



Melrose Running Times

The Official Newsletter of the Melrose Running Club

May 2007



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The Nancy Clark Fundraiser By Margaret Fisher

This year, in commemoration of the upcoming 10th anniversary of the Melrose Run for Women, MRCers decided to host a fundraiser. Internationally known sport nutritionist Nancy Clark appeared at Memorial Hall on Thursday, April 5 to 108 attendees...runners, non-runners, walkers, high school kids (We even had a group of runners [Erin Lynch's friends] from Winchester "run" to the fundraiser.)

Thankfully, we had the Walt Drag meteorological blessing as the night before the fundraiser, a fierce Nor'Easter blew into town however it was blue skies and brisk winds for the evening of the 5th.

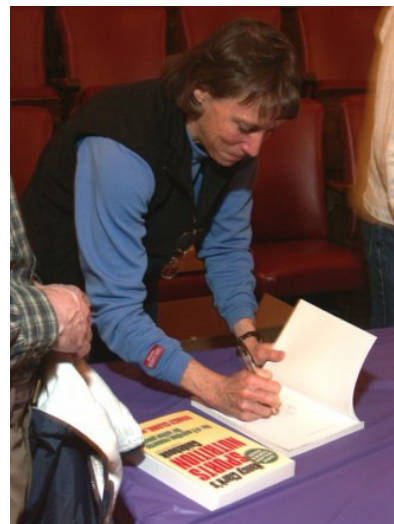
Nancy wowed the audience with her succinct message of "If you're hungry...EAT!" through an impromptu question and answer session with the audience. A few of Nancy's key speaking points were:

The body needs food every 3-4 hours- so eat when you're hungry- not when its your self appointed time for a meal. This will help minimize sugar cravings.

Eat carbohydrates within an hour after an intense workout.

At the conclusion of the event, Nancy held a book signing, while the Club offered free refreshments and a large assortment of some very yummy baked goods (which regrettably very few people indulged- perhaps they were all spooked by Nancy's message!)

I would like to take this opportunity to thank Erin Lynch, Kaj Kandler, Betty Kandler and the publicity maverick himself, Walt Drag for their attention to making sure the fundraiser was a success. Even though this was a new adventure for the Club, it marketed our name and our efforts provided an educational community benefit.



I am still thinking about Nancy's message regarding food and the role it plays in our life (however I can't say I am always adhering to it!). For further information, contact Nancy at www.nancyclarkrd.com. Don't forget to tell her you're from MRC because after April 5th- she is well aware of the MRC pride in Melrose!



Upcoming Events

June 15th- Seaside Stride 5K
June 16th- Chelsea River Revel 5K
Sharon Timlin Memorial 5K
June 17th - Fathers Day Run For Wellspring
June 19th -Board Meeting-Club Run
June 20th - Louise Rossetti Womens 5K
June 21nd- Summer Solstice Beer Run
June 22nd- Andover Days 5K
June 23rd- Ipswich Rotary 5K
The Flash Mile
June 24th - New Charles River Run 7.5M/5K, On The Hill Tavern 4M
Cambridge Classic 5K
June 26th -Club Run- WTR graduation
July 3th- First Tuesday-club run
July 8th - Take the Lake 5K
July 10th - Club Run
July 14th- MRC Summer Party
July 17th- Club Run and Board Meeting
July 24th - Club Run
July 31st- Club Run and Yankee Homecoming
August 7th- First Tuesday-club run
August 11th- Falmouth Road Race
August 14th- Club Run

Congratulations MRCers!
The 10th Annual Melrose Run For Women

By Margaret Fisher

Mother Nature shone down and smiled upon the 10th Annual Melrose Run for Women, which was run on Sunday, May 13 at 9AM at Pine Banks Park in Melrose. This year's Race, hosted by the Club (with proceeds benefiting the Melrose Alliance Against Violence) attracted approximately 430 registrants while scores of children and toddlers laced up their sneakers for the kids race.

WCVB Channel 5 Smart Route Traffic Reporter and Melrose's own Cindy Campbell was the Master of Ceremonies for the 10th Running. Cindy added a festive "on the spot" play-by-play of race festivities as her banter coupled with energizing songs by the DJ made for a festive and fun filled atmosphere.

