



Melrose Running Times

The Official Newsletter of the Melrose Running Club October 2006



Meet the New MRC Board

President – Liz Tassinari
VP – Bill Stewart
Secretary – Lois Parker-Carmona
Treasurer – Kaj Kandler and Peter Fopiano
Webmaster – Jim Carson
Newsletter/PR – Erin Lynch
Apparel Coordinator – Judi Chiavetta, Barry Petzold
Membership Coordinator – Andy Goldberg, Nick Lamberti
Social Coordinator – Betty Kandler
Race Directors – Brian Slater and Heidi Gengenbach
Fundraiser – Open

Dear Melrose Running Club Members,

I am delighted to have this opportunity to serve as the president of the club this year. As the person in charge, I hope to continue the traditions set forth by the last presidents and board members. In my 6 years as a member of the club (4 of them as a board member) I have been constantly impressed by the dedication and passion, which many of you bring to the running of the club. I think the club is in a great place and the new board is fortunate. We can forge on and up, based on the hard work of others in past years.

Continuing the hard work and building upon past efforts, will require teamwork and ideas from many of you. Please, please feel free to make suggestions.

I think we need to continue our efforts towards the goals we have established over the last few years and I am sure new goals will be formed as we go along. As I have said to club members many times, this is a great club and has a place for runners of many abilities and talents.

I can't wait for the coming year.



The 2nd annual Assault on Mount Hood will be held at the Melrose Fish and Game on Sunday, December 10th. Applications will be available at the Tuesday night run. See Brian Slater if you're interested in helping with the race.

The MRC Winter Party and Awards Banquet will be held at the Melrose Knights of Columbus on Saturday, January 20, 2007. Potluck dinner, cash bar, DJ, and raffle prizes.

Thank You, Volunteers!!!

I want to thank everyone who helped with the bulb planting at the Adopt a Site this year: Barry Petzold, Tom Church, and Anne Perrone.

I also want to thank everyone who volunteered at the MRC booth at the Victorian Fair on Sunday, September 17th: Betty and Kaj Kandler, Hank Murphy, Tom Church, Lois Parker-Carmona, Liz Tassinari, Peter Fopiano, Gloria Chin, Heidi Gengenbach, Nancy Gaudet and Molly.

Reach The Beach Relay By Tom Church

I was hoping to do an interview with all of Broomcorn's Uncle, Melrose Running Clubs entry in Reach the Beach, but van 1 did their post race partying while van 2 was still on the road and left the post race party shortly after van 2 finished it up. I caught up with van 2 post race who passed along second hand knowledge of happenings in van 1.

The first day started at 7:30 when 10 of the 12 relays members met at Alec Bath's house to organize and start the journey. We expected to see a sea of packing boxes in various stages of being filled, but only a couple of empty boxes sat around. No sign that they were moving in 7 days. The team at this point consisted of the captain, Paul Donahue, four time relayers Alec, Brian Slater, Tom Church, and Andy Goldberg, 3 timer Linda Ford, second timer Livio and first timers to Broomcorn, Barry Petzold, Judi Chiavetta and Robyn Churchill (friend of Tom's and loaned to us from Cambridge Running Club) who all have RTB experience.

After all hellos were said, we were off to New Hampshire to pick up our last two members, 4 timer Andrew Pate and 3 timer Bill Ouchark who came in last minute from Florida to fill in for Sarah Elia.

We arrived at Bretton Woods about noon and had a 2:00 start. This means that we are fast (compared to the 185 teams that started ahead of us), but slower than the 10 teams starting after us. 10 teams that would likely be passing us sometime before all 12 teammates broke a sweat.

Alec led off for the third time. A short leg of only 3 miles, but tough nonetheless. The first half is up the Bretton Woods ski area and then screams back down to the bottom on rocky trails. Not for the faint of heart or weak ankle. The "baton" was handed off to Paul, Andy Goldberg, Linda, Bill, Livio, Judi, Barry, Brian, Andrew, Robyn, then Tom. That was repeated twice over the next 25 and a half hours.

In this relay many things can go wrong and have with this team in the past. Weather can be a major factor, along with over sleepers, poor cell phone coverage, undressed runners, previous injuries, new injuries, bad food, wearing some else's shoes, not showing up for the race, leaving the race early to run another race and various other things. Fortunately for this team, but unfortunately for this article, nothing went wrong. Sure, Robyn had some bad food and tossed her cookies/ barfed/ threw up/ pulled a Kempainen/ spewed/ blew chunks/ etc. on leg 35, but she gutted it out to finish strong and hand off to Tom. Not bad for someone with e.coli. On a side note, her husband was not impressed.

The overriding question was, "What the heck is that black stuff on Robyn's and Tom's legs." Turns out they have the same chiropractor and he got a special on tape. Actually, it was called kiniseo-taping and even though it got a lot of funny looks, they both claim miracles for their ongoing injuries.

