



Melrose Running Times



The Official Newsletter of the Melrose Running Club

May 2002

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Announcements

Membership Renewal – June is membership renewal month. Information regarding the renewal process will be available at the Tuesday Night Club Run, on the Melrose Running Club website, and in the next issue of the Melrose Running Times. Individuals that are currently in the Walk-To-Run Program automatically receive a membership for the next year and do not have to renew until June 2003.

New Addition #1 – MRC member Joe Terranova and his wife Christina welcomed Christopher John Terranova into their family on March 29th. Congratulations to the Terranova family!

New Addition #2 – MRC members Alec and Jolie Bath started their family on May 4th at 9:11 AM, when Molly Clare Bath was born. Congratulations Alec and Jolie!

Walk to Run Helpers Needed – Help the nearly 50 Walk-To-Run participants progress through the program. Contact Nick Lamberti to volunteer to run with the group in an upcoming week.

Melrose Run For Women



Melrose Run for Women

With May comes the fifth running of the Melrose Run For Women Road Race. This year edition of the race was put together under the direction of **Jean Terranova** and **Stu McIntire**. The two have done a terrific job as Co- Race Directors. Picking up where two time race director **Linda Ford** left off, Jean and Stu hosted a quality event enjoyed by nearly 400 female runners on Mothers Day. Thank you Jean and Stu for taking on this responsibility

Several local businesses contributed to this years event. Our major sponsors were Re/MAX Heritage, Bodyography Muscular Therapy, Microsystems, Melrose Glass, Kabloom, and Halligan Family Chiropractic. Other contributors to the cause were Acura of Boston, Melrose Family Chiropractic, Action Ambulance, Boston Fitness For Women, Huggins Center For Alternative Therapies, Johnnie's Foodmaster, Attorney Joseph Terranova, Kinko's, Manne's Bakery, Marie T. Wood Real Estate, Melrose-Wakefield Hospital, Neighborhood Health Plan, The Savings Bank, Secrets Woman's Apparel, Super Stop&Shop, The Sweet Tooth Baking Company, Tally-Ho British Cars, Inc., BJ's Wholesale Club, Brueggers Bagels, Garelick Farms, Gatorade, Head To Fitness, HP Hood, Hunt Emergency Management Of Winchester, Perham Therapeutic Massage, Michael Bova, Road Runner's Club Of America, Runners Edge, Salon Bellina, Sexton & Donahue, Inc Century 21, Shaw's Supermarket, Wilkes Mobil Mart. Please show your thanks by doing business with these sponsors.

Website of the Year



Each year the Road Runners Club of America selects the best websites from its member clubs. This year clubs that submitted their sites also provided a club member to judge other club's sites. Alec Bath served as the judge from the Melrose Running Club. According to Alec there were many quality sites in the competition. These judges narrowed the field down to a dozen deserving sites from which the RRCA selected the top three sites for small clubs (under 200 members) and large clubs (over 200 members). The Melrose Running Club site was selected one of the best small club sites along with the Mesa Monuments Striders in Grand Junction, Colorado and the Trail Runners Club in Pacific Palisades, California. The large Club sites selected were the Cross Country Club of Dallas, Texas, the Knoxville Track Club in Tennessee, and the Rocky Mountain Road Runners in Denver, Colorado. From these sites the RRCA chose the Melrose Running Club site as the best overall Running Club Website for 2001.

The RRCA has recognized the Melrose Running Club website due to its functionality, ease of use, and its contribution to promoting the sport of running in our community. Along with the award, webmaster Jim Carson received a \$300 check and free admission to the RRCA National Convention in Norfolk, VA.

See Page 4 for a trip report.



Melrose Glass



RE/MAX Heritage



The power of fresh flowers.



MicroSystems



Chiropractic for Pediatric, Development and Adult Health



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 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 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

Second Tuesday

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



Thanks From The Race Directors By Jean Terranova and Stu McIntire

Thanks to everyone who participated in organizing this year's mother's day race. There are several "unsung heroes" that we want to be sure are recognized.

