



# Melrose Running Times

The Official Newsletter of the Melrose Running Club

July 2005



## Melrose Running Club Presents Donation Check to MAAV

The Melrose Running Club presented the MAAV with a check at the Pearl Street Station in Malden on Friday, June 24<sup>th</sup>.

Every year, the MRC celebrates all the hard work put into organizing the race while at the same time celebrating all the Spring Marathon Runners.

Rebecca Mooney, Director of MAAV and Joyce Hunnemann, MRC member and board member of MAAV, attended the celebration.

Joyce also ran the Boston Marathon in 2005. Other Marathoners in attendance were MRC President, Brian Slater, Andy Goldberg, Andy Pate, and Livio Ferrara.



Joyce Hunnemann    Rebecca Mooney    Liz Tassinari

## MRC March Poll Results

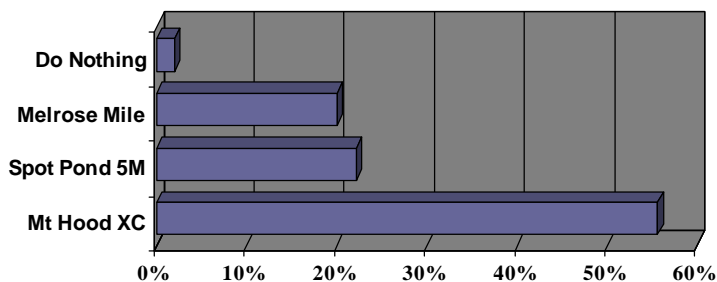
The Melrose Running Club Board of Directors began the process of investigating possibilities for a fall event. MRC Members were then polled to determine which would garner the most interest:

- A 1 Mile sprint along a flat straight stretch of road in Melrose.
- A 5 Mile race around Spot Pond
- A cross country race on the grounds of the Mt Hood Golf Course.

In all 48 members responded, 47 of them in favor of hosting a fall event. The interest in the Mt Hood XC race was overwhelming with 56% of the voters backing the idea. The Melrose Mile and Spot Pond 5M races both received roughly 20% of the vote.

With this information Brian Slater has begun the investigation into what it would take to host a race in the late fall at the Mt Hood Park and Golf Course. More information on this event will be provided as the planning progresses.

### What should our Fall Event be?



## 2005 100 Mile Club... Almost There

Bob Bruzzese	116.6
Andy Goldberg	113.4
Robert Coburn	108.7
Michael McNeil	90.5
Livio Ferrara	79.8
Jean McFadden	78.5
Jim Carson	77.9
Lauren Reid	77.9
Leanne Tierney	77.9
Joanne Piper	71.5
Sarah Elia	68.4
Sue Clough	63.5
Dave Dechellis	61.5
Alec Bath	61.3
Lois Parker-Carmona	59.5
Judy Duffey	59.1
Roy Van Buren	57.3
Andrew Pate	55.3
Nancy Gaudet	52.4
Walter Drag	51.6
Bob Boyd	50.1

## T-Shirts Collected for Missionaries Charity

There is one thing runner's have a lot of - t-shirts! The MRC held a t-shirt drive in June to collect t-shirts for Missionary Charities, an organization founded by the late Mother Theresa. These t-shirts will be going to Haiti to clothe the poorest of the poor. Left over race shirts from the Muddy Moose Trail Run will be used as uniforms for a children's soccer team.

Jean McFadden organized the t-shirt collection for the MRC after reading about the charity in Runner's World.

## MRC Summer Party - August 27<sup>th</sup>

Erin Lynch will be hosting this year's summer party on Saturday, August 27<sup>th</sup> at 4PM. I want to prove to the club that I am NOT homeless after Brian Slater started a rumor that I was living at the K of C after I donated my couch to the hall last Fall. Sign up online or in person on Tuesday nights to bring your favorite appetizer, dessert, salad or beverage.

## Summer 2005 Trail Running Season

Liz Tassinari kicked off the summer 05 Trail running season the first week of June. The group of "dirt heads" as Alec Bath calls fellow trail runners, meet on Thursday nights. For more information on the weekly runs, check the MRC Forum.

## Key Bank Vermont City Marathon

By Lois Parker-Carmona

I'll share with you a story about my experience running the Vermont City Marathon this past Memorial Day weekend, just in case you might wonder what it takes for a back of the pack runner like me to actually run 26.2 miles and live to tell the story.