Reach the Beach (cont)

The ongoing consensus by the team as they try to remember things, is that Friday felt like it was a week ago and everybody's second leg is a bit blurry in the memory. Probably had something to do with running in the fog that persisted overnight. They could not remember what they ate either. As I pressed that subject, I do not think they did actually eat much. Nobody had any food left at the transition sites as it was consumed by all of the earlier starting teams. They mentioned the stray hot dog bun and strand of spaghetti, but no soup for them.

Tom thought the funniest part took place after he crossed the finish line.

There was no sign of the rest of the van 2 runners, and when they did show up, they had been looking for Tom to run him in across the finish line.

Broomcorn's Uncle finished in 18th place in 25:32:50 for 210 miles. They also took third in there category which was men's masters. Team awards will be handed out later, but the pac-man award goes to Tom with 34 runners passed. / T. Redd Miller /

Lake Winnie 2006
By Tom Church

Let me check my memory here. As we left the Smokehouse after a few hours of dancing it was stated "What happens at Lake Winnepeasaukee, stays at lake Winnepeasaukee", or was that the Smokehouse? I am going with the Smokehouse, more or less. But that is for later.

I headed up with Gloria and Heidi on Friday afternoon to join Betty, Kaj, Peter, John Morris and Jim Cross for a couple nights of camping book ending the 2006 edition of the Fred Brown Relay. We were eight of 40 runners for our club competing on five different teams. Our best showing so far for this relay.

I was originally going to write this as second hand knowledge, but was recruited last minute to replace a runner felled by the "sickness". I just came off R TB and was feeling that high from running a 24 hour relay. Or maybe I still had not caught up on my sleep. Whatever it was, I was in. After a quick trade of Gloria to Erin Lynch's all women's team, I was put on Barry's "fast team" as it was referred to. It was also a mixed open team (so I thought).

A few people headed up to New Hampshire as first time relayers. I was not one of them. This would be road relay number 12 for me plus an additional one on the support crew. This does not help all the time though. Each relay has its quirks, and this one comes with shuttle buses to and from legs you cannot drive on. As a spectator and teammate, it is like standing in the parking lot of a baseball stadium. You know a game is being played, but you do not know what is happening. This makes logistics for picking up and dropping off runners a little complicated. We had it figured out in 5 minutes just before the gun went off.

The night before the race our first complication happened. Kaj came down with the "sickness". Who to replace him on his men's masters team? Call Andy Goldberg! He was already running leg eight for the team, why not leg two also? This took place at J.T.s Barbecue across from the start location for the relay where a few of us met for dinner. Great burgers.

Race day started with Heidi slowing things down at the campsite delaying our departure for the start. Coffee would have to be consumed in the car. We arrived just in time to witness our team captain exit the port-o-john. Race t-shirts and numbers in hand. It was a rainy day at the Funspot and everyone was frowning and yawning. We gathered our team, the seven present and discovered we were classified as a women's open team. That was news to three of us, being that we are guys. It caught the women as funny. Ten minutes of eight you could not convince me a race was starting at the top of the hour. At eight o'clock Francis Blesso led off for us not sure if he was heading right or left out of the parking lot. He followed correctly. Whew!

Our team consisted of Francis, Judi, Barry, myself, Kristin Hodge, Sue Worrell, Heidi Gengengbach and Ana Hubert. Some questioned themselves, but all performed wonderfully. Awesome job!

From the campsite, I took over driving Heidi's car. A little car envy on my part. I know it is weird being a passenger in your own car, so thank you Heidi.

After supporting Francis and Judi, we headed off to the start of leg four with Sue. This is where logistics get complicated, so I am just going to say that things went off without a hitch. I received the sweaty baton from Barry and took off down a bit of a decline. Four miles later I was surprised that I was at the end of my leg so fast and passed the stick off to Kristin. She was the only person I knew at the end of the leg and she was running away. pretty lonely feeling for a relay. So I hopped on a bus and headed back to where I started. Like erasing what I just did.

After a quick change and some cheering on of our other teams, Heidi and I were back on the road to find the start of her leg. Moments after arriving, I was partaking in my first of many beers. Heidi was jealous. Sue arrived with the sweaty baton and passed it off to Heidi, who promptly stuck it down the back of her jog bra. She must have been smelling a beer, because she ran like a mad woman.

Ana finished it off for us and made us proud. Three major hills in four and a half miles is a lot. Moments after she finished the party began for the club. Over the next two hours the rest of our teams arrived at the Funspot and immediately opened themselves a beer. This took all priority over cheering, but not one of our leg eight runners did not receive a cheer from the club. This is a drinking club to be proud of.

After most of the beer was consumed, cookies were eaten and pictures taken, we headed off to shower and then dinner. Again, Heidi delayed our departure from the campsite with a dip in the lake and multiple trips to the facilities. Dinner of Tex-Mex was followed by dancing. Usually in a group circle and the occasionally mosh pit. Not sure where we got the extra energy from, but most of us were on the floor up until the closing of the bar. "Drink it or lose it!"

