



Melrose Running Times

The Official Newsletter of the Melrose Running Club

January 2007



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2007 Boston Marathon Number Recipients

This year's recipients of the three numbers given to the Melrose Running Club by the Boston Athletic Association are:

Jim Carson
Matt Sazama
Bill Stewart

Congratulations to all three runners!

Matt Sazama has published an article in this edition of the newsletter about what getting the number means to him. Subsequent issues will provide similar articles from Bill Stewart and Jim Carson.

Assaulted on Mount Hood

T. Redd Miller

What were they thinking? The people that set this course up are sick. Sick, sick, sick, sick, sick. I should know I helped. The biggest culprit though, was Ted Donahue. If there was a hill in our sights, he wanted to go over it. Maybe the little redhead should be left behind next time.

Even so, the race looked to be fast. The trail and mountain running crew from CMS were there along with some other known speedsters from around the area. Scott Loomis and Jen Rapaport were back looking to defend their snow-encrusted titles, but it would be a tough task. Word got out about the challenging course and the post race spread.

Only on its second year, The Assault on Mount Hood cross-country race has become a hit. Over 250 runners had registered for this edition, 100 more than last year.

There were some course changes (better or worse is up for debate) with the biggest one being the lack of snow. The constants were the hills, an unheard of manned water stop in any off road race, and the great views of the Boston harbor if you happened to look up while crossing the "Plains of Jericho".

The race went out almost casually for the first 100 uphill yards, but as soon as the lead pack made the right hand hairpin turn off the road, all bets were off. Things were pretty much settled out front by the first mile marker which was after the first short steep incline. Amazing how quick the placings are set in a race. Makes one wonder why we keep running for the next 2 plus miles. Just end them all at mile one and have more time to celebrate. But we don't, so the pack persisted over hill and dale, and over fairway and through rough.

The winners, Dimitry Drozdov for the men and Kristin Hall for the women, were again first timers, with last years winners taking second place honors. The host club was led by Tom Church in 13th overall with another strong showing in his new master's category and Jen Rapaport on the distaff side, also a master's runner. Looks like 40 really is the new 30.

For what the course lacks in niceties, the post race party more than makes up for. Nice weather to accommodate an outdoor food line, which included pasta with homemade sauce, meatballs, sausage, salad, fresh rolls, soup and coffee. The folks at Melrose Fish and Game do a great job hosting this race. Beer was also

flowing, into the pint glasses given to the runners in lieu of a shirt. Awards were plenty and were a special brew of beer with root beer for the younger age group winners. Raffle prizes were also prominent; with anyone present likely a winner.

Congratulations to Brian Slater and the Melrose Running club for putting together another great race. Planning is already underway for the 3rd annual Assault on Mount Hood to be held on December 9, 2007.

Annual MRC Winter Party

Betty Kandler, our social director, is asking everyone to please RSVP to the evite that went out for this year's Winter Party. If you do not have access to e-mail or you did not receive the evite, please let Betty know whether you will be coming.

This year's party will be held on Saturday, January 20th at 7PM at the newly rennovated Melrose Knights of Columbus. The party is a potluck dinner with a cash bar. Power outlets will be available for anyone bringing slowcookers/crockpots.

In addition, we are still looking for some raffle prizes. If you can donate any of the following items for the holiday party raffle, please contact Betty.

Gift certificate of \$20 for the cinema and some goodies

1 Electric Oral B toothbrush
NFL Playoffs basket with beer, chips, salsa

This year's party will be extra special, as it is the 10th anniversary of the club so Jim is preparing a very special slide presentation with photos from club events over the last 10 years. If you have any old pictures that you would like to share, please send them to JimCarson@melroserunningclub.com

*Have something to say? Or
Do you have any ideas for the next
Newsletter? Contact
ErinLynch@melroserunningclub.com*



HI MRCers,

I am honored to announce that the 10th running of the Melrose Run for Women (MRFW) will occur on Mothers Day 2007 (Sunday, May 13) at Pine Banks Park in Melrose. The MRFW is a hallmark tradition of the Melrose Running Club and this year's Race is extra special as we celebrate the 10th anniversary of the first running in 1998.