Joe Winslow is the first that springs to mind. We never had to ask Joe to do anything. He appeared -- voluntarily -- at the very first race meeting, said that he would take care of food, and took care of it. Stu and I had no idea how he was planning to transport vast quantities of yogurt, milk, cream cheese, and other perishables to Pine Banks Park on race day, but he managed without a moment's complaint. Joe also scored a major coup by recruiting Sweet Tooth Baking Co. to supply ten boxes of cookies for the race. For a pretty small outfit on Main Street, this was an incredibly generous donation, and the participants (and perhaps the volunteers) gobbled up every crumb. Many kudos to Joe.

Jackie Doerrer helped Joe with the food, and was behind the scenes on many other important tasks, including lining up sponsors and helping with race day registration. Again, Jackie approached us. We didn't have to ask her to do anything, and she followed through on everything she said she would do and then some.

Falling into this same category is **Eileen Lyle**. Eileen has been a major participant in the race over the years, and filled us in on the art of bag-stuffing, registration, etc. Stu and I are fairly new to the world of running and racing, and would never have thought of many details -- including bringing safety pins and masking tape to registration -- if Eileen hadn't clued us in.

Mike Quigley took care of everything connected to the course, including making arrangements with the police and other city workers, coordinating the water stops and the hand-off of flowers, lining up contributors for the raffle, and countless other tasks.

Nick Lamberti scored huge victories that ensure we will be able to make a substantial contribution to the Melrose Alliance Against Violence -- such as recruiting Kabloom to supply the flowers to the race finishers and obtaining huge donations of food from Hood and from Brueggers Bagles. (Brueggers also supplied the plastic drink cups that we distributed to participants in the kids race. Our six year old niece and eight year old nephew LOVE those cups!) Nick also arranged for awards, lined up contributors for the raffles, set up the tent, etc., etc., etc. When Nick asked Stu and me to meet him at 6:00 AM to start setting up for the race on Sunday, we thought he had to be joking. In reality, he would have been there at 5 AM without hesitation. Nick was tireless in his efforts for this race.



While she was training for the Boston Marathon, **Diana Bombaci** recruited and followed up with the major sponsors of the race. Diana also worked the food table on race day, and provided the most critical assistance to me and Stu on race day - Dunkin Donuts Coffee. (How can we get DD to bring back the truck next year?) While training for his first marathon ever -- Boston no less -- **Bill Durning** dealt with the many inquiries that came in about the race, and provided substantial assistance on and before race day.

Gary Gilbert did a great job once again with the kids race. Registration seemed to be up for this race (we should check the numbers), and it started on time and went without a hitch. Kudos to **Lauren Reid** for deciding that we needed blue shirts this year, and to **Mark Gravina** and **Kelly Clark** for generating very nice shirts. We ordered enough shirts this year for the sponsors to have, and they were very pleased with the logos. **Jolie Bath** and **Nick** did a great job on publicizing the race. We had over 380 participants on a cloudy day with an ominous weather forecast. **Linda Ford** was an inspired emcee and coordinator on race day. Thanks to **Janet** and **Hank Murphy** for helping out at the food table, **Margaret Sweeney** and **Sue Worrall** for helping with registration, and **John Morris** for keeping track of the money. On pre-registration - thanks to **Bernie Svedlow**, **Tom Cross**...and one other woman whose name I don't know. Thanks to **Peter Fopiano** for passing out information on the race course to residents along the course the day before the race, for helping with the set-up, and for helping on race-day. Thank you **Bob Boyd** and **Richard Mansfield** for helping set-up on and the day before race day. Thanks to Jim Person and the rest of the car parking crew. Thanks **Ann Dubiel** and **Randy Hudson** for helping on race day. Thanks **Jim** and **Michelle Carson** for helping with clean-up, and for putting together the applications, posters, and flyers. Many others contributed time and, perhaps more importantly, BAKED GOODS, for a great day.

