



# Melrose Running Times



The Official Newsletter of the Melrose Running Club October 2002

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Photo By John Morris

## Lake Winnepesaukee Relay

Twenty-three runners formed three Melrose Running Club teams for the **Lake Winnepesaukee Relay** in New Hampshire. For race highlights, photos, and detailed results see pages 3 and 4.

## Winter Running Routes

Starting with the first Tuesday in October the Melrose Running Club Tuesday Night Club Run follows the Winter Running Routes. These routes, shown in the map below, still travel along streets with very little light in the evening, please be safe and wear your reflective vests.



## 2002-2003 MRC Board

As the season transitioned from summer to fall, the transition of the MRC Board of Directors also occurred. The following people will be responsible for the directing the club through the next year.

**Erin Lynch, President** Erin assumes the top seat of the board as she starts her second year with the club. She works as a software technical writer for a small telecom startup. Erin is originally from Acton, MA and has lived in Melrose for 1 year.

**Bill Durning, Vice President** Bill Durning, who served on last year's board as Membership Coordinator, changes his seat to Vice President this year. Bill, originally from Yonkers, NY, moved to the Boston area when he attended Boston College. After graduating in 1988 he remained in the area working as a counselor at a residence for emotionally disturbed adolescent boys. Bill has been a member of the club for 2 years. He ran the 2002 Boston Marathon, his first, with one of the club's BAA courtesy numbers and lots of support from club members.

**Peter Fopiano, Secretary** Originally from Winchester, MA, Peter joined the club when he moved to Melrose in 1998. Peter works for RSA Security, a software company, in customer support. He has been running since about 1995 and ran his first road race, the Yankee Homecoming 5K, in 1996. The highlight of Peter's running career was running the Boston Marathon in 1999.

**John Morris, Treasurer** John remains the club's Treasurer, a position he assumed in January of 2002. John has been a member of the club since its first year.

**Liz Tassinari, Membership Coordinator** Liz has been a member of the club for two years. Liz is a Nurse Manager for Critical Care at Boston Medical Center. "I became a diabetic in the last year, so running has become even more important to me. I am very interested in meeting people who have diabetes and run/exercise."

**Jim Carson, Newsletter Editor** Jim has been the Editor of the Melrose Running Times and webmaster of the MRC website for the four years that he has been a member of the club. When not working on things for the MRC, Jim works for Transwitch designing telecom computer chips.

**Janet and Hank Murphy, Apparel Coordinators** Stepping into the role of Apparel Coordinators are Janet and Hank Murphy. Janet has been a member of the club since spring of 2000 when she joined the first Walk to Run Program. Hank became a member later that same year.

**Alec Bath and Nick Lamberti, Public Relations** Alec has been a member of the club since the fall of 2000. He is continuing to serve as Public Relations Coordinator for a second year. Nick Lamberti steps out of the role as President of the club and into the role of co-public relations coordinator. Nick has been a member of the club since 1999 and is also the co-director of the club's Walk To Run Program.

**Tom Cross, Events Director** Another Winchester native, Tom becomes the MRC event coordinator as he begins his second year in the club. Tom mixes cycling and running to stay fit, and credits the club with getting him "healthier than he has been in years".

Thanks to these eleven people for donating their time and energy to keeping the MRC going.

## ANNOUNCEMENTS

### Volunteers Needed

There are two opportunities for MRC members to volunteer for upcoming race activities. Interested people should sign-up at the Tuesday Night Club Run or contact a board member.

#### Tufts 10K for Women

#### Columbus Day, October 14<sup>th</sup>

Women running the race should note that they can volunteer and still run. Tufts will show their appreciation by making a donation to the club.

#### Veterans Memorial Race

#### Veteran's Day, November 11

Volunteers to man a water stop on the course.

## Donations Needed

### Thanksgiving Baskets

Jackie D. Mullen will be looking for food donations for MRC Thanksgiving baskets. There will be a sign-up sheet available in early November.

### Help Wanted

Committees are being formed to organize the following events. If you are interested in helping with either event contact a board member.

#### Thanksgiving Fun Run

Organize an informal fun run around Spot Pond on Thanksgiving complete with coffee and pastries.

#### Home For The Holidays Run

Organize an informal run through Melrose during Home For The Holiday Events.

