



# Melrose Running Times

The Official Newsletter of the Melrose Running Club

June 2006



## Melrose Run for Women Update

On May 14<sup>th</sup>, The Melrose Run for Women was canceled by the City of Melrose due to severe flooding and inclement weather. A make-up race was held on Wednesday, June 14<sup>th</sup> at 6:45 PM at the Lord Wakefield Hotel at Lake Q in Wakefield. The MRC in conjunction with the Mystic Runners hosted a timed 5K fun run around the Lake. Again, we had driving rain the day of the race, but the rain cleared just before the race. Despite the gray skies about 70 runners took part in the race. Only female runners were allowed to win prizes. A complimentary pasta dinner was served to runners following the run in a function room at the Lord Wakefield hotel.

## MRC Summer Party

Mark your calendar! The Melrose Running Club annual summer party will be held on July 15<sup>th</sup> at approximately 4PM. Check the forum for specific details on the venue and start time. Club members are asked to bring an appetizer, dessert or salad to share. The club will provide meat and veggie burgers for the grill. Significant others and families are welcome.

## July First Tuesday and MAAV Check Presentation

Since the club will not meet on July 4<sup>th</sup>, the first Tuesday will be celebrated on July 11<sup>th</sup>. We will be presenting the check to the MAAV before the run that night.



## Lake Winnie Time Again-

The Lake Winnie Relay will be held on Saturday, September 23<sup>rd</sup>. Entrance fee for the race is approx \$20 per person and the length of each leg is between 4 and 11 miles. There are 8 runners per team. If you are interested in running, please let the MRC Board know. We need to get our registration in by mid-August.

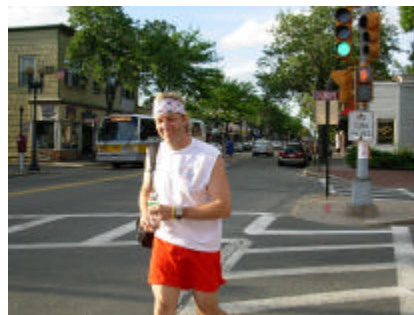
In the past we have sent 2, 3 and 4 teams to the race. Runners can go up for the day or make a weekend out of it. New members and walk-to-runners welcome.

### Legs

- Leg 1 – 10.7 miles
- Leg 2 – 11 miles
- Leg 3 – 9.3 miles
- Leg 4 – 4.0 miles
- Leg 5 – 10.8 miles
- Leg 6 – 6.4 miles
- Leg 7 – 8.5 miles
- Leg 8 – 4.4 miles

### Team Options

- Open – Men
- Open – Women
- Open – Mixed
- Masters – Men over 40
- Masters – Women over 40
- Masters – Mixed over 40



Vice President Andy Pate and his family are moving to New Hampshire on July 8<sup>th</sup>. Although we will miss seeing the Yankee hats on a regular basis ( - NOT!); Andy promises to come back and run with us .

## Trail Running Begins on June 29th

Liz Tassinari, Tom Church and Erin Lynch will lead a group of runners through the trails in the Middlesex Fells reservation on Thursday nights beginning on June 29<sup>th</sup> at 7PM. The distance will be between 3 and 5 miles. Beginner, intermediate and advanced dirt heads are welcome. Tom will lead the advanced group and Liz and Erin will lead the beginner and intermediate group. We will run different routes each week so please check the forum to see where to meet each week.. Remember to bring your bug spray.

## Adopt A Site Update...

On May 23<sup>rd</sup>, Erin Lynch, Ellen Katz, Betty Kandler, Tom Cross, Hank Murphy and Peter Fopiano planted the flowers at the Adopt a Site plot of land next to the Knights of Columbus. Hank Murphy waters the flowers regularly through-out the summer.

## Thank You and Namasté

– From Lois

I want to thank everyone who came out to try my power vinyasa yoga classes. It was a great experience for me and I hope you all got something out of it as well. I appreciated that you all showed up with an open mind and I really enjoyed watching some of you transform. I realize we only met once a week for only 8 weeks, but I could see you gain strength, flexibility and balance right before my eyes. You were all excellent students and it was my pleasure to share something I love, in addition to running, with you.

