



# Melrose Running Times



The Official Newsletter of the Melrose Running Club

August 2002

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## ANNOUNCEMENTS

### Membership Renewal

June was Membership Renewal Month. Did you forget to send in your renewal application and membership dues? It is not too late to continue your membership. The Melrose Running Club dues (\$25 per individual, \$40 for a family membership) must be turned in soon if you wish to stay on our membership roster. A completed membership application is also needed to keep our records up to date and our RRCA Insurance valid.

### Board Member Elections

Election season is quickly approaching. If you would like to be involved in keeping the MRC running smoothly, please submit your name for nomination to the MRC board elections. Just about every board seat will be up for the taking. A club like ours that is run by volunteers needs a handful of people to step up and take on a little responsibility each year. This should be your year to pitch in.

### Lake Winnepesaukee Relay

It is once again time to coordinate the annual Lake Winnepesaukee Relay teams. The MRC is trying to field three teams for the race this year. This annual event in the lakes region of New Hampshire will be held in late September. Good company and a challenging run make this weekend a favorite run for runners all over New England. For more information contact Jackie Doerrer Mullen.

**For up to date announcements visit the MRC forum at [www.melroserunningclub.com](http://www.melroserunningclub.com)**



## Walk to Run 2002 Graduating Class

On what proved to be one of, if not the hottest days of the summer, fifteen Walk to Run participants ran their tenth and final workout of the program at the end of June. As the temperatures soared into the mid 90's, the group set out for their first run of 30 consecutive minutes. Attempting to complete the 3-mile MRC Summer Route, the group had their last night of Mobil Station cheers and Nick Lamberti horn blowing, as they conquered the hills of the Lynn Fells. Although most found it very difficult to brave the heat, Mike Quigley provided a much needed water stop along the Fells. Congratulations Walk-To-Runners and welcome to the Melrose Running Club. In completing the program, these new runners earned their first year's membership to the club!



Several of the members joined up with other MRC regulars on the race scene to competed in their first road race. July's Take the Lake 5K at Lake Quannapowitt in Wakefield was the scene of their inaugural road race.

Thanks to Nick Lamberti, Jackie Doerrer Mullen, and the host of MRC volunteers who made this program a success for the third year in a row.

## Summer Barbecue

The Melrose Running Club held it's annual Summer Barbecue on July 27<sup>th</sup>. Members Kaj and Betty Kandler opened up their home and backyard to MRC members and their families for a fun afternoon of eating, drinking, socializing and soccer. MRC President Nick Lamberti tended to the grilling, providing guests steak, chicken, burgers, and dogs. The main course was followed with an overflowing dessert table, highlighted by Betty Kandler's Apple, meringue, bread pudding type thing... okay I don't know what it was, but it was good!



Nick presented the Kanders with a bottle of wine as a token of our appreciation for hosting the event, and awarded two recognition plaques for outstanding contributions to the club. One plaque was for Jean Terranova and Stu MacIntire, this year's race directors. The other plaque was for Diana Bombaci who has served as Secretary of the Melrose Running Club for the past two years.

The Kanders' side yard was the venue for the "First Annual Kids versus Grown-ups Soccer Game" which ended in a very competitive 4-4 tie.

*See page 3 for Summer Barbecue Photos*

## Running Isn't Enough?

In recording the race results I have noticed a trend of MRCers going beyond the traditional road race events.

It started with Paul Donahue and Alec Bath venturing off the pavement onto the trails. With runs like the Muddy Moose 14m Trail Race and Soapstone Mountain 14.5m Trail Race, these guys weren't just running faster than me, but now they were doing it on longer and more rugged terrain.

Mike MacNeil wasn't happy just logging more miles than any other MRCer this year, but he has to throw in some of the hardest miles in New England, running races at Wachusett Mountain in May and up Mount Washington in June. I was exhausted the last time I drove up Mount Washington.

Others decided running wasn't tough enough, they had to add other kinds of exercise into the mix. Tom Cross competed in the Deven's Duathlon, a run/bike/run event in Devens, Massachusetts at the end of June. For those that are wondering, the running miles in an event like this does count towards your annual racing miles. Linda Ford participated in the same event as part of a relay, she did the running, completing the first and last legs while her husband biked the middle leg.