Thank you in advance to those MRCers who have volunteered their time to be a Team Captain in the following areas:

Acting Director: Margaret Fisher

T- Shirts: Liz Tassinari and Lois Parker

Carmona

Food: Tom Cross

Publicity: Sue Worrall

Awards: Nick Lamberti

Registration: Peter Fopiano and Kaj Kandler

Safety/Course: Mike Quigley

Kids Race: Andy Goldberg

Photography: Matt Sazama

Site Facilities: Nick Lamberti

Sponsors: Margaret Fisher and Bill Stewart

If you would like to get involved in the Race, please feel free to stop by any of the MRFW meetings identified below and if you are not available on any of these dates, please contact me at MargaretFisher@MelroseRunningClub.com.

Tuesday January 8

Tuesday February 13

Tuesday March 13

Tuesday April 10

Tuesday April 24

Tuesday May 8 (Race Bag Stuffing)

Since this is a special year for the MRFW, we will be seeking ideas from the membership on distinct ways to commemorate our 10th anniversary. In addition, we'll be asking for your support in obtaining Race sponsors and to "get the word out" regarding the Race so we can have a robust turnout of runners on May 13. So for those of you training for upcoming races, and/or Spring Marathons, your running mantras during your training runs should be "Sponsors/Runners/ Sponsors/Runners..."

On behalf of the MRFW Race Committee, we want to thank the MRC membership in advance for their involvement and support of the 10th Annual Running of the MRFW. **JUST REMEMBER...** on May 13...no matter what the weather... no matter how big or small the crowds ... one thing's for certain.... its gonna be a great day for women and children to be running in Melrose!

Bob Boyd Recovers from Car Accident

By Nick Lamberti

On December 8th, while driving to get a haircut, Bob hit a patch of black ice on Rt.89, crashed into the guard rail & overturned his truck. Bob told me he doesn't remember much of the accident except the EMTs cutting the roof of his truck off to excavate him.

Apparently the EMTs did an outstanding job in getting Bob to the hospital (Dartmouth University in Hanover, N.H. where Jane is working part-time) in one piece since Bob broke his neck in the accident & required extensive surgery. He spent the next two weeks in the hospital as the doctors pieced together his C6 & C7 vertebrae with screws & a plate. Bob is currently wearing a cervical collar & is walking but has loss some feeling in his right arm which doctors believe will return.

Bob is in relatively good spirits & the doctors believe he will be fine but Jane has him on a short leash. He was looking to attend the club holiday party on January 20th but has not been cleared to drive although he states that he is doing some serious walking in preparation for Big Lake Half Marathon in the spring.

He misses everyone in the MRC and said that lying on his back in traction as well as the surgery was absolutely grueling.



Sunday Long Run Program

The Melrose Running Club Sunday Long Run program runs through the Winter and Summer months, gearing members up for Spring and Winter Marathons and Half-Marathons. The 15 week training session will be aimed at training for the Boston Marathon and the BayState Marathon, but alternate distances are available to suit your training needs. Participants in the training run are encouraged to volunteer for water stop duties. Water stops are supplied by participants along the course, roughly every 3 or 4 miles. Water stops do not need to be attended, so you can run and supply the water stop. A nominal donation towards water stops is appreciated and can be in the form of money or supplies. Below you will find the scheduled 15 week training schedule and course maps will be linked in as they become available.

SUNDAY LONG RUN TRAINING PLAN

WEEK	FULL	HALF	ROUTE
1 (1/07)	8.7 M	4.4 M	Farm Street
2 (1/14)	12.4 M	7.0 M	Spot Pond
3 (1/21)	10.0 M	5.0 M	Lake Quannapowitt
4 (1/28)	14.0 M	7.0 M	Melrose Half
5 (2/04)	12.0 M	6.0 M	Breakheart
6 (2/11)	16.0 M	8.0 M	Winchester Highlands
7 (2/18)	14.0 M	7.0 M	Franklin + Spot Pond
8 (2/25)	18.0 M	9.0 M	Stoneham
9 (3/04)	20.0 M	10.0 M	Mystic Lakes
10 (3/11)	16.0 M	8.0 M	Lake Quannapowitt
11 (3/18)	18.0 M	9.0 M	Swains/Spot Pond
12 (3/25)	22.0 M	11.0 M	Mystic Lakes
13 (4/01)	15.0 M	7.0 M	Lake Quannapowitt
14 (4/08)	12.0 M	6.0 M	Spot Pond
15 (4/16)	26.2 M	13.1 M	RACE DAY