MAAV did face painting for the children (even though this was only for kids.. did we not spot an MRCer (initials "DS") in that line.?? (Oh... I'm SORRY DAN... I didn't know you were reading this!)

In addition, our first Annual MRC cookbook was being sold by the Club's star salesperson- Erin Lynch.

ALL of this would not have been possible without the scores of volunteers from MRC that came out to assist in making this race the success that it was .

Thank you to the Club members who either obtained sponsor money or worked with area businesses to obtain gift certificates. A special thank you to Nancy Gaudet (\$350), Betty Kandler and Pam Murphy (\$250) who brought in the highest dollar amounts of new sponsorship for 2007 (Way to go Nancy, Betty and Pam- we know where to reach you next year!) MAAV Board Member and Walk to Run participant, Mike Lyle, once again brought it home for MRC as he harnessed a large support of financial sponsorship by local businesses.

Congratulations to MRCers Jen Rappaport and Judi Chiavaetta who took first and second place respectively in the Mother's Day Race.

In closing, I would like to thank the following team leaders who were endured monthly après-run meetings and brisk email activity in the weeks leading up to the Race organizing activities. Specifically:

T- Shirts:

Liz Tassinari and Lois Parker Carmona

Food:

Tom Cross

Publicity:

Sue Worrall, Walt Drag, Erin Lynch and Brian Slater

Awards:

Nick Lamberti

Registration:

Peter Fopiano and Kaj Kandler

Safety/Ambulance/Course:

Mike Quigley

Kids Race:

Andy Goldberg

Webmaster:

Jim Carson

Photography

Matt Sazama

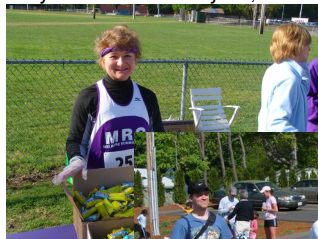
Site Facilities:

Nick Lamberti

Sponsors:

Margaret Fisher and Bill Stewart

Just think- we're only a Solstice Beer Chase, Summer party, Lake Winnie, Assault on Mount Hood, Thanksgiving basket, Home for the Holidays, Holiday Party and Boston Marathon away from next year's Race... May 11, 2008!



MRC 2007 Summer Party

By Betty Kandler

The Melrose Running Club would like to invite you and your spouse or significant other to our annual Summer Party. Bring your kids!

Date: Saturday, July 14th

Time: 4:00 PM

Where: Melrose Fish and Game Club - Rear Cheevers Ave.; Melrose

The Club will provide meat, burgers, and sausages from the grill. Club members are asked to contribute with appetizers, salads and desserts. We will have a cash bar, staffed by our friends from the Fish and Game Club.

We hope you can make it! See you there!



Why I run ultras

by Roy Van Buren

A couple of years ago, I found myself in a rut. My racing season would start with the Run to Remember in March, followed by the Boston Marathon in April, some shorter races in June and July, the Yankee Homecoming 10 miler in August, the Cape Ann 25K on Labor Day, the Lake Winnepesaukee Relay in September and capped by the Bay State marathon in October. That was my racing schedule, year in and year out for several years. My racing times weren't getting faster and the novelty was wearing off. I love running but there was no doubt about it. I was in a rut.

Does this sound like you? As runners, we are always looking for new challenges whether you are a new runner who wants to complete a 5K without walking or you are a seasoned veteran who is trying to qualify for the Boston Marathon. This is why so many runners start participating in triathlons. They want to try something different to challenge themselves.

In my case, I had little interest in swimming or biking, but I love running. For me, the natural challenge would be to run an event where finishing was no longer a given. This is what first intrigued me about trying an ultra-marathon. Ultra-marathons are defined as anything longer than 26.2 mile runs. There are nearly as many different ultra-distance races out there as there are ultra marathoners. Some are over a set distance. The most popular ultra-marathon distances are:

- 50K (31 miles – which is just like a long marathon),
- 50 milers (often considered an entry level to ultra-marathon),
- 100Ks (62 miles),
- 100 milers
- multi-day stage events

Other ultra marathons are to see how far you can run in a fixed amount of time. The most popular time is 24 hours such as the local "24-hour Around the Lake (Quannapowitt) Race in August. It is fascinating to watch the conclusion of these events because the winners are often the last ones to finish (as they are still out there running at the end) instead of a more traditional

race where the winners are the first to stop running.