July, 2006

Adirondack 10M Distance Run
Lake George, NY
July 2, 2006
1:26:50.....Andrew Pate

Lynnfield Athletic Association 5K
Lynnfield, MA
July 4, 2006
18:12.....Alec Bath
22:12.....Roy Van_buren
30:56.....Jerry Delatizky

Firecracker 4M
Swampscott, MA
July 4, 2006
28:51.....Nicholas Lamberti
29:08.....Robert Bruzzese

The Great Harvard 5M
Harvard, MA
July 4, 2006
36:03.....Andy Goldberg

Minuteman Classic 5M
Concord, MA
July 4, 2006
49:18.....Sue Clough
50:15.....Robert Coburn
50:39.....Jean Mcfadden

Take the Lake 5K
Wakefield, MA
July 9, 2006
19:28.....Jennifer Rapaport
22:47.....Nicholas Lamberti
23:29.....Michael Macneil
28:27.....Sharon Mckenna
28:33.....Siobhan Cuneo
29:00.....Ellen Katz
29:25.....Jane Stringer
30:21.....Jerry Delatizky
31:27.....Maureen Hickey
31:33.....Ellen Mcavoy
31:47.....Jennifer Randall
31:48.....Eileen Tierney
31:53.....Linda Hans on
32:00.....Francine Carroll
32:00.....Donna Leggiero
32:43.....Denyce Curtis
32:50.....Carolyn Porfert
32:53.....Jamie Foss
33:28.....Anita Colasante
33:47.....Deborah Connolly
34:06.....Laura Paladino
34:39.....Frances Mcevoy
35:19.....Vinnie Moise
36:55.....Elizabeth Searles
36:57.....Linda Abbott
37:48.....Maureen Deacy
40:39.....Pamela Surette
40:54.....Christine Healey
43:15.....Patricia Defeudis
46:58.....Susan Ohearn

Iron Girl 10K
Quincy, MA
July 9, 2006
50:00.....Marlene Mcgunigle
1:02:26.....Christine Healey

Khourys Summer Steamer 4M
Somerville, MA
July 9, 2006
29:01.....Ana Hubert
40:18.....Buddy Hubert
40:48.....Robert Coburn

Bernas Great Legs 5K
Lowell, MA
July 12, 2006
28:15.....Sharon Mckenna

Marathon Sports 5M
Weston, MA
July 13, 2006
33:19.....Li vio Ferrara
51:22.....Judy Duffey

Westford Academy 3.4M
Westford, MA
July 13, 2006
24:23.....Roy van_buren

Jim Kane Sugar Bowl 5M
So. Boston, MA
July 20, 2006
30:20.....Barry Petzold
31:31.....Judi Chiavetta
37:09.....Ronald Siraco
37:32.....Ana Hubert
37:50.....Nicholas Lamberti
48:35.....Buddy Hubert
50:36.....Judy Duffey

East End 5M Road Race
Lowell, MA
July 23, 2006
29:45.....Dave Dechellis
33:56.....Andy Goldberg
36:06.....Linda Ford

Littleton Appleman Triathlon 3M Run
Littleton, MA
July 23, 2006
22:56.....James Horne
30:27.....Harland Robinson

Blessing of the Fleet 10M
Narragansett, RI
July 28, 2006
1:12:39.....Andy Goldberg
1:25:34.....Leanne Tierney
1:28:43.....Jackie D oerrermullen
1:32:13.....Susan Worrall
1:43:54.....Sue Clough
1:46:20.....Joanne Piper

Jay Challenge 30.5M Trail Race
North Troy, VT
July 29, 2006
7:25:31.....Barry Petzold

Danskin Triathlon 2.8M Run
Webster, MA
July 30, 2006
28:54.....Lois Parker_carmona

August, 2006

Yankee Homecoming 5K
Newburyport, MA
August 1, 2006
29:55.....Dan Slattery
36:31.....Jerry Delatizky

Yankee Homecoming 10M
Newburyport, MA
August 1, 2006
1:08:59.....Judi Chiavetta
1:09:25.....Dave Dechellis
1:21:43.....Joe Terranova
1:29:48.....Li vio Ferrara
1:39:57.....Peter Fopiano

Kingston Fireman s 5M Race
Kingston, NH
August 5, 2006
40:10.....Michael MacNeil

Beach to Beacon 10K
Cape Elizabeth, ME
August 5, 2006
1:02:53.....Liz Tassinari
1:03:14.....Lois Parker_carmona

Westford Academy 3.6M Cross Country Race
Westford, MA
August 10, 2006
26:29.....Roy Van_buren

Brew Run 5.2M
Brewster, MA
August 12, 2006
51:19.....Harland Robinson

Wildman Biathlon 10K Run
Shelburne, NH
August 12, 2006
39:18.....Judi Chiavetta

Wildman Biathlon 3M Hillclimb
Shelburne, NH
August 12, 2006
44:35.....Judi Chiavetta

