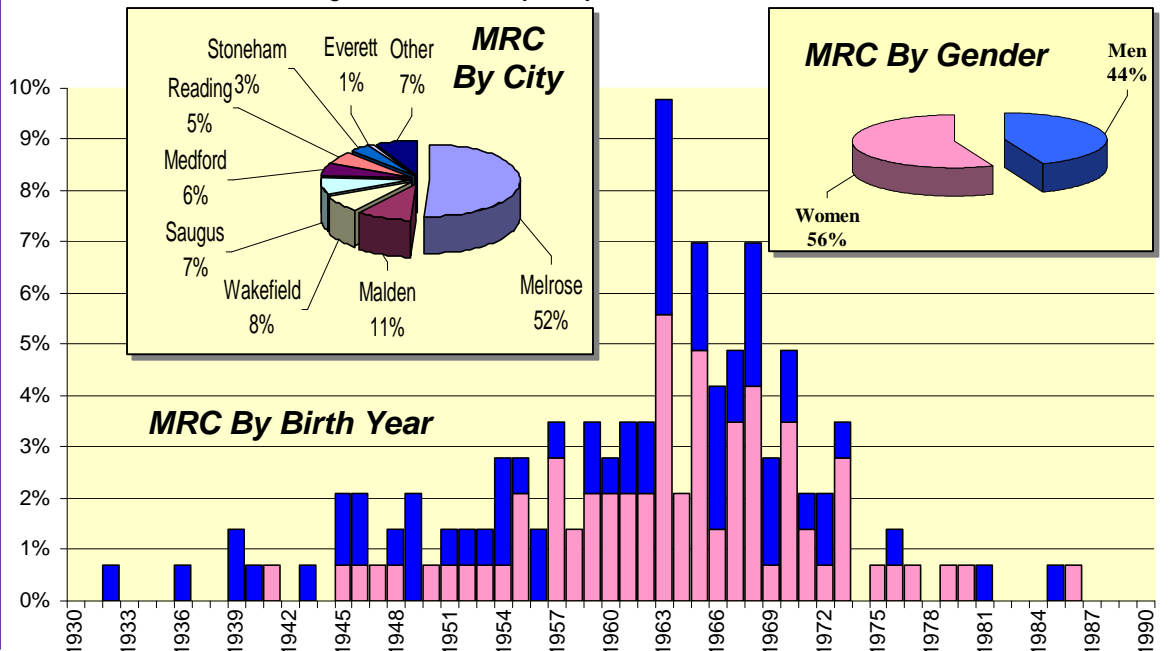
Our traditional lottery to determine which MRC members will represent the club in the 106th running of the Boston Marathon was held in January. This year's winners of BAA Invitational numbers are the MRC Membership Coordinator Bill Durning and MRC member Jill Weiner. Good Luck to Bill in his first marathon and to Jill who after running the Rock N Roll and Chicago Marathons last year will be running her first Boston Marathon.

Melrose Running Club Member Demographics

Here is a statistical view of the MRC membership. In 2001 The Melrose Running Club maintained a membership total of 125 to 150 members. The charts below show the breakdown of information about our membership based upon information provided by members on their membership applications.

More than half of our members reside in the city of Melrose. The neighboring cities of Malden, Wakefield, Saugus and Stoneham provide roughly 30% of our membership. The remaining 20% come from other cities and towns North of Boston.

Traditionally the club maintains a ratio of 3 women to 2 men. Currently the membership is about 56% women. We have a member that was born in almost every year from 1940 to 1980 with nearly half of our members were born in the 1960's. The year 1963 produced more MRCers than any other year, with nearly 1 in 10 of our runners celebrating their 39th birthday this year.



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

10% OFF

RUNNER'S EDGE

January Race Results

Run 4 New Years Day 4M

Waltham, MA - January 1, 2002

Nicholas Lamberti	31:45
Bob Coburn	36:39
Judy Duffey	37:45
Paul Mooney	44:46

Hangover Classic 10K

Salisbury, MA - January 1, 2002

Jill Weiner	55:20
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Hangover Classic 5K

Paul Hennessey	19:47
Sharon Mckenna	29:16

CCRR Winter 4.9M

Bourne, MA - January 6, 2002

Paul Donahue	31:39
Bob Coburn	43:05

RACE OF THE MONTH

Boston Prep 16 Miler

Derry, NH - January 27, 2002

Linda Ford	2:03:46
Eric Bremberg	2:04:17
Michael MacNeil	2:18:08



Paul Hennessey
Hangover Classic 5K

February Race Results

Great Stew Chase 15K

Lynn, MA - February 3, 2002

Natie Kapij	1:14:25
Jim Carson	1:16:01
Nicholas Lamberti	1:18:29
Jean Terranova	1:23:35
Ken Bauer	1:25:39
Jill Weiner	1:26:36
Robert Bruzzese	1:27:31