## MRC Board

**Erin Lynch**  
president@melrosesrunningclub.com  
**Bill Durning**  
vice\_president@melrosesrunningclub.com  
**Peter Fopiano**  
secretary@melrosesrunningclub.com  
**John Morris**  
treasurer@melrosesrunningclub.com  
**Jim Carson**  
editor@melrosesrunningclub.com  
**Liz Tassinari**  
membership@melrosesrunningclub.com  
**Alec Bath / Nick Lamberti**  
pr@melrosesrunningclub.com  
**Tom Cross**  
events@melrosesrunningclub.com  
**Janet Murphy / Hank Murphy**  
apparel@melrosesrunningclub.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: Erin Lynch

## Second Tuesday



We'll see you  
on the  
**SECOND TUESDAY**  
of every month  
after the  
Tuesday Night Club Run  
for a little socializing.

## RRCA

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



## Introducing the New President

There were two reasons I joined the Melrose Running Club in October 2001. The first was because I enjoy running. The second reason I joined was because I was new to town and thought it would be a great way to meet my neighbors. I discovered that the Melrose Running Club is more than just another means of working out on Tuesday nights. I have been pleasantly surprised by the number of friends I have made in the last year.

I am relatively new to running, so I am no where near as fast as the other Presidents. I ran in high school as a means of training for cross-country ski racing, and I ran here and there in college- mostly during my semester abroad in Austria- to avoid gaining weight from all of that beer and chocolate. Until the summer of 2001, I never ran just to run. Once I started running regularly, I found out that I really enjoy it. I am looking forward to the coming year.

Nick Lamberti and the previous MRC board left things in great shape for me and my fellow board members. I am amazed at how much the club has grown in the last year. While many running clubs in surrounding communities have split into two or more clubs, the Melrose Running Club has held together as one unit. I am very proud of the MRC for sticking together.

In addition to the usual events: the Tufts 10K, the adopt-a-site clean-up, the Thanksgiving Baskets, the Holiday Party, The Home for the Holidays Run, and the Mother's Day race- one of my goals is to provide club members with more options for regular runs. I would like to organize a run on Thursday nights, a long run on the weekend, and trail runs in the Spring. I am also looking into doing track workouts with another running club during the winter. If anyone has any suggestions for regular club runs- please see me on Tuesday night or email me at president@melrosesrunningclub.com. I look forward to working with all of you this coming year and to see our club continue to grow and succeed.

**Erin Lynch**  
**President**  
**Melrose Running Club**

## Welcome to the World Shea Michael Hastings



Photo by Chris Hastings

Two years ago Chris Hastings and Margaret Sweeney met as members of the Melrose Running Club. After spending a day together at the Lake Winnepesaukee Relay, they began dating. Their MRC romance flourished and, after finishing the Bridge of Flowers 10K road race last year, the two were wed. This year, the couple was blessed with a baby. Shea Michael Hastings was born in the early morning hours of August 25<sup>th</sup> weighing in at 7lbs 5oz, 20 inches long, and according to Chris "about 2000 more hairs on his head than his father". A hospital nurse came by and knowing nothing of the running background of Chris and Margaret commented "He has long legs, he's going to be a runner!"

To commemorate the birthday of their new little runner, Chris ran the Run From The Sun 10K later that morning.



### October

5 Randy Hudson  
10 Elisa Watkins  
12 John Mitchell  
14 Tom Church  
15 Chris Hastings  
16 Tom Cross  
20 Ken Cymbal  
20 Victoria Price  
21 Maureen Recene  
23 Bill Durning  
24 Patricia Defeudis

### November

3 Karen Bauer  
3 Cathy Boudreau  
11 Ken Bauer  
13 John Cinella  
13 Buddy Hubert  
14 Joyce Anderson  
16 Catherine Ong  
19 Eileen Lyle  
21 Lauren Reid  
24 Kevin Anderson

## Welcome New Members

The following runners are new members to the Melrose Running Club since July of 2002. These 14 runners bring the current membership of the Melrose Running Club to 144 Members.

**Tom Church**  
**Ken Cymbal**  
**Brendan Flanigan**  
**Gary Garber**  
**Elizabeth Hunter**  
**Rebekah Labell**  
**Mark Lawhorne**  
**Jeff Mills**  
**James Mullen**  
**Dwane Rich**  
**Chris Skelly**  
**Brian Slater**  
**Lesley Smith**  
**Bruce P. Young**

Welcome to the club and enjoy your runs with us. We look forward to seeing you on the roads and at the races!

## Five Year Members

These fifteen Melrose Running Club members have completed their fifth consecutive year as members of the Melrose Running Club.

**Robert Boyd**  
**Linda Ford**  
**Roy Van Buren**  
**Jane Boyd**  
**Eileen Lyle**  
**Martha Quigley**  
**Michael Quigley**  
**Johanna Cohan**  
**Jackie Doerr**  
**Mullen**  
**John Mitchell**  
**Donna Perham**  
**John T. Cinella Jr.**  
**Jerry Delatizky**  
**John Morris**  
**William Trippe**

Thank you for your continued dedication to the Melrose Running Club!



