



Melrose Running Times

The Official Newsletter of the Melrose Running Club February – October 2004



Melrose Run for Women

On June 25th, the members of the Melrose Running Club celebrated another successful Melrose Run for Women held on May 9th, 2004. This year, the MRC raised over four thousand dollars for Melrose Alliance Against Violence.

At the celebration, at Liz Tassinari's home, Liz presented the check to Rebecca Mooney and Joyce Hunnemann of the MAAV.

Liz also awarded special thanks to the club members who helped with the race. Stay tuned for a detailed article about the 2004 race in next months newsletter as we plan for the 2005 race.



MRC Summer Party

This year's summer party was held on August 7th, 2004 at the home of Bob and Lisa Jamison in Melrose. About 40 people attended this year's party.

Highlights of the party included the presentation of a bottle of wine to the Jamison's as a special thanks for opening up their home to a group of thirsty runners, a plaque of appreciation presented to Liz Tassinari, the race director, and a special "birthday doll" presented to Nick Lamberti- who turned 50 the week before the party. Congratulations, Nick you are now in a new age category at races!

Walk -To - Run

This year's Walk-to-Run class was the largest the Melrose Running Club has ever seen! From the 2004 Walk-to-Run program, the MRC gained 51 new members. Many of whom have already run their first race and who continue to come and run with the club on Tuesday evenings at the Knights of Columbus. Nick and Jackie would like to thank the folks who helped with this year's Walk-to-Run program: Tony Pallota of the Runner's Edge, Andy Goldberg, Sue Clough, Joanne Piper, Bill Ochark, Kaj and Betty Kandler, Lois Parker-Carmona, Liz Tassinari, and Peter Fopiano.

Walk-to-Run Graduates

- | | |
|---------------------|---------------------|
| Tom Leach | Madeline Butts |
| Ellen Katz | Diane Casey |
| Amanda Chiozzi | Veronica Leach |
| Laurie Ledin | Cindy Chiozzi |
| Kerry Lynch | Daniele Clark |
| Kathleen Malone | Catherine Croft |
| Kara McPherson | Ellen Cobau |
| Karen Cochran | Janine McWilliam |
| Tara Cochran | Jenny Menlow |
| Kara Morrissey | Mary Ellen Coviello |
| Jeanine Moore-Lynds | Jim Coyne |
| Kerry Murphy | Jo-Ann DeSimone |
| Nancy Napolitano | Susan Doherty |
| Maureen Nolan | Alison Duato |
| Elena Orcutt | Demi Dubois |
| Tara Pescatore | Anne Dulong |
| Kathy Petrella | Alison Durant |
| Nellie Realejo | Sandra Flynn |
| Sara Bonn | Mike Flynn |
| Jamie Selacup | Bridget Flynn |
| Christine Salmani | John Gallagher |
| Janice Sutcliffe | Linda Hanson |
| Amy Talhouk | Teresa Hill |
| Lois Tosi | Laura Igo |
| Heather Troy | Mark Josephson |
| Daphne Wentzel | Anne Wilson |
| Donna Taylor | Kerry Garrill |
| Eileen Lowell | Robert Lowell |
| Kim McDonald | Kristina D' Antona |
| Mary Frances Bishop | Kristin |

Upcoming Events

1st Annual MRC Oktoberfest Party

The MRC's first annual Oktoberfest Party will be held on Friday, October 29th at the Melrose Knights of Columbus from 8 PM to Midnight.

Beer and wine will be served. Bring your own appetizer to share. Significant Others are welcome.

A Letter from the Past President

Hi Guys:

I 've had a great time as the MRC president! I thank all of you who helped me out, especially all the board members. I couldn't have done it without you.

In regards, to my agenda, I feel I accomplished what I set out to do. I also will follow up and try to secure again 5 numbers for the Boston Marathon. Hopefully, the BAA will be generous again this year. I want to congratulate Brian Slater as your new Commander-In-Chief. You couldn't have elected a better person for the job.

Thanks again....
See you Tuesday!
Andy G.

Baby Boom

The baby boom began earlier in 2004 when Alec and Jolie Bath became the proud parents of a second child, Colin in February. Later this Ann and Randy Hudson- announced the birth of their twin girls, Gracie and Maddie and that same week Evan and Rebekah Labell announced the birth of their first child, a little girl Simone. Congrats to all!

Thanksgiving Fun Run

The MRC will be hosting a Thanksgiving Fun Run on Thanksgiving morning at 9AM starting from the parking lot of the Stone Zoo. Bring yourself and some breakfast treats -like coffee or muffins. The Fun Run is open to the public and will be advertised in the Community calendar.

Home for the Holidays Run

The Home for the Holidays Run and clothing drive will be held on Saturday, December 4th at 9AM starting from the Knights of Columbus.

