



# Melrose Running Times

The Official Newsletter of the Melrose Running Club

August-September 2003



## Run for Women-Marathon Thank You Party

### New Members 2003

Judith	Allonby
Nikki	Amara
Sheri	Barrett
Arjun	Bijaor
Diane	Blume
Rebecca	Brennan
Margaret Penney	Capra
Kristen R.	Caracoglia
Philomena	Casey
Steve	Chiavelli
Gloria K.	Chin
Andrew	Dempsey
Christine	Fiore
Maura	Fitzsimmons
Lynn	Frazel
Kelli	Govlian
Amy	Hayes
Maureen	Hickey
Robin	Higle
Kristen	Hodges
Mary	Ioven
Kate Scott	Lawrence
Lynne Jameson	Meehan
Julie	Mullane
Barbara	Norton
Pamela	Perry
Christine R.	Primiano
Kelley	Sikorg
Irene	Szewczuk
Leanne	Tierney
Jackie	Twinem
Pam	Walcott



July 8, 2003- The Melrose Running Club had its first annual party to thank the club members who volunteered to help with the May 11<sup>th</sup> Melrose Run for Women and honor the club members who ran both the Boston and Vermont Marathons.

The Melrose Running Club presented Rebecca Mooney, director of the Melrose Alliance Against Violence with a check for \$5,500 at the celebration at Grimsby's in Stoneham, MA. The club overcame many obstacles to raise the same amount of money as last year: fewer sponsors and tough economic times.

Key sponsors for the race were Melrose Glass, Perham Therapeutic Massage, and the Reverend Doris Hunter of the Melrose Unitarian Universalist Church. Highlights of the day were Mayor Bob Dolan's kicked off speech and the music provided by KI SS 108. Nearly 400 runners turned up for the race.

Among the marathoners who attended the celebration in their honor were Lois Parker-Carmona and Nancy Gaudet, who received the club's Boston Marathon numbers, which are awarded by the BAA through the lottery.

Other notable Boston marathon runners are Paul Donahue, Alec Bath, Brian Slater, Michael McNeil, John Mitchell, Bob Bruzzese, Roy Van Buren, John Sherlock, Catherine Ong, Beth Hunter, Terry Reilly, Martha Jancaitis, and Ken Bauer.

The following MRC members ran the Vermont Marathon in May 2003: Livio Ferrara, Sue Worrall, Ann Dubiel, Jackie Doerrerr-Mullen, Catherine Ong, Lauren Reid, and Andy Goldberg.

Catherine Ong ran both the Boston Marathon and the Vermont Marathon.

A good time was had by all- as nearly 40 club members turned up for the event and Grimsby's sold out of Harpoon IPA.

It's not too early to start thinking about next year's mothers day race. If your company would like to sponsor next year's run for women contact the MRC board.

# Another Successful MRC Summer Party

This year's summer party was held at Sue and Jack Clough's house in Stoneham. Sue and Jack were kind enough to open their home and pool to the members of the Melrose Running Club, their spouses, significant others, and children.

Nick Lamberti manned the grill for the third year in a row and provided hungry swimmers with steak tips, chicken, and hotdogs. Club members brought their favorite appetizers, desserts, and salads. Everyone brought their own beverages.

Among the culinary delights were Peter Fopiano's famous blueberry pie, Catherine Ong's pasta salad, Roy Van Buren's Baked Beans, the anonymous person who made that wonderful tomato salad, and Theresa Evangelista's Ricci's slush with or without vodka. Feel free to post your recipes on the forum.

Highlights of the party were the water balloon tossing at Nick and Jim Carson by the member's collective children, which was prompted by encouragement from both parties; the Birthday raffle, where Erin Lynch raffled off 12 bottles of wine and a coffee table book on the Boston Marathon; and the plaque of appreciation presented to Erin Lynch by Nick Lamberti and other members of the 2002-2003 MRC Board.