## Challenge 2002, A Race to Melrose, Florida... The Guys Have it!

The challenge put forth to the members of the Melrose Running Club for the year 2002 was for each gender to run enough racing miles to make it from Melrose, Massachusetts to Melrose, Florida via six Melroses in other states. The path set down for the women was 1600 miles long, while the men's covered 2200 miles. The two paths were about as long as the number of miles each gender ran in 2001.

Both genders covered the distances much faster than expected, a result of an increase MRC membership and greater participation in road races. Although the miles were completed faster, they did track in percentage.

The men took the lead in January and held it until the Penguin Classic on February 10th. This mid-winter 3.5 mile race was the February race of the month. Fifteen women ran it, compared to only 8 men.

Despite many miles put in by Mike MacNeil, the women remained in the lead percentage wise until Early May. By May 11th a string of races attended by the men had brought them to the point where they had completed 51.57% of their course, while the women had run 51.28%. Their lead in the race was short lived though as the next day was Mothers Day in which the MRC's own Melrose Run For Women was held. This race

attracted 20 MRC women to the field, and the women jumped to a 55.66% to 51.57% lead. A lead that they would hold throughout the summer.

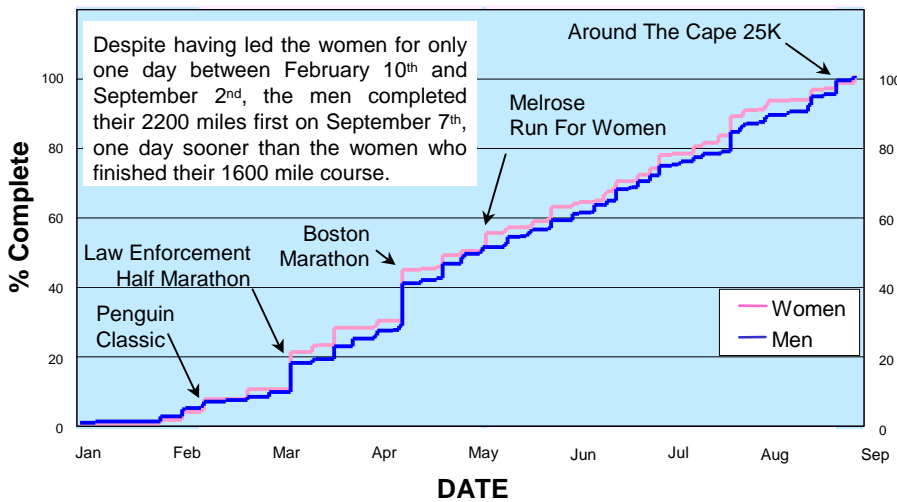
The race remained close as the men seemed to hit milestones a week after the women. The 60% mark was reached by the women on June 2nd while the men hit it on June 9th. The July Race of the Month, the Take The Lake 5K on July 7th, brought the MRC women up to the 75% mark while the men did not reach it until July 11th at the Marathon Sports 5 Mile Road Race. The women were 90% done with their route on August 10th. The men didn't achieve that mark until

August 18th. On August 18th the women reach Melrose, Georgia, their last Melrose before Florida. The men were once again one week behind them, reaching that same point on August 25th.

The men made a final surge at the finish with five men and only one women running the Around the Cape 25K on September 2nd. This put the men ahead which lasted to the next weekend. The men needed only 8.16 miles, while the women had 18.70 left. The women were poised to complete their miles with several races scheduled on Sunday, September 8th. On Saturday, September 7th, however Ken Bauer ran the Run to the Rock Half Marathon in Plymouth, MA to finish the race for the men.

### Tracking the Race To Melrose Florida

Racing miles as a percent of each team's course length



### A Day at the Lake

For the sixth year in a row the Melrose Running Club has been represented by at least one relay team at the Lake Winnepesaukee Relay. The collection of photos here were taken at this years race. From Fun Spot the first three MRCers began the 65.7 mile trek around the lake at 8AM. Roy Van Buren can be spotted below in his red cap at the back of the pack in his fifth running of the first leg. The teams headed through Laconia, down to Alton Bay, around through Wolfeboro to Moultonboro, around the north side of the lake back to Fun Spot. (cont. page 4)



### MRC Team Finishes

1	2000-C	7:52:04
2	2001-B	8:05:43
3	1997	8:37:57
4	2000-B	8:46:48
5	2000-A	8:54:02
6	<b>2002-C</b>	<b>8:59:06</b>
7	1999-A	8:59:35
8	1999-B	9:01:43
9	2001-A	9:15:18
10	<b>2002-A</b>	<b>9:15:37</b>
11	<b>2002-B</b>	<b>9:39:20</b>
12	1998	9:45:35



Tom Church had the most impressive run on an MRC team, posting the 27<sup>th</sup> best time in the 9.3 mile third leg. Team C was the fastest MRC team, placing 71<sup>st</sup> overall with an 8:59:02. Of the 12 MRC teams to complete the course in the past 6 years, that ranks 6<sup>th</sup>.

