



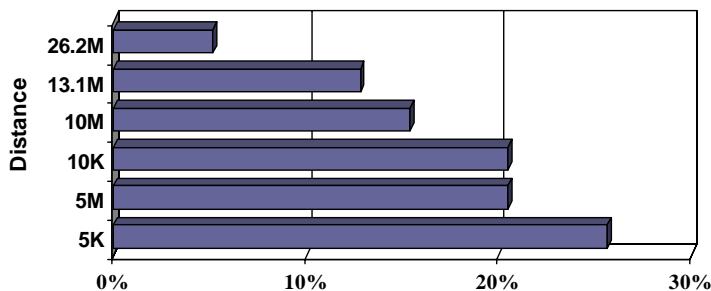
Melrose Running Times

The Official Newsletter of the Melrose Running Club March 2005



January Web Poll

What's Your Favorite Race Distance?

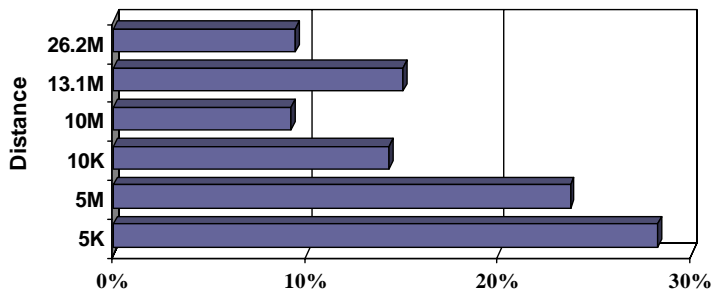


In January MRC members voted for their favorite race distance. Over 25% of MRCers that replied prefer to run 5Ks. Generally as race distances go up, popularity goes down. The only exception to that rule is that the 10K distance received the same number of votes as the 5M.

Comparing the poll results with actual race distance statistics taken from the 2004 club results, the 5K truly is the favorite of our club. Of the individual race results posted in 2004, 28% were for 5Ks while 24% were for 5 Mile races. Surprisingly the next most raced distance is the half marathon. Why does this distance eclipse the more popular 10K and 10 Miler? This distance, along with running a marathon, is one of the top goals for our runners. These two tougher race distances have a higher participation rate than their popularity would suggest.

So we may come to the conclusion that as a club we prefer to run shorter races but participate in longer races for the challenge... unless of course your name happens to be Bill Ouchark.

Race Results Posted in 2004



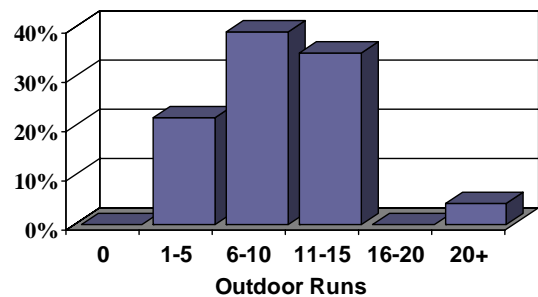
Melrose Run for Women Meeting Tonight -March 29th

There will be a Melrose Run for Women Meeting tonight after the club run. The Melrose Run for Women needs sponsors. If your company is interested in sponsoring the race, please contact me at erinjami@comcast.net

To date, we have received about \$1000 in sponsor money.

February Web Poll

How many times did you run outside in January?



After surviving one of the snowiest Januaries in Boston history, one has to wonder how any of us kept up our regular running routines. In the month of January alone the Boston area was treated to 12 separate snowstorms, one of which dropped over 30 inches of snow on the streets of Melrose. Even if it wasn't snowing, it seemed impossible to avoid running in below freezing temperatures, especially during a 13 day stretch in the last half of the month where the temperature never topped the 32 degree mark and lows were regularly in the single digits.

So as many people renewed their love/hate relationship with the treadmill melroserunningclub.com asked MRC members 'How many times did you run outdoors in January?' Assuming most of our members try to run 3 or 4 times a week, we would expect to see results split evenly over the 11-15 and 16-20 runs in a month. As the poll results show the weather most likely had an effect on this as 60% of our members ran less than 1 out of every 3 days. Only 1 stalwart managed to run over 20 times in a month.