Falmouth Road Race 7M
Falmouth, MA
August 13, 2006
52:13.....Shaun Miller
55:48.....Brian Ladner
57:54.....Marlene McGunigle
58:20.....Kaj Kandler
1:04:13.....Michael Quigley
1:09:48.....Kristen Stead
1:14:02.....Martha Quigley

Saunders at Rye Harbor 10K
Rye, NH
August 17, 2006
48:44.....Ana Hubert
57:35.....Sue Clough
1:00:15.....Buddy Hubert

Merrimac Lions Club 4M Road Race
Merrimac, MA
August 19, 2006
30:16.....Jerry Delatizky

Timberman Sprint Triathlon 3M Run
Lake Winnepesaukee, NH
August 19, 2006
18:46.....Judi Chiavetta

Huntington Beach 10M Distance Derby
Huntington Beach, CA
August 19, 2006
1:23:57.....Michael MacNeil

Bikini 5K Run
Wakefield, MA
August 23, 2006
17:19.....Dave Dechellis
18:22.....Barry Petzold
22:49.....Peter Fopiano
25:57.....Erin Lynch
27:15.....Harland Robinson
28:03.....Sharon Mckenna

Brie Burger in Paradise 4.2M Run
Cambridge, MA
August 24, 2006
24:56.....Barry Petzold
29:05.....Linda Ford
34:10.....Patricia Kelly
41:37.....Jennifer Randall
42:08.....Erin Walsh

Westford Academy 3.6M Cross Country Race
Westford, MA
August 24, 2006
26:06.....Roy Van_buren

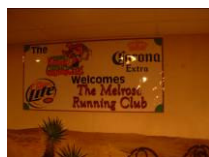
Lake Winnie. (cont)

We woke in the morning to a slightly drier day and orders from Betty to eat all leftover food. We attempted and failed. Almost a perfect weekend. There was no hurry to depart, but again Heidi delayed it. She blames the showers being full. We have no visual proof.

Congratulations to everyone who ran or supported. Special congratulations to Gloria. She is a new aunt to her twin sister's daughter. She arrived with 4 appendages and ten digits. / T. Redd Miller /

The Second Annual Assault on Mt. Hood Cross Country Race will take place on Sunday December 10th at 11am, with post-registration starting at 8:30am. This year's race looks to build on last year's fun, and raise funds for youth recreation and Fish & Game Charities. A new course chiefly designed by head sadist, Paul Donahue, greets the runners this year. It's slightly longer at approximately 3.75 miles—with just a few rolling hills. The mantra for this year is "Run If You Can, Hike If You Want, and Walk If You Must". Thus the "Assault" is aptly named. Magnificent views of Boston and the North Shore will again beckon out of breath runners.

As in the past year, post race food and libations and frivolity will be plentiful in an old time Fish & Game Club on Stillman Road in Melrose. Head "Fishes" Chris Healy and Steve Santosuosso and their crew will put together the best post race pasta feed this side of Sicily. With their own sauce made from scratch, we might even get reviewed by Zagats.



Once again, our web czar has outdone himself and has put together a super link to our website www.melroserunningclub.com/assaultonmthood with the race application and photos from last year's snowfest. For all club members interested in helping out with this year's race, please see Brian.

MRC Calendar

The MRC will be collecting food for the Thanksgiving baskets to be given to local families in need designated by the DSS on Tuesday, November 21st. There will be sign up sheet at the club in November. See Jackie Doerr er-Mullen for additional details.

Annual Thanksgiving Day Fun Run takes place on Thursday, November 23rd at the Stone Zoo Parking lot at 9AM. We will run around Spot Pond and return to the parking lot for coffee. And breakfast treats. Along with some "special coffee and hot chocolate" provided by Andy Goldberg and Gary Gilbert.

The Mill Cities Relay will be held on Sunday, December 3rd, please see any board member if you're interested in running in this 5 leg relay between Nashua, NH and Lowell, MA.

The Home for the Holidays Run and clothing drive will take place on Saturday, December 9th at 9AM at the Melrose Knights of Columbus Clean out your closets and bring a bag of clothes to participate in this fun run around Melrose in your Santa Hat and jingle bells.

Other News...

Tom Church celebrated his 40th b'day this past week.

Many PRs were attained in the Hartford Marathon...

Livio 3:15:00 / 107 Overall
Leanne 3:40:51 / 318 Overall
Coco Carson 3:44:05 / 353 Overall
Lauren Reid 3:54:14 / 484 Overall

The MRC will begin running the winter routes this week.

Roy Van Buren finished his second ultra Marathon in 9:17:52. Way to go!!!

Congratulations to Walt Drag for his stellar performance at the Amsterdam Marathon with a time of 3:44:43!!!