Click bolded distance to view route map



Calendar of Events:

Jan 16 – Board Meeting/Tuesday Club Run
 Jan 20 – MRC Winter Party
 Jan 21 – Long Run Program
 Jan 21 – Boston Prep 16 Miler
 Jan 23- Tuesday Club Run
 Jan 28 – Long Run Program
 Jan 28 – Sunday Before the Super Bowl 5K
 Jan 30- Tuesday Club Run
 Feb 4- Long Run Program
 Feb 4 – Great Stew Chase
 Feb 4 – Newburyport Frigid River 5M
 Feb 6 – First Tuesday-Tuesday Club Run
 Feb 10 – Bradford Valentines Day 5M and 6K
 Feb 13 – MWRF race meeting- Tuesday Club Run
 Feb 18 – Foxborough 10 Miler
 Feb 20- Board Meeting/Tuesday Club Run
 Feb 25- Hyannis Marathon and Half Marathon
 Feb 25- Jones Town and Country 10 Miler Road Race
 Feb 27 – Tuesday Club Run
 Mar 6th – First Tuesday/Tuesday Club Run
 Mar 13th – MWRF race meeting/Tuesday Club Run
 Mar 18 – New Bedford Half Marathon
 Mar 18 – Run to Beach 30K
 Mar 18 – Malden Rotary Club 5 and 10K
 Mar 18 – Ras Na hEireann USA 5K
 Mar 20- Board Meeting/Tuesday Club Run

Community Relations

This Year's Thanksgiving Baskets were Spilling Over with the Club's Generosity...

Everyone wanted to contribute to the Thanksgiving Baskets this year so once we had all of the food stuff's covered...we collected money for gift certificates to the local grocery stores. A special thanks goes to Evan Zahner for this idea and to Jackie Doerrer-Mullen for coordinating the logistics and putting the baskets together. Because we had so many gift certificates we saved some and gave them to the families to use at Christmas.

Home for the Holidays Fun Run and Clothing Drive was a Huge Success!!!

This year's home for the holidays run and clothing drive on Saturday, December 2nd was a HUGE success. Everyone cleaned out their closets and we filled Hank Murphy's van with bags of clothes to be donated to a shelter in Malden. We had more runners participate in this year's home for the holidays than we have had in the 5 years I have been running with the club.



The Most Important Number

By Matt Sazama

From credit card to bank account to address to phone, our actions and locations are governed by numbers. Some have more digits and some are more important than others, but the most important number to me is the one that allows me to run the upcoming Boston Marathon.

Numbers. My Dad just celebrated his 65th birthday on December 24th and will run his 7th consecutive Boston Marathon on April 16th, 2007. Since I moved here in 2003, I've been on the sidelines at mile 17 watching other runners and cheering him on to the finish. I've been there during the hot years and the cool years, waiting and watching at the entrance to the Newton Hills. Every time I was a spectator, I wanted to be a runner. Something about seeing hordes of normal looking people running strong after 17 miles kept prodding me to do it.

More numbers. Last year at this time, I weighed 218 pounds and could barely finish running a 3-mile loop. In fact I kept on getting worse as each week went by. From barely finishing 3 miles, I dropped to half that, then quarter that. It got so bad, I stopped running for a while and focused on kickboxing and spinning. After 1 month off, I returned to running and found I could do 3 miles easily. Over the next 7 months, I was there almost every Tuesday, first pounding, then gliding over the 3-mile course as the weight came off. Eventually 3 miles became 6 miles, which became legs of the Lake Winnie and Mill Cities relays. Now I'm almost 30 pounds lighter and running the 6-mile loop every Tuesday night.