Thanks to everyone.
 Jean & Stu



May Birthdays

- 1 David Morrell
- 6 Jim Person
- 7 Kaj Kandler
- 12 Kerri Keane
- 14 Monica Caulfield
- 14 Donna Perham
- 15 Julie Mitchell
- 19 Jennifer Flood
- 19 Mike Quigley
- 20 Paul Hennessey
- 21 David Palmer
- 21 Paul Sieswerda
- 22 Jim Carson
- 23 Carrie Johnson
- 31 Lisa Millerick

Welcome New Members

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

**Lisa Emigh
Lvio Ferrara
Marlene McGunigle**

With the addition of these members, our current total is **155** members.

100 Miler

Congratulations to Mike MacNeil, the first MRCer to achieve 100 racing miles in 2002!

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

10%

OFF



2002 Boston Marathon By Eric Bremberg

I finished my second Boston Marathon this year with mixed emotions. I finished the marathon with a chip time of 3:49:11, my new PR. My last marathon in 2000 I had a time of 3:51.11 but that was with a sprained ankle that occurred around mile 7 in Framingham. This year I was hoping for a time of 3.30 which based on my times during training seemed realistic. The keys to my successful training; besides my loving and caring girlfriend Jen was Linda and MaryAnn. Without the three of them I would have never been able to finish the marathon. How many girlfriends would let their charming boyfriend out at early hours of the morning with two beautiful women?

Let me tell you a little about my training. Tuesday, Thursday and Sunday were my normal running days and everything else was a bonus. After the marathon I reviewed my training results and noticed that during most weeks I only ran three times a week. Since late November there were ten weeks that I only ran twice in the week, Tuesday and the weekend long run. Despite my lack of weekly runs the days I did run I was forced to run hard. The Tuesday night MRC fun runs were far from easy "fun" runs. Most weeks it was Linda, MaryAnn, Paul, Alec, Chris and myself. I pushed myself to keep up the twin titans, Paul and Alec. I refused to let them blow me away on the infamous hills on and around Boston Rock Road. I thank them for pushing me on the hills and driving the pace. Even though Paul and Alec did not run Boston they had other goals that drove me to the brink of exhausting.

Chris was there at the beginning but because of an injury he unfortunately was not there every Tuesday. When Chris is healthy, normally I can keep up with him and he is a great pace guide. I look forward to his 100% return this summer.

On the Tuesday nights when I did not think I would be able to run the hills or go the extra mile Linda and MaryAnn were always there to speak words of encouragement or talk and take my mind off what was ahead. The three of us ran Tuesdays and weekend long runs together. The days in between I was more or less on my own.

Thursday nights I ran the hills of Charlestown often with coworkers while MaryAnn and Linda did track works with Andy in the early morning. A couple of time MRC members Paul, Chris, Margaret, Linda and MaryAnn ran the Charlestown hills with me but most of the time it was just me.

The long training runs occurred every weekend normally on Sunday but sometimes on Saturday depending on everyone's schedules. The weather was never and can never be a variable when training for Boston in New England. In December a group of us turned out for a 10-mile "training" race in Andover during a snowstorm. Then in January a few of us ran The Boston Prep 16 mile race in Derry, NH where temperatures reached about 60 degrees. (Special thanks to Chris and Margaret for cheering us to our personal victories.) One of the most memorable long runs was in January when the morning started with rain and then the mercury fell and it started snowing. We were wet, cold and not quite done with the 18 mile run. I attempted to suggest an optional plan and take a short cut home but Linda would not listen to my cowardly words and on we ran. The weather tried to beat us but we only got stronger.



Eric Bremberg Crosses the Finish Line
Photo Courtesy of MarathonFoto.com

The starting point of the long runs changed almost weekly so did the company besides Linda, MaryAnn and myself we were joined by Alec, Paul Chris, Margaret, Gary, Andy, Bill and Mary. The Knoll in Melrose was one of our favorite starting points where we could run the "Old" Law Enforcement Half or loop around into Malden, Medford, Stoneham, and Melrose.

So, with about 520 training miles since November the big day came and I was as ready as I was every going to be. My race day clothes consisted of a pair of shorts capable of hold two power gels, a small bag of jellybeans and my chap stick, my sneakers, and a white cool max shirt displaying an American flag and Mickey Mouse. Mickey was with me as a remembrance of Jen's cousin, Marianne who died on September 11th. The race started and I felt great but then it hit me. The sun came out, my legs started to cramp and I felt like "junk". I was having a rough day and then I would look at my sleeve and see Mickey Mouse. There was nothing that would stop me this race was for Marianne. No matter how many times I stopped and stretched or walked I was going to finish; it was a challenge especially the last few miles.