Congratulations to Katie Sinnott, who qualified for Boston at the Bay State Marathon with a time of 3:38:45*

Race Results

June 2006

Louise Rossetti 5K

Beverly, MA
June 21, 2006

26:41Sharon Mckenna
34:42.....Kaitlin Carson
34:45.....Michelle Carson

Westford Academy 3.58M

Westford, MA

June 22, 2006

26:28.....Roy van_buren

The Loon Mountain 6.2M Race

Lincoln, NH

June 24, 2006

1:07:28.....Tom Church

New Charles River Run 5K

Boston, MA

June 25, 2006

25:07Evan Zahner

New Charles River Run 7.5M

Boston, MA

June 25, 2006

47:17Barr y Petz old
49:18Judi Chiavetta
1:00:26.....Nicholas Lamberti
1:08:42.....Tom Cross
1:13:01.....Kristin Stead
1:14:03.....Sue Clough
1:14:33.....Joanne Piper
1:19:11.....Margaret Fisher

On the Hill Tavern 4M

Somerville, MA

June 25, 2006

36:53.....Robert Coburn

Sharon Timlin Memorial 5K

Hopkinton, MA

June 25, 2006

23:46.....Michael Macneil

Webster Lake Triathlon 3M Run

Webster, MA

June 25, 2006

27:44Harland Robinson

Squantum 5M

Squantum, MA

June 29, 2006

41:20.....Michael Macneil

Reggae Ramble 4.2M

Cambridge, MA

June 29, 2006

24:49Barr y Petz old

Westford Academy 3.58M

Westford, MA

June 29, 2006

26:41Roy van_buren

Jet to Jetty 10K
Playa Del Rey, CA
August 26, 2006
 48:58.....Michael MacNeil

Marshfield Road Runners
20K
Marshfield, MA
August 27, 2006
 1:34:07.....Andy Goldberg

New York City Half Marathon
New York City, NY
August 27, 2006
 1:58:14.....Andrew Pate

September, 2006

St Charles Childrens Home
5K Race
Portsmouth, NH
September 4, 2006
 21:27.....Steve Grande
 21:29.....Maryann Grande
 27:50.....Sue Clough
 29:10.....Joanne Piper
 31:02.....Jean Mcfadden

Irish American 10K
Malden, MA
September 4, 2006
 36:10.....Dave Dechellis
 43:21.....Brian Slater
 49:54.....Nicholas Lamberti
 55:18.....Michael Quigley
 62:25.....Kelly Walsh

Irish American 5K
Malden, MA
September 4, 2006
 21:59.....Linda Ford
 29:14.....Sharon Mckenna
 29:23.....Martha Quigley
 29:41.....Jerry Delatizky
 29:48.....Judy Duffey
 32:00.....Robert Coburn
 36:31.....Elizabeth Searles

Run the Goose 7K
Gloucester, MA
September 4, 2006
 38:40.....Erin Lynch

Around Cape Ann 25K
Gloucester, MA
September 4, 2006
 1:47:44.....Alec Bath
 1:57:31.....Judi Chiavetta
 2:09:30.....Walter Drag
 2:10:28.....Peter Fopiano
 2:11:19.....Leanne Tierney
 2:19:45.....Roy Van_buren
 2:31:23.....Lauren Reid
 2:40:46.....Kristin Stead

Progeria Research 5K
Peabody, MA
September 9, 2006
 29:35.....Jennifer Randall

Run to the Rock Half-Marathon
Plymouth, MA
September 9, 2006
 2:16:59.....Sue Clough
 2:25:19.....Joanne Pi per

Harold Vitale Memorial 4M
Saugus, MA
September 9, 2006
 22:49.....Dave Dechellis

Ollie 5M Road Race
Boston, MA
September 9, 2006
 31:27.....Jennifer Rapaport
 34:05.....Li vio Ferrara
 47:59.....Sharon Mckenna
 52:26.....Judy Duffey
 58:14.....Andrea Maguire

W inthrop Point Shirley 5M
Footrace
W inthrop, MA
September 9, 2006
 39:48.....Robert Bruzz ese

Hyannis Sprint II Triathlon
3.5M Run
Hyannis, MA
September 9, 2006
 23:07.....Judi Chiavetta

Boston Race for the Cure 5K
Boston, MA
September 10, 2006
 37:49.....Brittney Mansfield

Reach the Beach Relay
Bretton Woods, NH
September 15, 2006
 R T B Relay Leg 1 - 3.1M
 22:38.....Alec Bath
 R T B Relay Leg 2 - 3.1M
 22:38.....Paul Donahue

