



Melrose Running Times

The Official Newsletter of the Melrose Running Club

February 2006



MRC Winter Party Recap

The MRC Winter Party held on January 7th, 2006 at the Melrose Knights of Columbus Hall was once again a huge success! Highlights of the party included raffle prizes including a Smores machine and tickets to the Boston Celtics, a plethora of culinary delights from the runners, and loads and loads of awards including the 5 year members and more 100 mile club members than ever before:

Highest Racing Mileage

NAME	MILES
Andy Goldberg	261.3
Robert Bruzzese	243.6
Michael MacNeil	237.9
Livio Ferrara	194.3
Barry Petzold	161.4
William Ouchark	160.3
Robert Coburn	155.1
Dave DeChellis	146.8
Erin Lynch	143.8
Leanne Tierney	139.6
Linda Ford	135.7
Judy Duffey	133.0
Roy Van Buren	131.2
Jean McFadden	131.0
Lauren Reid	129.6
Walter Drag	124.1
Lois Parker-Carmona	118.3
Jim Carson	116.1
Sarah Elia	114.0
Robert Boyd	113.2
Andrew Pate	109.9
Joanne Piper	107.7
Alec Bath	107.1
Sue Clough	105.9
Peter Fopiano	103.4
Nancy Gaudet	103.5
Nicholas Lamberti	102.6
Sharon McKenna	101.3

Racing Points Standings

TOP MEN	POINTS
Andy Goldberg	94
Dave DeChellis	81
Barry Petzold	43
Peter Fopiano	42
Robert Bruzzese	41
Alec Bath	39
Jim Carson	31
Livio Ferrara	31
Brian Slater	29
Robert Boyd	27
TOP WOMEN	POINTS
Linda Ford	68
Sharon McKenna	52
Leanne Tierney	48
Ellen Katz	37
Sarah Elia	37
Ana Hubert	36
Jennifer Rapaport	32
Marlene McGunigle	31
Lois Parker-Carmona	30
Jackie Doerrner-Mullen	30

In our Thoughts...

Karen, Tom Cross's wife, gave birth to twins, Ted and Jessica Cross 4 months early on Feb. 13th. The twins are in Boston Children's hospital.

Bill Durning, former MRC board member lost his father last week after he had been ill since before the holidays.

Percent Improvement From 2004 to 2005

	NAME	IMPROVED
5K	Sharon McKenna	13.0%
5M	Sharon McKenna	12.9%
10K	Catherine Kane	21.6%
10M	John Sherlock	7.8%
13.1	Walter Drag	11.7%
26.2	Sarah Elia	16.7%



Fastest Race Times

NAME	TIME
5KM	
Dave DeChellis	18:28
MaryAnn Grande	20:56
5M	
DaveDeChellis	30:09
Jennifer Rapaport	29:21
10KM	
Dave DeChellis	38:41
Jennifer Rapaport	38:26
10M	
Dave DeChellis	1:03:52
Jennifer Rapaport	1:00:52
13.1M	
Dave DeChellis	1:23:05
Sarah Elia	1:33:21
26.2M	
Dave DeChellis	3:04:31
Jennifer Rapaport	2:54:57



And new personal records are being set for 2006...

The following lists the most recent PRs by MRC members in 2006. Congratulations to these members on their personal records.

3.7M	Sharon McKenna	32:20
5.0M	Gloria Chin	39:07
5.0M	Walter Drag	38:27
9.3M	Robert Bruzzese	1:15:41
9.3M	Linda Ford	1:10:56
9.3M	Dave DeChellis	57:04
13.1M	Barry Petzold	1:22:41
16.0M	Alec Bath	1:48:07



Top Personal Record Setters

	NAME	PRs	Distances
Male	Dave DeChellis	9	5K, 5M (3x), 10M (2x), 13.1M (2x), 26.2M
Female	Leanne Tierney	5	10K, 10M, 13.1M, 15.5M, 26.2M

MRC Sunday Long Run Program

This year the Melrose Running Club has established an official Sunday Long Run Program. The group meets every Sunday at 8AM outside of the Melrose YMCA on Main Street. If the weather is too cold to wait outside Brueggers has become our informal gathering place.

The purpose of the run is to provide training programs in the winter and summer, geared toward spring and fall marathons. In between marathon training season runs ranging from 8 to 13 miles will be offered to build and maintain a long run base.