To top those doing a duathlon, some MRCers have competed in a triathlon. A few have been participating in a Triathlon series at Nahant Beach. Paul Hennessey, Michael Lowry, and Natlie Kapij have been regulars there on Thursdays, with Randy Hudson and Ann Dubiel joining in on occasion. August has already brought Paul, Michael, and Natlie out for the Witch City Triathlon, which was held on August 4th.

Maybe those that have grown tired of running road races or are just looking for some new challenge can get some inspiration from these club members. As for me, I haven't been on a bike since I was a kid, I can only swim a few feet at a time, and still trip on well paved roads, so I'll stick to running road races and writing about everything else.

Jim Carson  
Editor and Just Plain Runner

## YOUR AD HERE

The Melrose Running Club wants your Ad here! Reach over 150 fitness conscious consumers 10 times a year for as little as \$35.00.

Full Page	\$50	\$200	\$350
1/2 Page	\$25	\$100	\$175
1/4 Page	\$15	\$60	\$110
1/8 Page	\$10	\$40	\$70
Business Card	\$5	\$20	\$35

For more information contact:  
Jim Carson at  
editor@melroserunningclub.com

## Challenge 2002 Update

With 7 months down the year is less than 60% through, but the men and women of the Melrose Running Club have already completed over 80% of their imaginary race to Melrose, Florida. The race, which pits the racing miles of the men of the MRC versus the racing miles of the women of the MRC, is run on two paths to Florida, each travelling through several Melroses in the eastern United States. The men have a longer path to run, 2200 miles, which is equivalent to the number of miles the men of the MRC ran in 2001. At the end of July the men had completed 84% of the trip, bringing them from Melrose, MA, through Melroses in New York, Pennsylvania, Ohio, Kentucky, and Tennessee. The men have run enough miles to reach Atlanta, Georgia and are need roughly 350 more racing miles to make it to Florida. They are on track to complete the journey in early October. The women have run a shorter path. Also starting in Melrose, MA, they have traveled through Melroses in Connecticut, New Jersey, Maryland, Virginia, and West Virginia. With 86.8% of their miles run they would currently be heading South on Route 75 in southern Georgia, closing in on Melrose, Georgia, with just over 210 miles left to go to Melrose, Florida. Keeping that rate of racking up the miles, the women are on target to finish their route in mid September. So what does this all mean? If the Melrose men can step it up a bit and the Melrose women go on vacation in August the Challenge 2002 Race Between the Genders may come down to who runs what leg of the Lake Winnepesaukee Relay in late September! (Guys sign up for leg 2, the 11 mile one)



## Apparel Sale

Melrose  
Running  
Club  
Summer  
Sale

Tuesday  
August 28th

## Kayaks For Sale

Two river kayaks for sale.  
12-13 feet long.

One for \$250.00  
or  
Both for \$450.00.

Includes skirts and paddles.

Telephone Mike Quigley :  
Home 781-662-9760  
Work 978-531-0001 ext 157

## 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  
of 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



## Happy Birthday

**August**

- 1 JOANNE PIPER
- 3 JOLIE BATH
- 3 MARLENE MCGUNIGLE
- 5 JUDY DUFFEY
- 7 PAUL JOHNSON
- 8 SHARON MCKENNA
- 10 SUSAN DECOLAINES
- 11 ERIC BREMBERG
- 13 MARNIE MILLER
- 21 MARTHA QUIGLEY
- 22 LISA MCGOUGH
- 22 JANET MURPHY
- 25 CYNTHIA BOYD
- 25 PATRICIA FITZGERALD
- 29 MARY LYNCH

**September**

- 3 LINDA MONIZ
- 4 ANN DUBIEL
- 5 JIM GORMAN
- 9 MICHAEL MACNEIL
- 11 MARYANN MACNEIL
- 16 KATIE PERHAM
- 17 ALEC BATH
- 18 JIM COSTELLO
- 19 KATHLEEN THOMAS
- 20 GARY GILBERT
- 20 AUDREY SHERNAN
- 22 LUCIA SEXTON
- 27 JANICE MECKSTROTH
- 29 ANDY GOLDBERG



Scenes From  
The Summer  
Barbecue

Welcome  
New  
Members

The following runners are new members to the Melrose Running Club. With the end of the Walk to Run Program we welcome the 29 new members listed in italics to the club. The remaining names listed are runners that have joined the club in the past few months.