Super 5K

Lowell, MA - February 3, 2002

Buddy Hubert	25:47
Judy Duffey	27:16
Kenneth Peluso	27:56
Sharon Mckenna	28:36
Susan Clough	29:10

Mid-Winter 10-Mile Classic

Cape Elizabeth, ME - February 3, 2002

Bob Boyd	1:19:52
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Bradford Valentine Race 5M

Bradford, MA - February 9, 2002

Bob Coburn	46:23
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Bradford Valentine Race 6K

Jennifer Desimone	27:22
Judy Duffey	32:52
Kenneth Peluso	33:42
Paul Walsh	34:35

RACE OF THE MONTH

Penguin Classic 3.4M

Wakefield, MA - February 10, 2002

*1A Linda Ford	22:23
Robert Bruzzese	23:16
*1A Maryann Macneil	23:20
*2A Linda Moniz	23:29
Natie Kapij	23:54
Johanna Cohan	24:10
Bob Boyd	24:24
Randy Hudson	25:26
Ken Bauer	26:27
Ann Dubiel	26:31
Buddy Hubert	26:38
Michael Lowry	27:18
Diana Bombaci	28:18
Judy Duffey	29:25
Sharon Mckenna	30:03
Bob Coburn	30:13
Martha Quigley	30:38
Karen Bauer	31:28
Susan Clough	31:51
Jane Boyd	31:54
Margaret Sweeney	33:33
Michelle Carson	34:28
Paul Mooney	35:33

Foxboro Old Fashioned 10M

Foxboro, MA - February 17, 2002

Ken Bauer	1:32:25
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Hyannis Half Marathon

Hyannis, MA - February 24, 2002

Michael Macneil	1:37:16
Jackie Mullen	1:51:09
Lauren Reid	1:58:46
Jennifer Desimone	2:01:13

Hyannis 10K

*1A Buddy Hubert	55:12
Audrey Sherman	60:33

1A = 1st in Age Group
2A = 2nd in Age Group



Buddy Hubert
Super 5K



Sharon McKenna
Super 5K

Challenge 2002 Update

The 2002 club challenge is for each gender to complete enough miles to travel from Melrose, Massachusetts to Melrose, Florida. Since the men ran more miles last year, they take a longer route through Melroses in New York, Pennsylvania, Ohio, Kentucky, Tennessee, and Georgia. The women's route is through Melroses in Connecticut, New Jersey, Maryland, Virginia, and West Virginia before meeting pack up with the men in Georgia for the final stretch run to Florida.

This imaginary race is well under way. The women are in the early lead with enough miles to get past Melrose, CT to Bridgeport, CT. As of March 1st the women have raced 11% of their 1600 miles, well on their way to their second stop Melrose, NJ. The men have traveled 8% of their 2200 miles, and are just outside of Albany, New York about to hit Melrose, NY.

Follow our progress on the recent results page of the Melrose Running Club website.



Upcoming Race Dates

March

3/3	Stu's 30K and Relay	Clinton, MA	11:00 AM
3/10	Law Enforcement Half / 5K	Wakefield, MA	10:00 AM
3/17	St Patrick's Day 5K	South Boston, MA	10:00 AM
3/17	An Ra's Mo'r 4M	Somerville, MA	10:00 AM
3/24	Charbo's Run	Dorchester, MA	11:00 AM
3/24	Eastern States 20M	Kittery, ME	11:00 AM
3/24	Run For The Border 10M	Rye Beach, NH	11:00 AM
3/30	Merrimac River Trail 10M	Andover, MA	9:00 AM

April

4/6	Journey For Site 5M	Reading, MA	10:00 AM
4/7	Cambridge City Run 5M	Cambridge, MA	10:30 AM
4/7	Doyle's Emerald Necklace 5M	Jamaica Plain, MA	11:00 AM
4/15	Patriot's Day 5M	Lexington, MA	10:00 AM
4/15	Boston Marathon	Boston, MA	12 Noon
4/21	Bonnell Bunny Hop 5M	Winchester, MA	11:00 AM
4/26	Friends of Breakheart 5K	Saugus, MA	6:00 PM
4/27	Good Start 5K	Boston, MA	10:00 AM
4/28	Big Steps for Little People 5K	Winchester, MA	10:00 AM
4/28	James Joyce Ramble 10K	Dedham, MA	11:00 AM
4/28	Groton Road Race 10K	Groton, MA	1:00 PM
4/28	Ring Around The Neck 5M	Marblehead, MA	2:00 PM

(Highlighted races are the MRC's Races of the Month)