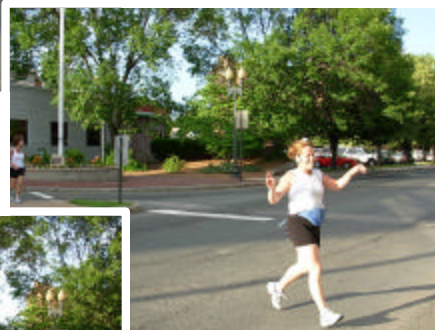
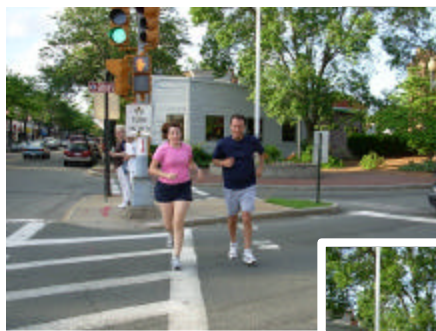
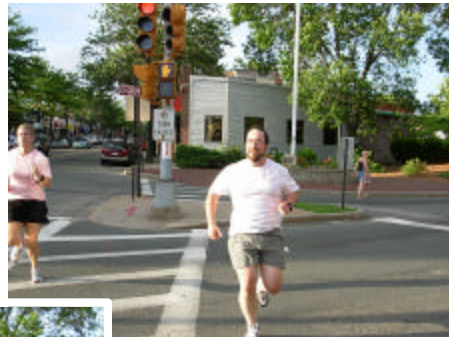


# 2006 Walk to Run

The 2006 Walk to Run program was off to a wet start this year with driving rain and flooding in May. Yet, this group of runners is dedicated—showing up week after week rain or shine to run with the Melrose Running Club. The Walk to Runners will complete the program tonight on June 27<sup>th</sup> by running a full 3 miles.

They will celebrate their accomplishment with refreshments at the Runner's Edge after their run and an opportunity to buy running apparel at a discounted rate for club members.

Walk to Runners from previous years have been very active in our club and have gone on to run marathons and half marathons in just a couple of years.



Abbott, Linda of Melrose  
 Bonilla, June of Everett  
 Carroll, Francine of Stoneham  
 Chiknas, Marla of Malden  
 Colasante, Anita of Winchester  
 Conlan, Maura of Melrose  
 Connelly, Deborah of Medford  
 Corrado, Patty of Everett  
 Cuneo, Siobhan of Melrose  
 Curtis, Denyce of Bedford  
 Davis, Bernadett of Medford  
 Deacy, Maureen of Arlington  
 Defeudis, Patricia of Medford  
 Doherty, Lori of Melrose  
 Durkin, Kathe of Tyngsboro  
 Elkhadiji, Margaret of Everett  
 Erb, Joy of Melrose  
 Fahey, Maureen of Melrose  
 Fitzpatrick, Carla of Winthrop  
 Francesconi, Suzanne of Lynn  
 Gonzales, Joel J. of Melrose  
 Hamm, Gail of Melrose  
 Hanson, Linda of Melrose  
 Healey, Christine of Melrose  
 Hudson, Lisa of Melrose  
 Keane, Eileen A. of Melrose  
 Kenawell, Katie of Melrose  
 Kutzen, Leslie of Melrose  
 Lawson, Barbara of Melrose  
 Leggiero, Donna of Melrose  
 Lucey, Michele of Wakefield  
 Maher, Colette of Melrose  
 Manfredonia, Gina of Melrose  
 Markham, Holly of Melrose  
 Martel, Shane of Waltham  
 McCormick, Kristen of Saugus  
 McEvoy, Frances M. of Amesbury  
 McMillan, Brad of Melrose  
 McMillan, Nora of Melrose  
 Mello, Jim of Malden  
 Moise, Vinny of Wakefield  
 Murphy, Janice of Winthrop  
 O'Hara, Amy of Revere  
 O'Hearn, Susan of Medford  
 Pennachio, Cynthia of Malden  
 Potito, Ann of Melrose  
 Randall, Jennifer of Topsfield  
 Schaad, Cathy of Melrose  
 Searles, Elizabeth C. of Danvers  
 Steeves, Deb of Georgetown  
 Stringer, Jane F. of Melrose  
 Sullivan, Stacie of Melrose  
 Surette, Pamela of Malden  
 Szathmary, Erin of Somerville  
 Varey, Cheryl M. of Wilmington  
 Woodworth, Maureen of Melrose  
 Yianacopolus, Kelly of Melrose

## K of C Construction

The Knights of Columbus are renovating the function hall on the ground floor. From now until further notice, we will be meeting on the second floor of the Knights on Tuesdays at 7PM for our weekly runs beginning on Tuesday, July 11<sup>th</sup>.

## MRC Makes Donation to Children's Hospital

Through generous donations from our members MRC was able to donate \$500.00 to Children's Hospital in the names of Theodore and Jessica Cross. Their birth and their passing touched many of us.