To run, you must bring at least one bag of clothes to be donated to either the Pine Street Inn or Rosie's Place. Now is the perfect time to set aside your clothes as you clean out your closets and get out your fall clothes.

Save the Date!

The MRC Winter Party will be held on Saturday, January 8th, 2005 at 7PM at the Knight's of Columbus.

Congrats to the 2004-05 Board

President - Brian Slater
Vice President - Lois Parker-Carmona
Secretary- Andy Goldberg
Treasurer - Peter Fopiano
Race Director - Liz Tassinari
Membership Coordinator - Nick Lamberti
Webmaster - Jim Carson
Public Relations, Newsletter - Erin Lynch
Apparel - Paul Donahue
Social Director - Alec Bath
Fundraiser - Andrew Pate

MRC News

Bill Ouchark Ran a Marathon in all 50 States before Age 40

Bill Ouchark ran a marathon in all 50 states before his 40th Birthday! Even more amazing is the fact that he did it in four and a half years!

Ouchark started with the Shamrock Sportfest Marathon on March 19, 2000 in Virginia and worked his way around the globe running his 50th state, Montana, on his 40th Birthday on September 26, 2004. Bill has run 59 marathons to-date since 2000 - running between one and two marathons per month.

The Melrose Running Club is proud of Bill's accomplishments and presented him with a trophy at last Tuesday's club run.

Aside from his 59 marathons to-date what's most noteworthy about Bill is his radical life-style change. In the later 1990s, Bill, one of the faster runners in the Melrose Running Club, weighed over 300 lbs. What started out as a means to a more healthy life style became a hobby and a way of life for Bill.

Bill's Marathon Schedule

- 1) Shamrock Sportsfest VA 03/19/2000
- 2) Sugarloaf ME 05/14/2000
- 3) Sunburst IN 06/10/2000
- 4) Chronicle/San Francisco CA 07/09/2000
- 5) Omaha NE 08/27/2000
- 6) Clarence Demar NH 09/24/2000
- 7) Marine Corps DC 10/22/2000
- 8) Ocean State RI 11/12/2000
- 9) Rocket City AL 12/09/2000
- 10) Disney World FL 01/07/2001
- 11) Las Vegas NV 02/04/2001
- 12) Ocean Drive NJ 04/01/2001
- 13) Glass City OH 04/22/2001
- 14) Great Potato ID 05/05/2001
- 15) Wyoming WY 05/27/2001
- 16) NipMuck Trail CT 06/10/2001
- 17) Grandma's MN 06/16/2001
- 18) Grandfather Mountain NC 07/14/2001
- 19) Crater Lake OR 08/11/2001
- 20) Top Of Utah UT 09/22/2001
- 21) Chicago IL 10/07/2001

- 22) Green Mountain VT 10/20/2001
- 23) Oklahoma OK 11/17/2001
- 24) Kiawah Island SC 12/15/2001
- 25) Houston TX 01/20/2002
- 26) Tybee Island GA 02/02/2002
- 27) B&A Trail MD 03/03/2002
- 28) Smoky Mountain TN 03/23/2002
- 29) Yakima River Canyon WA 04/06/2002
- 30) Boston MA 04/15/2002
- 31) Big Sur CA 04/28/2002
- 32) Lake Geneva WI 05/11/2002
- 33) NipMuck Trail CT 06/09/2002
- 34) Leadville Trail CO 07/06/2002
- 35) Mt. Kilauea HI 07/31/2002
- 36) Marathon by the Sea NB 08/11/2002
- 37) Valley of the Sun AZ 03/09/2003
- 38) Hogeys AR 03/30/2003
- 39) Boston MA 04/21/2003
- 40) Ridge Runner WV 06/07/2003
- 41) Clarence Demar NH 09/28/2003
- 42) Steamtown PA 10/12/2003
- 43) New York City NY 11/02/2003
- 44) Mississippi Coast MS 11/29/2003
- 45) Jacksonville FL 12/14/2003
- 46) Tampa Bay FL 01/25/2004
- 47) Mardi Gras LA 02/29/2004
- 48) Bataan Death March NM 03/21/2004
- 49) Eisenhower KS 03/27/2004
- 50) Boston MA 04/19/2004
- 51) Trestle Valley ND 04/24/2004
- 52) Delaware DE 05/16/2004
- 53) Bayshore MI 05/29/2004
- 54) Deadwood-Michelson SD 06/05/2004
- 55) Hatfield & McCoy KY 06/12/2004
- 56) University of Okoboji IA 07/17/2004
- 57) Humpty's AK 08/15/2004
- 58) Lewis and Clark MO 09/19/2004
- 59) Lewis and Clark MT 09/26/2004



Lake Winnepausakee

Lake Winnepausakee Relay

By Erin Lynch

This year's Lake Winnepausakee Relay was a huge success. The Melrose Running club had three teams running the relay- with 24 runners in total.