I took a little inventory of some of what it took for me to prepare for this, my 4th marathon. Aside from the obvious amounts of oatmeal, Gatorade, water and GU, I had the following to credit for my preparation:

- 5 months of serious training, including 8am Sunday long runs which for me meant an early morning drive of 35 miles to meet up with my training comrades and a 35 mile ride home, sometimes in wet or frozen running clothes.
- 495.5 religiously logged miles of training runs through snowstorms, rainstorms and such bitter cold that the bottle of half water/half Gatorade I was carrying turned to a complete chunk of ice within the first thirty minutes of the run (uh oh).
- 1 pair of running shoes that thankfully brought me no injuries or blisters despite my best efforts.
- 1 container of Body Glide

You'd think that after all the strong training runs I put in, all the sacrifices of leaving my warm bed so much earlier on cold mornings, all of the eating right and hydrating, that 26.2 miles would not be such an unpredictable event. But I guess every marathon is unpredictable. There are so many factors that play into anyone's race day for that distance. But I still wanted to think that I could handle anything put in front of me, including 26.2 miles of beautiful Vermont roads and pathways.

A week before the marathon, at the point in time when the weather forecast starts to become real, I was excited, nearly giddy, to think that my 4th marathon would be on a rainy, cool day. Something kept me from getting too excited, probably the awful memories of Boston 2004 – a one day spike to 80+ degree temperatures after an equally brutal cold and snowy training season. Nonetheless, I still worried about what the race would be like, could I make it to the finish, would I love the course as much as I did last year, etc...

I remember waking up on marathon morning and going to the window, expecting to see some clouds, maybe a bit of drizzle and hoping to feel air that was around 50 degrees. No such

luck. It was obviously clear, sunny and warm already! Rats! Despite what the weather would bring, I was still optimistic that this would be my best marathon yet.

The race started and I immediately remembered how much I love the people of Burlington. They are great fans. They're fun and cookey. I think it was within the first mile that I passed the first musician of many, an accordion player decked out in only a speedo and boots and, maybe he had a hat on too. He was fun to see. The first miles of the marathon are great – running through Burlington neighborhoods and down Church St.

My nervous energy shifted to a comfortable happiness as there are lots of happy fans, lots of cute dogs and some musicians here and there to distract me from the fact that I was only a couple miles in yet.

Sadly, that comfortable happiness took a turn as I approached the next stretch of the race that people call the 'frying pan'. It's a scenic four miles of out and back highway where the sun just beats down on you. It's a great stretch since you pass by all the lead runners on their return. I saw Brian Slater on his return stretch, looking content with his large, cooling visor, and for a minute I wish I had a visor like his (for those of you who have seen the visor, you will know I'm just kidding). Jim Carson passed as well, looking strong in his inside out running shirt (seams on the outside don't chafe – 'what a genius Jim is,' I think to myself). I see Nancy Gaudet and we share a look that screams 'get me out of this hell!'

I made my way out of the 'frying pan', but spent my time between miles 9 and 10 thinking seriously that I would just walk off the course at that point. No more marathons. Done. I couldn't believe that I felt so defeated and I hadn't even run 10 miles yet! I spent that long mile debating with myself whether I would end my marathon career at the next telephone pole, maybe the next corner, maybe the next water stop. I kept debating, my legs kept running, and the Gods of the Vermont City Marathon decided to send me a gift... a shady stretch of the marathon and an unelicited conversation with someone I knew I would ultimately beat if I could just pick it up a little bit. And I did pick it up. That shade worked some magic and my thoughts of quitting were left behind. I still had far to go, but I was feeling stronger, even passing a few runners here and there.

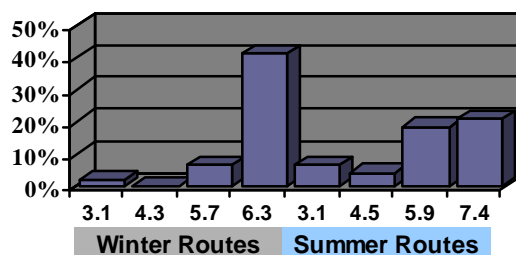
My energy came in spurts at that point, seemingly in direct correlation with the patches of sun or shade or water stops. Amazingly enough, I bounded up the one huge hill at mile 15 feeling invincible again, in stride with the sound of the Taiko drummers that attempted to push everyone to the top.

I got to mile 20 at exactly noontime. With only a 10K to go, I could still beat my time from last year, I thought. That thinking lasted about a half mile or more, when I again had to walk a stretch of sun drenched asphalt and realized it would be hard to keep my 10K pace to the end. At this point, I just had to forget my time goal and focus on finishing.