## August and September Birthdays

Lynne Meehan- August 1st  
Joanne Piper August 1st  
Jolie Bath- August 3  
Gloria Chin – August 3  
Marlene McGuingle - August 3  
Barbara Norton- August 5  
Judy Duffy – August 5<sup>th</sup>  
Sharon Mckenna – August 8<sup>th</sup>  
Susan DeColaine – August 10<sup>th</sup>  
Eric Bremberg –August 11<sup>th</sup>  
Bill Stewart – August 18<sup>th</sup>  
Martha Quigley – August 21<sup>st</sup>  
Janet Murphy –August 22<sup>nd</sup>  
Lisa McGough – August 22<sup>nd</sup>  
Cynthia Boyd – August 25<sup>th</sup>  
Mary Lynch – August 29<sup>th</sup>  
John Marchese – August 29<sup>th</sup>  
Jeff Mills – August 31<sup>st</sup>  
Linda Moniz – September 3<sup>rd</sup>  
Ann Dubiel – September 4<sup>th</sup>  
Kate Scott Lawrence – September 8<sup>th</sup>  
Michael McNeil – September 9<sup>th</sup>  
Mary Ann McNeil – September 11<sup>th</sup>  
Alec Bath – September 17<sup>th</sup>  
Margaret Capra – September 19<sup>th</sup>  
Audrey Sherman- September 20<sup>th</sup>  
Bill Onchark – September 26<sup>th</sup>  
Janice Meckstroth- September 27<sup>th</sup>  
Andy Goldberg –September 29<sup>th</sup>  
Kristin Pini – September 30<sup>th</sup>



## Club Runs

Tues. 7PM  
K of C-Melrose

Thurs. 7PM

Lake Q.  
Wakefield  
Runners can opt to run around the lake once of twice.

Sat. 7AM  
YMCA Melrose

## Wedding

### News..

Ann Dubiel and Randy Hudson, Catherine Ong and her fiancé, David, and Tom Cross and his fiancé, Karen will all be married this fall.

## Meet the New Board...

President- Andy Goldberg  
Vice President-Brian Slater  
Secretary- Bob Bruzzese  
Treasurer- Peter Fopiano  
Webmaster- Jim Carson  
Membership Coordinator-Nick Lamberti  
Race Director-Liz Tassinari  
Philanthropic & Public Relations-Erin Lynch  
Apparel Coordinator-Hank and Janet Murphy  
Social Director-Kristin Hodges/robin Higl

### June 2003

#### Friday Night 5K June 6<sup>th</sup>

Bob Boyd 22:58  
Ann Dubiel 23:59  
Randy Hudson 24:03

#### Jim Kennedy's 5 Mile Squirrel Run

Bob Bruzzese 35:01

#### Jamie McKeown Town Day 5 Mile

Bob Coburn 48:25

#### 10K Run for Wellspring

Bob Boyd 49:52

#### 5K Run for Wellspring

Jane Boyd 33:45

#### McKeown Post 4.3 Miler

Bob Coburn 42:19

#### Louise Rossetti 5K

Michelle Carson 26:20  
Martha Quigley 29:16  
Jane Boyd 32:03

#### James Connolly 8K

Sue Clough 44:39  
Jean McFadden 45:17  
Judy Duffey 45:40  
Sharon McKenna 47:21

#### POW MIA 10K

Bob Coburn 61:06

#### Fiesta 5K

Stephen Buckley 21:38  
Bob Boyd 24:09

#### New Charles River Run – 7 Miles

Brian Slater 48:23  
Peter Fopiano 51:09  
Nick Lamberti 57:25  
John Morris 58:53  
Erin Lynch 62:29  
Tom Cross 63:06  
Lois Parker Carmona 69:15  
Liz Tassinari 69:44  
Pam Walcott 70:09

#### New Charles River Run – 5K

Tom Church 18:14  
Sue Clough 27:46  
Kathy Scacca 28:25  
Bob Coburn 30:20

### July 2003

#### No. Andover July 4<sup>th</sup> 10K

Maryann MacNeil 47:04  
Michael MacNeil 47:38  
Nicholas Lamberti 49:59  
Livio Ferrara 57:39