**Shannon Berry**  
*Cathy Boudreau*  
*Cynthia Boyd*  
*Kristin Bremberg*  
*Patricia Brown*  
*Kristin Chartier*  
*Lorraine Clarkin*  
*Janine Cloutier*  
*Donna Cohen*  
*Linda Costanzo*  
*Margaret Crowe*  
*Susan Daddio*  
*Patricia De Feudis*  
**Tisa DeForest**  
*Ramana Duggaraju*  
*Denise Durham*  
*Teresa Evangelista*  
**Danielle Giovanni**  
*Paula Grogan*  
*Janet Hamilton*  
**Bob Jamison**  
**Martha Jancaitis**  
**Jevon Krushenick**  
*Kelly Mahoney*  
**Eric Martin**  
*Jean McFadden*  
*Lisa McGough*  
**Dave Morrall**  
**Susan Murphy**  
*Susan O'Hearn*  
**Amanda O'Loughlin**  
**Lisa O'Loughlin**  
**William Ouchark**  
*Adenike Oyewole*  
*Joanne Piper*  
*Victoria Price*  
*Kristin Quinn*  
**Maureen Recene**  
*Kathy Scacca*  
**Paul Sullivan**  
**Kathleen Thomas**  
*Maribeth Timony*  
*Erin Walker*  
**Elisa Watkins**  
*Lauren Wilton*

Welcome to the club and enjoy your runs with us. See you on the roads and at the races!



**Breakheart Classic 6K Photos** Photos From Coolrunning/JimRhoades

**May Race Results**

**Elizabeth River Run 10k**  
Norfolk, VA - May 4, 2002  
Jim Carson 51:28

**Mystic River Herring Run 10K**  
Somerville, MA - May 11, 2002  
Andrew Goldberg 42:17

**Breakheart Classic 6K**  
Wakefield, MA - May 4, 2002  
Andy Goldberg 24:25  
Michael MacNeil 25:59  
Linda Ford 26:34  
Randy Hudson 27:04  
Ann Dubiel 29:47  
Ken Bauer 31:41  
Karen Bauer 32:06  
Paul Walsh 33:54  
Judy Duffey 34:20  
Sharon McKenna 35:33  
Paul Mooney 40:42

**Melrose Run for Women 3.5M**  
Melrose, MA - May 12, 2002  
Amanda Lanza 24:12  
Marlene McGunigle 26:43  
Karen Bauer 27:32  
Noreen Camelo 29:03  
Johanna Cohan 29:07  
Nancy Gaudet 29:47  
Judy Duffey 30:49  
Susan Clough 31:16  
Julie Mullane 31:20  
Sharon McKenna 31:44  
Michelle Carson 32:11  
Linda Moniz 32:18  
Karen Kezerman 32:21  
Lynne Meehan 32:39  
Jane Boyd 32:55  
Carrie Johnson 33:57  
Christine Donahue 33:57  
Janice Meckstroth 35:33  
Susan Montecalvo 38:31  
Mary Ellen O'Connor 47:17

**Big Lake Half-Marathon**  
Alton, NH - May 4, 2002  
Robert Boyd 1:44:34

**Coach Squires Pursuit 5K**  
Melrose, MA - May 5, 2002  
Brian Slater 19:16

**John O'Brien Memorial 5m**  
Woburn, MA - May 5, 2002  
Buddy Hubert 44:51  
Robert Coburn 46:01  
Kenneth Peluso 51:30

**Astro Classic 5K**  
Derry, NH - May 5, 2002  
Ken Bauer 26:24

**Backshore Road Race 5m**  
Gloucester, MA - May 10, 2002  
Randy Hudson 37:51  
Robert Boyd 38:01  
Ann Dubiel 40:06  
Ken Bauer 43:01