This year marks the first year that the MRC had a team of all men and a team of all women running the race. There was a third mixed team which consisted of 6 men and 2 women. Because there were more men than women, the third team was also considered a men's team.

The men's team consisted of the following runners:

First - 10.7 miles - Peter Fopiano
 Second - 11 miles - Ed Foster
 Third - 9.3 miles - Roy Van Buren
 Fourth- 4 miles - Kaj Kandler
 Fifth - 10.8 miles - Livio Ferrara
 Sixth - 6.4 miles - John Morris
 Seventh - 8.5 miles - Dan Slattery
 Eighth- 4.4 miles - Andy Goldberg

The women's team consisted of the following runners:

First - 10.7 miles - Jackie Mullen
 Second - 11 miles - Sue Worall
 Third - 9.3 miles - Nancy Gaudet
 Fourth - 4 miles - Robin Hagle
 Fifth - 10.8 miles - Eileen Lyle
 Sixth - 6.4 miles - Ellen Poveromo
 Seventh - 8.5 miles - Lois Parker-Carmona
 Eighth - 4.4 miles - Betty Kandler

The "mixed" team - men's team consisted of the following runners:

First -10.7 miles - Kristin Hodges
 Second - 11 miles- Buddy Hubert
 Third - 9.3 miles - Paul Poveromo
 Fourth - 4 miles - Jack Billeil
 Fifth - 10.8 miles - Winston
 Sixth - 6.4 miles - Anna Hubert
 Seventh - 8.5 miles - Mike MacNeil
 Eighth - 4.4 miles- Jim Carson

Careful planning and organization paid off- because everyone had plenty of water, Gatorade and support during their runs. Likewise, well stocked coolers promised plenty of cold beer at the end.

The MRC men's team placed 42nd overall and the MRC Men's team -with two women placed 65th overall. The women's team placed 76th overall.

The all men's team finished the race in 8 hours and 28 minutes and 29 seconds. Andy Goldberg placed 13th overall on Leg 8 with a time of 31:10, and Livio placed 31st in leg 5 with a time of 1 hour and 19 minutes and 20 seconds.

On the "mixed" men's team, Anna Hubert placed 19th overall with a time of 44 minutes and 34 seconds on leg 6. Jack Billiel came in 34th on leg 4 with a time of 30 minutes and 9 seconds.

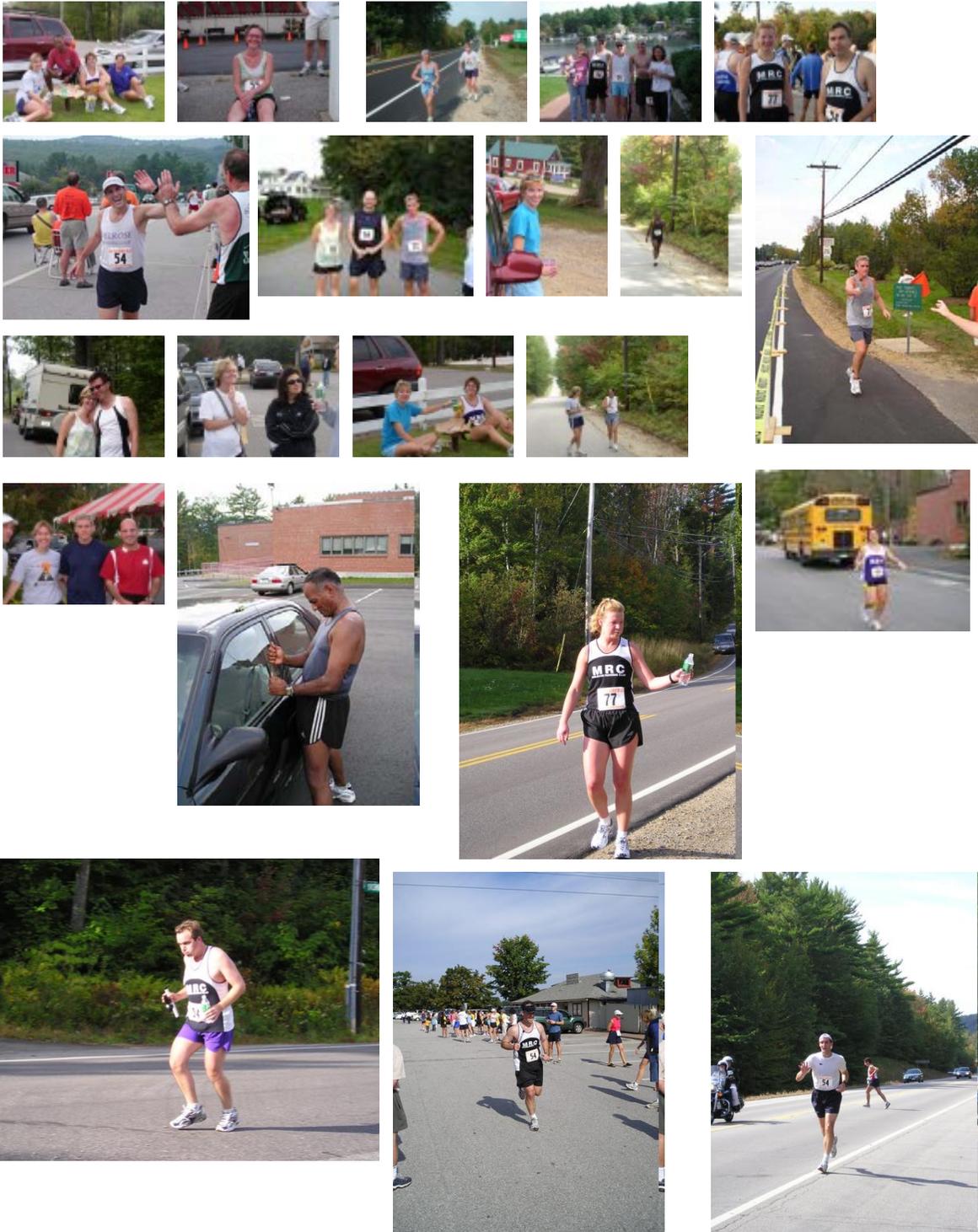
On the women's team Lois Parker-Carmona improved her time on leg 8 from last year by 15 minutes!! Betty Kandler did a stellar job running leg 8 in 42 minutes and 23 seconds. Not bad for her first official road race!