And finishing is just what I did. The last couple of miles were spent on a bike path with great views of the water and plenty of tired company, even a 'beer' stop. I was happy to see the last mile, even happier to see the finish line. Looking back, I can say it was everything a marathon should be – a challenge both mental and physical, an accomplishment to feel proud of, and a fuel for future training. My marathon days are hardly over, despite how close I came to retiring my running shoes.

### MRC April-May Poll Results

What's your favorite MRC running Route?



As we changed over from the MRC winter routes to our summer routes we heard moans from some and cheers from other. So what are the most popular running routes the MRC has to offer? The long routes win out, with the Winter 6.3 being the most popular.

# Recent Race Results

## April, 2005

### Cohasset Race by the Sea 10K Cohasset, MA April 3, 2005

59:27.....Eddie Nolan  
59:54.....Teresa Evangelista  
1:00:11.....Joanne Piper  
1:02:01.....Janice Meckstroth

### Marathon Sports City Run 5M Cambridge, MA April 3, 2005

37:45.....Robert Bruzzese  
38:14.....Nicholas Lamberti  
48:38.....Jean Mcfadden  
48:40.....Judy Duffey  
49:39.....Robert Coburn  
49:44.....Sharon Mckenna

### TVFR Boston Tune-Up 15K Upton, MA April 9, 2005

1:06:57.....Livio Ferrara  
1:20:43.....Erin Lynch

### Doyles Emerald Necklace 5 Miler Roxbury, MA April 10, 2005

35:26.....Ana Hubert  
40:30.....Mike MacNeil  
41:31.....Robert Boyd  
45:28.....Buddy Hubert  
50:28.....Robert Coburn  
51:27.....Tom Cross

### Wellness Fair 5K Salem, MA April 10, 2005

20:52.....Bob Bruzzese

### Merrimack River 10M Trail Race Andover, MA April 16, 2005

1:36:20.....Bob Bruzzese

### Lexington Patriots Day 5M Lexington, MA April 18, 2005

29:21.....Jennifer Rapaport  
36:02.....Peter Fopiano  
40:37.....Erin Lynch  
49:56.....Robert Coburn

### Boston Marathon Boston, MA April 18, 2005

3:24:27.....Alec Bath  
3:25:37.....Sarah Elia  
3:25:58.....Andy Goldberg  
3:42:41.....Eileen Lyle  
3:45:54.....Kristen Hodges  
3:56:45.....Livio Ferrara  
3:56:58.....John Sherlock  
4:05:25.....Leanne Tierney  
4:07:58.....Roy Van\_buren  
4:12:49.....Shannon Berry  
4:17:29.....Lauren Reid  
4:32:08.....Andy Pate  
4:33:31.....Jim Carson

### Brewster in Bloom 5K Brewster, MA April 23, 2005

25:39.....James Mcsweeney

### Bonnell Bunny Hop 8K Winchester, MA April 24, 2005

31:12.....Dave Dechellis  
35:43.....Ana Hubert  
44:53.....Buddy Hubert  
47:18.....Jean Mcfadden  
47:58.....Judy Duffey  
52:31.....Eddie Nolan  
52:57.....Robert Coburn

### Muddy Moose 14M Trail Race Wolfeboro, NH April 24, 2005

2:14:40.....Paul Donahue  
3:19:26.....Mike MacNeil

### James Joyce Ramble 10K Dedham, MA April 25, 2005

49:41.....Leanne Tierney  
51:57.....Amy Welch  
53:08.....Lauren Reid  
57:02.....Jennifer Foley  
59:39.....Joanne Piper

### Wrentham Duathlon Wrentham, MA April 25, 2005

**Leg 1 Run - 3M**  
26:18.....Harland Robinson  
**Leg 3 Run - 2M**  
19:00.....Harland Robinson

### Quincy Lions Run for Sight 5K Quincy, MA April 30, 2005

22:18.....Robert Bruzzese

## May, 2005

### Westford 10K Road Race Westford, MA May 1, 2005

1:00:39.....Jean Mcfadden

### John L Obrien III Memorial 5M Woburn, MA May 1, 2005

33:02.....Andy Goldberg  
35:59.....Ana Hubert  
37:34.....Robert Bruzzese  
39:54.....Michael Macneil  
46:44.....Buddy Hubert  
47:26.....Roberta Maccougall  
49:35.....Eddie Nolan  
54:30.....Robert Coburn