**Helen Driscoll 4.2-Mile**  
Medford, MA - May 11, 2002  
Robert Bruzese 29:59  
Evan Labell 31:31  
Jerry Delatizky 33:43  
Jill Weiner 34:53  
Robert Coburn 35:46  
Judy Duffey 36:04  
Kenneth Peluso 37:05

**Revere Moves 5 Miler**  
Revere, MA - May 18, 2002  
Linda Ford 35:32  
Robert Bruzese 35:48  
Chris Hastings 36:04  
Ken Bauer 39:46  
Robert Coburn 44:28  
Judy Duffey 44:49

**Dover Police Chase 5**  
Dover, MA - May 18, 2002  
Jill Weiner 49:11.6

**Dee Zuccaro Memoria 5K**  
Somerville, MA - May 19, 2002  
Paul Hennessey 19:24  
Maryann MacNeil 22:42  
Buddy Hubert 23:38  
Jerry Delatizky 25:51  
Robert Coburn 27:28  
Donna Perham 29:43

**Hoof It for Hannah 5K**  
Beverly, MA - May 19, 2002  
Paul Mooney 30:55

**May's Meanderings**  
In the month of May 46 runners took to the streets tallying 373.3 road racing miles. Bob Coburn racked up the most miles in May, logging 30.4 miles as he inched closer to becoming the second MRCer to achieve 100 racing miles in 2002.

The biggest race of the month was Melrose Running Club's own Melrose Run for Women, which attracted 20 MRCers to the starting line.

May seemed to be the month to work on your 5 Mile race times. Three MRC members posted times that put them up on the board for the most improved 5 Mile race times. In running a 35:48 at the Revere Moves! Race, Bob Bruzese pulled his 5 Mile time down by over 4 minutes, a 10.6% improvement! All that running out for more diapers has helped new father Alec Bath improve his 5 Mile time too. At the James J Connolly 8k (Yes that is close enough to 5M to count!) Alec cut almost 3 minutes from his 5 Mile time from 2001. In the same race Sharon McKenna ran the distance over 1 minute faster than the best 5Mile time in 2001. These marks are still holding for most improved 5Milers through July.

**Lexington FD Ambulance Chase 5K**  
Lexington, MA - May 19, 2002  
Judy Duffey 26:55  
Sharon McKenna 27:51

**Soapstone Mountain 4.5 Trail Race**  
Somers, CT - May 19, 2002  
Alec Bath 2:16:57  
Paul Donahue 2:17:13

**Team Hoyt 5K**  
Waltham, MA - May 23, 2002  
Jerry Delatizky 25:50

**Melody Miles 5M**  
Hamilton, MA - May 25, 2002  
Robert Coburn 45:13

**Wachusett Mountain 4.3 Race**  
Princeton, MA - May 25, 2002  
Michael MacNeil 47:09

**Johnny Kelley 10 Mile**  
Hyannis, MA - May 26, 2002  
Robert Bruzese 1:30:46

**Redhook 5K**  
Portsmouth, NH - May 26, 2002  
Robert Boyd 21:59



Courtesy of Coolrunning/Jim Rhoades

**Baldi 5 Mile River Run**  
Haverhill, MA - May 26, 2002  
Maryann MacNeil 36:28  
Buddy Hubert 38:48  
Robert Coburn 45:58

**BoldeBoulder 10K**  
Boulder, CO - May 27, 2002  
Jill Weiner 58:54

**Arlington Memorial Day 10K**  
Arlington, MA - May 27, 2002  
Chris Chang 46:19  
Liz Tassinari 53:03  
Nancy Gaudet 53:23

**Arlington Memorial Day 5K**  
Judy Duffey 27:38  
Robert Coburn 31:41

**Melrose Run For Women Photos** Photos from Coolrunning/Jim Rhoades



June

Race Results

Harpoon Brew 5 Mile

South Boston, MA - June 1, 2002

Randy Hudson	38:45
Ann Dubiel	42:32
Nancy Gaudet	43:25
Naomi Vishnupad	46:03

Arch 5K

Derry, NH- June 1, 2002

Michael MacNeil	22:22
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Covered Bridges Half Marathon