## Recent Race Results My Marathon Experience - By Roy Van Buren

### February 2006

#### Sheraton Hyannis 10K

##### Hyannis, MA

#### February 26, 2006

1:01:31.....Jean Mcfadden  
1:01:53.....Janice Meckstroth

#### Sheraton Hyannis Half Marathon

##### Hyannis, MA

#### February 26, 2006

1:26:33.....Barry Petzold  
1:46:52.....Leanne Tierney  
1:51:13.....Michael Macneil  
1:56:31.....Lauren Reid  
1:56:21.....Walter Drag  
1:56:37.....Jackie Doerrer-mullen  
2:06:24.....Harland Robinson  
2:06:25.....Jen Robinson  
2:09:40.....Sue Clough  
2:16:16.....Nancy Gaudet  
2:19:06.....Joanne Piper

### March, 2006

#### Claddagh Pub Classic 5K

##### Lawrence, MA

#### March 5, 2006

41:59.....Robert Coburn

#### Stus 30K

##### Clinton, MA

#### March 5, 2006

2:08:46.37.....Barry Petzold  
2:53:26.26.....Gloria Chin

#### Paddy Kelly 5M

##### Brockton, MA

#### March 5, 2006

39:18.....Bob Bruzzese

#### Raynham K of C 5M

##### Charity Road Race

##### Raynham, MA

#### March 12, 2006

39:44.....Robert Bruzzese

#### Boston Run to Remember

##### Half Marathon

##### Boston, MA

#### March 12, 2006

1:18:07.....Dave Dechellis  
1:24:03.....Barry Petzold  
1:26:49.....Alec Bath  
1:28:01.....Tom Church  
1:32:13.....Livio Ferrara  
1:34:00.....Andy Goldberg  
1:37:02.....David Scura  
1:42:24.....Brian Slater  
1:44:10.....Leanne Tierney  
1:44:44.....Walter Drag  
1:45:07.....Gloria Chin  
1:46:14.....Nicholas Lamberti  
1:47:09.....Jim Carson  
1:47:16.....Bill Stewart  
1:47:23.....Ed Torres  
1:51:34.....James Cross  
1:52:18.....Andrew Pate  
1:53:17.....Lauren Reid  
1:59:00.....Roy Van\_buren  
2:08:18.....Jean Mcfadden  
2:08:32.....Erin Lynch  
2:09:45.....Sue Clough  
2:12:32.....Lois Parker-carmona

On Patriots Day this year, I had the honor to represent our great running club and continue the great Melrose tradition of running the Boston marathon. This was my 9th consecutive Boston Marathon and 16th overall marathon. I've found each one to be unique and special in its own way.

This marathon really started back on January 7th when Irene, Erin and I were awarded official Boston marathon numbers through our club. The training started about 10 hours later with the first official training run at our sister club in South Boston. During the winter, I love doing the long runs and then cooling off by dipping in the ocean. Unfortunately, it seemed like every Sunday, we'd have fierce head-winds and low tides when we finished our Sunday runs. As a result, I was only able to get in the water twice all winter. In addition, I had gained about 12 pounds since the fall which caused me to change my biomechanics a little.

The result was having trouble with my IT Band and Plantar Faciitis on both heels which progressively got worse during March. By mid-March, I needed to go to physical therapy 2-3 times a week and was on strict orders to only run once a week on flat ground. A week before running Boston, I was only able to run 7 painful miles. Then two days before the marathon, just before going to the marathon expo to pick up my number, I left the freezer packs on the bottom of both heels too long. This burned the bottom of both heels. Walking around the Expo and taking a walk around our neighborhood the evening before Boston, the burnt heels were in much pain. Not exactly how you'd like to be the day before running a marathon.

The day of the race, I woke up around 7:15, showered, ate and stuck some mole-skin on my heels. Then my wife picked up Erin and two of my co-workers, Winston Kokaram and Michael Griffiths for the drive out to Hopkinton. Because of the injuries, I had no expectations for a finishing time. I just hoped to finish. This must have helped me relax. The other adjustment that I made was in order to minimize any pain from the burnt heels, I focused on maintaining a toe-first foot strike, which had been my natural style prior to this winter. Almost sounds like the Simpson's Episode where Mr. Burns couldn't bowl.)

As the starting gun went off, Erin who had started next to me started walking towards the starting line while I ducked out of the, up until the top of the last Newton Hill, I would run for 5 minutes and walk for 1 corral to make one final pit stop. The whole race minute; ignoring split times, etc. Around that time, I looked up at the clock and saw that I had an outside chance of breaking four hours so I slowly picked up the pace, cutting out all the walk breaks until after crossing the finish line. I picked up the pace even more in Kenmore Square running my fastest mile of the day between there and the finish line. My mind was locked solidly on one goal. I wanted to break four hours. That was the only thought that I allowed into my mind which allowed me to push out the thoughts of the tight muscles and the fatigue. It wasn't easy, but on this day my mind won the battle over the body breaking four hours by 22 seconds. (3:59:38). It turned out to be my second fastest Boston Marathon and my fastest Boston in the last seven years (since 1999.) As everyone knows, I do one of the worse jobs of anyone in maintaining an even pace. However, looking back on it I somehow managed to run a very even pace that day, running a 1:59:51 the first half and a 1:59:47 the second half. (Don't ask me how because I don't know, especially since I completely blocked out all thoughts of split times.)