Teamwork highlighted the day as MRCers were found around the lake providing support to members wherever they could be found. Thank you to team leaders, Peter Fopiano, Bill Trippe, and especially Jackie Mullen for organizing our participation in the event.



Miles	Team A	Team B	Team C
10.7	Roy Van Buren 1:30:06	Nancy Gaudet 1:33:35	Michael MacNeil 1:22:26
11.0	Jackie D. Mullen 1:36:05	Jan Felt 1:32:20	Peter Fopiano 1:24:52
9.3	Tom Church 1:07:23	Roberta Regan 1:27:25	Bob Boyd 1:17:34
4.0	Bill Durning 32:56	Roberta Regan 36:25	Jim Carson 31:07
10.8	Sue Worrall 1:44:05	Larry Andersen 1:44:19	Livio Ferraro 1:28:08
6.4	Ellen Poveromo 46:52	Liz Tassinari 54:42	Mark Gravina 57:34
8.5	Paul Poveromo 1:14:29	Richard Mansfield 1:10:08	John Morris 1:17:58
<u>4.4</u>	<u>Erin Lynch 43:41</u>	<u>Bill Trippe 40:26</u>	<u>Eileen Lyle 39:27</u>
<b>65.7</b>	<b>TEAM A 9:15:33</b>	<b>TEAM B 9:39:17</b>	<b>TEAM C 8:59:02</b>