Quechee, VT - June 2, 2002

Paul Johnson	1:48:59
Jacquelyn Mullen	1:58:09
Jim Carson	2:02:51
Diana Bombaci	2:03:08

Rhody 5K

Lincoln, RI - June 2, 2002

Judy Duffey	27:52
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Majors 5K Road Race

Lowell, MA - June 2, 2002

Sharon Mckenna	28:09
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David Brundage 5K Road Race

Somerville, MA - June 2, 2002

Paul Donahue	20:08
Brian Slater	20:42
Michael MacNeil	21:15
Eric Bremberg	21:46
Linda Ford	21:49
Maryann MacNeil	22:33
Dave Palmer	22:55
Robert Boyd	22:57
Buddy Hubert	24:05
Robert Coburn	28:02
Jen Flood	30:34
Donna Perham	30:49
Jane Boyd	30:54

Corrib Pub 5K Classic

West Roxbury, MA - June 2, 2002

Sheila Lawson	39:40
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Great Lincoln Steeple Chase 6.7m

Lincoln, MA - June 9, 2002

Michael Urquiola	44:11
Alec Bath	48:48

Khourys Summer Steamer 4M

Somerville, MA - June 9, 2002

Maryann MacNeil	28:20
Randy Hudson	28:31
Buddy Hubert	29:51
Robert Bruzzese	30:40
Ann Dubiel	30:57
Evan Labell	31:46
Jerry Delatizky	34:15
Robert Coburn	36:22
Judy Duffey	36:36
Linda Moniz	38:08

Worcester Firefighters 6K

Worcester, MA - June 9, 2002

Robert Boyd	26:26
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Milto10K Road Race

Milton, MA - June 11, 2002

Michael MacNeil	44:55
Jen Desimone	51:02

Mount Washington Road Race 3.8M

Pinkham Notch, NH - June 15, 2002

Michael MacNeil	51:16
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Covered Bridges Half Marathon

Photos from www.asiorders.com

Fathers Day 10K Run

Rockport, MA - June 16, 2002

Paul Donahue	41:37
Stephen Buckley	45:49
Robert Boyd	47:59

Fathers Day 5K Run

Jane Boyd	31:01
Paul Mooney	31:46

Battle of Bunker Hill 8K

Charlestown, MA - June 16, 2002

Andrew Goldberg	32:07
Ann Dubiel	39:13
Ken Bauer	42:25

Whirlaway Summer Classic 10K

Methuen, MA - June 16, 2002

Michael MacNeil	44:52
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McKeon Post 4.3 Mile

Dorchester, MA - June 16, 2002

Jerry Delatizky	35:16
Robert Coburn	38:52

Louise Rossetti 5K

Beverly, MA - June 19, 2002

Linda Ford	20:36
Maryann MacNeil	20:59
Johanna Cohan	21:40
Jolie Bath	28:34
Michelle Carson	28:38
Donna Perham	29:10
Jane Boyd	29:37
Christine Donahue	30:44
Katie Perham	31:31



Khoury's Summer Steamer 4M



James J Connolly 8K

June's Jaunts

Again in June 46 MRC runners participated in road races, this time covering 483.5 total miles. Mike MacNeil lead the pack as he added 46.8 miles to his MRC leading totals. This Month Bob Coburn and Bob Boyd joined Mike in the MRC's 100 mile club.

The Louise Rossetti 5K in Beverly was the site of two most improved performances. MaryAnn MacNeil finished in 20:59, over 2 minutes faster than her best 5K of 2001. Michelle Carson took 1:40 off of her 5K mark from last year in posting a 28:38.

Though the weather was hot this month, five local races attracted 8 or more MRC runners, three of which were in Somerville alone.

Another important note in June is that Jerry Delatizky turned 70! A major milestone for any person, The added benefit for Jerry is his odds of coming home from a race with an Age Group trophy has gone up.