Some years, actually many years I've gone into the Boston Marathon better trained and better prepared. However, something (overtraining, going out too fast, focusing too much on split times, the weather, drinking too much gatoraid or mostly the mental toughness) just wasn't there. This time, God was with me. I don't know how. I don't know why. But what a feeling. Even four weeks later, I'm still on cloud nine.

Thank you fellow members of the Melrose Running Club for allowing me to experience this great joy by representing our club at the 2006 Boston Marathon.

#### Boston Run to Remember 5M

##### Boston, MA

#### March 12, 2006

30:02.....Jennifer Rapaport  
33:15.....Francis Blesso  
39:37.....Ginny Rowe  
43:35.....Evan Zahner  
47:10.....Liz Tassinari  
56:50.....Andrea\_c Maguire

#### Ras na hEireann 5K

##### Somerville, MA

#### March 19, 2006

18:16.....Barry Petzold  
28:09.....Sharon Mckenna  
32:54.....Robert Coburn

#### Malden Rotary Club St Patricks 10K

##### Malden, MA

#### March 19, 2006

58:19.....Liz Tassinari  
1:00:18.....Nancy Gaudet

#### New Bedford Half Marathon

##### New Bedford, MA

#### March 19, 2006

2:07:02.....Paul Sieswerda

#### Hibernian 5K

##### Peabody, MA

#### March 19, 2006

22:43.....Ana Hubert  
27:43.....Buddy Hubert

#### Loco Moose 6k

##### Brockton, MA

#### March 25, 2006

24:25.....Andy Goldberg

#### Eastern States 20M

##### Salisbury, MA

#### March 26, 2006

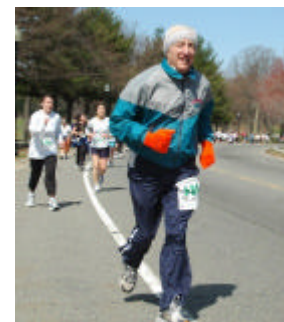
2:14:48.....Barry Petzold

#### An Ros Mor 5k

##### Somerville, MA

#### March 26, 2006

24:35.....Robert Bruzzese  
32:24.....Robert Coburn



### April, 2006

#### Boston Tune Up 15K

##### Upton, MA

#### April 1, 2006

1:20:17.....Robert Bruzzese  
1:23:35.....Erin Lynch

#### North Shore Wellness 5K

##### Salisbury, MA

#### April 2, 2006

22:40.....Ana Hubert  
29:29.....Buddy Hubert



**April Fools 4M**  
Salisbury, MA  
April 2, 2006  
35:52.....Sharon Mckenna

**Angel Flight Penguin Classic 5K**  
Wakefield, MA  
April 2, 2006  
34:48.....Kaitlin Carson  
34:49.....Michelle Carson

**Borderland 16M Trail Run**  
Easton, MA  
April 2, 2006  
2:11:46.....Tom Church  
2:16:41.....Barry Petzold  
2:24:59.....Paul Donahue  
2:47:28.....Brian Slater

**Marathon Sports City Run 5M**  
Cambridge, MA  
April 2, 2006  
35:20.....Linda Ford  
49:55.....Robert Coburn

**Cohasset Road Race by the Sea 10K**  
Cohasset, MA  
April 2, 2006  
48:11.....Walter Drag  
48:29.....Ed Torres  
57:56.....Jean Mcfadden  
58:34.....Joanne Piper

**Merrimack River 10M Trail Race**  
Andover, MA  
April 8, 2006  
1:10:15.....Tom Church

**Doyles Emerald Necklace 5M**  
W. Roxbury, MA  
April 9, 2006  
33:57.....Livio Ferrara  
36:28.....Ana Hubert  
39:06.....Michael Macneil  
49:48.....Robert Coburn  
50:56.....Buddy Hubert

**Patriots Day 5M Road Race**  
Lexington, MA  
April 17, 2006  
34:59.....Peter Fopiano  
36:32.....Nicholas Lamberti  
49:47.....Robert Coburn