### Melrose Running Club Lake Winnepesaukee Relay Times 1997-2002

LEG 1 – 10.7 Miles			LEG 3 – 9.3 Miles			LEG 5 – 10.8 Miles			LEG 7 – 8.5 Miles		
Paul Donahue 1:16:05	7:07 2001-B	Scott Minzy 1:03:02	6:47 2000-C	??	1:13:19	6:47 1997	Paul Polveramo 1:04:08	7:33 2000-C	Jan Felt 1:08:08	8:01 1999-A	
Linda Ford 1:17:54	7:17 2000-A	Andy Goldberg 1:03:06	6:47 2001-B	Paul Donahue 1:16:52	7:07 2000-C	Scott Minzy 1:17:53	7:13 2001-B	Jim Costello 1:09:21	8:10 1999-B		
Eric Bremberg 1:19:26	7:25 2000-C	Tom Church 1:07:23	7:15 2002-A	Barbara Leinweber 1:18:16	7:15 1999-A	Barbara Leinweber 1:18:16	7:15 1999-A	Bill Trippe 1:09:29	8:10 2000-A		
Mike MacNeil 1:22:26	7:42 2002-C	Jen Palotta 1:10:33	7:35 1997	Peter Fapiano 1:24:40	7:50 2000-B	Peter Fapiano 1:24:40	7:50 2000-B	Roy Van Buren 1:09:30	8:11 1997		
Roy Van Buren 1:23:48	7:50 1999-B	Roberta Regan 1:15:39	8:08 2000-B	Livio Ferraro 1:28:08	8:10 2002-C	Livio Ferraro 1:28:08	8:10 2002-C	Richard Mansfield 1:10:08	8:15 2002-B		
Linda Ford 1:24:20	7:53 1999-A	Barbara Leinweber 1:17:11	8:18 1998	Bob Boyd 1:28:51	8:14 2000-A	Bob Boyd 1:28:51	8:14 2000-A	Bob Boyd 1:10:35	8:18 2001-A		
Roy Van Buren 1:26:02	8:02 2000-B	Bob Boyd 1:17:34	8:20 2002-C	Mike Harding 1:30:54	8:25 1999-B	Mike Harding 1:30:54	8:25 1999-B	Andy Dempsey 1:11:53	8:27 2000-B		
Roy Van Buren 1:26:49	8:05 2001-A	Bill Trippe 1:22:10	8:50 1999-B	Mark Gravina 1:35:20	8:50 1998	Mark Gravina 1:35:20	8:50 1998	Eileen Lyle 1:13:10	8:36 1998		
Roy Van Buren 1:29:04	8:19 1998	Maureen (IA) 1:26:43	9:19 1999-A	Jackie D.Mullen 1:43:29	9:35 2001-A	Jackie D.Mullen 1:43:29	9:35 2001-A	Maryann MacNeil 1:13:03	8:36 2001-B		
Jan Felt 1:30:00	8:25 1997	Roberta Regan 1:27:25	9:24 2002-B	Sue Worrall 1:44:05	9:38 2002-A	Sue Worrall 1:44:05	9:38 2002-A	Paul Polveramo 1:14:29	8:46 2002-A		
Roy Van Buren 1:30:06	8:25 2002-A	Jerry Delatizky 1:27:34	9:25 2001-A	Larry Andersen 1:44:19	9:40 2002-B	Larry Andersen 1:44:19	9:40 2002-B	John Morris 1:17:58	9:10 2002-C		
Nancy Gaudet 1:33:35	8:45 2002-B	Margaret Sweeney 1:29:31	9:38 2000-A								
LEG 2 – 11.0 Miles			LEG 4 – 4.0 Miles			LEG 6 – 6.4 Miles			LEG 8 – 4.4 Miles		
Mike Piepergerdes 1:07:38	6:09 2000-C	Chris Hastings 26:57	6:44 2000-C	Ellen Polveramo 45:52	7:10 2000-B	Ellen Polveramo 45:52	7:10 2000-B	Peter Fapiano 32:28	7:23 1999-B		
Linda Ford 1:21:53	7:27 2001-B	Eileen Lyle 30:50	7:42 2001-A	Ellen Polveramo 46:52	7:19 2002-A	Natalie Kapij 36:57	7:29 2001-B	Natalie Kapij 32:57	7:29 2001-B		
Bob Boyd 1:22:11	7:28 1997	Jim Carson 31:07	7:47 2002-C	Chris Hastings 47:21	7:24 2001-B	Jackie Doerr 36:02	8:11 1997	Jackie Doerr 36:02	8:11 1997		
Peter Fopiano 1:22:55	7:32 2001-A	Jackie Doerr 31:44	7:56 1998	John Morris 49:19	7:42 2000-A	Nick Lamberti 36:22	8:16 2000-B	Nick Lamberti 36:22	8:16 2000-B		
Peter Fopiano 1:24:52	7:43 2002-C	Eileen Lyle 32:49	8:12 1999-A	Bob Boyd 51:58	8:07 1999-B	Eileen Lyle 37:32	8:32 2000-C	Eileen Lyle 37:32	8:32 2000-C		
Sue Worrall 1:27:18	7:56 2000-A	Angela Urillo 32:49	8:12 1999-B	John Sherlock 54:11	8:28 1997	Jerry Delatizky 38:19	8:42 2000-A	Jerry Delatizky 38:19	8:42 2000-A		
Sue Worrall 1:31:39	8:20 1999-A	Bill Durning 32:56	8:14 2002-A	Mark Gravina 54:24	8:30 2001-A	Roberta Regan 38:42	8:48 2001-A	Roberta Regan 38:42	8:48 2001-A		
Jackie Doerr 1:32:02	8:22 2000-B	Judy Duffey 33:21	8:20 2000-A	Liz Tassinari 54:42	8:33 2002-B	Eileen Lyle 39:27	8:58 2002-C	Eileen Lyle 39:27	8:58 2002-C		
Jan Felt 1:32:20	8:24 2002-B	Margaret Sweeney 33:25	8:21 2001-B	Susan Murphy 56:29	8:50 2000-C	Jerry Delatizky 39:39	9:01 1998	Jerry Delatizky 39:39	9:01 1998		
Jackie D. Mullen 1:36:05	8:44 2002-A	Angela Urillo 34:18	8:35 2000-B	Eileen Lyle 57:06	8:55 1999-A	Bill Trippe 40:26	9:11 2002-B	Bill Trippe 40:26	9:11 2002-B		
Mark Gravina 1:38:15	8:56 1999-B	Roberta Regan 36:25	9:06 2002-B	Mark Gravina 57:34	9:00 2002-C	Jackie Doerr 40:34	9:13 1999-A	Jackie Doerr 40:34	9:13 1999-A		
Dick Duffey 1:59:03	10:49 1998	Trudy Thompson 42:11	10:33 1997	Pam Paige 60:24	9:26 1998	Erin Lynch 43:41	9:56 2002-A	Erin Lynch 43:41	9:56 2002-A		





## August's Amblers

August began with MRC member **Mike Urquiola** participating in the 24-Hour Relay around Lake Quannapowitt. Mike completed nine separate 3.16 mile laps around the lake as a member of the Greater Boston Track Club team. He averaged a 6:25 pace, helping his team complete 72 laps, topping the old race record of 65 laps but finishing second to the team from Athletics East which circled the lake 73 times.