### Breakheart Classic 6K Wakefield, MA May 7, 2005

24:31.....Andy Goldberg  
36:41.....Sharon Mckenna

### Helen Driscoll 4M Road Race Medford, MA , May 7, 2005

31:45.....Amy Welch  
32:27.....Shannon Berry  
36:43.....Judy Duffey  
40:49.....Robert Coburn

### MOMs Run 5K Somerville, MA May 8, 2005

21:36.....Ana Hubert  
26:00.....Buddy Hubert  
31:12.....Robert Coburn

### Melrose Run for Women 3.5M Melrose, MA May 8, 2005

25:58.....Ann Perronne  
27:28.....Jolie Bath  
31:50.....Sharon Mckenna  
32:24.....Judy Duffey  
33:24.....Ellen Katz  
33:28.....Lynne\_jameson Meehan  
35:16.....Martha Quigley  
35:17.....Jane Boyd  
36:44.....Desiree Zicko  
45:32.....Sandra Finn  
54:28.....Demi Dubois

### Run for the Roses 5K Salisbury, MA May 11, 2005

25:24.....Susan Worrall

## Recent Race Results (continued)

### Backshore 5M Road Race Gloucester, MA May 13, 2005

40:54.....Robert Boyd  
46:27.....Sue Clough  
46:50.....Jean Mcfadden  
50:13.....Janice Meckstroth

### Safe Sun 5K Swampscott, MA May 14, 2005

21:17.....Ana Hubert

### St. Raphael 5K Medford, MA , May 14, 2005

30:24.....Robert Coburn  
38:43.....Sandra Finn

### Ring Around the Neck 5M Marblehead, MA May 15, 2005

31:07.....Dave Dechellis  
36:22.....Robert Bruzzese

### Exercise for Education 5K Run Burlington, MA May 15, 2005

28:43.....Judy Duffey  
29:23.....Sharon Mckenna

### Dee Zuccaro Memorial 5K Somerville, MA May 15, 2005

21:45.....Ana Hubert  
26:00.....Buddy Hubert  
30:15.....Eddie Nolan  
30:48.....Robert Coburn

### Northshore Triathlon by the Sea 3.5M Run Marblehead, MA May 15, 2005

27:29.....Linda Ford

### MMRF Race for Research 5K Boston, MA May 21, 2005

23:17.....Walter Drag

### Milton 10K Road Race Milton, MA May 22, 2005

51:31.....Marlene Mcgunigle

### Great Bear 10K Run Needham, MA May 22, 2005

45:21.....John Mitchell  
1:03:15.....Robert Coburn

### Chefs Classic 10K Sharon, MA May 22, 2005

39:51.....Tom Church  
40:47.....Andy Goldberg  
46:53.....Leanne Tierney  
51:15.....Lauren Reid  
51:39.....Susan Worrall  
58:48.....Jean Mcfadden

### Barnstable Village 5M Barnstable, MA May 22, 2005

42:26.....Harland Robinson

### Blues Run 4.2M Cambridge, MA May 26, 2005

26:24.....Barry Petzold

### Rye by the Sea Duathlon Rye, NH May 28, 2005

Rye by the Sea Leg 1 Run - 3M  
18:34.....Alec Bath  
Rye by the Sea Leg 3 Run - 3M  
19:26.....Alec Bath

### USCG Air Station Duathlon Bourne, MA May 28, 2005

USCG Leg 1 Run - 2M  
14:27.....Harland Robinson  
USCG Leg 3 Run - 2M  
16:06.....Harland Robinson

### Team Hoyt 5K Waltham, MA May 29, 2005

22:10.....Linda Ford  
29:03.....Robert Coburn  
29:22.....Judy Duffey

### Baldi River Run 5M Haverhill, MA May 29, 2005

30:09.....Dave Dechellis  
37:01.....Michael Macneil

### Oak Bluffs Memorial Day 5K Oak Bluffs, MA May 29, 2005

27:06.....Teresa Evangelista  
27:14.....Joanne Piper  
27:58.....Sue Clough  
29:10.....Jean Mcfadden  
30:50.....Janice Meckstroth

### KeyBank Vermont City Marathon Burlington, VT May 29, 2005

3:25:58.....Brian Slater  
3:52:11.....Livio Ferrara  
3:57:37.....Jim Carson  
5:12:53.....Lois Parker-Carmona  
5:14:10.....Nancy Gaudet