**Boston Marathon**  
Boston, MA  
April 17, 2006  
3:02:59.....Dave DeChellis  
3:06:30.....Barry Petzold  
3:24:49.....Andy Goldberg  
3:32:45.....Linda Ford  
3:43:16.....Joe Terranova  
3:59:38.....Roy Van\_Buren  
4:01:03.....Leanne Tierney  
4:03:55.....Jackie Doerrer-Mullen  
4:08:13.....Bill Stewart  
4:09:19.....Lauren Reid  
4:13:09.....Kim Bruno  
4:13:29.....Katie Sinnott  
4:13:31.....Walter Drag  
4:17:17.....Irene Szewczuk  
4:33:17.....Erin Lynch  
4:34:42.....Mike MacNeil  
5:09:06.....Margaret Fisher

**Lions Journey for Sight 5M**  
Reading, MA  
April 22, 2006  
36:51.....Robert Bruzzese

## My Marathon Experience

By Erin Lynch

On April 17<sup>th</sup>, I had the pleasure of representing the Melrose Running Club with one of the Club's invitational numbers along with Roy Van Buren and Irene Szewczuk.

My first marathon was the Bay State Marathon last fall, but I was more nervous about running the Boston Marathon. Did I train enough? Am I prepared for the hills? What will the weather be like? Am I overdressed or underdressed? More importantly, I can not let my fellow club members down since they gave me the opportunity to run the Boston Marathon.

I was so nervous that I gave Roy's wife bad directions on the way out to Hopkington. The scary part is that I take the same exact route to work every single day!!! So that will tell you how nervous I was about running my first Boston.

Despite all my nervousness, I managed to get a good night sleep the night before and my consumption of salty foods like peanuts and olives on Easter Sunday paid off during the race.

I was pretty diligent about doing my long runs despite missing a couple of long runs back in February when I had bronchitis. The toughest part of my training was running on the treadmill in Barcelona while on break from working a trade show. As if my feet, were not hurting me already after standing around and smiling at customers for 8-10 hour sa day, I had to go back to the hotel and run on the treadmill.

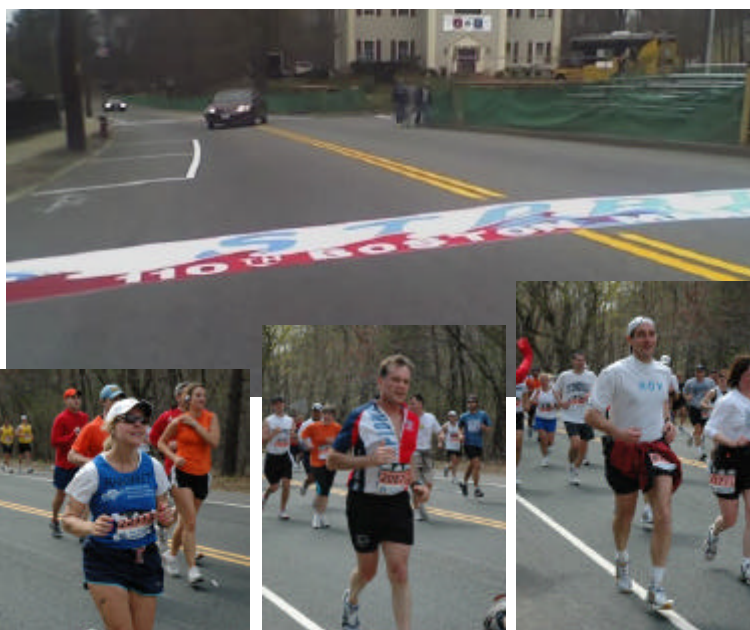
I supplemented my running with yoga. I tried to go about once a week- but didn't always make it. I also had a massage after my 22 mile run a t the end of March.

I trained on my own, with the L Street Running Club, and also with the Melrose Running Club (we just started a long run program of our own).

By April 17<sup>th</sup>, I was ready to run. The gun went off and I took off running faster than I probably should have- but I was a) freezing in my shorts and Coolmax t-shirt and b) motivated by the crowds.

I had a great run until mile 18. Heartbreak Hill was tough and the last 3 miles were tough as I began to lose steam. It was perfect timing, because I began seeing friendly faces along the way, Jim Carson and his daughters, Lois Parker-Carmona, Nancy Gaudet, and Peter Fopiano.

I finished the marathon in 4:33:17- adding about 10 minutes to my time at Bay State last year.