While Mike was circling Lake Quannapowitt, **Randy Hudson** ran a 47:25 at the Beach To Beacon 10k in Cape Elizabeth. This is a 7.9% improvement of Randy's best 10K time of 2001 earning him the second most improved 10K of the year. Later in the month **Amanda Lanza** improved her 10K time at the Run From the Sun 10K for the third most improved 10K.

The 100 Mile Club grew to eight members in August as **Paul Donahue**, **Jill Weiner**, **Linda Ford**, and **MaryAnn MacNeil** reached the 100 mile mark.

**Ann Dubiel** set the mark for fastest female 10K of 2002 at the Beach To Beacon in early August. That mark didn't last long though as The Run From the Sun 10K produced three faster 10K times by **Linda Ford** (42:57), **MaryAnn MacNeil** (44:21), and **Amanda Lanza** (49:00). On the men's side, **Andy Goldberg** set the mark for 2002's fastest 10K with a 39:23. **MaryAnn MacNeil** became the fastest Female 5-Miler of 2002 with her Magnolia 5-Miler time of 33:54.

Two more noteworthy performances... Long time MRC member **Dan Slattery** ran his first race as a member of the club purely in the interest of helping the men complete their miles to Melrose Florida. And **Chris Hastings** celebrated his son's birthday (yes the actual day of the birth) by running the Run From The Sun 10K.

## August Race Results

### 24-HOUR RELAY 3.16M SPLITS

WAKEFIELD, MA - AUGUST 2, 2002

Mike Urquiola	19:13
Mike Urquiola	18:53
Mike Urquiola	19:34
Mike Urquiola	20:22
Mike Urquiola	20:35
Mike Urquiola	20:28
Mike Urquiola	20:55
Mike Urquiola	21:48
Mike Urquiola	20:49

### BEACH TO BEACON 10K

CAPE ELIZABETH, ME - AUGUST 3, 2002

Randy Hudson	47:25
Ann Dubiel	49:35
Jacquelyn D Mullen	52:11
Jill Weiner	56:28
Andrew Goldberg	56:28
Michelle Carson	61:55
Jim Mullen	62:44

### WITCH CITY TRIATHLON - 3.1M RUN

SALEM, MA - AUGUST 4, 2002

Paul Hennessey	20:39
Michael Lowry	45:23
Nattie Kapij	25:11

### YANKEE HOMECOMING 5K

BEVERLY, MA - AUGUST 8, 2002

Maryann MacNeil	20:51
Robert Boyd	22:34
Buddy Hubert	24:29
Jerry Delatizky	24:54

### ALTON OLD HOME DAY 5K

ALTON BAY, NH - AUGUST 10, 2002

Jill Weiner	26:24
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### BRIDGE OF FLOWERS 10K

SHELBURNE FALLS, MA - AUGUST 10, 2002

Chris Hastings	48:07
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### BREW RUN 5.2M

BREWSTER, MA - AUGUST 10, 2002

Paul Donahue	35:42
Linda Ford	36:10
Eric Bremberg	37:48
Maryann MacNeil	38:25
Michael MacNeil	38:42
Robert Boyd	39:43
Buddy Hubert	42:38
Jane Boyd	54:48

### FALMOUTH ROAD RACE 7.1M

FALMOUTH, MA - AUGUST 11, 2002

Brian Slater	48:30
Michael MacNeil	53:07
Kelli Allison	56:02
Nancy Gaudet	64:36
Martha Quigley	72:22

### HAPPY TRAILS 6M TRAIL RUN

TOPSFIELD, MA - AUGUST 17, 2002

Paul Donahue	43:53
Chris Hastings	48:35

### JAY JELLISON 5K

READING, MA - AUGUST 18, 2002

Ken Bauer	24:44
Ken Bauer	25:33
Thomas Cross	26:44
Terry Reilly	28:29

### SHOWCASE 5 MILE

NORTH READING, MA - AUGUST 24, 2002

Nicholas Lamberti	39:20
Ken Bauer	39:52
John Morris	40:01
William Trippe	42:11
Karen Bauer	44:21

### YMCA 5 MILE CLASSIC

WOBURN, MA - AUGUST 24, 2002

William Ouchark	32:30
Dan Slattery	38:29
Jerry Delatizky	42:53 2 A/G
Robert Coburn	48:49