Even more numbers. Kim, my girlfriend, just turned 37, which is 30 more years than she was expected to live. She has cystic fibrosis, a genetic, degenerative lung disease that's slowly robbing her of breathing capacity. The numbers she lives by are total lung volume and forced expiratory volume. With most people, these are 100% and around 75% respectively; Kim's are 50% and 25%. In high school, she used to be a regular runner, but as the disease progressed, it robbed her of the ability to run except for extremely short distances. She remembers and craves the feeling of power in her legs as they propelled her, but she cannot enjoy that feeling any longer. While numbers are an important part of life, running the Boston Marathon means so much more than that. When I won one of the three MRC numbers, my first thought flashed to my Dad, who has run Boston and other marathons for all these years and has been running regularly since his 40s. Now I'd not only be able to run the marathon, but be able to run it with him as the enjoyment of running passes from one generation to the next. I'll also run the marathon for Kim and for me. For Kim, to run in her place, to do what her lungs won't allow her to do. For me to celebrate the physical fitness improvements I've made.

As I start down Route 135, past the town common and the long descent to the finish line, my Dad and I will be sharing the experience of running the Boston Marathon together. He'll be way ahead of me, but I won't be alone. I'll be carrying the thrill of doing something I would've never thought possible just a year ago and I'll be running with Kim--even as she watches from the sidelines--carrying her hopes and dreams with me as I pound down the course towards the yellow and blue finish line in the canyons of downtown Boston

Happy Birthday To the MRC

The MRC is in its 10th year. Take a trip down memory lane with these pictures.



MRC 10th Anniversary Cookbook with recipes from your Mother's and Grandmother's

Jackie and Erin Lynch are collecting recipes from club members, MRFW runners, sponsors and MAAV to get recipes from mother's and grandmother's for a special cookbook that will be available at the Melrose Run for Women on Mother's Day 2007. Please send Erin your recipe at ErinLynch@melroserunningclub.com.

RRCA Web Site Contest

The judging is complete for the RRCA web site contest. We should know the results soon. Keep you fingers Crossed. Jim has done a great job with Our Web site and is constantly making Improvements. Check out the section on The Sunday Long Runs

Boston Firefighter 10K
Dorchester, MA
October 15, 2006
 64:44Robert Coburn
 79:25Natalee Webb

Paddys Pub Shillelagh Shuffle
3M
West Newton, MA
October 15, 2006
 21:15Ana Hubert
 25:10Buddy Hubert
 27:41Kristin Stead

Lowell Sun Half Marathon
Lowell, MA
October 15, 2006
 1:50:17Ed Torres
 1:56:57Patricia Kelly
 1:57:48Kaj Kandler
 1:57:54Erin Lynch
 2:09:16Tom Cross

Bay State Marathon
Lowell, MA
October 15, 2006
 3:38:45*Katie Sinnott
 4:45:57Ronald Siraco

Amsterdam Marathon
Amsterdam, Netherlands
October 15, 2006
 3:44:43Walter Drag

Sons of Italy 5K Race
Lawrence, MA
October 21, 2006
 31:55Robert Coburn

Jason M. Dedrick Run 4 A
Cure 5K
Somerville, MA
October 21, 2006
 25:34Tom Cross
 31:06Erin Walsh

Orchard House 10K
Concord, MA
October 22, 2006
 57:06Sue Clough
 57:43Joanne Piper

Boogie Woogie 5K
Somerville, MA
October 22, 2006
 30:12Paul Sieswerda
 30:44Robert Coburn

MSPP 5K Lucero Run
West Roxbury, MA
October 22, 2006
 29:42Walter Drag



Sea to Shining Sea 5 Mile
Nahant, MA
October 22, 2006
 30:26Barry Petzold
 31:28Judi Chiavetta
 31:32Francis Blesso
 38:19Ronald Siraco
 39:17Nicholas Lamberti

The Lasalle Bank Chicago Marathon
Chicago, IL
October 22, 2006
 3:57:41Katie Sidarweck
 4:57:34Bob Bruzzese

Halloween Hustle 5K
Waltham, MA
October 28, 2006
 29:35Robert Coburn

Great Bay 5K Halloween Hoot
Stratham, NH
October 28, 2006
 21:19Steve Grande
 21:22Maryann Grande

Canton Fall Classic 10K
Canton, MA
October 29, 2006
 52:18Michael MacNeil

White Mountain Milers Half Marathon
North Conway, NH
October 29, 2006
 1:25:23*Judi Chiavetta
 1:32:06Francis Blesso
 1:58:13Robert Boyd