Finally I turned down Boylston Street and the finish line was coming into focus. As I tried my best to keep my stride strong for the home stretch my family and friends appeared in the crowd. Jen was leaning over the fence taking my picture and my Mom handed me an American flag while everyone else cheered for me. It was over, I crossed the finish line and even though it was not my best performance I felt great; I finished the 2002 Boston Marathon.

RRCA Convention Trip Report By Jim Carson

On Friday, May 3rd I began my trip to the Road Runners Club of America Annual Convention in Norfolk, VA. I left Boston in the morning with my running shoes and my dress shoes in my travel bag, plenty of cash in my pocket thanks to generosity of the members of the MRC, and a laptop draped over my shoulder. Over the next few days I would run twice, participate in a workshop on communication, and receive an award on behalf of the Melrose Running Club, owner of the best running club website in 2001.

The convention was held at the Sheraton Waterside, situated on the boardwalk along the Elizabeth River in downtown Norfolk. The Tidewater Striders, a large club in the Norfolk area, did an excellent job hosting the convention. A very well organized convention registration center was assembled in the lobby of the Sheraton. I was quickly greeted by Megan Kearney, the editor of the RCAA's Footnotes magazine and an energetic young woman.

After checking into the hotel I rushed off to my first luncheon of the weekend, the RRCA State Rep Luncheon. Bart Yasso and Amby Burfoot of Runners World magazine hosted the event, where I won a Runners World cap.

Lunch was followed by the "Getting Noticed – It's All About Communication" Workshop. The discussion was hosted by Jennie McCafferty, editor of the Michigan Runner Magazine and MichiganRunner.tv website which features online video of racing events. The panelists included myself and Robin Sarris-Hallop, the RRCA Michigan State Rep, editor of the Michigan Track Club newsletter, and a fast runner. My presentation highlighted the many features I have included in our website and how it has encouraged many MRC members to run faster and more often. These motivational aspects of the site were well received by the audience of 30 to 40 newsletter editors and webmasters from clubs around the country. My co-presenters were quick to note that the MRC women are currently ahead of the men in the Melrose, FL race. Robin Sarris-Hallop discussed how to use technology to develop stories for newsletters. I have learned a few tricks on how to get people to contribute to the newsletter, so expect to hear more from me soon. And finally we discussed what people liked to see. There was a general consensus that runners love to see photos of themselves, even though none of them think they look good in them.

Friday evening's event was the RRCA dinner and auction at Nauticus, a Naval Museum near the hotel. Despite the cool weather the outdoor meal was enjoyable. Items up for auction included numbers for popular Road Races that are closed, clothes signed by famous runners, running books, promotional advertising, and

race kits. At the dinner I happened to sit with a woman from Pepperill, MA that works for CoolRunning's banner advertising group, and a man from Plymouth, MA who runs a running related e-commerce business. It started to get cold and rainy and I was racing in the morning so I headed back the hotel, watched the Celtics beat the Sixers and went to bed.

Saturday morning I ran the race that was held in conjunction with the convention, the Elizabeth River Run, a point to point 10K which was also the RRCA 10K Championship race. Along the walk to the bus that transported runners to the starting line I met John, the president of a small club in Northern Georgia. We chatted about our clubs, their members, and running. The bus ride was long, which led to a few remarks questioning the length of the race course... "Why do we have to drive 20 miles to run a 10k race?" The wisecracking bus riders had a distinctive accent. They were a group of about eight Maine Track Club members. A few of them were wearing Hooters T-shirts signed by Hooters waitresses. When questioned, they told the story of their trip to Hooters in Norfolk the night before. When I told them I was from Massachusetts I was informed that our state didn't have an RRCA State Rep and was asked to get the word out that they are looking for a volunteer... anyone interested?