Welcome Back Night April 5th

We missed you over the winter! The first Tuesday of April is Welcome Back Night at the Melrose Running Club. If you hibernated for the winter, its time to shake off the cobwebs and meet back up with your running friends. We'll be heading out for our regular run and be heading upstairs to the Knights of Columbus for FREE pizza, we'll be showing the 2004 MRC DVD for those who haven't seen it (and the odds are good that you are in it), and as always you'll have the opportunity to buy some cheap beer! So dig through the closet, find those old running shoes, and meet us at the Knights of Columbus at 7PM, Tuesday, April 5th!

The Four Stages in the Lifecycle of a Runner

*Virtual Coach Dave Spence
from World of Endurance 14/03/2005*

Most lifelong runners progress through four definable stages of running. The time spent in each stage will vary from runner to runner.

Some runners never progress past certain stages and some revert back to previous stages. Some may even skip a stage, but most will move from one stage to another. The four stages are beginner, weekend runner, competitor and athlete.

A beginning runner usually starts to run because they want to lose weight and/or regain some lost fitness. This is the most difficult stage to begin and has the highest drop-out rate. There is, in many cases, a lack of confidence and fear of failure in this stage. Motivation is a problem. Years of bad habits gained while being a sedentary "couch potato" are hard to break.

A beginner runner usually trains inconsistently and without a concrete goal in mind. There may be a general goal of weight loss and fitness gains, but thoughts of speed improvement or long term goals may not be present.

It is important, in this beginning stage, to train your mind as well as your body for the challenge ahead. You must try to make running part of your every day routine.

This stage can last anywhere from a couple of months to as much as a year or more. Some are happy and comfortable with their accomplishments in this stage and never leave. Once you begin to feel the health benefits of running and your increased fitness makes running easier, you will probably advance to the next stage.

Runners in this stage are many times identified as joggers. I hesitate to refer to anyone with this term, because many runners are insulted by the term jogger.

There are many and varied definitions for the term jogger. Many writers refer to anyone that runs at an easy pace as a jogger, while faster

paces are associated with runners. That is really not an accurate association. The real difference between a runner and a jogger is one of attitude and mindset. I believe that the lack of a goal is the true difference between a jogger and a runner. Speed is not a determining factor.

It is the mindset of the runner that set him or her apart from a jogger. A runner has a specific goal in mind and is training to reach that goal, while a jogger runs aimlessly with no concrete reason.

For that reason, most true joggers do not continue to run their entire life. It is very difficult to maintain any kind of exercise program without having goals to work toward. Since most beginning runners have not set specific goals, it is important to do so in order to get started on the road to becoming a true runner.

If you are starting a running program with the long term goal of becoming a life long runner, then you are a runner, not a jogger. Your goals can be anything. Weight loss, fitness gains, physical health improvements, stress reduction and training for a specific race are all common goals for beginning runners. Improvement in race performance is also a possible goal, but is less common in beginning runners because the competitive juices have usually not began to flow.

The second stage is the weekend runner. This type of runner has started to reap the health benefits of running. He or she is feeling better and running is starting to become part of their everyday routine.

A weekend runner is making it a habit to run fairly consistently, when they have time. They are beginning to make time for running, even when it seems difficult to do. In this stage,

Lifecycle of a Runner (cont.)

the runner, if uncoached, is usually running at the same pace in each run.

Once this stage is reached, the drop out rate is less than in the beginning stage, but is still high. This stage can last a few months or many years. Many runners never leave this stage. This stage is called weekend runner because in this stage the runner does their workouts most consistently on the weekends or days off.

In this stage, the runner should be starting to plan for long term goals. They may want to make running a lifelong pursuit. A weekend runner will start to compete in some local 5 km or 10 km races. They may even begin to think about training for a marathon.

A structured training program begins to take on more importance. The weekend runner is probably starting to self-educate by reading a lot of books on running and is exploring the various training programs.

Towards the end of this stage, the weekend runner is probably starting to add some speed work into his or her training program. They are starting to think about increasing their speed and will want to improve their performance in races.