R T B Relay Leg 3 - 3.7M
 27:01.....Andy Goldberg
 R T B Relay Leg 4 - 5.4M
 39:25.....Linda Ford
 R T B Relay Leg 5 - 8.6M
 62:47.....Bill Ouchark
 R T B Relay Leg 6 - 7.2M
 52:34.....Li vio Ferrara
 R T B Relay Leg 7 - 6.6M
 48:11.....Judi Chiavetta
 R T B Relay Leg 8 - 8.8M
 64:14.....Barr y Petzold
 R T B Relay Leg 9 - 4.6M
 33:35.....Brian Slater
 R T B Relay Leg 10 - 4.9M
 35:46.....Andrew Pate
 R T B Relay Leg 11 - 5.5M
 40:09.....Robyn Churchill
 R T B Relay Leg 12 - 4.0M
 29:12.....Tom Church
 R T B Relay Leg 13 - 3.8M
 27:45.....Alec Bath
 R T B Relay Leg 14 - 7.7M
 56:13.....Paul Donahue

R T B Relay Leg 15 - 8.2M
 59:52.....Andy Goldberg
 R T B Relay Leg 16 - 6.4M
 46:43.....Linda Ford
 R T B Relay Leg 17 - 7.4M
 54:01.....Bill Ouchark
 R T B Relay Leg 18 - 4.9M
 35:46.....Li vio Ferrara
 R T B Relay Leg 19 - 7.2M
 52:34.....Judi Chiavetta
 R T B Relay Leg 20 - 4.5M
 32:51.....Barr y Petzold
 R T B Relay Leg 21 - 7.1M
 51:50.....Brian Slater
 R T B Relay Leg 22 - 5.4M
 39:25.....Andrew Pate
 R T B Relay Leg 23 - 6.2M
 45:16.....Robyn Churchill
 R T B Relay Leg 24 - 6.9M
 50:22.....Tom Church
 R T B Relay Leg 25 - 8.9M
 64:58.....Alec Bath
 R T B Relay Leg 26 - 4.5M
 32:51.....Paul Donahue
 R T B Relay Leg 27 - 8.6M
 62:47.....Andy Goldberg
 R T B Relay Leg 28 - 4.8M
 35:02.....Linda Ford
 R T B Relay Leg 29 - 4.7M
 34:19.....Bill Ouchark
 R T B Relay Leg 30 - 5.4M
 39:25.....Li vio Ferrara
 R T B Relay Leg 31 - 7.4M
 54:01.....Judi Chiavetta
 R T B Relay Leg 32 - 4.2M
 30:40.....Barr y Petzold
 R T B Relay Leg 33 - 4.1M
 29:56.....Brian Slater
 R T B Relay Leg 34 - 4.9M
 35:46.....Andrew Pate
 R T B Relay Leg 35 - 6.5M
 47:27.....Robyn Churchill
 R T B Relay Leg 36 - 4.6M
 33:35.....Tom Church

Al Duff Jr Memorial 5K
Stoneham, MA
September 16, 2006
 30:24.....Robert Coburn

Nahant 30K
Nahant, MA
September 16, 2006
 2:11:53.....Ronald Siraco
 3:09:58.....Robert Bruzz ese
 3:14:18.....Kimberly Bruno

Shape Up Somerville 5K
Somerville, MA
September 16, 2006
 32:06.....Walter Drag

Melrose run for Emarc 5K
Melrose, MA
September 17, 2006
 21:56.....James Horne
 23:16.....Heidi Gengenbach
 25:24.....Evan Zahner
 27:19.....Michael Quigley
 27:22.....Siobhan C uneo
 27:56.....Sharon McKenna
 28:22.....Liz Tassinari
 29:17.....Martha Quigley
 29:18.....Ellen Katz
 29:27.....Maureen Hickey
 29:46.....Judy Duffey
 36:01.....Craig Schwarze
 38:23.....Brittney Mansfield
 42:58.....Brian Slater

Yankee Doodle 5K
Billerica, MA
September 17, 2006
 17:36.....Dave Dechellis

Marcia Lemkin 5K
Lowell, MA
September 17, 2006
 28:31.....Jennifer Randall

10K Run bythe Sea
Marblehead, MA
September 17, 2006
 50:29.....Julie D andrea
 56:28.....Tom Cross

Lake Winnepesaukee Relay
Lake Winnepesaukee, NH
September 23, 2006

Lake Winni Relay Leg 1 - 10.7M
 1:26:24.....Jim Carson
 1:14:55.....Francis Bless o
 1:32:39.....Bill Stewart
 1:30:46.....Jackie Doerrer_mullen
 1:52:43.....Buddy H ubert

Lake Winni Relay Leg 2 - 11.0M
 1:46:59.....Kristen Stead
 1:13:59.....Judi Chiavetta
 1:45:26.....Sue Clough
 1:55:31.....Joanne Piper
 1:16:58.....Andy Goldberg

Lake Winni Relay Leg 3 - 9.3M
 1:34:20.....H ank Mur phy
 1:05:25.....Barr y Petzold
 1:15:53.....James Cross
 1:16:52.....Peter Fopiano

Lake Winni Relay Leg 4 - 4.0M
 33:50.....Elisabeth Kandler
 26:30.....Tom Church
 31:09.....Gloria Chin
 39:29.....Janet Murphy