Roy and Eileen's coworker Winston saved the day by agreeing to run the race at the last minute! Thank you Winston! We hope you will come back and run with us again soon.

After dinner, everyone got their second wind at the Smoke House where we danced to a blues band until they turned the lights on and politely asked us to leave.



Lake W Photo Gallery



Recent Results

Stew Chase -15K- Feb 1

Alec Bath 1:02:08
 Andy Goldberg 1:03:18
 Dave Dechellis 1:04:14
 Linda Ford 1:11:02
 Michael Macneil 1:21:14
 Rebecca Brennan 1:26:29
 Susan Clough 1:27:57
 Joanne Piper 1:32:46
 Janice Meckstroth 1:38:09

Penguin Classic -5K- Feb 1

John Morris 25:26
 Bob Boyd 25:48
 Judy Duffey 29:51
 Erin Lynch 30:58
 Bob Coburn 32:35
 Jane Boyd 35:10

Mill Cities Relay- Feb 8

Leg 1 – 5.6 M
 Paul Donahue 37:46
LEG 2 - 4.9M
 Andy Pate 33:03
LEG 3 - 2.5M
 Tom Church 16:52
LEG 4 - 9.4M
 Bill Ouchark 63:25
LEG 5 - 5.9M
 Brian Slater 39:48

Paddy Kelly – 5M Feb 8

Peter Fopiano 36:11
 Michael Macneil 40:56
 Buddy Hubert 44:42
 Catherine Kane 45:39
 Liz Tassinari 46:43
 Bob Coburn 48:44

Bradford Valentine's - 5M Feb 14

Nicholas Lamberti 38:45
 Walter Drag 41:08
 Irene Szewczuk 41:23
 Harland Robinson 42:52
 Tom Cross 46:17
 Bob Coburn 49:21
 Gloria Chin 50:12

Bradford Valentines 6K Feb 14

Judy Duffey 34:11
 Sharon Mckenna 37:55

Old Fashioned 10 M Feb. 22

Dave DeChellis 67:21

Old Fashioned 5K Feb 22

Bob Coburn 27:298:51

Mardi Gras Marathon- New Orleans- Feb 29

William Ouchark 3:27:257:55

Hyannis Half Marathon- Feb 29th

Sarah Cosgrove 1:38:28
 Bob Boyd 1:48:27
 Leanne Tierney 1:48:54
 Harland Robinson 1:57:02
 Jennifer Robinson 1:57:02
 Jackie Doerrer-mullen 2:03:40
 Pam Walcott 2:06:07
 Ken Bauer 2:13:37
 Catherine Kane 2:13:53
 Lois Parker-Carmona 2:17:29

Irish Feet Are Running 5M- March 7

Peter Fopiano 34:33
 Michael Macneil 36:13
 Catherine Kane 42:37
 Tom Cross 45:08
 Liz Tassinari 46:24
 Erin Lynch 47:04