### Arlington Memorial Day 10K Arlington, MA May 30, 2005

46:17.....Peter Fopiano  
46:28.....Robert Bruzzese  
57:32.....Ed Nolan

### Arlington Memorial Day 5K Arlington, MA May 30, 2005

30:03.....Judy Duffey  
30:23.....Robert Coburn

### Harpoon Brewery 5M Race for ALS S. Boston, MA June 4, 2005

38:14.....Ann Perronne  
49:36.....James Horne  
52:28.....Mike Flynn

### Jamie McKeown Town Day 5M Winchester, MA June 4, 2005

42:37.....Jennifer Vanstry  
49:38.....Robert Coburn  
49:39.....Eddie Nolan

### Rhody 5K Lincoln, RI June 5, 2005

30:43.....Judy Duffey

### Daves Run 5K Somerville, MA June 5, 2005

30:24.....Jerry Delatizky  
31:13.....Robert Coburn

### *Race Sponsors –The Biggest Challenge*

It seems every year, more and more businesses in the community are willing to help the MRC with the MRFW, which is a naturally a good thing. The challenge is that every year we get more and more services (e.g. food, drinks, free Internet advertising and race bag stuffers) donated and less and less money.

If you have any ideas on how to address this challenge, please contact the MRC Board.



## Recent Race Results (continued)

### Covered Bridges Half Marathon Quechee, VT June 5, 2005

1:48:20.....Roy Van\_buren  
1:51:39.....Leanne Tierney  
2:10:51.....Lauren Reid  
2:28:11.....Teresa Evangelista  
2:29:40.....Joanne Piper  
2:32:09.....Sue Clough  
2:32:50.....Janice Meckstroth

### Westford Academy Summer Series 3.6M Westford, MA June 9, 2005

25:38.....Roy Van\_buren

### Andover Days 5K Andover, MA June 10, 2005

24:04.....Aileen Mason  
24:18.....Joe Terranova

### Revere Moves 5M Revere, MA June 11, 2005

31:48.....Dave Dechellis  
33:35.....Andy Goldberg  
38:48.....Robert Bruzzese  
42:48.....Robert Boyd  
50:50.....Judy Duffey

### Hyannis Sprint I Triathlon 3.5M Run Hyannis, MA June 11, 2005

29:53.....Bryce Cote  
32:42.....Harland Robinson

### Battle of Bunker Hill 8K Charlestown, MA June 12, 2005

53:28.....Robert Coburn

### Louise Rossetti 5K Beverly, MA June 15, 2005

21:25.....Aileen Mason  
27:27.....Sharon Mckenna

### Reggae Ramble 4.2M Cambridge, MA June 16, 2005

26:23.....Barry Petzold  
32:27.....Walter Drag

### Westford Academy Summer Series 3.6M Westford, MA June 16, 2005

26:10.....Roy Van\_buren

### Appleton Farms 5K Ipswich, MA June 18, 2005

27:40.....Jamie Salacup

### Rockport Fathers Day 10K Rockport, MA June 19, 2005

52:48.....Robert Boyd  
1:00:31.....Sue Clough  
1:01:15.....Joanne Piper

### Brendans Home Run 5K Belmont, MA June 19, 2005

26:27.....Eddie Nolan

### McKeon Post 4.5M Road Race Dorchester, MA June 19, 2005

41:38.....Robert Coburn

### Rockport Fathers Day 5K Rockport, MA June 19, 2005

31:32.....Jane Boyd

### Rose Maguires Great Womens Chase 5K Lowell, MA June 21, 2005

22:21.....Aileen Mason  
27:57.....Lois Parker-carmona

### Westford Academy Summer Series 3.6M Westford, MA June 23, 2005

25:16.....Roy Van\_buren

### Fiesta 5K Gloucester, MA June 23, 2005

24:45.....Robert Boyd

### Whirlaway 10K Methuen, MA June 26, 2005

38:26.....Jennifer Rapaport  
47:41.....David Scura

### The New Charles River Run 5K Boston, MA June 26, 2005

32:02.....Robert Coburn  
34:18.....Desiree Zicko

### The New Charles River Run 7.5M Boston, MA June 26, 2005

51:17.....Dave Dechellis  
53:31.....Andy Goldberg  
54:56.....John Kovacs  
1:17:59.....Erin Lynch  
1:23:47.....Sue Clough  
1:25:23.....Liz Tassinari  
1:27:31.....Jean Mcfadden  
1:29:26.....Lynne Jameson Meehan