Lake Winni Relay Leg 5 - 10.8M

1:52:07.....Lois Parker_Carmona
 1:27:03.....Kristen Hodges
 1:39:29.....Erin Lynch
 2:00:40.....Nancy Gaudet
 1:25:39.....Ed Torres

Lake Winni Relay Leg 6 - 6.4M

39:23.....Jennifer Rapaport
 53:15.....Susan Worrall
 57:32.....Matt Szama
 1:04:38.....Robin Hagle
 52:17.....John Morris

Lake Winni Relay Leg 7 - 8.5M

1:19:56.....Tom Cross
 1:06:25.....Heidi Gengenbach
 1:14:01.....Alastair Drummond
 1:11:23.....Dan Slattery

Lake Winni Relay Leg 8 - 4.4M

39:54.....Bob Boyd
 33:38.....Ana Hubert
 50:56.....Erin Walsh
 48:13.....Liz Tassinari
 34:34.....Andy Goldberg
 35:52.....Ron Siraco

Deborah Winters Half Marathon

Wilmington, MA
September 24, 2006

2:13:43.....Emily Grant

Run for Wednesdays Child 5K

Malden, MA
September 24, 2006

22:26.....Linda Ford
 28:14.....Sharon McKenna
 30:27.....Judy Duffey
 42:47.....Anne-Marie O'Meara
 42:47.....Linda Sweeney

Applefest Half Marathon

Hollis, NH
September 30, 2006

1:48:33.....Jamie Cushman

Milwaukee Lakefront Marathon

Milwaukee, WI
October 1, 2006

2:59:06.....Alec Bath

Sportshoe Center Maine Half Marathon

Portland, ME
October 1, 2006

1:28:09.....Barry Petzold
 1:28:21.....Judi Chivetta

Irish American Hospice Race 5M

Woburn, MA
October 1, 2006

36:29.....Ana Hubert
 46:55.....Buddy Hubert
 50:04.....Pamela Murphy

Apple Harvest Ramble 10M

Harvard, MA
October 1, 2006

59:51.....Dave DeChellis
 1:13:04.....Andy Goldberg
 1:31:45.....Tom Cross

Interview with Belizian Olympic Ultra Runner

Melrose Running Club's own T. Redd Miller goes back out on the roads to get a rare interview with Tomas Iglesias, famous Belizian Olympic ultra runner.

T. Redd Miller: What is your first running memory?

Tomas Iglesias: My first memory of watching a running race was the 1976 Olympics. It was the steeplechase final. There I was sitting on the floor. I had no choice but to look up to these guys. The TV being higher than me. I started running around the yard the next day.

TRM: Chasing your dreams?

TI: Si, but not being allowed to run in the road with the other kids. Good choice by my mother. Between the potholes and the trucks, a lot of possible future competition was taken care of.

TRM: What was your first race?

TI: It was the end of 4th grade. A bunch of us missed the bus. We had to race to the next bus stop to catch the bus. It felt like a marathon, but I think it was only a couple of kilometers.

TRM: Did you catch it?

TI: Nope. Had to walk home. Worst part was it was back in the other direction.

TRM: When did you start racing competitively?

TI: It was after the family moved closer to the ocean. Life was better there and the schools had sports teams. Not that I had any interest in football or free diving. School lost a lot of students from that sport. Not for me, I was a land lubber.

TRM: How did you get into ultra running?

TI: It was my high school cross country coach's idea. It was the end of another bad season and I think he was mad at us. He drove us way out into the jungle and kicked us out of his pickup. Looking back at it, I think he was trying to get rid of us. It almost worked. I was the only one that made it back alive. The coach retired after that.

TRM: What was the Olympic experience like?

TI: Oh my god! Oh my god! Oh my god! When I got there, it turns out there was not actually an ultra race! Had to run the marathon instead! Been pissed off at my governing body ever since. Reason I relocated to Nicaragua.

TRM: How did the marathon go?

TI: What a race. Neck and neck with the guy next to me the whole race. It came down to a sprint for the finish. You should have seen it. We started the sprint from the tunnel and kept it going to the finish line. I out leaned him at the tape.

TRM: What place did you finish?

TI: 294 out of 295. Ran the last quarter mile in 1:59.67. Still my fastest quarter mile.

TRM: You have gone on to finish many ultras including a national record in the seven day event.

TI: Only person from my country to have ever run it. Had the national records for 50 and 100 miles in Belize, but the country imported some guy from Qatar who broke them recently. Heard he was frustrated with his country importing guys from Kenya.

TRM: Any regrets so far?

TI: Only wish I had a son to pass the speedy gene on to.

Fall Marathon and Half-Marathon Training Runs

The Fall Marathon and Half Marathon Training Program is about to begin. Starting Sunday July 23rd 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

Other Weekly Runs:

Saturday at 7:00AM from the YMCA. Look for details on the forum or Contact Nick Lamberti, if you are interested in joining the weekly runs.