#### 5K

Buddy Hubert 25:15  
Donna Cohen 42:44

#### Lynnfield Social Club 5K

Tom Church 18:33  
Alec Bath 18:36  
Paul Donahue 19:45  
Brian Slater 20:10  
Lauren Reid 26:19  
Joanne Piper 29:01

# Summer Race Results

#### Take The Lake – 5K

Alec Bath 18:25  
Brian Slater 19:53  
Peter Fopiano 21:00  
Kristen Hodges 22:43  
Bob Bruzzese 23:04  
John Morris 23:39  
Irene Szewczuk 24:47  
Rebecca Brennan 25:13  
Ed Foster 25:33  
Judy Duffey 28:26  
Bob Jamison 28:54  
Joanne Piper 29:12  
Sheri Barrett 29:31  
Jeff Donahue 29:48  
Janice Meckstroth 30:11  
Philomena Casey 31:09  
Stephanie Chiavetti 31:14  
Robin Higl 31:52  
Maureen Hickey 32:12  
Kelli Goulihan 32:12  
Maura Fitzsimmons 33:50  
Nikki Amara 35:29  
Ramana Duggaraju 38:57  
Judith Allonby 40:41  
Kristin Caracoglia 41:13

#### East End 5 Miler

Michael MacNeil 36:14

#### Khoury's Summer Steamer- 4.4 miles

Paul Hennessey 26:56  
Maryann MacNeil 28:29  
Linda Ford 28:38  
Chris Hastings 30:48  
Bob Boyd 31:35  
Dan Slattery 32:11  
Buddy Hubert 34:58  
Pam Wolcott 35:02  
Nancy Gaudet 35:09  
Jean Mc Fadden 37:16  
Lois Parker Carmona 37:27  
Sue Clough 37:57  
Liz Tassinari 38:13  
Kathy Scacca 38:16  
Sharon McKenna 40:34  
Jane Boyd 43:19  
Sheila Lawson 51:38

#### Showcase 5 Miler

Nick Lamberti 39:50  
Judy Duffey 48:17

#### Marathon Sports 5 Miler

Judy Duffey 48:49

#### Jim Kane Sugar Bowl - 5 Miles

Linda Ford 37:13  
Eric Bremberg 37:52  
Bob Boyd 40:44  
Erin Lynch 46:01  
Judy Duffey 48:42  
Jane Boyd 55:46

#### Yankee Homecoming- 10 Miles

Bill Ouchark 1:06:21  
Peter Fopiano 1:14:13  
Michael MacNeil 1:16:13  
Roy Van Buren 1:18:50  
Bob Bruzzese 1:22:59  
Bob Boyd 1:23:18  
Nick Lamberti 1:23:37  
Jean Terranova 1:25:55  
James McSweeney 1:26:12  
Tom Cross 1:38:28

#### Yankee Homecoming 5K

Janine Cloutier- 27:17  
Jerry Delatizky 30:36

### August 2003

#### Yankee Homecoming- Beverly 5K

Bob Boyd 24:02

#### L Street Day – 4 Miles

Bob Coburn

#### YMCA 5 Mile Classic

Judy Duffey 48:01  
Jean McFadden 49:33  
Janice Meckstroth 51:32



## Run from the Sun

Peter Fopiano 43:37  
Linda Ford 46:22  
Bob Bruzzese 47:39  
Bob Boyd 48:09  
Nick Lamberti 49:18  
Chris Hastings 49:37  
Irene Szewczuk 49:48  
Erin Lynch 55:20  
Bob Coburn 59:19  
Jean McFadden 60:38  
Sheri Barrett 60:44  
Judy Duffy 61:19