Claddaugh Classic 4M – March 7th

Judy Duffey 37:39
 Bob Coburn 39:22
 Sharon Mckenna 42:34



Law Enforcement Half Marathon March 14th

Alec Bath 1:27:28
 Paul Donahue 1:32:24
 Brian Slater 1:33:04
 Dave Dechellis 1:32:47
 Robert Bruzzese 1:37:07
 Sarah Cosgrove 1:38:04
 Linda Ford 1:38:56
 Bill Stewart 1:40:29
 Roy Van Buren 1:42:41
 Evan Labell 1:43:20
 Kristen Hodges 1:43:23
 MaryAnn MacNeil 1:43:37
 Andrew Pate 1:44:26
 Leanne Tierney 1:46:13
 Bob Boyd 1:47:20
 Michael MacNeil 1:47:43
 Lauren Reid 1:49:44
 Jackie Doerrer-Mullen 1:53:16
 Randy Hudson 1:54:09
 Thomas Fowler 1:55:44
 Shannon Berry 1:54:28
 Harland Robinson 1:57:21
 Jennifer Robinson 1:57:18
 Walter Drag 1:57:25
 Nancy Gaudet 2:00:02
 Catherine Kane 2:04:21
 Liz Tassinari 2:09:22
 Rebecca Brennan 2:11:00
 Lois Parker-carmona 2:13:57
 Pam Walcott 2:13:58
 Christine Primiano 2:19:17

Law Enforcement 5K

Jim Carson 25:07
 Tom Cross 27:26
 Judy Duffey 27:43
 Erin Lynch 28:21
 Ann Hudson 30:52
 Sharon Mckenna 30:58
 Maureen Hickey 32:01