In any of these events, preparation is key. You need to be prepared physically, nutritionally and mentally. Mistakes that you can get away with over a shorter distance such as a marathon can result in a DNF (Did Not Finish) in an ultra-marathon. That is one of the things that I find the most intriguing. These events really require you to think.

I am just at the beginning of my ultra-marathon career, having completed two 50 mile road races and a 50K trail race. I'm now in the midst of training for the Vermont 100 mile endurance run. Only time will tell where this road will lead. However, what I've found so far is that:

1. Ultra marathons are not much different to train for than a traditional marathon. You can easily ramp up from a weekly 13 mile long run to running an ultra marathon in the same 12-16 week period that you could if you were training for a marathon. What has worked for me is to just double up on my long runs. Instead of running for four hours on a Saturday, I may run for 4 hours on Saturday and Sunday.
2. The best and fastest way to cover the distance in the least amount of time often includes walking. By combining running and walking, you'll be able to recover from your long runs and complete your ultra-events much easier and likely faster than if you try to run the entire distance.
3. There are many more ultra-marathon events in southern New England than I ever imagined. The ultra-marathon community in this area is healthy and thriving.
4. The variety of food and beverages at the aid stations of most ultra-marathons is amazing.
5. These are some of the only events where most participants are offering words of encouragement to the other participants whom they don't even know during the middle of event. You see. To finish an ultra-marathon is often victory in itself.

I would like to conclude with a quote from Karl King, past winner of the Western States 100 mile endurance run.

When my longest run was 13 miles, a marathon seemed nearly impossible. When my longest run was 26 miles, 50 miles seemed nearly impossible. When my longest run was 50 miles, 100 miles seemed nearly impossible. When my longest run was 100 miles, 50 miles seemed like a nice, long training run. Don't let the distance scare you; run from aid station to aid station and the distance will take care of itself.

Karl King kking@omnifest.uwm.edu



Trail Running

By Liz Tassinari

If you like the clean smell of the woods, the challenge of a varied terrain and the sounds of nature, trail running may be for you. This variant on running differs markedly from track or road running. It generally takes place on hiking trails, inaccessible by road. It is fairly broad based and not just restricted to mountain trails but has expanded to include paved pathways in rural and suburban areas.

This sport has gained in popularity over the last 10 years. Many MRC runners enjoy trail running. Several years ago we began more organized trail runs in various areas of the Fellsway. I began the sport, trying to keep up with the likes of Paul Donahue and Alec Bath. I found that it was very different from road running. I enjoyed the smells, the sounds and yes the adventures. We try and stay together but sometimes we have lost people. They have shown up, especially by first Tuesday! All joking aside, we generally only venture out with a group and everyone looks out for one another.

I was worried that I would trip or twist my ankle on a regular basis but found that was not the case. Trail running requires specially designed shoes, which are generally more rigid and protective than road running shoes. I have found that these make a big difference. I also found that you use and develop different leg muscles, when you trail run on a regular basis.

We will be meeting every Thursday during the lighter summer months at 7p in varied places throughout the Fellsway. I look forward to seeing runners of varied abilities. I feel that trail running can best be defined through the experience one acquires through the activity. It is a sport you need to come and try.

Adopt a Site Clean-up

By Erin Lynch

Thank you very much to everyone who helped With the adopt-a-site clean-up this Spring. The flower bed looks beautiful and Rick Collette just received permission from the Knights of Columbus to add a trellis for climbing vines.

Hank Murphy
Betty Kandler
Margaret Fisher
Mike Quigley
Rick Collette
Barbara Lawson
David ???

Walk to Run

By Nick Lamberti

Once again 75 people signed up for the 2007 Walk To Run program. This is the exact same number of participants that signed up for the program in 2006.