## Brie Burger in Paradise 4.2 Miles

Maryann MacNeil 28:52  
Linda Ford 29:26  
Chris Hastings 30:23  
Bob Boyd 33:19  
Liz Tassinari 40:26  
Jean McFadden 40:54  
Sharon McKenna 41:48  
Kathy Scacca 41:32  
Joanne Piper 41:33  
Jane Boyd 44:39  
Sheila Lawson 55:49

## September 2003

### Irish American Race -10K

Shannon Berry 51:40  
Erin Lynch 52:09  
Bob Bruzzese 55:29

### Irish American -5K

Paul Hennessey 20:12  
Mike Quigley 24:48  
Martha Quigley 29:44  
Sharon McKenna 30:02

### Around Cape Ann -25K

Livio Ferrara 2:00:34  
Roy Van Buren 2:08:33  
Bob Boyd 2:13:26  
Stephen Buckley 2:13:40  
Leanne Tierney 2:22:09  
Sue Worrall 2:22:28  
Jackie Doerrer-Mullen 2:22:44  
Lauren Reid 2:28:57  
David Morrall 2:29:49

## Race of the Month Contest Update

### MRC Women

Erin Lynch 54  
Judy Duffey 33  
Jean McFadden 22  
Linda Ford 20  
Irene Szewczuk 18  
Nancy Gaudet 17  
Liz Tassinari 16  
Janice Meckstroth 14  
Sheri Barrett 11  
Lois Parker Carmona 11

### MRC Men

Peter Fopiano 74  
Nick Lamberti 39  
Jim Carson 30  
Bob Bruzzese 27  
Brian Slater 27  
John Morris 20  
Tom Cross 18  
Ken Bauer 14  
Bob Coburn 11

## 2003 Highest Mileage

Ken Bauer 152.7  
Robert Bruzzese 130.8  
Michael MacNeil 130.7  
Catherine Ong 107.2  
Lois Parker-Carmona 101.6  
Bob Boyd 97.2  
Alec Bath 92.7  
Lauren Reid 89.6  
Jackie Doerrer-Mullen 86.0  
Peter Fopiano 82.3  
Paul Donahue 81.7  
Susan Worrall 79.3  
Judy Duffey 77.1  
Bob Coburn 74.1  
Brian Slater 72.5  
Linda Ford 69.1  
Ann Dubiel 67.2  
Erin Lynch 66.3  
Rebecca Brennan 65.9  
Andy Goldberg 65.5  
Roy Van\_Buren 64.8  
Nicholas Lamberti 64.6  
Jean McFadden 61.7  
Livio Ferrara 61.0



## Race of the Month Series

Halloween Hustle Hustle – October 25<sup>th</sup> – Newton, MA 5K  
Veterans Memorial USATF –November 11<sup>th</sup>- Stoneham, MA – 11K  
Larry Robinson- December 14<sup>th</sup>- Andover, MA – 10 Miles

Special Thanks to Hank  
Murphy for watering  
the flowers at the  
Knights of Columbus all  
summer!

# Bob Coburn- Man of 1000 Races.....

## Lake Winnepausakee Relay

The Melrose Running Club is sending two teams to this year's Lake Winnepausakee Relay on Saturday, September 20<sup>th</sup>. If anyone is interested and helping with the relay – but not running – contact Peter Fopiano. The following club members will be headed up to Lake Winnepausakee later this month:

### Team One

- Leg 1 Bob Boyd
- Leg 2 Peter Fopiano
- Leg 3 Kristen Hodges
- Leg 4 Robin Hagle
- Leg 5 Shannon Berry
- Leg 6 Erin Lynch
- Leg 7 Richard Mansfield
- Leg 8 Kaj Kandler

### Team Two

- Leg 1 Bill Stewart
- Leg 2 Jackie Doerrner-Mullen
- Leg 3 Ed Foster
- Leg 4 Mark Gravina
- Leg 5 Nancy Gaudet
- Leg 6 Liz Tassinari
- Leg 7 Lois Parker Carmona
- Leg 8 Andy Goldberg

Special Thanks to Jolie and Alec Bath, Tom Cross, Bill Durning, and John Morris for their hard work and dedication to the MRC over the last year.