During training season we vary the route each week. Each route provides a half marathon training option and a full marathon training option. The beginning of the route will be common for both groups of runners. The routes are designed to take advantage of the varied terrain and scenic areas around Melrose, including Spot Pond, Lake Quannapowitt, Swain's Pond, Breakheart Reservation, the Fells, and Winchester Highlands.

Training runs are supported with water stops at 3 to 4 mile intervals along the running route. Water stops provide water, sports drink, and energy snacks for the runners and are funded by \$1donations from each runner. Generally water stops are unmanned but volunteers are needed for the longer runs.

The schedule we are following for the spring training runs is shown in the table below, however distances may vary slightly as the routes are developed.

	ROUTE	HALF	FULL
Jan 8	Wakefield High School	5.3	10.0
Jan 15	Lake Quannapowitt	7.5	11.0
Jan 22	Melrose Half Marathon	9.4	13.1
Jan 29	Winchester Highlands	7.1	15.1
Feb 5	STEW CHASE		9.3
Feb 12	Wakefield Half Marathon	11.0	16.3
Feb 19	Swains Pond/ Malden	9.0	14.0
Feb 26	Mystic Lakes	12.0	19.0
Mar 5	Spot Pond/ Lake Quannapowitt	8.0	15.8
Mar 12	BOSTON RUN TO REMEMBER		13.1
Mar 19	Breakheart	9.0	15.0
Mar 26	Road Trip (Boston Route)	10.0	22.0
Apr 2	Spot Pond	12.0	12.0
Apr 9	Wakefield	8.0	8.0
Apr 17	BOSTON MARATHON		26.2

In case of rough running weather, routes may vary or the running day may be switched to Saturday. Please keep your eyes on the MRC Forum on www.melroserunningclub.com for up-to-date information.

At this point in the program we have had groups of 8 to 15 runners each Sunday Morning with slightly more runners opting for the half marathon training distances. The camaraderie of training as a group has become more evident as each week passes, including lively running chatter, friendly water stops, and a refreshing post run stop at Brueggers.

If you have questions about the Sunday Running Program, or if you would like to volunteer to man a water stop for the group, e-mail either LoisCarmona@melroserunningclub.com or JimCarson@melroserunningclub.com.

2006 Race Results Competitions

Have you set your goals for the 2006 racing season? The Melrose Running Club has some you may want to consider.

100 Mile Club Each year the MRC tracks down your race results and calculates how many racing miles you cover in a calendar year. One prestigious milestone is passing your 100th mile. No matter how fast you run them, every mile counts. Last year was a club high in the number of members that racked up that many miles and that was still only 1 out of 5 members. Can you do it?

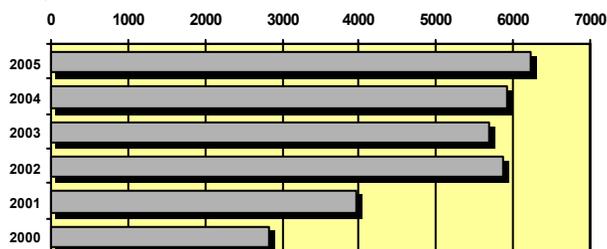
Racing Points Each year the club devises a method of distributing racing points. We haven't quite figured out the optimal method to meet our goal of inspiring runners to race often and compete against other MRC members, so each year we tweak the system a bit... and contrary to popular belief the tweaking isn't done so that the webmaster can move higher up the Racing Points leaderboard. This year's contest is to see how many fellow MRC members of the same gender that you can finish ahead of in the year. Each member you can beat will count 1 point for the entire year. For instance if you beat me 3 times this year and beat another member once, you get 1 point for me and 1 point for the other runner. This system rewards the faster runners and the frequent runners... as long as they run races with a variety of other MRC runners.

PR Palooza We started this contest last year to award those members that show the most overall improvement as a member of the MRC. Each time you better a previously recorded race time in the same distance you earn a PR Point. The male and female member that earn the most Pr Points in a year are the PR Palooza champs. Simple enough?

Fastest Finishers Each year we keep track of who the fastest male and female racers are in these common race distances: 5K, 5M, 10K, 10M, Half Marathon, and Marathon. It's a tough thing to accomplish for most of us, but if you race early you may see your name up their for a little while.

Most Improved Since we can't all be the fastest in the club, we can shoot to be faster than we were last year. The Most Improved listing will show which members showed the most improvement in a race time as compared to their best race time in the same distance from last year. Note that if you run two marathons this year, and your second one is about 36 minutes better than your first one you don't get credit for that because its only compared to your best marathon last year.