Recent Results

New Bedford Half Marathon – March 21

Bob Boyd 1:49:07

St. Patricks Day 15K – March 21

Michael Macneil 1:12:42

Liz Tassinari 1:25:37

Susan Clough 1:25:39

Joanne Piper 1:30:55

St. Patrick's Day 3.4 M

Nicholas Lamberti 24:38

Judy Duffey 28:55

Erin Lynch 30:01

Janice Meckstroth 33:36

Sharon Mckenna 35:25

Merrimack River 10 M Trail Run March 27th

Alec Bath 1:14:32

Paul Donahue 1:17:25

Eastern States 20 M March 28th

Rebecca Brennan 3:34:27

Run for the Border -10M March 28th

Maryann Macneil 1:17:23

Andrew Pate 1:17:28

Road Race By the Sea – 10K April 4

Walter Drag 49:17

Harland Robinson 53:21

Jennifer Robinson 53:21

Susan Clough 58:10

Joanne Piper 58:13

Janice Meckstroth 1:05:52

Doyle's Emerald Necklace 5M April 4

Michael Macneil 37:41

Catherine Kane 44:28

Liz Tassinari 47:42

Jennifer Robinson 49:10

April Fool's 4 M- April 4

Bob Boyd 29:44

Sharon Mckenna 42:03

Bow Lake 15K April 10th

Bob Boyd 1:17:19

Maryann Macneil 1:17:37

Susan Clough 1:29:41

Joanne Piper 1:37:19

Patriots Day Road Race- April 19th

Peter Fopiano 34:28

Bob Boyd 39:10

Harland Robinson 42:11

Kenneth Peluso 53:04

Boston Marathon – April 19

William Ouchark 3:31:44

Eileen Lyle 4:05:53

Sarah Cosgrove 4:07:07

John Sherlock 4:08:41

Roy Van Buren 4:10:41

Bill Stewart 4:17:25

MaryAnn MacNeil 4:28:12

Evan Label 4:29:32

Andrew Pate 4:31:07

Leanne Tierney 4:35:27

Robert Bruzzese 4:52:46

Jackie Doerrer-Mullen 4:53:32

Lauren Reid 5:08:48

Livio Ferrara 5:11:55

Rebecca Brennan 5:23:59

Nancy Gaudet 5:44:44

Muddy Moose Trail Run 14M April 25

Alec Bath 1:54:22

Paul Donahue 1:56:28

Andy Goldberg 2:14:38



Ring Around the Neck 5M April 25

Linda Ford 34:21

Nicholas Lamberti 37:29

Susan Clough 45:07

Sheri Barrett 45:23

Joanne Piper 46:26

Bonnell Bunny Hop 5M April 25th

Bob Boyd 37:59

Judy Duffey 46:24

Sharon Mckenna 51:00

James Joyce Ramble 10K April 25th

Jennifer Rapaport 37:39

Irene Szewczuk 49:37

Leanne Tierney 50:07

Lauren Reid 52:15

Erin Lynch 57:06

Janice Meckstroth 1:06:46

Breakheart Classic 6K May 1

Dave Dechellis 25:05

Maryann Macneil 28:27

Ken Bauer 34:26

Judy Duffey 34:58

Sharon Mckenna 42:35

O'Brien Memorial 5M May 2

Andy Goldberg 32:57

Harland Robinson 44:53

Jennifer Robinson 44:54

Ken Bauer 46:36

Maureen Hickey 57:45

Big Lake Half Marathon May 8

Bob Boyd 1:47:50

Catherine Kane 2:13:33

Christine Primiano 2:23:12

Helen Driscoll 4 M

Judy Duffey 35:01

Recent Results

Hinkley Dog and Hedgehog 3 M

May 9

Erin Lynch 27:00

Melrose Run for Women 3.5M

May 9

Marlene MCGunigle 26:11

Rebecca Brennan 28:14

Judy Duffey 30:44

Elisabeth Kandler 32:16

Margaret Sweeney 32:36

Jane Boyd 33:52

Sharon McKenna 35:07

Maureen Hickey 35:54

Julie Mullane 36:56

Sheila Lawson 38:35

Amy Hayes 40:03

Juliet Leydon-dinoto 55:17

Delaware Marathon May 16

William Ouchark 3:16:34

Chef's Classic 10K May 16

Leanne Tierney 48:18

Lauren Reid 49:44

Susan Clough 54:20

Joanne Piper 56:08

Bedford Rotary 12K May 22

Jennifer Rapaport 44:30

Livio Ferrara 50:54

Bob Boyd 59:07

Baldi's 5M May 30

Dave Dechellis 32:10

Linda Ford 34:45

Team Hoyt 3M May 30

Judy Duffey 26:47

Bob Coburn 29:11

Arlington Memorial 5K May 31

Judy Duffey 28:59

Bob Coburn 31:06

Arlington Memorial 10K

May 31

Nicholas Lamberti 46:50

Nancy Gaudet 1:00:06

Liz Tassinari 1:03:25

Jamie McKeown 5M June 5

Erin Lynch 46:31

Bob Coburn 48:50

Corrib Classic 5K June 6

Peter Fopiano 20:23

Michael MacNeil 22:50

Buddy Hubert 23:18

Erin Lynch 27:48

Deadwood Trail Marathon- June 6

William Ouchark 3:45:48

Iron Horse Half Marathon – June 6

Bob Boyd 1:47:09

Hatfield-McCoy Marathon- June 12

William Ouchark 3:39:52

Revere Moves 5M June 12

Maryann Macneil 30:56

Michael Macneil 34:37

Kim Taylor 40:47

Stephen Taylor 41:39

Bob Jamison 42:17

Judy Duffey 42:58

Connolly 8K Woburn -June 17

Linda Ford 00:34:27.6

Judy Duffey 00:44:39

Mount Washington Road Race 7.6M June 19

Ken Bauer 1:57:17

Michael Macneil 2:03:44

Father's Day 10K June 20th

Stephen Buckley 45:49

Bob Boyd 50:01

Father's Day 5K June 20th

Jane Boyd 32:12

New Charles River 7 Miler – June 27

Nicholas Lamberti 53:15

Walter Drag 59:35

POW-MIA 10K June 27

Andrew Pate 45:55

Bob Coburn 60:03

Kenneth Peluso 69:27

Shaker 7 Road Race June 27

Bob Boyd 56:48



Recent Results

Father's Day 10K June 20

Stephen Buckley 45:49
Bob Boyd 50:01

Father's Day 5K June 20

Jane Boyd 32:12

Fairhaven Father's Day 10K – June 20

Jennifer Robinson 46:15
Harland Robinson 53:01

Westford Academy XC June 24

Roy Van Buren 24:46

New Charles River 7 Mile -June 27

Nick Lamberti 53:15
Walt Drag 59:35

POW MIA 10K June 27

Andrew Pate 45:55
Bob Coburn 1:00:03
Kenneth Peluso 1:09:27

Shaker 7 Mile Road Race – June 27

Bob Boyd 56:48

Lynnfield Social Club 5K- July 4

Alec Bath 18:09
Andy Goldberg 19:06
Sue Clough 27:03
Joanne Piper 28:23
Jerry Delatizky 28:34
Janice Meckstroth 31:12

Red Clover Firecracker 4 Mile -July 4

Lois Parker-Carmona 38:04
Liz Tassinari 38:18

Westford Academy XC July 8th

Roy Van Buren 24:45

Pat Poletta 5 Mile – July 9

Jennifer Rapaport – 29:06
Mary Ann MacNeil – 34:22
Bob Boyd 39:29

Take The Lake 5K – July 11

Brian Slater – 19:32
Dave Dechellis 19:58
Peter Fopiano 20:31
Nick Lamberti 22:19
Bob Boyd 23:12
John Morris 23:19
John Billiel 24:14
Mark Josephson 24:22
Sharon Berry 24:49
Judy Duffey 29:02
Linda Hanson – 29:14
Janice Meckstroth 30:14
Theresa Hill 30:14
Tara Pescatore 30:18
Kerry Cargill 30:44
Jane Boyd 30:45
Laurie Ledin 31:21
Maureen Hickey 31:46
Catherine Cloft 32:11
Heather Troy 32:16
Ellen Katz 32:17
Danielle Clark 32:18
Sharon McKenna 32:33
Karla McPherson 32:43
Amy Talhouk 33:48
Ed Foster 34:07
Mary Ellen Coviello 35:20
Kristina d'Antona 35:58
Alison Durant 36:24
Sharon Reidboard 36:30
Nikki Amara 38:10
Judith Allonby 42:31
Kristin Caracoglia 42:57
John Gallagher 43:36
Kerry Lynch 48:29