The jump from this stage to the competitor stage will depend upon how much the runner enjoys racing. If they enjoy the competition and the challenges of performing at their best, they will make the transition to the competitor stage. If not, they may stay in this stage.

For the runners that make it to this stage, the drop-out rate is very low. In this stage, the runner has discovered the exhilaration and excitement of competition. They have found that special feeling that comes from meeting every challenge that comes their way with strength and courage. Racing and competition has become an important part of their life. Training has evolved from jogging to a goal-oriented plan of threshold runs, speed work, base training and rest days.

The goal of the competitor is to improve their race times and place of finish in weekend races. Running is now part of their everyday life. This is a long stage and can last anywhere from a year to forever.

There are several levels of competitors: Beginner, Intermediate, Advanced and Elite competitors. The elite level is the highest level and is reserved for athletes that compete for the top spots in national and international races and are able to devote the majority of their time to training.

The difference between the four levels of competitors is to a high degree the intensity of and dedication to the training program and to a smaller degree their degree of accomplishment in racing.

A runner will not necessarily progress through the four levels of competitor before jumping to the runner stage. Some will progress through the four competitive levels, but most will move through only the first two or three levels before making the jump to the runner stage.

The competitor stage is a very exhilarating stage and is an exciting time of a runner's life. The fairly new thrill of racing and competition and a new form of excitement. New friends are found and new challenges are met. Confidence can soar in this stage as fitness is gained and race times drop. Goal setting is easy in this stage. Common goals become training for longer races such as half marathons and full marathons. There is the constant short term goal of beating your PB (Personal Best) and improving your finishing position.

In addition to the excitement and confidence gains, you will gain a lot of fitness in this stage. The need to include speed work and other types of higher intensity workouts into your training will make great improvements in your fitness level.

The final and ultimate stage of running is being an athlete. In this stage the runner's goal is to train his or her mind and body to be the best it can be. Racing is still an important part of this stage. The racing goal of an athlete has become more than just finishing time and place.

The goal of every race has become to meet every racing challenge with courage and best effort. Finishing time is still important, but if the runner meets the challenges of the race with the best possible effort, it was a successful race.

Lifecycle of a Runner (cont.)

An athlete wants to achieve the best fitness level of body and mind that is possible. The drop out rate in this stage is nearly zero. The main cause of dropping out in this stage is a serious injury or illness, which happens infrequently because of the high levels of fitness, strength and health that runners have acquired.

In this stage a balance of physical, mental, emotional and social goals and responsibilities are reached. No portion of a runner's life is ignored or overemphasized. Running provides somewhat of a balance for all other areas.

Running does not cause all of these positive changes directly, but acts as the catalyst and a positive channel to allow these changes to take place. The changes start with the body, improving strength, endurance, cardiovascular fitness. These changes result in improved confidence and create a positive attitude and outlook on life.

Good luck!

Recent Race Results

February, 2005

**Super 5K
Lowell, MA**

February 6, 2005
20:57.....Ana Hubert
24:06.....Buddy Hubert
29:23.....Robert Coburn

**Boston Prep 16M
Derry, NH**

February 6, 2005
1:51:03.....Andy Goldberg
1:53:32.....Alec Bath
1:57:49.....Sarah Elia
2:18:26.....Andrew Pate
2:23:24.....Michael Macneil
2:29:18.....Robert Bruzzese

Recent Race Results

**The Great Stew Chase 15K
Lynn, MA**

February 6, 2005
1:00:15.....Jennifer Rapaport
1:12:28.....Peter Fopiano
1:13:16.....Eric Bremberg
1:13:29.....Jim Carson
1:13:31.....Linda Ford
1:21:11.....Nicholas Lamberti
1:23:56.....Jacquelyn Doerrer_mullen
1:29:50 Lynch, Erin
1:30:11.....Sue Clough
1:35:57.....Jean Mcfadden
1:36:32.....Joanne Piper
1:40:15.....Ken Bauer
1:40:56.....Janice Meckstroth

**Bradford Valentine 5M Race
Bradford, MA**

February 12, 2005
37:20.....Michael Macneil
41:36.....Shannon Berry
48:34.....Jean Mcfadden