James J. Connolly 8K

Woburn, MA - June 20, 2002

Alec Bath	30:32
Paul Donahue	30:51
Robert Boyd	35:48
Ken Bauer	39:15
Jerry Delatizky	39:22
Judy Duffey	44:00
Sharon Mckenna	44:17
Susan Clough	46:53

Fiesta 5K

Gloucester, MA - June 27, 2002

Robert Boyd	23:11
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Squantum 5 Mile

Quincy, MA - June 27, 2002

Michael MacNeil	35:35
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Pat Polletta 5 Mile

Newburyport, MA - June 28, 2002

Jerry Delatizky	42:10	2 <sup>nd</sup> A/G
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Solar Now 5K

Beverly, MA - June 29, 2002

Karen Bauer	24:43
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Charles River Run 7m

Brighton, MA - June 30, 2002

Michael MacNeil	52:07
Nancy Gaudet	64:55
Liz Tassinari	66:47
Catherine Ong	70:18

Charles RiveRu5K

Buddy Hubert	22:30
Paul Mooney	35:50

POW MIA 10K Race

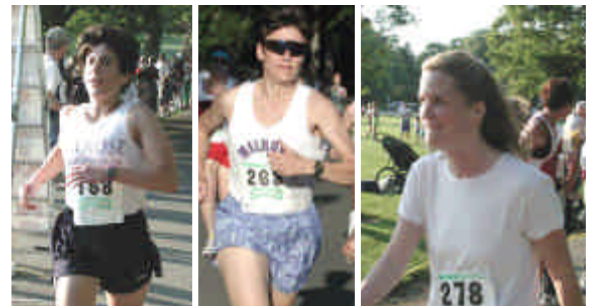
South Boston, MA - June 30, 2002

Ken Bauer	56:04
Robert Coburn	56:38
Paul Walsh	60:01

Photos from Coolrunning/Jim Rhoades



Powder House Pub 4M



Louise Rosetti 5K

July  
Race Results

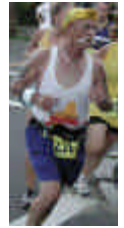
**Lynnfield Social Club 5K  
Lynnfield, MA - July 4, 2002**

Andrew Goldberg	20:10	2 <sup>nd</sup> A/G
Karen Bauer	25:25	
Jerry Delatziky	25:51	2 <sup>nd</sup> A/G
Ken Bauer	26:42	
Lauren Reid	30:01	



Photos from  
Coolrunning/  
Jim Rhoades

**Yankee  
Homecoming  
← 10 Miler  
5K →**



**Hingham July 4th 4.7m  
Hingham - July 4, 2002**

Randy Hudson	37:34
Ann Dubiel	38:00

**North Andover 4th of July 10K  
North Andover, MA - July 4, 2002**

Eric Bremberg	48:34
Jean Terranova	56:15
Robert Coburn	62:11

**North Andover 4th of July 5K**

MaryAnn MacNeil	22:26
Johanna Cohan	23:43
Buddy Hubert	23:48
Jen Desimone	26:53
Stuart Mcintire	30:31
Jen Flood	32:05

**Great Harvard 4th of July Road Race 5M  
Harvard, MA - July 4, 2002**

Michael MacNeil	38:01
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**Take the Lake 5K**

**Wakefield, MA - July 7, 2002**

Michael Urquiola	17:56	2 <sup>nd</sup> A/G
Alec Bath	18:33	3 <sup>rd</sup> A/G
Brian Slater	19:27	
Andrew Goldberg	19:33	
Bruce Young	20:41	
Michael Macneil	20:43	
Linda Ford	20:45	2 <sup>nd</sup> A/G
Eric Bremberg	20:51	
MaryAnn Macneil	21:09	2 <sup>nd</sup> A/G
Randy Hudson	22:04	
Paul Johnson	22:07	
Robert Boyd	22:14	
Robert Bruzzese	22:19	
Jim Carson	23:21	
Ann Dubiel	23:22	
Buddy Hubert	23:51	
Karen Bauer	24:08	
Ken Bauer	24:12	
Jerry Delatziky	24:44	2 <sup>nd</sup> A/G
Eden Garnart	26:13	
Tom Cross	26:28	
Erin Lynch	27:33	
Ken Peluso	27:35	
Susan Clough	27:53	
Jen Flood	29:00	
Sharon Mckenna	29:23	
Robert Coburn	29:44	
Kathy Scacca	31:00	
Paul Mooney	31:08	
Joanne Piper	31:11	
Jean McFadden	31:24	
Christine Donahue	31:35	
Carrie Johnson	31:39	
Denise Durham	32:02	
Erin Walker	34:31	
Kristin Quinn	39:19	
Susan O'Hearn	41:15	
Patricia DeFeudis	41:15	