Those are all the ways your race miles will be dissected this year. Updated statistics will be available on the race results page of www.melroserunningclub.com beginning in the month of March. Pick your personal goals and I hope to see your name up there soon.



Total MRC Race Miles Run per Year

Lost in Lowell

by Margaret Fisher

By now, many of you may have heard snippets of my attempt to run Leg 4 of the Mill Cities Relay on December 4 which instead resulted in me running askew of the race course, getting lost through the streets of Lowell only to be brought back to my handoff destination by a Lowell Police Officer. And since there are 2 sides to every story, I'll take this opportunity to explain how I could get lost running a Relay Leg that if you asked other runners who are familiar with this Leg, they'll say "Piece of cake! Just keep the River on your right (Merrimack River) and you'll have no problem!"

Perhaps I should begin by er.. confiding that getting lost on a race course is not a new phenomenon to me. I am still very new to the world of running road races, as in my illustrious 2.5 year running career, I have participated in only a few road races. For example, in last year's Boston's Run to Remember I missed the turnoff that ended the 5 mile race and continued to run well into the half marathon course before I realized... "Hmmm.. this is a long 5 miles!" (It turned out that I was at mile 8 in the half marathon course.)

Looking back on it now, I had an odd feeling about the Mill Cities Relay from the start. It wasn't just my normal nervous stomach mixed with excitement that I have at the beginning of other races. Could it have been the first snowfall of the season that was upon us as we departed at 6:30 that Sunday morning from the Stone Zoo parking lot (which gave way to cars careening off the road once we arrived in Nashua) or

race announcer who greeted us over a muffled PA system at the beginning of the race stating "Ladies and Gentleman, we have been asked to cancel this race because of the weather conditions however..... have decided to proceed!"(a mixture of groans and cheers followed). Regardless the race was on and Buddy Hubert started our 1st Leg of "Loose Shoelaces" team with a bang. Liz Tassinari, our Team Captain and Chauffeur gave me the course directions for each leg and stated as we got in the car "Here, take these and tell me how to get to the next Leg."

So when it came time for me to run my 9.4 mile leg of the Relay (through the towns of Lowell and Methuen) I was excited when I saw speedy Ana Hubert approaching. The snow had stopped and now it was just slightly damp-perfect running conditions! I remember running by a race volunteer at a stop light about ½ mile into the Leg and asking him the Leg directions to which he replied "Just remember...keep the River on your right!" Seeing as I had no directions with me- I thought "OK easy enough, plus there ought to be other runners around that I can just follow." At about mile 5 I looked up and saw there was no one around me. Typically, this would not have bothered me however there was one problem-I was running on a 2 lane road which was soon going to become a divided highway (Rt 110) and it was with this I thought "Uh.. I'm sure they wouldn't have us run on a divided highway?" and since there were no signs/orange cones (which I learned later were covered up by snow) I saw an exit ramp. Intuitively

(or so I thought) I said to myself "Follow the footprint in the snow as those have to be footprints of runners before me..." and sure enough the footprints led to that exit ramp. There was only one problem- the River was no longer on my right! After I got off the exit, I saw a Rotary and intended to stay on the Main Street however the street off the Rotary just gave way to smaller side streets. Hoping to find another runner or a sign of some sort as guide as to where I should be, I continued to run and instead I encountered boarded up houses, and a non-English speaking resident who had not seen any other runners (I pointed to my bib number and gestured in a running motion "Have you seen people [crazy people] who look like this?"). I acknowledged that I was officially lost when I saw a Rottweiler behind a chain link fence who seemed very interested in trying to get out from behind that fence and get his/her own running workout in ("Nice puppy!!"). Adrenaline is a wonderful thing in a situation such as this as I suddenly jolted into speed training! (ATTENTION MRCers: I would not recommend this as a new motivational tool to incorporate speed training in your workouts- Tom Church's program is far safer and less assaultive to your heart and other vital organs!)

Once I was away from the neighborhood Rottweiler, I began to think about my team members and that by now they were looking for me to be coming into my handoff destination and while I was thinking of them I thought of Liz and her directions. DIRECTIONS!!!The race course directions are on line and if I could just get those directions, I can get back to my handoff point!!

The next brainteaser however was trying to locate a computer at 10:40 on a Sunday morning. As I was running towards downtown Lowell and trying to think of where I would find a computer, I was stopped at an intersection waiting for the light to turn and what did I see go cruising through that intersection- a police car....police... POLICE!... they'll have a computer! (More speed training ensued).