**Bradford Valentine 6K Race
Bradford, MA**

February 12, 2005
34:30.....Judy Duffey
35:14.....Sharon Mckenna

**Paddy Kelly 5M Race
Brockton, MA**

February 13, 2005
38:31.....Robert Bruzzese
48:50.....Ken Bauer
49:00.....Robert Coburn

**Old Fashioned 10M Road Race
Foxboro, MA**

February 20, 2005
1:06:53.....Andy Goldberg
1:20:57.....Robert Bruzzese
1:22:59.....Nicholas Lamberti
1:31:02.....Erin Lynch
1:36:36.....Joanne Piper

**Hyannis Sheraton 10K
Hyannis, MA**

February 27, 2005
46:47.....Ana Hubert
1:03:08.....Buddy Hubert

**Hyannis Sheraton Half-Marathon
Hyannis, MA**

February 27, 2005
1:32:52.....Paul Donahue
1:36:16.....Sarah Cosgrove
1:46:18.....Leanne Tierney
1:52:41.....Lauren Reid
2:01:24.....Jacquelyn Doerrer_mullen
2:15:20.....Nancy Gaudet
2:17:44.....Lois Parker-carmona

Recent Race Results

March, 2005

Hyannis Sheraton Marathon
Hyannis, MA
February 27, 2005
4:29:55.....Walter Drag

Mardigras Marathon
New Orleans, LA
February 27, 2005
3:59:04.....Michael MacNeil

Irish Feet Are Runnin 5M
Lowell, MA
March 6, 2005
44:29.....Tom Cross
45:43.....Jean Mcfadden

Angel Flight Penguin Classic 3.4M Race
Wakefield, MA
March 6, 2005
21:00.....Andy Goldberg
22:20.....Dave Dechellis
25:05.....Robert Bruzzese
28:00.....Robert Boyd
28:01.....James Mcsweeney
30:44.....Eddie Nolan
31:43.....Sharon Mckenna
31:48.....Judy Duffey
33:31.....Robert Coburn
34:32.....Jane Boyd

An Ras Mor 3.6 Mile
Somerville, MA
March 13, 2005
25:18.....Ana Hubert
30:33.....Buddy Hubert
37:16.....Robert Coburn



Boston Run to Remember Half Marathon
Boston, MA
March 13, 2005
1:26:46.....Alec Bath
1:26:48.....Andy Goldberg
1:27:11.....Dave Dechellis
1:32:27.....Paul Donahue
1:33:21.....Sarah Cosgrove
1:33:49.....Livio Ferrara
1:36:05.....David Scura
1:36:28.....Brian Slater
1:40:42.....Linda Ford
1:42:07.....Jim Carson
1:42:59.....Leanne Tierney
1:44:48.....Kristen Hodges
1:46:35.....Peter Fopiano
1:47:08.....Dan Slattery
1:49:42.....Andrew Pate
1:51:14.....Jennifer Foley
1:52:38.....Robert Bruzzese
1:53:33.....Shannon Berry
1:57:23.....Robert Boyd
1:57:25.....Bryce Cote
1:57:54.....Lauren Reid
1:59:32.....Nicholas Lamberti
2:02:41.....Jacquelyn Doerr_mullen
2:05:02.....Jen Robinson
2:05:05.....Harland Robinson
2:08:54.....Walter Drag
2:09:07.....Roberta Macdougall
2:12:43.....Jennifer Cote
2:14:22.....Lois Parker-carmona
2:21:07.....Nancy Gaudet
2:22:48.....Liz Tassinari
2:51:42.....Christine Primiano

Boston Run to Remember 5 Mile
Boston, MA
March 13, 2005
47:16.....Victoria Shinkle
50:09.....Sharon Mckenna
50:50.....Judy Duffey
53:21.....Tom Cross

12th Annual Angino Memorial 3M Race
Newton, MA
March 20, 2005
22:37.....Nicholas Lamberti

R.J. Crowleys 3M for Dana Farber
West Newton, MA
March 20, 2005
28:29.0.....Robert Coburn