### 5th Annual Squantum 5M Quincy, MA June 30, 2005

38:41.....Robert Bruzzese

### Westford Academy Summer Series 3.6M Westford, MA June 30, 2005

25:48.....Roy Van\_buren

### July, 2005

Lynnfield Athletic Assoc and Social Club 5K  
Lynnfield, MA  
July 4, 2005

27:23.....Joanne Piper  
29:27.....Jerry Delatizky

### North Andover Fourth of July 10K North Andover, MA July 4, 2005

43:24.....David Scura  
48:16.....Joe Terranova  
49:03.....Robert Bruzzese

### Minuteman Classic 5M Road Race Concord, MA July 4, 2005

46:31.....Sue Clough  
48:05.....Jean Mcfadden  
49:10.....Robert Coburn

### The Great Harvard Fourth of July 5M Race Harvard, MA July 4, 2005

40:47.....Michael Macneil

### Hingham July Fourth 4.6M Hingham, MA July 4, 2005

37:38.....Jennifer Foley

### Good Times 5K Summer Series Lowell, MA July 5, 2005

23:47.4.....Michael Macneil

### Pat Polletta 5M Newburyport, MA July 8, 2005

46:35.....Jean Mcfadden  
47:18.....Jerry Delatizky

### Khourys Summer Steamer 4M Somerville, MA July 10, 2005

26:56.....Andy Goldberg  
37:33.....Buddy Hubert  
38:24.....Lois Parker-carmona  
39:27.....Robert Coburn

## Recent Race Results (continued)

**Take the Lake 5K**  
Wakefield, MA  
July 10, 2005

18:28.....Dave Dechellis  
19:37.....Andy Goldberg  
21:35.....Eric Bremberg  
21:39.....Linda Ford  
22:00.....Peter Fopiano  
22:40.....Jim Carson  
25:17.....Robert Boyd  
26:15.....Sharon Mckenna  
29:29.....Ellen Katz  
30:24.....Jerry Delatizky  
30:58.....Kerry Cargill  
31:38.....Janice Meckstroth  
33:04.....Desiree Zicko  
37:17.....Colleen Breeden  
37:24.....Sandra Finn

**Khourys Summer Steamer 4M**  
Somerville, MA  
July 10, 2005

26:56.....Andy Goldberg  
37:33.....Buddy Hubert  
38:24.....Lois Parker-carmona  
39:27.....Robert Coburn

**Good Times Summer Series 5K**  
Lowell, MA  
July 12, 2005

23:37.1.....Aileen Mason

**Bernas Great Legs 5K**  
Lowell, MA  
July 13, 2005

22:58.....Aileen Mason

**Marathon Sports 5M**  
Weston, MA  
July 14, 2005

31:18.....Dave Dechellis  
35:13.....Livio Ferrara  
41:08.....Walter Drag  
50:32.....Judy Duffey

**Westford Academy Summer Series 3.6M**  
Westford, MA  
July 14, 2005

24:57.....Roy Van\_buren

**Hockomock Area YMCA 5K**  
Foxboro, MA  
July 17, 2005

29:56.....Robert Coburn

**East End 5K**  
Lowell, MA  
July 17, 2005

31:41.....Jerry Delatizky

### Adopt a Site Plack Arrived

The MRC has finally received official recognition from the City of Melrose for maintaining the small strip of land next to the K of C for the last 5 years.



### Lake Winnie Relay Sign Up

If you are interested in running the Lake Winnepausakee Relay this year, contact Jackie Doerrer-Mullen or sign up on Tuesday night. The race will be held on Saturday, September 24<sup>th</sup>. Runners of all levels are welcome. The shortest leg is 4 miles and the longest leg is 11 miles. The race starts at 8AM and ends between 5 and 6 PM. Runners can opt to go for the day or stay over night.

### Get Well Ana!

Ana Hubert is recovering from knee surgery. The MRC wishes you a speedy recovery and hopes to see you back racing in a couple of months.

### 05 Walk-to-Run Program Recap

The 2005 Walk-to-Run program was made famous by the Melrose Free Press who came in to interview current and past WTR participants. The feature article will run in the Melrose Free Press some time during the month of July.