Upon arriving at the Lowell Police Station, the front desk Officer looked at me like I had escaped from the nearest psych ward as I stated in a winded breath "Officer.. is there any chance I could use your computer over there to pull up a document?" I barely waited for his response as I proceeded to walk around to the other side of the counter where the computer was when I heard a buzzer and stopped short. Out came another Police Officer who said "Hi, I'm Sergeant Reed, what seems to be the problem here?"

After more explaining, I was able to download the directions from the Mill Cities website, however not without a lot of convincing to the two Officers that the search engine Google will not corrupt your computer. After reading the directions for my Leg, I asked "So..... how far off course am I?" "Oh.... probably a good 5 or 6 miles" Sergeant Reed responded. My heart sank. By now it was way past the time when I was supposed to be at my handoff destination, all that adrenaline had turned into cementing solution in my joints, and I was receiving those left brain messages stating that the only position this body was interested in being in the rest of the day was either

Recent Race Results

January 2006

Run for New Years Day 4M Waltham, MA

January 1, 2006

31:37.....Nicholas Lamberti
32:14.....Gloria Chin
39:06.....Judy Duffey
42:20.....Robert Coburn

Hangover Classic 5K Salisbury, MA

January 1, 2006

27:32.....Sharon Mckenna

Hangover Classic 10K Salisbury, MA

January 1, 2006

49:40.....Robert Boyd
59:02.....Jean Mcfadden

Run Your Hangover Off 5M Woburn, MA

January 1, 2006

32:17.....Jennifer Rappaport
37:24.....Maryann Grande
38:16.....Ana Hubert
39:07.....Michael MacNeil
40:47.....Andrew Pate
46:50.....Buddy Hubert

PF Changs Rock n Roll Half-Marathon Phoenix, AZ

January 15, 2006

2:08:31.....Andy Goldberg

Frostbite Invitational Midwinter 15K Classic Raynham, MA

January 15, 2006

1:15:44.....Michael Macneil
1:17:32.....James Cross
1:29:56.....Robert Bruzese

Boston Prep 16M Derry, NH

January 22, 2006

1:48:07.....Alec Bath
1:49:15.....Barry Petzold
2:07:28.....Linda Ford
2:18:58.....Irene Szewczuk
2:22:09.....Gloria Chin
2:27:31.....Andrew Pate
2:28:06.....Michael Macneil

Naples Daily News Half-Marathon Naples, FL

January 22, 2006

1:24:17.....Jen Rapaport

ING Miami Half-Marathon Miami, FL

January 29, 2006

2:14:17.....Jean McFadden

recumbent or supine- it was all done being upright and mobile!

Out of an act of desperation, I asked Sergeant Reed "Uh...any chance someone could give me a lift over to where I need to be?" I wish you could have seen the expression (or lack thereof) on his face after my request. I winced. No response from him but I heard him say on the police radio..."Uh yeah ...blabbody blah... we've got a female runner who's lost and needs to get to Methuen." Then, with a poker face he contritely stated, "Take a seat.. someone will be here shortly."

I must have dozed off while I was waiting for the ride, as I was awakened by a blaring "YOUR RIDE'S HERE" over the loud speaker in the waiting room. "Oh that must be me" I thought and I bounced out to the cruiser stating "Officer, thank you so much" as I grabbed the front seat passenger door handle when I heard "Uh.. maam, you'll have to get in the back seat" Back seat? I thought.. me? I mean.. isn't that where the convicts go? I crouched down in the back seat as we pulled away hoping that this will be the only time I'll see the back seat of a police cruiser.

When the officer was driving me over, I told him what had happened and in return he recanted stories about people he knew who used to run, and are now in their 40's and can barely walk (of which we all hear from well intentioned non-runners from time to time!)

As we approached the handoff destination (which was behind an Office Park building), I felt like a teenager who was getting dropped off by her father at a school event "Oh really Officer, you don't need to take me in the back, you can just drop me off here" I said as we pulled into the front of the Office Park driveway. The car was barely stopped as I jumped out yelling "Thank you" while hoping and praying that no other MRCers would see me get out of a police cruiser.

Once I made it back to the handoff destination, I didn't expect to see anyone remaining and was prepared to run Leg 5 to meet my other team members at the post race festivities. Instead there was Liz and Lois Parker-Carmona, in the cold damp weather patiently waiting for me however happy to see my return.