Malden Rotary Club St Pats Day 5.2M
Malden, MA
March 20, 2005
31:10.....Dave Dechellis
31:15.....Andy Goldberg
Malden Rotary Club St Pats Day 10K
48:34.....Robert Bruzzese
58:17.....Eddie Nolan
60:46.....Jean Mcfadden
61:16.....Liz Tassinari
Malden Rotary Club St Pats Day 5K
Malden, MA
March 20, 2005
23:46.....Linda Ford
31:38.....Judy Duffey

Ras na hEireann 5K
Somerville, MA
March 20, 2005
22:08.....Ana Hubert
30:28.....Buddy Hubert
31:34.....Robert Coburn



Spotlight on 2005 BAA Invitational Runners

This year the Melrose Running Club received 3 invitational numbers from the Boston Athletic Association for the Boston Marathon on April 18, 2005. Shannon Berry, Jim Carson, and Livio Ferrara will be representing the MRC in this year's race.

As you know this year has been especially difficult for runners with all the snow we have had and despite the inclement weather these three runners have been training diligently through-out the winter.

I had the opportunity to interview each one of them and get some feedback on how their training is going and also get some information on their varied running history. I strongly encourage any club member interested in running the Boston Marathon to submit an application next December for one of the club's invitational numbers.

1st Race was a Marathon in 2002 -Shannon

When did you start running?

I started running 3 years ago, the day after my 30th birthday!

What was your first race?

Mayor's Midnight Sun Marathon Anchorage, Alaska 2002

How many marathons have you done?

Two that I've completed. I trained and started Boston last year, but the heat got the best of me and I was unable to finish. That is why running this year was so important to me. It's like getting back on that bike for me. I have to get out and do it!

How did you keep yourself motivated to train through this snowy winter?

This winter certainly had its challenges! The weather was the main obstacle. I did a lot of indoor training runs or cross-trained. I joined a new gym so that always helps to keep me motivated. I guess the biggest motivator for me this year was knowing that I can beat that course. I am determined to finish this year. Even though I know most of it was the weather,

I just want to be trained as well as I can be by April 18th. Also a big motivator for me is knowing that in 7 weeks after Boston, I am getting married and I want to look good in my dress!

What is the biggest challenge you have faced in your training?

I've had a lot of IT band issues over the years. Every time I train it starts to bother me. This time it hasn't been that bad, knock on wood. Another big challenge has been time.

I thought that training for a marathon would help me stay calm during this wedding planning phase, which it has, but it certainly eats up a lot of time too!

What does your training schedule look like and how many miles a week do you typically run?

Honestly, my training weeks vary depending on what hurts. I've learned that for me, I really need to vary my schedule in order to stay as pain free as I can. I do get the long runs in, or when I can't run I will cross train for the amount of time I should be running. But the runs during the week vary from week to week.

What if any, cross training do you do?

I try to do pilates at least once a week. The stretching really helps with my history of injuries. I also do some "runs" on the ellipse and try to get in one aerobics class per week. This is the first time I have incorporated weights into my training (really for the wedding dress, not so much the marathon) but I have really noticed a difference.



BAA Invitational (Cont.)

First Time Marathon Runner - Jim

When did you start running?

After a not-so-illustrious career as a quarter-miler in high school, I retired my Nikes in the mid-80's. In the spring of 1999 I was asked to build the website for the Melrose Running Club. In order to have the site reflect the membership of the club I decided to lace up the running shoes once again and see what the MRC was all about. Now the website and I have been up and running for 6 years straight.

How many years have you been running?

Six years

What was your first race?

I remember the run but not the name of the race. On a whim, I decided to run a road race in my hometown of Brookline with my wife. With hardly any training I set out for my first 5K. About 27 hot, uncomfortable, tiring, miserable minutes after I started, I huffed and puffed across the finish line.

How many marathons have you done?

This will be my first! I have always dreamed of doing Boston, running the last few miles through my hometown. My father and I had watched the marathon together from Beacon Street and I've always wanted to have him see me do it. This year I hope to accomplish that.

How did you keep yourself motivated to train through this snowy winter?