### 2005 Walk-to-Run Graduates

Afifi, Linda of Brockton  
Allspach, Liz of Melrose  
Amaral, Kathryn of Melrose  
Buckley, Marie of Melrose  
Carpenito, Karie of Wilmington  
Ciaramitaro, Karen of Melrose  
Clarke, Laura of Melrose  
Cushman, Jamie of Melrose  
Cutulle, Lisa of Revere  
D'Ambra, Shelley of Melrose  
Emsley, Matthew of Melrose  
Foss, Jamie of Stoneham  
Foss, Jason of Malden  
Hannan, Katie of Malden  
Jamison, Lisa of Melrose  
Kaplan, Rachel of Melrose  
Kelly, Agnes of Melrose  
Kelly, Cindy of Stoneham  
Lavery, Sharon of Melrose  
Lobello, Megan of Melrose  
Lunde, Jillian of Wakefield  
Lunde, Phil of Wakefield  
Maguire, Andrea C. of Stoneham  
Maguire, Andrea R. of Melrose  
Maguire, Brenda of Melrose  
Mason, Katie of Peabody  
Mattuchio, Jane of Medford  
McFarland, Anne of Melrose  
McGourthy, Kathleen of Melrose  
Medeiros, Monica of Melrose  
Murphy, Jennifer of Woburn  
Noel, Beth of Lowell  
Noel, Brian of Lowell  
O'Meara, Anne-Marie of Melrose  
Paladino, Laura of Melrose  
Porfert, Carolyn of Stoneham  
Rawe, Leslie of Malden  
Salines, Linda of Melrose  
Shebertes, Danielle of Roslindale  
Simopoulos, Maureen of Malden  
Surkes, Caryn of Belmont  
Sweeney, Linda of Melrose  
Tankir, Tulay of Melrose  
Tassinari, Michelle of Melrose  
Tierney, Eileen of Charlestown  
Walsh, Kathy of Revere  
Wade, Beverly of Malden  
Winey, Devon of Melrose



# 2005 Melrose Run for Women Photo Gallery



## *My Marathon Journey* By Jim Carson

In January, after skipping a run due to inclement weather, I was given the following sage advice from one of the MRC's seasoned marathon veterans Jackie Doerrer-Mullen: "My dear Jim, The marathon training experience purposely has us training in cold, wet, frigid conditions to toughen us up for the big day. Its a big part of the "journey". Here is the story of my journey..."

**THE MOTIVATION** - Last fall I attended my 20th high school reunion armed with a respectable engineering career, photos of my three wonderful children, and a head of hair and slender build similar to what I left Brookline High School with in 1984. Nothing to be ashamed of. Several old classmates asked if I still ran, remembering me from my track days. "Oh sure, all the time". Repeatedly the follow up question was "Have you run Boston?" to which I was forced to reply "Um... no". It must come from growing up in Brookline, where Beacon Street serves as the home stretch of the Boston Marathon, but it seems if you haven't run Boston you aren't really a runner. Now I had a new item on my to-do list: Run Boston.

**THE PREPARATION** - With the help of the MRC I got a number for the 2005 Boston Marathon and began training through one of the snowiest winters in Boston history. Several MRCers helped me prepare through the 400 training miles that led to race day. Jackie with her "journey" speech. Eileen pushing my training pace on long runs. Leanne and Lauren sharing their experience and positive attitudes. Dan lightening up the mood through the tough miles. Lois talking me through times when training seemed overwhelming. Michelle, my massage therapist/wife, kneading away a cranky hamstring. And the many MRC members that checked in with me every Tuesday. Thanks to all that were part of the trip.

**RACE DAY** - With a stomach full of pasta, water, and butterflies, I went to bed on April 17th excited and nervous. During the night my daughter Lizzie awoke feeling sick and was worried I would be sick too. The interruption left me sleepless until dawn came and I headed into Boston. From there the long bus ride to Hopkinton, which served to emphasize the length of the run back awaiting me. After four hours of milling about Hopkinton, I lined up in one of the last corrals, and awaited the fighter jet flyover signifying the start of the race.

**RUNNING BOSTON** - I trotted past the starting line of the Boston Marathon 26 minutes after the race had officially begun. Engulfed in a swollen sea of runners there was no choice but to move with the flow along the narrow spectator-lined course. The day was already warm, the sun shined hot from the cloudless sky and any cool breeze was blocked by the 17,000 other runners. The first several miles was spent searching for my marathon pace within the pace of the massive crowd. The heat forced me to take more water and gatorade in the starting miles than I had planned. Around mile 7, before having a chance to establish my comfortable pace, my Boston Marathon took an unexpected turn. A combination of heat, nerves, excitement, warm gatorade, and possibly a stomach flu turned my stomach. A mad dash to the side of the road and it was done, with 19 miles left to go I had fulfilled Lizzie's prediction.