At the race I met up with Lauren, a running friend that lives in Norfolk and a member of the Tidewater Striders. She introduced to many runners, each one of them polite and friendly. The Tidewater striders had a program to help people complete their first River Run. Lauren's friend Ann introduced me to an 81 year old gentlemen who would be walking his first 10K. He was very excited to be there and couldn't wait to finish so he could call his children and grandchildren to tell them what he had done.

The race started with a cannon blast and took us out over a bridge. This would be the largest hill in the race. If you hate hills, move to Virginia, for the most part the only hills are man made bridges, overpasses, and underpasses. Along the route were a few spectators cheering us on and two marching bands playing music. The route went through the main streets of Norfolk, passing through neat little neighborhoods as well as the Old Dominion University campus. Towards the end of the race some of the time gained by the flat course was taken back by a headwind off of the river. I finished the race in 51:28.

The post race party was held at a park next to Nauticus overlooking the Elizabeth River. I grabbed a water, waited for Lauren and her friends to finish. The cold wind off the river started to chill me, so I ran back to get my MRC Jacket from the hotel. Before I got back, John, the 81 year old, finished in 1:36.

At the race party I had a few slices of pizza, some more water and plenty of conversation. Most of the 2000 runners lounged around the lawn of the park as an endless number of raffle prizes were given out prior to the awards. I stayed around until Robin Sarris-Hallop, my fellow workshop presenter, got her 10K Female Masters Champion trophy and then headed back to the hotel. Back at the convention I attended the Bart Yasso Adventure Lunch. Sitting with a man from Upstate New York who is a member of the Utica Running Club, I discussed the Yankees, a team we both had a mutual dislike for (although mine runs a lot deeper!) and the Boilermaker, a long distance, midsummer race in Utica that he says I need to do.

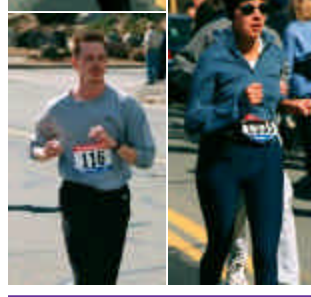
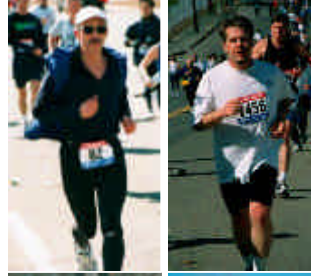
Bart Yasso entertained the crowd with a slideshow depicting his many adventure runs, races he has done in exotic places around the globe. He showed us pictures of him running races in Death Valley, Antarctica, The Himalayas, Africa, China, and India. We were even shown photos of Bart competing in a bare buns race in Washington State.

After lunch we presented our workshop again to a small group. In this session the question was asked "How much would it cost to pay someone to create a website like the Melrose Running Clubs?" to which I responded "I get about two beers a week." I was then informed that the work I do could be billed at about \$100 per hour, to which I responded "I need to start drinking more!" Keenly catching on to my fee for "free" work, Jennie offered to buy me a beer in the Hotel Bar. We had a delightful chat about Boston, running, technology, and family. I would have to say those two beers were the best part of the weekend.

Saturday night I attended the Annual Banquet where the awards were presented by RRCA president Freddi Carlip. Many RRCA members were recognized for their achievements and contributions to the RRCA and the running community. I was somewhat surprised to see that each award recipient had academy award type thank-yous prepared, which I didn't. My talents behind the keyboard far surpass my ability as a public speaker. I quickly thanked the RRCA and encouraged other clubs to use electronic media to spread the news about running and encourage people to run road races. Later I thought that I missed the chance to get a laugh by thanking Al Gore for inventing the internet. Maybe next time.

I spent Sunday Morning running along the brick sidewalks of the quiet downtown streets of Norfolk. Winding my way down to the boardwalk along the Elizabeth River, watching the ferry's cross the river, the Battleships sit in dock. For a moment I stopped and chuckled at the thought that running with the Melrose Running Club had brought me here.