Khoury's Summer Steamer –July 11

Ana Hubert 26:09
Buddy Hubert 30:44
Jerry Delatizky 37:49

Bernas Great Legs 5K – July 14

Sue Clough 27:19
Joanne Piper 27:32
Janice Meckstroth 29:44
Sharon McKenna 32:02

Jim Kane Sugar Bowl 5 Mile - July 15th

Ana Hubert 34:33
Nick Lamberti 38:38
Bob Boyd 40:42
Buddy Hubert 41:02
Stephen Taylor 48:14
Kim Taylor 48:36
Judy Duffey 49:42

University of Okojobi Marathon – July 17th

Bill Ouchark 3:25:40

Showcase 5 Miler – July 21

Nick Lamberti 38:25
Ken Bauer 45:30
Judy Duffey 50:59

Marathon Sports 5 Mile –July 22

Livio Ferrara 34:34
Judy Duffey 53:16

Westford Academy XC 3.6 Mile - July 22

Roy Van Buren 24:44

Recent Results

Blessing of the Fleet 10 Mile -July 23

Andy Goldberg 1:10:26
Leanne Tierney 1:24:30
John Sherlock 1:24:56
Eileen Lyle 1:26:00
Lauren Reid 1:27:56
Sue Worrall 1:28:21
Jackie Doerrer-Mullen 1:33:58
Sue Clough 1:43:31
Joanne Piper 1:43:32
Liz Tassinari 1:46:19
Nancy Gaudette 1:50:00
Pam Wolcott 1:51:03
Lois Parker-Carmona 1:51:52
Janice Meckstroth 1:53:54

San Francisco Chronicle Half Marathon – Aug 1

Janice Meckstroth 2:35:43

Beach to Beacon -10K – Aug 1

Kristin Hodges 47:43
Lois Parker-Carmona 1:01:20
Liz Tassinari 1:02:49

Yankee Homecoming – Mile August 3

Livio Ferrara 1:10:36
Bill McCarthy 1:10:52
Dave DeChellis 1:11:33
Sarah Cosgrove 1:13:55
Roy Van Buren 1:14:42
Linda Ford 1:18:11
Bob Bruzzese 1:23:28
Leanne Tierney 1:25:05
Stephen Buckley 1:25:28
Dan Slattery 1:27:19
Bob Boyd 1:29:16
Michael MacNeil 1:30:11
James McSweeney 1:31:03
Buddy Hubert 1:31:57

Yankee Homecoming 5K Aug 3

Jerry Delatizky 29:54
Eric Martin 35:11

Beverly Yankee Homecoming Aug 5

Bob Boyd 24:46
Jerry Delatizky 27:49

Finbar's Mile Race- Aug 7th

Ana Hubert 25:27
Peter Fopiano 26:47
Buddy Hubert 30:25

Falmouth Road Race 7M- Aug 8

Brian Slater 47:07
Kaj Kandler 1:05:33
Tara Pascatore 1:12:09
Mary Ellen Coviello 1:25:09

L Street 4 Mile- Aug 14

Bob Coburn 40:14

Humpy's Classic Marathon -Aug 14

Bill Ouchark 3:29:43

Run from the Sun 10K – Aug 21

Andy Goldberg 39:53
Peter Fopiano 44:02
Bob Bruzzese 45:31
Linda Ford 46:33
Nick Lamberti 47:43
Irene Szewczuk 51:02
Chris Hastings 56:05
Joanne Piper 59:53
Sheri Barrett 59:54
Judy Duffey 1:00:35

Westford Academy XC 3.6 M -Aug 26

Roy Van Buren 24:21

Magnolia 5 Mile – Sept 2

Jennifer Rapaport 20:32
Buddy Hubert 43:11

John Gray Half Marathon – Sept 5

Jen Robinson 1:44:24

John Gray 10K –Sept 5

Harland Robinson 53:48

Irish American 10K – Sept 6

Brian Slater 40:50
Peter Fopiano 44:47
Bob Bruzzese 45:24
Nick Lamberti 47:26
Eddie Nolan 53:29

Irish American 5K – Sept 6

Mike Quigley 24:34
Buddy Hubert 24:56
Judy Duffey 28:26
Sharon McKenna 30:12
Martha Quigley 30:17

Around Cape Ann 25K – Sept 6

Andy Goldberg 1:45:19
Alec Bath 1:46:55
Sarah Cosgrove 1:59:32
Roy Van Buren 2:00:44
Linda Ford 2:01:58
Leanne Tierney 2:18:19
Lauren Reid 2:21:25
Jackie Doerrer-Mullen 2:28:01