**George Washington Pkwy 10M**  
Alexandria, VA  
April 23, 2006  
01:32:40.....Jean Mcfadden

**Muddy Moose 14M Trail Race**  
Wolfeboro, NH  
April 23, 2006  
1:49:24.....Tom Church

**Bonnell Bunny Hop 5M**  
Winchester, MA  
April 23, 2006  
30:57.....Jennifer Rapaport  
35:27.....Maryann Grande  
36:34.....Ana Hubert  
49:17.....Buddy Hubert  
49:33.....Robert Coburn

**Safe Passage 5K**  
Cumberland, ME  
April 29, 2006  
18:30.....Jennifer Rapaport

**James Joyce 10K**  
Dedham, MA  
April 30, 2006  
46:55.....Ana Hubert  
47:03.....Walter Drag  
49:02.....Jim Carson  
49:09.....Irene Szewczuk  
49:38.....Robert Bruzzese  
49:42.....Leanne Tierney  
52:49.....Lauren Reid  
57:23.....Michael Quigley  
1:02:39.....Buddy Hubert

**YMCA Ring Around the Neck 5M**  
Marblehead, MA  
April 30, 2006  
45:49.....Jean Mcfadden

**Runners World Half-Marathon**  
Allentown, PA  
April 30, 2006  
1:24:41.....Barry Petzold

## May, 2006

**Breakheart Classic 6K**  
Wakefield, MA  
May 6, 2006  
26:24.....Ana Hubert  
34:16.....Buddy Hubert  
40:42.....Andrea\_c Maguire

**Spring Fever 5K**  
Newburyport, MA  
May 7, 2006  
30:27.....Jerry Delatizky

**John L OBrien III Memorial 5M**  
Woburn, MA  
May 7, 2006  
49:04.....Maureen Hickey  
49:20.....Robert Coburn

**Triathlon by the Sea 3.5M Run**  
Marblehead, MA  
May 7, 2006  
28:38.....Walter Drag

**Irish Village 5M**  
Yarmouth, MA  
May 13, 2006  
34:30.....Livio Ferrara  
37:30.....Ana Hubert  
45:24.....Buddy Hubert

**MMRF Race for Research 5K**  
 South Boston, MA  
 May 13, 2006  
 22:08.....Walter Drag

**Helen Driscoll 4M Road Race**  
 Medford, MA  
 May 13, 2006  
 26:48.....Andy Goldberg

**Big Lake Half-Marathon**  
 Alton Bay, NH  
 May 13, 2006  
 1:24:32.....Barry Petzold  
 1:47:35.....Linda Ford  
 2:00:34.....Robert Boyd

**Moms Run 5K**  
 Somerville, MA  
 May 14, 2006  
 22:27.....Ana Hubert  
 29:25.....Buddy Hubert  
 31:18.....Robert Coburn

**POWMIA 5M**  
 So. Boston, MA  
 May 21, 2006  
 33:39.....Robert Bruzesse

**Dee Zucarro 5K**  
 Somerville, MA  
 May 21, 2006  
 22:07.....Ana Hubert  
 25:21.....Evan Zahner  
 26:06.....Tom Cross  
 27:26.....Buddy Hubert  
 29:55.....Robert Coburn

**Chefs Classic 10K**  
 Sharon, MA  
 May 21, 2006  
 48:29.....Leanne Tierney  
 The Blues 4.2M Run  
 Cambridge, MA  
 May 25, 2006  
 24:57.....Barry Petzold  
 30:43.....Ana Hubert  
 38:19.....Sharon Mckenna  
 42:23.....Buddy Hubert

**Wachusett Mountain 4.3M Road Race**  
 Princeton, MA  
 May 27, 2006  
 33:32.....Tom Church  
 41:12.....Walter Drag  
 47:59.....Patricia Kelly

## An Interview with Irene Szewczuk about Her Boston Marathon Experience

By Erin Lynch

Irene starred in a musical called Caberet while training for the Boston Marathon.

*E- How did you balance rehearsal and training for Boston?*

I – From January – March, I ran about 4 times per week on the tread mill. We have a mini-gym at work. I would run about 4 miles per day during the week. On the weekend, I would do long runs with the Merlose Running Cub.

*E- Did you do any races while training for the Boston Marathon?*

I – I did the Derry, NH 16 miler in January.

*E- How did you like the course?*

I- It was really hilly and really crazy.

*E- You mentioned you were pretty consistent with your training until mid-March; what happened then?*

I- I was pretty consistent with mileage on Sundays until mid-March when rehearsals kicked in and I was too tired to do long runs on the weekend. The play ran 2 weekends in a row, and I didn't mentally feel much like running then.

*E- Were you worried about the Boston Marathon?*

I- I felt like mentally I would be okay. I would listen to my body. In the previous marathon I ran, I sort of did the same thing. I tapered off towards the end (of the training period) and it seemed to work. I felt mentally prepared for it.

*E- How did you feel during the marathon?*

I- I felt really good. I never felt any difficulty. I felt really strong through-out.

*E- Did you have any injuries?*

I – I had some pain in my legs during the race.

*E- Did you ever train on the course? Were you prepared for heartbreak hill?*

I- I never did heartbreak hill on a training run. The last 4 miles I felt good.. Especially the last 4 miles when you can see the Pru. I felt really good.