March Race Results



- STUS 30K**
CLINTON, MA - MARCH 3 2002
 Michael Urquiola 2:08:49
- CLADDAGH PUB CLASSIC 4M**
LAWRENCE, MA - MARCH 3, 2002
 Ken Bauer 34:37
 Buddy Hubert 35:19
 Bob Coburn 38:18

- LAW ENFORCEMENT HALF MARATHON**
WAKEFIELD, MA - MARCH 10, 2002
RACE OF THE MONTH
 Alec Bath 1:36:10
 Paul Donahue 1:39:26
 Michael Macneil 1:40:05
 Peter Fopiano 1:41:45
 Stephen Buckley 1:42:39
 Natlie Kapij 1:43:01
 Bob Boyd 1:44:02
 Brian Slater 1:45:07
 Bill Durning 1:45:50
 Randy Hudson 1:46:32
 Roy Van Buren 1:51:53
 Ann Dubiel 1:51:54
 Jackie Mullen 1:55:19
 Lauren Reid 1:58:25
 Jim Carson 1:59:22
 Sandra Dicarlo 1:59:41
 Liz Tassinari 2:01:54
 Jean Terranova 2:02:38
 Diana Bombaci 2:03:36
 Ken Bauer 2:03:49
 Robert Bruzzese 2:18:31
 Lois Parker-Carmona 2:21:51
 Bernie Svedlow 2:22:02

- LAW ENFORCEMENT 5K**
 Joseph Terranova 20:26
 Johanna Cohan 22:44
 Karen Bauer 26:18
 Erin Lynch 26:56
 Judy Duffey 27:15
 Audrey Shernan 28:10
 Sharon Mckenna 28:23
 Paul Walsh 28:16
 Bob Coburn 28:32
 Kevin Anderson 29:58
 Susan Clough 32:05
 Paul Mooney 33:20
 Michelle Carson 33:22
 Lynne Meehan 34:13

LAW ENFORCEMENT HALF
Photos Courtesy Of
BRIGHTROOM.COM

- REBHAYIM ROMP 5K**
NEWTON, MA - MARCH 17, 2002
 Evan Labell 27:02

- NEW BEDFORD HALF MARATHON**
NEW BEDFORD, MA - MARCH 17, 2002
 Bob Boyd 1:47:18
 Jill Weiner 1:52:34

- AN RAS MOR 4 MILER**
SOMERVILLE, MA - MARCH 17, 2002
 Diana Bombaci 36:23
 Bob Coburn 37:40
 Sharon Mckenna 37:42
 Judy Duffey 38:07
 Kerri Kean 39:49

- ST PATRICKS 5K**
SOUTH BOSTON, MA - MARCH 17, 2002
 Peter Fopiano 21:36
 Erin Lynch 25:38

- EASTERN STATES 20M**
SALISBURY, MA - MARCH 24, 2002
 Eric Bremberg 2:34:08
 Linda Ford 2:34:20
 Maryann Macneil 2:47:02
 Natlie Kapij 2:49:35
 Michael Macneil 2:53:24
 Jill Weiner 3:16:44

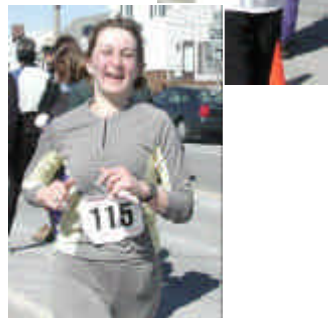
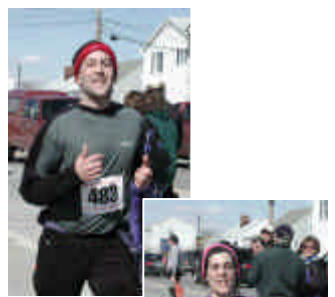
- CHARBOS RUN 5M**
DORCHESTER, MA - MARCH 24, 2002
 Bob Boyd 37:58
 Kenneth Peluso 45:48
 Bob Coburn 49:38

- WASHINGTON DC MARATHON**
WASHINGTON, DC - MARCH 24, 2002
 Gary Gilbert 3:47:42

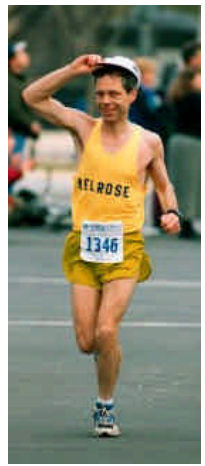
- MERRIMACK RIVER TRAIL 10 MILER**
ANDOVER, MA - MARCH 30, 2002
 Paul Donahue 1:15:29
 Alec Bath 1:16:17