### RUN FROM THE SUN 10K

MEDFORD, MA - AUGUST 25, 2002

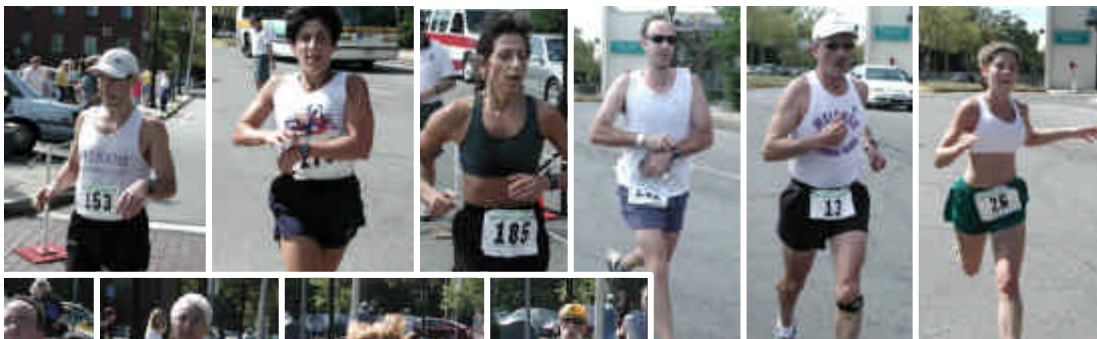
### RACE OF THE MONTH

Andrew Goldberg	39:23
Linda Ford	42:57 1 A/G
MaryAnn MacNeil	44:21 1 A/G
Chris Hastings	46:08
Robert Boyd	46:31
Amanda Lanza	49:00 1 A/G
Nicholas Lamberti	49:15
Evan Labell	50:17
Jim Carson	50:53
Buddy Hubert	50:58
Erin Lynch	55:56
Jerry Delatizky	56:41 1 A/G
Judy Duffey	59:10
Robert Coburn	59:53
Sharon Mckenna	60:11
Linda Moniz	60:44

### MAGNOLIA 5 MILE

MAGNOLIA, MA - AUGUST 29, 2002

Maryann MacNeil	33:54 3 A/G
Stephen Buckley	35:28
Robert Boyd	36:37
Buddy Hubert	40:14



### Photos From the August MRC Race Of The Month Run From The Sun 10K

Photos From Coolrunning/JimRhoades



### August Stat Box

MRC Members that Raced : 43  
 Number of Events attended : 14  
 Times MRCers crossed the finish line: 73  
 Total Miles Raced by MRC Members: 368.9  
 Member that raced the most miles: **Mike Urquiola (28.44)**  
 Number of Age Group winners : 6 (4 First Place in A/G)

September's Scampers

**Liz Tassinari** became the most improved 5Ker of 2002 at the Komen Race For The Cure. Liz cut her 5K time by 19% with a 25:58. Liz also holds the clubs most improved 10K.

**Johanna Cohan** ran a 46:47 at the first Boston Marine Corp 10K in Milton, MA. Her performance on a very hilly course was the 3<sup>rd</sup> fastest 10K run by an MRC women in 2002.

**Mike Urquiola** posted the fastest 5 mile time since we started keeping records with a 29:22 at the Rojack's Road Race.

**Judy Duffey, Mike Urquiola, and Buddy Hubert** ran their 100<sup>th</sup> racing mile this month. This brings the MRC 100 Mile Club up to eleven members.

**Around the Cape 25K**  
 Gloucester, MA - September 2, 2002

Linda Ford	1:56:25
Robert Boyd	2:05:34
Michael MacNeil	2:05:46
Nicholas Lamberti	2:18:48
Ken Bauer	2:26:26
Roy Van Buren	2:29:03

**Irish American 10k**  
 Malden, MA - September 2, 2002

Robert Coburn	60:48
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**Irish American 5k**

Eileen Lyle	24:44	2A/G
Michael Quigley	26:25	
Judy Duffey	27:17	
Audrey Shernan	28:00	3A/G

**Run to the Rock Half Marathon**  
 Plymouth, MA - September 7, 2002

Ken Bauer	1:58:45
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**Mill City 5K (MEN)**  
 Lowell, MA - September 8, 2002

Michael Urquiola	18:04
Bob Boyd	22:39
Buddy Hubert	23:48



**Mill City 5K (WOMEN)**

Maryann MacNeil	22:43
Karen Bauer	25:52
Sharon Mckenna	30:58



**Casey's 3M Road Race**  
 Somerville, MA - September 8, 2002

Bob Coburn	26:05
Judy Duffey	26:39
Kenneth Peluso	27:37

**Komen Race for the Cure Boston 5K**  
 Boston, MA - September 8, 2002

Liz Tassinari	25:58
Lois Parker-Carmona	28:20
Erin Walker	28:26
Nancy Gaudet	29:14
Jean Mcfadden	31:48
Jill Weiner	49:33