While this incident is humorous and I've certainly learned many lessons as a result, I want to take this opportunity to thank Liz, Lois, Nick Lamberti and Peter Fopiano (who I understand Nick and Peter ran the race course looking for me) for their patience, kindness and genuine concern about my well-being. Even though I continue to laugh about this event, I don't laugh when I think of the anxiety and worry that it put so many of my fellow MRCers through, waiting for my return.

So, if you don't see me at some Tuesday evening MRC runs, that's because I am in the front row of a *Listening Skills* course, because if I would have listened to the advisement of so many who had told me "just keep the River on your right" I would have never encountered the escapade that I did.

December 2005

NYRR Hot Chocolate 15K Central Park, NYC

December 17, 2005

1:01:05.....Barry Petzold

Olde Magouns Sleigh Ride 5K Somerville, MA

December 18, 2005

31:31.....Erin Lynch

Walters Run 5K W. Roxbury, MA

December 18, 2005

22:24.....Walter Drag

First Night Saratoga 5K Run Saratoga Springs, NY

December 31, 2005

19:24.....Barry Petzold

Austin Half-Marathon
Austin, TX
January 29, 2006
1:22:41.....Barry Petzold

Super 5K
Lowell, MA
February 5, 2006
22:28.....Ana Hubert
27:23.....Buddy Hubert
30:09.....Robert Coburn

The Great Stew Chase 15K
Lynn, MA
February 5, 2006
57:04.....Dave Dechellis
1:10:56.....Linda Ford
1:14:08.....Michael Macneil
1:15:41.....Robert Bruzese
1:19:55.....Jim Carson
1:22:15.....Andrew Pate
1:28:10.....Tom Cross

Superbowl Sunday 5K
Peabody, MA
February 5, 2006
27:27.....Sharon McKenna

Bradford Valentine 5M Race
Bradford, MA
February 11, 2006
37:23.....Nicholas Lamberti
37:49.....Michael Macneil
38:27.....Walter Drag
39:07.....Gloria Chin
41:24.....Susan Worrall
43:10.....John Morris
43:47.....Tom Cross
47:33.....Jean Mcfadden
47:53.....Kelly Walsh
52:19.....Robert Coburn

Bradford Valentine 6K Race
Bradford, MA
February 11, 2006
32:20.....Sharon McKenna

Boca Town Center Classic 5K
Boca Raton, FL
February 11, 2006
18:16.....Jennifer Rapaport

Marthas Vineyard 20M
Marthas Vineyard, MA
February 18, 2006
2:13:41.....Barry Petzold

Old Fashioned 10M
Foxboro, MA
February 19, 2006
81:01.....Paul Sieswerda

MRC Web Site Selected as one of the top 3 Best Small Running Club Web Site in the Country by RRCA...

Jim Carson has done it again! With the help of Lois Parker-Carmona, our club president and official recorder of the race results, the Melrose Running Club has won another award for our club Web site. Melrose was named one of the top 3 small running club Web sites in the entire country.

This is the second time in five years that the club has won an award from the RRCA for the Web site. Back in 2002, our Web site was named the top Running Club Web site overall in the entire country. Between 2003 and 2005 we missed the deadline for entering our site for consideration - so the odds are in our favor- two awards in the two years that we entered the contest!

Way to go Jim! Please buy our webmaster a beer the next time you see him.

5th Annual Wine Tasting Hosted By MAAV

The Melrose Alliance Against Violence is hosting the 5th annual wine tasting as a fundraiser for the organization on Friday, March 10th at Memorial Hall (2nd floor). The tasting runs from 7-10. The tickets are \$40 if purchased in advance and \$45 at the door. In addition to wine, there will be music and raffles. There will be a flyer on Tuesday night with more information for those interested in attending or you can e-mail Joyce Hunnemann at:
joycehunneman@msn.com

VERMONT CITY RELAY

The Melrose Running Club has two relay teams for the Vermont City Marathon, Sunday May 28th, 2006. We have one opening on the 2-man team (13.1 mile leg) and 4 openings on the 5 man team (3.1, 5.5, 6.5, 5.5, 5.6 mile legs). See Jim Carson or Lois Parker-Carmona if interested.

Melrose Run for Women Planning Update By Joyce Hunnemann

Mayor Dolan will come to the road race, say a few words and start the race.

Rebecca sent a packet to The Gabe Kapler Foundation, we have not heard anything yet. Rebecca is submitting a breakdown of the road race expenses, which she received from Nick Lamberti earlier this week to apply for another grant which would cover the cost of the entire race (\$5000)

Raffle prizes received to date include: 4 Aquarium passes and a gift basket from Periwinkles II committed to donating a basket for the road race.