Run for all ages 5K
Wakefield, MA
October 29, 2006
 17:13Dave DeChellis
 19:50Jennifer Rapaport
 21:24Walter Drag
 22:29Ana Hubert
 22:54Ed Torres
 25:06Ginny Rowe
 28:10Buddy Hubert
 28:26Judy Duffey
 29:52Jennifer Randall
 31:54Robert Coburn
 34:22Elizabeth Searles
 40:50Brittney Mansfield

Foogi Haunt Juant 5K
Malden, MA
October 29, 2006
 19:50.5Brian Slater
 25:04.6Evan Zahner
 26:06.0Jeff Cerretani
 26:09.8Lois Parker-Carmona

14th Annual Vietnam Vets 5K Road Race**N Weymouth, MA
November 4, 2006**

30:37Robert Coburn

**ING New York City Marathon
New York, NY****November 5, 2006**3:01:40Barry Petzold
3:15:27Judi Chiavetta
4:33:42Emily Grant**First Parish Family 5M
Derry, NH****November 5, 2006**

44:47Lois Parker_Carmona

**Greenbush Area YMCA Fall 5K
E. Greenbush, NY****November 5, 2006**21:46Maryann Grande
21:59Steve Grande**Genesis Battlegreen Run 10K
Lexington, MA****November 5, 2006**45:17Walter Drag
46:43Ana Hubert
47:37Ed Torres
50:56Nicholas Lamberti
52:44Tom Cross
59:55Buddy Hubert**Genesis Battlegreen Run 5K
Lexington, MA****November 5, 2006**29:25Judy Duffey
29:57Robert Coburn**Veterans Memorial 11K Road Race
Stoneham, MA****November 11, 2006**44:51Francis Blesso
49:55Craig Schwarze
50:25Walter Drag
52:43Ana Hubert
52:44Livio Ferrara
57:05Sheri Barrett
59:10Michael Quigley
1:01:17Tom Cross
1:03:42Teresa Evangelista
1:03:57Sue Clough
1:06:21Joanne Piper
1:06:28Buddy Hubert
1:10:53Robert Coburn**Grantham 5M Turkey Trot
Grantham, NH****November 11, 2006**

47:13Robert Boyd

**Seacoast Half Marathon
Portsmouth, NH****November 12, 2006**

1:50:04Julie D'Andrea

**Larry Robinson 10M
Andover, MA****November 12, 2006**59:30Dave DeChellis
1:11:30Livio Ferrara
1:16:49Walter Drag
1:18:19Peter Fopiano
1:19:02Leanne Tierney
1:20:23Ed Torres
1:23:27Jim Carson
1:24:29Lauren Reid
1:32:37Erin Lynch
1:40:37Lois Parker-Carmona
1:41:41Kristin Stead**Run From The Sun 10K
Medford, MA****November 12, 2006**42:01Andy Goldberg
47:17Michael MacNeil
50:13Ginny Rowe
50:27Nicholas Lamberti
52:33Patricia Kelly**Run From The Sun 5K
Medford, MA****November 12, 2006**18:25Tom Church
27:14Diane Trask-Mccue
28:06Sharon McKenna
29:05Judy Duffey
29:55Donna Leggiero
30:28Robert Coburn**Jingle Bell 10K Run for Arthritis
Portsmouth, NH****November 18, 2006**44:22MaryAnn Grande
45:26Steve Grande
57:11Sue Clough
57:16Lois Parker-Carmona
58:43Joanne Piper**Burbank Wakefield YMCA 5K Classic
Wakefield, MA****November 18, 2006**24:43Evan Zahner
25:25Jeff Cerretani
29:59Robert Coburn**DCR Breakheart Reservation 3M Turkey Trot
Saugus, MA****November 19, 2006**19:30Brian Slater
21:19Ana Hubert
21:43Ron Siraco
21:47Jim Carson
23:07Julie D'andrea
23:42Nick Lamberti
28:03Sharon McKenna
29:07Buddy Hubert
29:08Martha Quigley
33:26Elizabeth Searles**Norwood 4M Turkey Trot
Norwood, MA****November 19, 2006**23:57Barry Petzold
24:46Judi Chiavetta
38:51Robert Coburn
38:52Judy Duffey**Wild Turkey 5 Mile
Salem, MA****November 23, 2006**35:09Melissa Behl
41:22Nick Lamberti
42:37Sue Clough
46:33Joanne Piper
47:56Jennifer Randall
48:17Jean McFadden
48:56Judy Duffey**Gobble, Gobble, Gobble 4M
Somerville, MA****November 23, 2006**24:49Jennifer Rapaport
28:12Craig Schwarze
29:52Ana Hubert
37:46Harland Robinson
37:47Jen Robinson
39:32Buddy Hubert
39:34Robert Coburn**Feaster Five 5M
Andover, MA****November 23, 2006**28:18Dave DeChellis
31:27Barry Petzold
42:45Tom Cross
45:21John Mitchell
50:33Christine Primiano
57:17Jayne Lynch**Bank Newport 5M Pie Run
Middletown, MA****November 23, 2006**