Pelham Home Day 5K – Sept 11

Lois Parker-Carmona 27:52

Recent Results

Casey's 3 Mile- Sept 12

Ana Hubert – 18:59
Buddy Hubert 23:32
Judy Duffey 27:02
Robert Coburn 28:31
Sharon McKenna 29:26

Race for the Cure 5K – Sept 12

Gloria Chin 25:43
Jill Weiner 46:54

EMARC 5K – Sept 12

Tom Church 18:21
Brian Slater 19:40
Bob Bruzzese 22:00
Andrew Pate 22:19
John Billiel 23:15
Jim Carson 23:34
Shannon Berry 24:30
Jolie Bath 25:01
Ed Foster 25:18
Ellen Katz 30:00
Maura Fitzsimmons 33:18
Maureen Hickey 33:20

Burbank YMCA Classic 5K -Sept. 18th

Judy Duffey 28:20

Reach the Beach
14 and Falling 26:22:20

Lewis & Clark Marathon -Sept 19th

Bill Ouchark 4:21:36

Otis Advisory Council 10K Sept 19th

Harland Robinson 52:18

Shape Up Somerville 5K – Sept 26

Gloria Chin 24:40

Marshfield Road Runners 20K

-Sept 26

Irene S. 1:50:18
James McSweeney 1:55:36
Joanne Piper 2:07:08

Lewis and Clark Marathon – Sept 26

Bill Ouchark 3:36:18

Applefest Half Marathon – Oct 2

Livio Ferrara 1:30:00

Sara Lynn Hughes 5K- Oct 2

Roy Van Buren 20:49

Ollie 5 Mile- Oct. 3

Ana Hubert 33:05
Buddy Hubert 43:38
Sheri Barrett 44:57
Joanne Piper 46:11
Teresa Evangelista 46:11
Sue Clough 46:53
Janice Meckstorth 48:14
Jean McFadden 48:20
Judy Duffey 48:47
Sharon McKenna 52:10

Step Out for Hospice 5 Mile Oct 3

Alec Bath 30:19
Brian Slater 32:34
Nick Lamberti 37:29
Jim Carson 37:38
Mike Quigley 41:22
Bob Coburn 49:02
Martha Quigley 51:52

Somerville Homeless Coalition

5k – Oct. 3

Bob Bruzzese 22:14

Fall Classic 5M- Oct 9

Bob Bruzzese 35:11
Bob Coburn 47:44

BAA Half Marathon – Oct. 10th

Livio Ferrara 1:29:15
Dave DeChellis 1:32:43
Kristin Hodges 1:41:33
Nick Lamberti 1:51:17
Elizabeth Hunter 2:05:23
Jennifer Robinson 2:10:11
Robin Hagle 2:22:30
Chris Primiano 2:27:14

Chicago Marathon- Oct 10th

Linda Ford 3:36:27
John Sherlock 3:37:18

Tufts 10K – Oct. 11th

Marlene McGunigle 48:28
Leanne Tierney 52:16
Gloria Chin 52:50
Lauren Reid 53:12
Pam Wolcott 55:21
Sue Clough 57:21
Joanne Piper 58:15
Bernice Svedlow 58:24
Liz Tassinari 58:58
Nancy Gaudete 59:02
Janice Meckstorth 59:37



Recent Results

Tufts 10K – Oct. 11th

Marlene McGunigle 48:28
 Leanne Tierney 52:16
 Gloria Chin 52:50
 Lauren Reid 53:12
 Pam Wolcott 55:21
 Sue Clough 57:21
 Joanne Piper 58:15
 Bernice Svedlow 58:24
 Liz Tassinari 58:58
 Nancy Gaudete 59:02
 Janice Meckstroth 59:37
 Lois Parker-Carmona 59:41
 Judy Duffey 1:00:33
 Jean McFadden 1:02:56
 Sharon McKenna 1:07:18
 Janet Murphy 1:08:46
 Kerry Cargill 1:11:34
 Catherine Ong 1:17:13



Paddy's 3 Mile – Oct 17

Ana Hubert 19:29
 Peter Fopiano 20:18
 Mike MacNeil 21:28
 Buddy Hubert 23:26



Bay State Half Marathon – Oct 17

Bob Bruzzese 1:45:36
 Irene Szewczuk 1:49:44
 Jackie Doerrer-Mullen 1:52:50
 Nancy Gaudete 2:07:06
 Pam Wolcott 2:09:58
 Joanne Piper 2:14:18
 Liz Tassinari 2:14:19
 Lois Parker-Carmona 2:19:47

Bay State Marathon- Oct 17

Leanne Tierney 3:56:11
 Lauren Reid 3:57:34