- APRIL FOOLS 4M CLASSIC**
SALISBURY, MA - MARCH 30, 2002
 Paul Hennessey 24:54
 Paul Johnson 30:03
 Buddy Hubert 31:58
 Bob Coburn 36:13

- BOSTON TUNE-UP 15K**
UPTON, MA - MARCH 30, 2002
 Michael MacNeil 1:09:43



EASTERN STATES 20M
Photos Courtesy Of
COOLRUNNING.COM



WASHINGTON DC MARATHON
Photos Courtesy Of
BRIGHTROOM.COM

April Race Results

**JOURNEY FOR SIGHT 5M
READING, MA - APRIL 6, 2002**

Robert Bruzzese	39:13
Ken Bauer	42:21
Karen Bauer	44:32
Bob Coburn	45:16
Bernie Svedlow	45:24

**APRIL SHOWERS 5K
SALEM, MA - APRIL 6, 2002**

Paul Mooney	33:29
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**FRESH POND 2.5M
CAMBRIDGE, MA - APRIL 6, 2002**

Mike Urquiola	13:49
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**DOYLES EMERALD NECKLACE 5M
W ROXBURY, MA - APRIL 7, 2002**

Alec Bath	32:10
Paul Donahue	32:37
Michael MacNeil	33:52
Eric Bremberg	34:22
Linda Ford	34:59
Bob Boyd	36:38
Jane Boyd	51:02

**CITY RUN 5M
CAMBRIDGE, MA - APRIL 7, 2002**

Bob Coburn	45:05
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**COHASSET ROAD RACE 10K
COHASSET, MA - APRIL 7, 2002**

Jill Weiner	55:36
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**BOSTON ALTERNATIVE HALF
MARATHON****HYANNIS, MA - APRIL 14, 2002**

Paul Donahue	1:33:54
Chris Hastings	1:54:41

**PATRIOTS DAY ROAD RACE 5M
LEXINGTON, MA - APRIL 15, 2002**

Alec Bath	31:18
Peter Fopiano	34:19
Bob Boyd	36:41
Buddy Hubert	38:43
Evan Labell	40:21
Jerry Delatizky	43:33
Robert Coburn	44:18

**BOSTON MARATHON
BOSTON, MA - APRIL 15, 2002**

Mike Urquiola	3:11:28
Linda Ford	3:36:35
Andy Goldberg	3:39:52
Kelli Allison	3:40:48
MaryAnn MacNeil	3:43:06
Eric Bremberg	3:49:11
Brian Slater	3:51:33
Natie Kapij	3:54:15
Jack Mitchell	3:56:15
Jackie Mullen	4:00:36
Bill Durning	4:03:36
Diana Bombaci	4:15:29
Jill Weiner	4:17:46
Roy Van Buren	4:20:40
Michael MacNeil	4:33:16
Catherine Ong	4:33:50
Bob Bruzzese	4:36:55
Jennifer DeSimone	4:51:30

**LOWELL FIREFIGHTERS 5 MILER
LOWELL, MA - APRIL 21, 2002**

Ken Bauer	42:00
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**BONNELL BUNNY HOP 8K
WINCHESTER, MA - APRIL 21, 2002**

Chris Hastings	37:18
Judy Duffey	45:52
Robert Coburn	46:11
Kenneth Peluso	47:40

**BREAKHEART RESERVATION 5K
SAUGUS, MA - APRIL 26, 2002**

RACE OF THE MONTH	
Andy Goldberg	20:55 2A/G
Randy Hudson	22:59 3A/G
Robert Bruzzese	23:29
Ann Dubiel	25:54 3O/F
Robert Coburn	29:54 2A/G
Susan Clough	31:30
Janice Meckstroth	34:02 3A/G