38:57Katie Sinnott

**Mid Hudson Runners Turkey Trot 5M
Freedom Plains, NY****November 23, 2006**

31:03Tom Church

**5K Turkey Trot
Bethlehem, PA****November 23, 2006**

18:49Judi Chiavetta

**To Hill and Back 4.25M Trail Race
Woburn, MA****November 25, 2006**31:21Paul Donahue
44:21Lois Parker-Carmona
52:05Robert Coburn

Andover Country Club 3.5 Mile X Classic**Andover, MA****November 26, 2006**

20:12.....Tom Church
 21:05.....Barry Petzold
 22:27.....Judi Chiavetta
 23:20.....Brian Slater
 24:28.....Ed Torres
 24:39.....Peter Fopiano
 24:41.....Ana Hubert
 25:17.....Linda Ford
 25:44.....Jim Carson
 29:11.....Mike Quigley
 31:00.....Lois Parker-Carmona
 31:20.....Erin Lynch
 33:48.....Buddy Hubert
 34:16.....Liz Tassinari
 34:48.....Judy Duffey
 35:07.....Sharon McKenna
 35:18.....Nancy Gaudet
 35:20.....Robert Coburn

Falmouth in the Fall 7.1M Race Woods Hole, MA**November 5, 2006**

57:50Michael MacNeil

December, 2006**Reindeer Run 3M****Beverly, MA****December 2, 2006**

28:06Jennifer Randall

HFC Ho-Ho-Ho 5K Run**Norwood, MA****December 2, 2006**

30:16Robert Coburn

Mill Cities Relay**Nashua, NH****December 3, 2006****Mill Cities Leg 1 5.6M**

33:51Tom Church
 35:28Judi Chiavetta
 40:35Linda Ford
 41:40Katie Sinnott
 42:22James Cross
 50:58Nancy Gaudet

Mill Cities Leg 2 4.75M

29:28Fracis Blesso
 34:36Ed Torres
 35:43Nick Lamberti
 41:58Margaret Fisher
 43:13Liz Tassinari

Mill Cities Leg 3 2.5M

15:30Paul Donahue
 18:13Peter Fopiano
 18:32Buddy Hubert
 18:55Ana Hubert
 20:45Erin Walsh
 22:45Michael Quigley

Mill Cities Leg 4 9.5M

59:40Alec Bath
 1:09:12Jim Carson
 1:16:00Walter Drag
 1:23:55Lois Parker_Carmona
 1:26:27Andrew Pate

Mill Cities Leg 5 4.75M

29:27Barry Petzold
 31:38Brian Slater
 35:57Heidi Gengenbach
 41:58Bill Stewart
 43:13Matt Sazama

2006**Most Racing Points...**

Barry Petzold	28
Jennifer Rappaport	52

Assault on Mount Hood 3.5M Melrose, MA**December 10, 2006**

21:15Tom Church
 23:19Jennifer Rapaport
 25:18Andy Goldberg
 25:26James Cross
 26:04Ed Torres
 26:17Peter Fopiano
 26:34Walter Drag
 26:48Roy Van_buren
 27:22Ana Hubert
 27:39Melissa Behl
 27:49Jim Carson
 27:59Heidi Gengenbach
 28:20Kaj Kandler
 28:38Ronald Siraco
 29:07Andrew Pate
 29:29Julie D'Andrea
 30:03Marlene McGunigle
 30:37Jeff Cerretani
 31:55Tom Cross
 31:58Irene Szweczuk
 32:07Sue Worrall
 32:37Alistair Drummond
 33:05Lois Parker-Carmona
 33:24Rick Collette
 35:30Kristen Stead
 35:39Buddy Hubert
 35:49Ellen Katz
 36:42Sharon McKenna
 37:23Judy Duffey
 37:44Martha Quigley
 38:15Bob Coburn
 39:08Elizabeth Searles
 44:56Shelley D'ambra
 49:44Barbara Lawson