*E- would you do another marathon?*

I- Oh, yeah. Totally. I am doing Bay State again this year.

Runners Alley Redhook Memorial 5K  
 Portsmouth, NH  
 May 28, 2006  
 23:02.....Ana Hubert  
 28:16.....Buddy Hubert  
 29:25.....Jean Mcfadden  
 33:43.....Jerry Delatizky

**Travs Trail 3M X-Country Race**  
 Newburyport, MA  
 May 28, 2006  
 18:28.....Tom Church

**Team Hoyt 5K**  
 Waltham, MA  
 May 28, 2006  
 29:29.....Robert Coburn

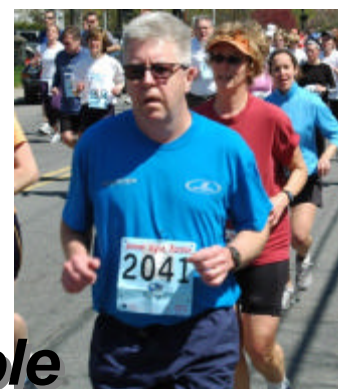
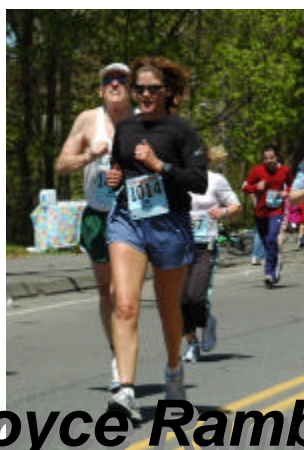
**Vermont City Marathon**  
 Burlington, VT  
 May 28, 2006  
 3:13:11.....Alec Bath  
 3:39:23.....Paul Donahue  
 3:41:58.....Brian Slater  
 4:25:16.....Andrew Pate

**Vermont City Marathon Relay**  
 Burlington, VT  
 May 28, 2006  
 VCM Relay leg 1 3.1M  
 31:06.....Lois Parker\_carmona  
 VCM Relay leg 2 5.5M  
 55:11.....Jim Carson  
 VCM Relay leg 3 6.5M  
 1:05:13.....Nancy Gaudet  
 VCM Relay leg 4 5.5M  
 55:11.....Liz Tassinari  
 VCM Relay leg 5 5.6M  
 56:11.....Lois Parker\_carmona

**Memorial Day 10K**  
 Arlington, MA  
 May 29, 2006  
 46:11.....Peter Fopiano  
 58:22.....Erin Lynch

**Memorial Day 5K**  
 Arlington, MA  
 May 29, 2006  
 29:58.....Sharon Mckenna  
 30:55.....Judy Duffey  
 31:15.....Robert Coburn

**Bolder Boulder 10K**  
 Boulder, CO  
 May 29, 2006  
 40:07.....Barry Petzold



## The James Joyce Ramble



## June, 2006

**Jamie McKeown Town Day 5M**  
Winchester, MA  
June 3, 2006  
51:16.....Robert Coburn

**Rhody 5K**  
Lincoln, RI  
June 4, 2006  
29:12.....Judy Duffey

**Pack Monadnock 10M**  
Wilton, NH  
June 4, 2006  
1:17:39.....Barry Petzold  
1:18:20.....Tom Church  
1:38:31.....Walter Drag

**Corrib Classic 5K**  
W. Roxbury, MA June 4, 2006  
31:21.....Robert Coburn

**Northfield Mountain 10K**  
Northfield, MA June 10, 2006  
0:44:24.....Tom Church

**Jimmy Kennedy 5M Squirrel Run**  
Quincy, MA June 10, 2006  
32:13.....Andy Goldberg  
35:37.....Roy Van\_buren  
43:07.....Tom Cross

**Safe Sun 5K**  
Swampscott, MA  
June 10, 2006  
19:03.....Jennifer Rapaport

**Day of Portugal 5K**  
New Bedford, MA  
June 11, 2006  
21:52.....Ana Hubert  
28:31.....Buddy Hubert

**Battle of Bunker Hill 8K**  
Charlestown, MA  
June 11, 2006  
36:34.....Bill Stewart  
37:07.....Nicholas Lamberti

**Lowell YMCA Thorndike 5K**  
Lowell, MA  
June 11, 2006  
31:10.....Robert Coburn

**Emerson Hospital 5K**  
Concord, MA  
June 11, 2006  
27:53.....Sharon Mckenna

**Revere Moves 5M**  
Revere, MA  
June 17, 2006  
35:56.....Linda Ford  
36:30.....Bill Stewart  
38:37.....Robert Bruzese  
45:01.....Tom Cross

**Fathers Day Race for Wellspring 10K**  
Rockport, MA  
June 18, 2006  
58:32.....Kristin Stead  
1:03:24.....Sue Clough  
1:04:04.....Joanne Piper