An entire running club knows I'm training for a marathon, that's enough to keep me going. I can be assured at least one person each week is going to ask for an update on my training so I better have some evidence of serious training to show. Another key motivator is running partners. Through the winter I have been doing my long runs with Dan Slattery or Eileen Lyle. In order to keep up with these two I knew I couldn't be taking any days off during the week.



What is the biggest challenge you have faced in your training?

The weather. If it isn't freezing its snowing. I think we went about 6 weeks without seeing a sidewalk in January and February. I don't mind the cold but the ice and slush can put a damper on a good training run.

What does your training schedule look like and how many miles a week do you typically run?

I've been trying to not overdo my training. Typically I breakdown in the weeks before a long race so the strategy this time is a quality long run, a fast 10K run, and a comfortable 10K run each week. Anything extra after that is gravy. Typically I'm putting in about 30 miles a week.

What if any, cross training do you do?

This year... shoveling.

Long Time Runner- Livio

First of all, I would like to thank the board of directors and all the members of the Melrose Running Club for giving me the opportunity to represent the club in this year's Boston Marathon. Running Boston will be an unforgettable experience that I will carry with me forever.

Thanks to Andy Goldberg for working with the BAA to get that extra number for the club.

When did you start running?

Since my junior years in high school. I used to swim when I was in High School, one day one of my coaches made us run for 1/2 Hour before swim practice. I've been running ever since. (Through the years I've gone through periods when I have not run at all).

How many years have you been running?

About 20 years counting some periods of time in college when I did not run at all.

What was your first race?

My first official race was the new years 5K in Rutland, Vermont. My first Marathon was the Vermont City Marathon in May 1992.

How many marathons have you done?

I've run between 10 and 15 marathons in the USA, I don't know exactly how many. I've run 2 marathons in Italy (Milano, Firenze).

BAA Invitational (Cont.)

How did you keep yourself motivated to train through this snowy winter?

I've learned throughout the years that the best secret to successfully run a marathon is by doing training. Having a good marathon day and not hitting the wall depends on how dedicated you are to your training schedule. My motivation to train consistently for a marathon has to do with having had some very tough experiences on marathon day when I had trained inconsistently. I should also add that doing my long runs with a group of people who are working towards the same goal helps me stay motivated to not miss those long runs that take place on very cold Sunday mornings.

What is the biggest challenge you have faced in your training?

The biggest challenge has been keeping a balance between work, my studies and running. However, staying busy helps reduce procrastination.

What does your training schedule look like and how many miles a week do you typically run?

So far, my training schedule has been great. I am managing to run an average of 40 miles per week and have been very good with my long runs on Sundays. I try to train early in the morning or in the evening.

What if any, cross training do you do?

Unfortunately, I do not do any cross-training. I hope to reduce my mileage in the future and add some more cross-training.



Run to Remember Draws Record Amount of MRC Members

This year 32 club members ran the Melrose Run to Remember despite the huge puddles and slushy roads. This is a record number of participants for what used to be known as Law Enforcement Half Marathon.

The club was well represented at the race despite the race moving from Wakefield to downtown Boston.

Walk to Run Begins April 26th

The 2005 Walk to Run program begins April 26th, 2005. If you are interested in helping with this year's Walk to Run program, contact Nick Lamberti.



Top Ten List

By Jim Carson

I didn't know what to expect as I trained for my first marathon this spring. As time went by I put together this list of the top ten things I didn't expect to see or do during my marathon training but did:

10. Run over 20 miles in a week... let alone one day
 9. Have to run past dead rat on the side of the road
 8. Get the one finger salute from a passing car... from the OPPOSITE side of the road
 7. Form my own sweat-icicles on my hat
 6. Cover my face with Vaseline so my skin wouldn't freeze
 5. Meet people at 5AM for a run
 4. Run in over 20 separate snow storms
 3. Run past an adult magazine open on the road... and not break stride
 2. Miss a round of beer at the Knights because I was running the hills of Potomac.
- ... and the number one thing I didn't expect to do or see during my marathon training but did...
1. While running in a Nor'Easter with 45MPH winds, get passed by a trash bag blowing down Franklin Street.