The New Las Vegas Marathon**Las Vegas, NV****December 10, 2006**

3:23:52Judi Chiavetta
 3:26:01Barry Petzold

Coast To Coast Half Marathon**Narragansett, RI****December 16, 2006**

1:29:09Francis Blesso
 1:30:12Jennifer Rapaport
 2:15:55Lois Parker-Carmona

Walters Run 5K**West Roxbury, MA****December 17, 2006**

21:28Walter Drag
 22:42Ana Hubert
 27:19Erin Lynch
 28:54Buddy Hubert
 30:06Robert Coburn

Snowstorm Classics 5K**Springfield, MA****December 23, 2006**

21:29.....Walter Drag

January, 2007**Run 4 New Year 4M Waltham, MA****January 1, 2007**

40:25Judy Duffey
 40:44Robert Coburn

Bud Light Hangover Classic 5K Salisbury, MA**January 1, 2007**

21:51Melissa Behl
 28:30Sharon McKenna

Walt Disney World Half Marathon**Orlando, FL****January 6, 2007**

1:26:04Jennifer Rapaport
 2:03:21Ginny Rowe

Cape Cod Road Runners Fun Run 4.9M**Bourne, MA****January 7, 2007**

34:39Linda Ford
 49:29Robert Coburn

P F Changs Rock N Roll Half Marathon**Phoenix, AZ****January 14, 2007**

1:24:09Tom Church

2006
100 Mile Club Inductees....

	NAME	MILES
1	Barry Petzold	414.6
2	Judi Chiavetta	364.5
3	Walter Drag	191.5
4	Andy Goldberg	167.0
5	Robert Coburn	160.5
6	Roy Van Buren	147.3
7	Michael MacNeil	143.9
8	Robert Bruzzese	143.4
9	Andrew Pate	134.0
10	Leanne Tierney	132.7
11	Linda Ford	128.8
12	Buddy Hubert	128.5
13	Alec Bath	125.4
14	Tom Church	123.0
15	Ana Hubert	122.2
16	Sue Clough	118.7
17	Livio Ferrara	116.7
18	Lauren Reid	110.3
19	Tom Cross	108.5
20	Dave DeChellis	108.1
21	MaryAnn Grande	106.9
22	Lois Parker-Carmona	105.9
23	Erin Lynch	102.7
24	Nicholas Lamberti	101.2
	Brian Slater	101.2
26	Joanne Piper	100.6
27	Jim Carson	100.5

Racing Numbers

2006 is in the books, but before we turn the page let's review some of the highlights from the year.

2:59:06 – Alec Bath became the first MRC man to break the 3 hour mark in the marathon. He joins Jennifer Rapaport as the only MRCers to do it.

414.6 – Barry Petzold is only the second MRC member to race over 400 miles in a year. His 2006 mark is second only to Bill Ouchark's 447.5 miles in 2004.

364.5 – Not to be outdone by her running mate, Judi Chiavetta becomes the first MRC woman to run over 300 racing miles in a year. For that matter she's also the only MRC woman to run over 200 racing miles in a year. Judi joins Mike MacNeil, Bill Ouchark, and Barry as the only MRCers to break 300.

6402.1 – The total number of miles raced by MRC members in 2006, which would be enough to traverse the distance from Melrose, MA to Melrose, CA and back. Really, Google it!

132 – The number of MRC members that participated in road races in 2006 is the most in the history of the club.

5K+5M+15K+10M+13.1M = The race distances that Dave DeChellis set club records in during 2006. Way to go Dave!

909 – The number of race results posted to the MRC website through the year. Thanks Lois!