**Marathon Sports 5M**

**Wellesley, MA - July 11, 2002**

Robert Boyd	37:01
Ken Bauer	40:23
Judy Duffey	47:49

July's Journeys

July included several popular races, the most popular being the Take The Lake 5K. The race attracted 38 MRCers including many new members from the Walk To Run program who were competing in their first road race. The month ended with 19 MRCers braving the heat to run the Yankee Homecoming 10 Miler with 3 more participating in the 5K. Take the Lake gave us 3<sup>rd</sup> Most Improved performances by Jen Flood and Mike MacNeil in the 5K category, while the Blessing of the Fleet put Jackie Mullen and Lauren Reid on the board for 1<sup>st</sup> and second most improved 10 Mile racers.

All told 561.2 miles were raced in July, with Bob Boyd leading the pack with 31.1 in the month. There were 58 MRCers that participated in July road races. This month Ken Bauer became the fourth member of the 100 Mile Club.



Take The Lake 5K

Photos from Coolrunning/Jim Rhoades

**Pilgrim 5 Mile  
Plymouth, MA - July 13, 2002**

Robert Coburn	48:41
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**East End 5**

**Lowell, MA - July 14, 2002**

Jerry Delatziky	41:42	2 <sup>nd</sup> A/G
Tom Cross	46:08	
Robert Coburn	47:06	

**Jim Kane Sugar Bowl 5 Miler  
Dorchester, MA - July 18, 2002**

Linda Ford	34:39	3 <sup>rd</sup> A/G
Eric Bremberg	35:31	
Maryann Macneil	35:37	
Robert Boyd	38:33	
Buddy Hubert	39:29	
Ann Dubiel	40:56	
Jerry Delatziky	42:16	2 <sup>nd</sup> A/G
Judy Duffey	46:13	
Robert Coburn	47:44	
Susan Clough	49:58	
Jane Boyd	50:59	
Janice Meckstroth	54:01	

**Stowe 8 Miler**

**Stowe, VT - July 21, 2002**

Maryann Macneil	1:00:00
Robert Boyd	1:02:28
Buddy Hubert	1:08:19
Jean Terranova	1:10:14

**Blessing of the Fleet 10**

**Narragansett, RI - July 26, 2002**

Jackie Doerrerr-Mullen	1:26:46
Lauren Reid	1:32:13
Susan Worrall	1:40:26

**St. Annes Lakes Race 5 Miler**

**Hampstead, NH - July 27, 2002**

Jerry Delatziky	41:33	1 <sup>st</sup> A/G
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**Carver Cranberry 5 Mile**

**Carver, MA - July 27, 2002**

Robert Coburn	45:52
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**Yankee Homecoming 10M**

**Newburyport, MA - July 30, 2002**

Andrew Goldberg	1:09:41
Alec Bath	1:09:54
Brian Slater	1:11:47
Michael Macneil	1:19:07
Joseph Terranova	1:19:12
Robert Boyd	1:21:10
Randy hudson	1:24:20
Nicholas Lamberti	1:27:22
Ann Dubiel	1:27:41
Jean Terranova	1:30:59
Jen Desimone	1:31:58
Jim Mcsweeney	1:32:39
Danielle Giovanni	1:33:16
Jevon Krushenick	1:33:47
Bob Bruzzese	1:35:49
Nancy Gaudet	1:35:58
Liz Tassinari	1:36:14
Ken Bauer	1:40:46
Catherine Ong	1:44:08
Thomas Cross	1:46:36

**Yankee Homecoming 5k**

Kelli Allison	24:06	
Jerry Delatziky	25:16	1 <sup>st</sup> A/G
Janine Cloutier	33:48	