MAAV will put the palm cards in the MAAV race bags.

If we decide to send a flyer on the road race through the schools, we need to get approval from the superintendent and a line needs to be added to the application that says: all proceeds benefit the MAAV prevention programs in the Melrose Public Schools.. Rebecca agreed to get the approval of the superintendent.

MAAV is eager for us to advertise the race on their site, we just need to give them the information.

In addition to Joyce's update, Nick and Fio Lamberti and Lois Parker-Carmona have sent out road race applications to all of last year's runners. Nick Lamberti sent a press release to the Melrose Free Press and Erin Lynch made 2000 copies of the race application to be distributed at road races and throughout the community.

The next race meeting will be held on Tuesday, February 28th at Mexico Lindo on Main Street immediately following the Tuesday night run.

At the Winter Party on January 7th, the 3 Invitational Boston Marathon numbers were awarded to three club members: Erin Lynch, Irene Szewczuk, Roy Van Buren.

Below is our story:

Erin

I ran occasionally in high school to train for cross-country ski races and randomly in college to look better for bathing suit season, but I didn't start running regularly until just over 4 years ago when I moved to Melrose and joined the club. I always liked running and found it more exciting to be outside than inside a gym.

The first year I was in the club, I ran only 5 Ks and an occasional 10K here and there. I could not fathom running a half marathon- let alone a full marathon.

Then one year I changed jobs and traveled extensively for work. I had less time for running and when I tried to hastily get back into shape for Lake Winnie, I ended up injuring my foot and ankle. Then I had to take a 2 month hiatus from running and go to physical therapy. I was completely miserable. I missed all my running friends and I missed running.

Funny, how when something is forbidden you realize how much you miss it. After coming back from my injury, I always make time for running. I started doing longer races- 15Ks, 10 miles etc. Next thing I knew I was training for my first marathon, the 2005 Bay State Marathon in Lowell.

I had such a good experience last year running Bay State, that I decided I wanted to run another marathon.

The Boston Marathon will be my second marathon. I am both excited and a little nervous about running Boston for the first time.

I have been training with Melrose, with L Street and on my own. Aside from my second training run where I locked my keys in the car and a nasty case of bronchitis earlier this month, my training runs have been enjoyable and uneventful.

The key to long training runs for me is variety. I have run in the city with L Street, around Melrose with the Melrose Running Club and in Newburyport with another friend

training for Boston who is a member of the Winner's Circle Running Club.

To keep from getting injured, I do yoga twice a week. I find yoga to be a great balance with running. Although it is slightly embarrassing when I go the day after a long run and I struggle to touch my toes. By the end of the class I feel great and all that stiffness is gone.



Roy

Roy has run the Boston Marathon many times, as a bandit and as a registered runner, and completed his first ultra marathon last fall.

Roy claims he is not training enough because he is busy with tax season and his father had by-pass surgery a couple of weeks ago- but I know he is out there running since I hear tales of him running with L Street and with Walt Drag on Saturdays.

Irene-

Since Irene is too busy training to provide any information, her story will be featured in the April addition of the Melrose Running times.

VOLUNTEERS NEEDED For Boston's Run To Remember on March 12th, 2006

Please consider becoming a volunteer for the Boston Run To Remember. Even if you are running, you can still volunteer. The club will receive payment from the race for each volunteer provided. Contact Brian Slater for more information.

2006 Apparel Collection Available for Ordering

Paul Donahue is collecting orders for apparel. Paul has done a great job putting together a t-shirts, shorts for men and women collection of apparel for 2006. The clothing line includes- singlets for men and women, technical and jackets. If you do not see what you want on the list, Paul is looking for some ideas. He is soliciting feedback on long-sleeved t-shirts, polar tech pullovers and hats. Place your order and cast your vote now.

Used Running Shoes for the Homeless

All together, MRC members donated over 50 pairs of slightly worn running shoes since January. These were donated through Kennedy Brothers Physical Therapy to Health Care for the Homeless in Boston. Thank you again for your support.

RUN FOR WOMEN SPONSORS NEEDED -

We are currently searching for sponsors for the Melrose Run For Women. If your business is interested in contributing to a successful event, please contact Andrew Pate or Margaret Fisher.

New Look and Feel to the Melrose Run For Women Home Page

Check-out the new look and feel to the Melrose Run for Women Web page, <http://www.melroserunningclub.com/mrfw>

Jim has done a great job giving the home page a new look and feel.