272 – The number of finish lines and exchange points that greeted a Melrose Running Club member. Keep reaching them in **2007**

What's Your Limiting Factor?

Training Your Strengths and Weaknesses

By Pete Pfitzinger, M.S. As featured in the April 2004 issue of Running Times Magazine

A vital role of an effective coach is to analyze a runner's strengths and weaknesses and adjust workouts to focus on the factors that most limit race performance. Running Times reader Paul Hughes wrote in with the following intriguing question, "For all of us self-coached runners, how do we determine our limiting factor so we can work on it?" This is a great question and raises the issue of whether runners should train to accentuate their strengths or to eliminate their weaknesses. Let's take a look at three steps to evaluate your strengths and weaknesses, and how to adjust your training accordingly.

Step 1: Determine the physiological demands of your goal race. This is easier than it sounds. Running training can be simplified into the following four categories:

The relative importance of the four categories of training for racing success at varying distances (summarized in the "training priorities" table below) is straightforward. Once you have worked out the relative training priorities for your goal race, you should also consider whether any special considerations such as hills or environmental conditions are likely to be major factors.

Step 2: Evaluate your personal strengths and weaknesses as a runner. You can gain insight into your strengths and weaknesses by: 1) comparing your race results at varying distances to those of other runners; 2) comparing how well you handle various types of workouts relative to training partners of similar overall ability; 3) comparing your race results at varying distances on a table of equivalent race performances; and 4) paying attention to which types of

training you excel at and which you struggle with. In addition to the four types of training discussed above, you should also evaluate your hill running ability and your running technique, as weaknesses in these areas can also be improved.

Step 3: Develop your training plan to meet the physiological demands of your event, taking into consideration your strengths and weaknesses. This is also easier than it sounds, as it simply means that if your weakness is not important for your event (e.g. speed for a marathon) you can essentially ignore it, while if it is important for your event (e.g. VO2 max intervals for a 10K) you should train to eliminate that weakness. Let's look at examples for two different runners preparing for a 10M race.

Jack is a natural 5K runner who thinks nothing of cranking out a track workout of 200-meter repetitions in 38 seconds, or doing a set of 800s in 2:50. His personal best in the 5K is 19:30, but his 10M best is "only" 73 minutes. He has only run one marathon and finished in a disappointing 3:48, vowing never to run a marathon again. Since his speed and 5K times are better than his 10M times, it appears that Jack's weak link is maintaining a fast pace. If he continued to focus his training on hard interval workouts, he would be training "hard" but not "smart," and would likely be frustrated with his slow rate of improvement. From the training priorities table, we see that Jack needs to work on tempo runs to improve his lactate threshold and long runs to improve his endurance. Several months before his goal 10M race, Jack should focus on long runs and tempo runs, and then add long intervals into the mix about 10 weeks before the event. This periodization of his training will optimally prepare Jack for his goal.

Celia is a natural marathoner who enjoys 20M training runs. Her marathon best is 3:06, and her fastest 5K is a relatively modest 20:00. Quite a few local runners beat her over 5K and 10K but do not come close to her in the marathon. She doesn't like track workouts, but does many of her training runs at close to marathon race pace. Celia is hoping to beat her 10M PR of 67 minutes. Although her major weakness is "speed," which is not important for 10M success, Celia can improve by working on her lactate threshold and VO2 max. Despite her past success at the distance, Celia could likely improve the effectiveness of her training by adding in planned tempo runs and long intervals. This will require her to take it easy on some of her other training runs, so she is rested for these harder efforts.

Training Priorities for Various Distances

Race Distance	First	Second	Third	Fourth
30K to Marathon	Long Run	Tempo Run	VO2 Max Intervals	Speed
15K to 25K	Tempo Run	Long Run	VO2 Max Intervals	Speed
8K to 12K	Tempo Run	Long Intervals	Long Run	Speed
5K	Long Intervals	Tempo Run	Speed	Long Run

Categories of Running Training

Workout	Objective	Description
Long Run	Endurance	Distance depends on goal race distance and training history
Tempo Run	Lactate Threshold	20 to 40 minutes @ 15K to half marathon race pace
Long Intervals	VO2 Max	600 to 1600 meters @ 5K race pace
Short Intervals	Speed	100 to 400 meters, fast but relaxed