**William Degan 5K**  
 Quincy, MA - September 8, 2002

Susan Clough	29:11
Janice Meckstroth	31:54

**Lobster Dash 5M**  
 Oqunquit, ME - September 14, 2002

Johanna Cohan	37:42
Jim Carson	40:27
Michelle Carson	49:47
Jill Weiner	53:22



**Al Duff Jr. 5K**  
 Stoneham, MA - September 14, 2002

Bob Boyd	22:07
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**Founders Day 4-Mile**  
 Saugus, MA - September 14, 2002

Andy Goldberg	24:23
Linda Ford	27:50
Bob Coburn	36:41
Judy Duffey	37:53
Linda Moniz	38:01
Paul Mooney	40:31

**Winthrop Sesquicentennial Foot Race 5M**  
 Winthrop, MA - September 14, 2002

Nick Lamberti	40:11
John Morris	41:19

**Run For EMARC 5K**  
 Melrose, MA - September 15, 2002

**RACE OF THE MONTH**

Paul Hennessey	19:01	
Andy Goldberg	19:02	3A/G
Brian Slater	19:33	
Stephen Buckley	21:45	2A/G
Johanna Cohan	22:30	3A/G
Janice Tribble	24:26	
Jolie Bath	24:43	
Shannon Berry	25:23	
Susan Clough	28:40	
Jane Boyd	29:35	3A/G
Linda Moniz	30:09	
Christine Donahue	30:51	
Kathy Scacca	31:13	
Eric Martin	32:58	
Kathleen Thomas	41:42	



**Doc Linskey 5M**  
 Cambridge, MA - September 15, 2002

Maryann MacNeil	35:49
Buddy Hubert	42:15
Nancy Gaudet	42:54
Bob Coburn	47:35

**Hi-Tech Classic 10K**  
 Waltham, MA - September 15, 2002

Ken Bauer	53:30
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**A Hi-Tech Classic 5K**

Judy Duffey	28:51
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**Ks for Caring 5K**  
 Boston, MA - September 18, 2002

Bob Boyd	22:11
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**Reading Wakefield YMCA 5K**  
 Wakefield, MA - September 21, 2002

Nicholas Lamberti	23:51
Judy Duffey	28:09
Bob Coburn	28:14
Audrey Shernan	28:29
Sharon Mckenna	30:02
Mary Lynch	34:06

**Fall Marathon Tune-Up 30K**  
 Lynn, MA - September 21, 2002

Brian Slater	2:46:14
Jean Terranova	3:08:21
Naomi Vishnupad	3:17:06
Eric Martin	4:13:57

**Lake Winnepesaukee Relay**  
 Laconia, NH - September 21, 2002

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**1/2 Way to St. Patrick's Day 5K**  
 Manchester, NH - September 22, 2002

Paul Donahue	19:53
Linda Ford	21:26
Eric Bremberg	21:44
Maryann MacNeil	22:03
Michael MacNeil	22:26
Bob Boyd	23:19
Buddy Hubert	24:21
Jane Boyd	30:13

**Miles for Michele 5M**  
 South Boston, MA - September 22, 2002

Bob Coburn	45:14
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**CMARC 5K**  
 Woburn, MA - September 22, 2002

Karen Bauer	24:46
Ken Bauer	25:08
Judy Duffey	28:20

**Samaritans of Boston 5K Road Race**  
 Boston, MA - September 28, 2002

Bob Coburn	29:09
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**Boston Marine Corps 10K**  
 Milton, MA - September 29, 2002

Johanna Cohan	46:47
Jim Carson	50:23
Michelle Carson	61:43

**Big City Five and Dime 10M**  
 Medford, MA - September 29, 2002

Randy Hudson	1:18:31
Ann Dubiel	1:21:59
James McSweeney	1:26:04
Ken Bauer	1:30:07

**Big City Five and Dime 5M**

Judy Duffey	46:14
Sharon Mckenna	48:38

**Jeffs 5 Mile Run**  
 Cambridge, MA - September 29, 2002

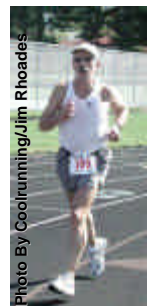
Bob Coburn	47:06
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**Ollie 5 Mile Classic**  
 South Boston, MA - September 29, 2002

Tom Church	31:32
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**Ro-Jacks 5 Mile Road Race**  
 Attleboro, MA - September 29, 2002

Michael Urquiola	29:22
Bob Boyd	36:55



September Stat Box

MRC Members that Raced : **62**  
 Number of Events attended : **39**  
 Times MRCers crossed the finish line: **124**  
 Total Miles Raced by MRC Members: **695.5**  
 Member that raced the most miles: **Ken Bauer (47.9)**  
 Number of Age Group winners : **6 (0 First Place in A/G)**