**Light to Light 7.5M Run**  
Owls Head, ME June 18, 2006  
48:45.....Jennifer Rapaport

## MRC at the Vermont City Marathon Relay

By Lois Parker Carmona

Well... this probably isn't as exciting as you might think. Back in February or March or whenever we decided to put in our names for the Vermont City Relay lottery, I was pumped. However, as time went on, my enthusiasm wore thin. By the time the weekend of the race came, I found myself one of 4 quite reluctant runners, having lost 3 of our team members due to injuries. Liz Tassinari, Jim Carson, Nancy Gaudet and I were the team. None of the four of us had any enthusiasm for the race, but managed to get into Liz's Subaru and head north to finish what we set out to do – be the first MRC team to run this particular relay.

Now, most everyone who knows me knows that I'm a big fan of relays. I think they are a blast, and they typically lead to some good running stories, usually at another runner's expense, but all in good fun. And, when you're with other MRCers there is always a party at some point, so that was enough motivation to get our tushes to the Green Mountain state.

My teammates humored me and let me run two of the five legs for our team – the first leg to get us going and the last leg to finish us off. I was psyched, since this is the closest to Reach the Beach this filly would ever find herself. It didn't matter that I was no Speedy Gonzales. Our team wasn't looking to win any awards. Our goal was just to get through this race, knowing that the weather forecast was calling for much warmer temperatures than any of us were used to (at least we weren't running the marathon).

The gun went off at 8:05am and the race began with the typical struggle to get moving through the pack of thousands. This first leg was only 3 miles so my hope was to run as hard as I could. I knew most of the crowd were marathoners, so I swerved my way, as best I could, around this one and that one, chomping at the bit to get some room to move. I wasn't getting anywhere really and all I could hear was the voice in my head, chattering away at me about how my stomach hurt, how it was bound to get hot, how I couldn't believe the port-a-potty line was too long to wait in and why on earth did I think I wanted to do two legs. I made it through to the first exchange, but the crowds were so thick I stood there screaming for Jim for what seemed like a long time (...I recalled a photo of Tom Church at the Mill Cities Relay... ). Seconds later, Jim gently tapped me on the shoulder, took the wrist band and went on his merry way.



**Battle of Bunker Hill 8K**

Jim's leg was 5.5 miles long and covered the least enjoyable part of the course, in my opinion. He was headed to an out and back along a highway with no escape from the sun. Jim ran the leg as if it were nothing. Of course it was nothing compared to all the hills he made us run through the winter on our Sunday long runs. Ah, how far away winter felt with temperatures in VT reaching somewhere in the low 80's.

A short time later, Jim handed off to Nancy, whose 6.5 mile leg would go back through the city and out to the suburbs, winding back along Lake Champlain and finishing off with a hearty hill – they call that last portion of her leg 'assault on Battery' – a hill running up Battery St. that the marathoners would find at mile 15 of their course. Nancy, as always, ran strong and made her team proud.

Nancy passed off to Liz for her 5.5 mile leg – out into the neighborhoods and for a short stint on a nice wooded path. Liz zipped through the leg, passing other runners and getting the wrist band to me at the last exchange.

Along the way I saw all our MRC marathon runners – Alec Bath, Paul Donahue, Brian Slater and Andrew Pate – all looking strong, but each had a few words for me in terms of how they felt, none of which sounded like happiness to me.

I won't bore you with the details of the last leg, except my excitement to find there was a 'beer stop' along the way and, unlike other years when I've run the marathon, I indulged in a tiny cup of ice cold beer. Delicious and refreshing. It was all I needed to get me through this final leg and over the finish line. Our team finished in 4:22:56. Woo hoo.

Despite our reluctance all the way leading up to the starting line, I think we were all glad to have run. But we were even happier to have it behind us so that we could do what we do best – kick back with our fellow runners by the pool, then drag our weary runner legs into town for drinks and dinner and for lots of laughs as we came up with the stories we could return to club with.

I still say relays are a blast. I can't wait for the next one... Lake Winnie is only a few more months away. Are you in?

## Fall Marathon and Half-Marathon Training Runs

The Fall Marathon and Half Marathon Training Program is about to begin. Starting Sunday July 23<sup>rd</sup> and continuing every Sunday through October, runners can meet at Brueggers Bagels for a Sunday Long Run. Runs will range from 10 to 22 miles for marathon trainers, and 6 to 12 miles for Half Marathon trainers. Participants will be asked to contribute \$1 to the water stop fund each week. We also ask runners to volunteer their car periodically to serve as a water stop along the route. Routes will be posted on the MRC forum each Friday. Route suggestions are welcome. Any questions, ask Jim Carson