Saturday at 8:00 AM from the YMCA. Look for details on the forum, or contact Erin Walsh

**Somerville Homeless Coalition 51 Road Race
Somerville, MA
October 7, 2006**

21:40.....Ana Hubert
24:24.....Robert Bruzzese
27:28.....Buddy Hubert
30:26.....Robert Coburn



**Lake Canandaigua 50M Ultra
Canandaigua, NY
October 7, 2006**

9:17:52.....Roy Van_Buren



**BobbyBell 5 mile Road Race
Haverhill, MA
October 8, 2006**

50:23.....Robert Coburn



**B.A.A. Half Marathon
Boston, MA
October 8, 2006**

1:29:06.....Li vio Ferrara
1:37:00.....Linda Ford
1:50:27.....Andrew Pate
1:53:33.....Julie DAndrea
1:55:09.....Robert Bruzzese
1:55:25.....Nick Lamberti
1:58:51.....Suzanne Cataldo
2:08:06.....Kristin Stead
2:32:30.....Christine Primiano



**Tufts 10K For Women
Boston, MA
October 9, 2006**

39:07.....Jennifer Rapaport
39:31.....Judi Chiavetta
48:56.....Marlene McGunigle
54:52.....Ginny Rowe
58:12.....Sue Clough
58:12.....Elizabeth Kandler
58:48.....Elizabeth Grieco
59:54.....Pamela Murphy
1:01:09.....Sharon McKenna
1:01:19.....Liz Tassinari
1:03:56.....Lois Parker-Carmona
1:04:37.....Demi Dubois
1:04:41.....Ellen Katz
1:08:11.....Janet Murphy
1:08:45.....Christine Healey
1:18:41.....Judy Duffey
1:19:58.....Brittney Mansfield
1:24:25.....Barbara Lawson



**Greater Hartford Marathon
Hartford, CT
October 14, 2006**

3:15:00.....Li vio Ferrara
3:40:51.....Leanne Tierney
3:44:05.....Jim Carson
3:54:14.....Lauren Reid
28:14.....Sharon McKenna
30:27.....Judy Duffey
42:47.....Anne-Marie OMeara
42:47.....Linda Sweeney



**MRC Guidelines*
for Obtaining a
Boston Marathon Number
from the
Melrose Running Club**

Each year under the Boston Athletic Association's (BAA) Marathon Invitational Program, the Melrose Running Club (MRC) receives complimentary entries for the Boston Marathon. Half of the entries are available to MRC members through a weighted lottery basis. The remaining numbers are distributed by MRC Board of Directors based on their discretion by a majority vote of the review committee. In both cases, the guidelines listed below apply to all candidates interested in obtaining marathon numbers from MRC.

You must be an **active** club member for at least **two membership years prior to** the Boston Marathon.

MRC annual membership dues **must be paid up to date.**

You must have volunteered for at least **two** events representing the Melrose Running Club during the past year.

Participation in either the Melrose Run For Women or The Assault on Mt. Hood is mandatory. Participation must be considered **"integral"** to the event in the opinion of the Race Director.

Other MRC sponsored events that you may volunteer for include: The Mass Corporate Challenge, The Tufts 10K, Boston's Run to Remember Half-Marathon & 5M, The Boston Marathon, MRC's Walk To Run program, MRC's Adopt-Site Program, the Victorian Fair Roadrace and/or Booth, the Mill Cities Relay, the Fred Brown Relay (Lake Winnie) & The Reach The Beach Relay.

By representing the Melrose Running Club, you agree to abide by the rules and regulations set in place by the Boston Athletic Association.

Numbers are **non-transferable** and must be used by you. In the event you are unable to participate in the marathon, the number must be returned to the Melrose Running Club as soon as possible. The person next on the alternate list will be entitled to the number.

In accepting an MRC marathon number, you agree to pay **all fees** associated with this event, make every effort to wear some sort of MRC apparel and support the MRC long run program either by leading a weekly long run or providing a minimum of two water stops.

Once you receive a MRC number for the Boston Marathon, you will be ineligible to receive a number from MRC through the lottery for the next **three** consecutive Boston Marathons. For example, if you receive a number for the 2005 Boston

Marathon, you will be ineligible for the 2006, 2007 and 2008 MRC marathon lottery.

Board members are automatically eligible for the lottery; however, the three-year rule is applicable (See Rule No. 7 above)

All members seeking a marathon number are required to fill out an application for a Boston Marathon number. A committee consisting of current Board members will review the application, to determine if in fact all of the above guidelines have been met. All applicants that have met the above criteria will become entered in a weighted average lottery (If the number of applicants is greater than the number of marathon numbers). The number of chances each applicant will receive is based on:

1 Vote for each event volunteered for
5 Votes if the applicant is a board member (Current or Previous year)

There are also **2 discretionary votes** per committee member (except by those committee members who are also applicants)

**Guidelines pertain to Boston Marathon Numbers awarded to MRC from the BAA!
(Revised September 2006)*