**JOGGING BOSTON** - I never considered stopping, I hadn't experienced enough of what I had trained for. The plan just adapted to recover enough to finish. I jogged through Framingham and Natick, stopping for water and fighting off urges to walk. When I needed it most, a shrill cheer rose in the distance from the Wellesley College girls. I picked up my pace and like running a stick down a picket fence I held my hand out and high-fived every girl I could reach. The energy from those deafening screams carried me into the halfway point of the race in 1:59. From there I trudged on to mile 17 where my wife, kids, and friends were waiting. As I staggered into them my dire mood was lightened by the sight of my three kids sitting on the sidewalk cheering for their dad with excited pride in their eyes. They held encouraging signs: "Go Daddy (all the way to the finish)", "You can do it Daddy". My friends held a sign reading "Jim Carson is HOT (and salty)". With a smile and a refreshing cold sponge I headed into the next phase of my Boston Marathon.

**WALKING BOSTON** - Along with the heat, several things conspired against me in the next few miles to undo the good that was done at the last stop. A blister formed and broke while running the hills of Newton. A Gu leaked from a pocket in my shorts and essentially pasted my shorts to my hip and thigh. My quads were cramping and my knees were aching. As I staggered through Heartbreak Hill, past the drunken crowds of BC, down to Cleveland Circle, I had mixed emotions as I entered Brookline. What I expected to be a proud run down the homestretch through my hometown was going to be a struggling walking tour down a familiar road. I stopped to talk to my wife's aunt at Dean Road. I looked for my father-in-law in the mob at Washington Square, but he had gone home much earlier. I looked for friendly faces through Coolidge Corner. Then I took my last break at Kent Street around mile 24. My dad was waiting for me in his lawn chair, my mom, sister, and brother standing beside him. He looked proud to see his kid still moving that far into the race, regardless of the time it took to get there. I stopped and filled them in on the events of my day as I chugged a gatorade. Lois was standing nearby and came over to offer her much appreciated support and encouragement. Lois, my sister, my mom, and I walked a block together before I trotted into Kenmore Square. The Fenway crowd, the Citgo sign, the turn onto Hereford Street. Chills ran up my spine as I turned onto Boylston and saw the arch of balloons in the distance. The announcer bellowed for us to hurry to finish before 5PM. After that long day of shattered goals, I found myself picking it up to break the goal of the moment. I crossed the finish line of the 109th Boston Marathon at 4:59:43PM, a net time of 4:33:31.

**THE AFTERMATH** - Long before I finished the race I was disappointed that the race I had in me that day was not indicative of what I could do. Standing with a mylar blanket around me, a medal hanging from my neck, and a pack of fig newtons in my hands I thought "Now what?". I finished a marathon, I survived a marathon, I traversed the distance but was left with an empty feeling that I didn't really RUN a marathon. A week later Jackie called me and gave me her number for the Vermont City Marathon in May. Seemed ridiculous, but I took it and set my sights on a quick round of a two week recovery, two weeks of training, and 3 weeks of tapering. In worse shape than I was in April I was headed to Burlington Vermont to run a marathon.

**THE REDEMPTION** - On May 28th I started my second marathon in as many months. This race started on a cool morning in Burlington Vermont. With my lucky inside-out-tank-top I set off to run my marathon, my pace, no fanfare, just me and 26.2 miles. These miles unfolded much differently than they had in Boston. I was comfortable from the start. At mile 10 I decided to hold back a little because I felt I was enjoying this run too much. I past the halfway point in 1:54, faster than Boston and feeling infinitely more confident. I charged the challenging hill at mile 15 to the beat of the taiko drummers lining the incline. I maintained my pace through the winding city neighborhoods between mile 15 and 20. Not until I turned onto the bike path along the shores of Lake Champlain that mark the last 10K of the race did I feel the strain of running a marathon. The temperature had risen through the morning and was starting to feel as hot as Boston did, but I still felt strong. Each mile I stopped for a water and a short walk while calculating what it would take to break 4 hours. Pulling off the bike path into the park that held the finish I heard the announcer proclaim "You have two more minutes to break 4 hours!". Pumping my arms I urged my legs to carry me through the loop to the finish. As I crossed over the finish line I spotted 3:59 on the clock. This mylar blanket and medal hanging on my neck was accompanied by a big grin. With a net time of 3:57:37 I RAN a marathon!

Now with two additional weapons in my arsenal, I have finished Boston and I have run a marathon under 4 hours, I'm all set for my 25th high school reunion.