**JAMES JOYCE RAMBLE 10K
DEDHAM, MA - APRIL 28, 2002**

Peter Fopiano	44:04
Robert Boyd	46:55
Jim Carson	52:24
Erin Lynch	53:57
Nancy Gaudet	54:12
Kelli Allison	54:29
Buddy Hubert	54:46
Liz Tassinari	54:48
Judy Duffey	60:59
Catherine Ong	61:16
Michelle Carson	66:24

**BIG STEPS FOR LITTLE PEOPLE 5K
WINCHESTER, MA - APRIL 28, 2002**

Karen Bauer	24:51
Sharon Mckenna	27:07
Robert Coburn	27:28
Lynne Meehan	29:36

**NEW JERSEY SHORE MARATHON
LONG BRANCH, NJ - APRIL 28, 2002**

Michael MacNeil	4:41:43
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**MUDDY MOOSE 14M TRAIL RACE
WOLFEBORO, NH - APRIL 28, 2002**

Alec Bath	1:57:29
Paul Donahue	1:57:40

MUDDY MOOSE 4M TRAIL RACE

Chris Hastings	34:31
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**WRENTHAM DUATHLON 5M
WRENTHAM, NH - APRIL 28, 2002**

Tom Cross	47:59
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MRCers Gather In Hopkinton

"She Finished!!!" By Ms Weiner's 2nd Grade Class

Dear Melrose Runners,

We were very excited to see Ms W. the week after the Boston marathon...SHE FINISHED!!!! "I couldn't believe I ran AND finished the Boston marathon," said Ms. Weiner (with excitement). The Friday before the race, our school surprised her with a Pep Rally in the hallway and presented her with a GIANT good luck card. Ms. Weiner commented, "I was totally surprised and a little embarrassed. I was actually SPEECHLESS when the children wanted me to say something into the megaphone!"



It was important that she had all of those rest days a couple of weeks before the BIG day, because she said she was conserving her energy, and that it paid off. She was able to make it up AND down that famous hill. "It was unbelievable seeing all of the people lining the hill, and then to see my brother, friends, and cousins with signs and ringing the cow bells," she said. All WE wanted to know.... "How IS Heartbreak Hill"? She pulled out the course map, showing us where the course goes and how the land is ("elevation", she said). We looked at the Boston Globe special section of the marathon.

Some of us were at the race cheering her on (but she didn't see us), and some of us had to think about her because we were away! But we knew she would think of us because our names were on her sneakers!!!

We reviewed her training months, counting all of her mileage. We compared her past marathon finishing times to Boston's. "I am SOOO pleased with my Boston time, I set a PR!!!!" Ms. Weiner said happily (we know PR). Then we reviewed how she was feeling at different times during the marathon. "I felt strong until mile 22, when my calves started to burn a bit, however I kept saying to myself...you can do it...you will finish running. Then I was able to keep going." Ms. Weiner said smiling.

We knew what was coming once we were back in school....Race Bib math!!! We had A LOT of math to do with a bib number like 13,994!!!

Maybe some of us will run a race one day, but we're not thinking of a marathon... it's TOO FAR!!!!!!!

Jill's postscript

The whole week at school, children from different grade levels would approach me and ask about the marathon. It was a great feeling..."How did you do? How did you feel? What was your time? Were you happy? Did you see people you knew? Did you drink a lot of water? How did you celebrate? Where did you place? Are you tired? " And the questions continued...when finally my buddy Tucker, who is in first grade and in a wheelchair (he has CP) asked, "Ms. Weiner, did you win...oh yeah...you said finishing IS winning!!!!"

Upcoming Race Dates

5/04	Breakheart Classic 6K	Wakefield, MA
5/05	John OBrien 5M	Woburn, MA
5/10	Back Shore 5M	Gloucester, MA
5/11	Helen Driscoll 4M	Medford, MA
5/12	Melrose Run For Women	Melrose, MA
5/15	Run For The Roses 5K	Salisbury, MA
5/18	Revere Moves! 5K	Revere, MA
5/19	Dee Zuccaro 5K	Somerville, MA
5/23	Team Hoyt 5K	Waltham, MA
5/26	Baldi 5M	Haverill, MA

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