## **MRC Bob Coburn Completes 1000**

### **Races**

#### **(by Nick Lamberti)**

It all started about 25 years ago for Bob Coburn, running that is, actually 1976 to be exact. Then a supervisor at Western Electric in Watertown, Bob Coburn was looking for a new recreational outlet to replace a successful softball career.

At the insistence of fellow workers, he started running Fresh Pond after work, just two miles at first. "Running races never entered my mind, states the now 67 year old Coburn, "besides there weren't too many races around at that time." Two years passed before Coburn decided to give racing a try. Donning bib #208 in a 2.5-mile race (the Don Kelly Memorial Race) sponsored by his company, the novice racer finished in first place. Soon his third race followed, the

Boston Celtics Shamrock Classic, a 5 miler that started and finished right in front of Boston Garden with "Red Aurbach" as the race MC. Then came Bob's first Falmouth (his tenth race overall) and a PR of 53:27.

However, it wasn't until he retired in 1990, that goal became clear: To run and finish a 1000 races. Possible? Given that he had run roughly 200 races over the past twelve years, the goal was more formidable than probable and although Bob never ran a full marathon in all that time he knew his goal of running a 1000 races had to include a marathon or two.

At the urging of long time friend, Boston Fire Lt. Matt Arudda, Bob set his sights on the Marine Corp Marathon in Washington D.C. in 1993 as his first marathon. "My plan was run water stop to water stop," explained Coburn, "since my longest run at that time had been a 16 miler. I was doing fine until mile 24 when I started to fade," Coburn continued, "an old timer came by me and said that I would be ok if I just kept my feet moving and do the *Marathon Shuffle*. He was right and I finished in 4:06."

Bob completed his first Boston Marathon in 1994, the same year he ran 82 races. "Running Boston was great (4:11 finish), the crowd just pulls you along," said Bob.

During the 1990s, the races started to accumulate, 86 in 1995, 71 in 1996 and 73 in 1997 with the 1000 race completed at a 4 miler on New Year's Day 2003 in Waltham, Massachusetts.

Some 38 trophies and countless medallions later, Bob Coburn has saved every racing bib and every T-shirt from his

1000 races. "I have some great stuff, including race day posters, and photographs," exclaimed Coburn, "I have so much paraphernalia that I had to convert a room in my house just to hold everything!"

A tour of Bob's expanded attic in his Medford home reveals a museum of racing artifacts. In addition to the hundreds of T-shirts, racing bibs, trophies, photos and posters, Bob has saved every safety pin from each race! His favorite racing memorabilia are his Boston marathon shirts. "There's nothing like running Boston,"

exclaimed Coburn.

Asked what his favorite race was, Coburn's unequivocal response: *The Utica 15K Boilermaker* in upstate New York (featured in the May 2003 edition of *Runner's World*).

"The Boilermaker is quite scenic and beautiful," Coburn explained "the people, the atmosphere and the course are unsurpassed. Free beer too!" This from a man who has traveled across the United States to run races from Tampa to Las Vegas (a PR for a half marathon in 1996 of 1:32) to the Cherry Blossom 5K in Washington D.C. and the Great Race (10K) in Pittsburgh, PA.

But it was not just the goal of running a thousand races that kept Bob going, it's the people. "I haven't met a runner I didn't like," states Coburn, "Runners are terrific people, although many may be competitive during the race, we also help each other out during the race. After you cross the finish line everyone is pretty friendly and supportive."

Asked for some of his favorite memories, Bob reflected on the big picture. Being part of a festive event, fun with his friends and running partners, travelling, the exhilaration of the exercise and the support of the crowds.

"For the past few years, I have been running at the back of the pack," said Bob "I haven't been so driven to run 7 minute miles and to start at the front but to slow down enjoy the scenery and the runners around me." Sounds like Bob will be up for a couple more races.