"As with any program or class, some folks drop out after the first couple of weeks, but it looks like 60 folks will receive certificates of completion on June 26th," said Nick Lamberti.

The 60 names includes the four late comers who have been coming on a regular basis after the first couple of weeks.

There are about 35 Walk-to-Runners with perfect attendance who come every week.

On graduation day, June 26th, the Walk to Runner's will complete the 3 mile run in front of the Runner's Edge on Main Street. Tony Pallota, the owner of the Runner's Edge, gives *all* club members a 10-15% discount that night.

What is most notable about this year's class is the great weather. Every Tuesday night has been sunny and warm unlike last year, where we had rain for the first 5 weeks of the program.

This year, Lois, MRC's Grand Master of Yoga, did the stretching presentation in Week #2, Judi Chiavetta did the apparel presentation and MRC's Evan Zahner, an orthopedic surgeon, did the Sports Injury presentation.

Great Gift Idea

Need a gift for your favorite summer solstice runner? Or what about those 4th of July Barbeque invites? Or hey- what about a congratulatory gift for all those die hards running summer marathons? Now.. for a LIMITED TIME ONLY... the beautiful Melrose Run for Women t-shirt is available at the deeply discounted price of \$10. All sizes are available and because it was the 10th anniversary, its in a palatable shade of pink (guys come on- you need to get in touch with your "inner pink"). Please email me with requests and yes- we are able to handle bulk orders! They'll go fast so act now!

Thanks!
Margaret Fisher

**Winners Circle Running Club APRIL
FOOLS 4 Miler
Salisbury, MA
March 31, 2007**

27:22Melissa Behl
36:39Jennifer Randall
37:03Sharon McKenna
42:10Elizabeth Searles

April, 2007

**Cambridge City Run 5 Miler
Cambridge, MA**

April 1, 2007

41:49Nick Lamberti
47:05Ellen Katz
48:02Jean McFadden
49:58Robert Coburn
1:03:05Barbara Lawson

**Cohasset Road Race By The Sea 10K
Cohasset, MA**

April 1, 2007

46:46Walter Drag

Great Bay Half-Marathon

Newmarket, NH

April 1, 2007

1:39:36.....Linda Ford
1:40:43.....MaryAnn Grande
1:52:30.....Steve Grande
1:53:02.....Marlene McGunigle
1:58:14.....Sheri Barrett
1:58:14.....Demi Dubois
1:58:28Susan Worrall
1:59:44.....Ginny Rowe
2:02:54Liesl OConnell
2:09:53.....John Morris
2:12:54.....Rick Collette
2:14:40.....Erin Lynch
2:17:57.....Sue Clough
2:17:57.....Joanne Piper
2:22:17.....Lois Parker_Carmona

Todds Trot 5k

Durham, NH

April 7, 2007

21:58MaryAnn Grande
22:31Steve Grande

**Harveys Festival of States 5K Run
St. Petersburg, FL**

April 13, 2007

21:55Steve Grande

**Chase the Gorilla Down Argilla 5K
Ipswich, MA**

April 14, 2007

21:48Linda Ford
22:19Melissa Behl

Run A Pleasant Mile 5K

Tewksbury, MA

April 15, 2007

26:03Tom Cross
33:02Catherine Kane

**111th Boston Marathon
Boston, MA**

April 16, 2007

2:49:59Dave Dechellis
3:06:32Alec Bath
3:09:58Barry Petzold
3:22:24Judi Chiavetta
3:44:40Joe Terranova
3:46:51Walter Drag
3:47:48Bill Stewart
3:48:21Leanne Tierney
3:51:20Katie Sinnott
4:03:17Livio Ferrara
4:03:27Lauren Reid
4:06:58Jim Carson
4:09:46Roy Van_buren
5:01:18Matt Sazama
5:42:31Rick Collette

**Lexington Lions Patriots Day 5M Road Race
Lexington, MA**

April 16, 2007

37:56Ana Hubert
39:23Peter Fopiano
49:38Buddy Hubert

Bonnell Bunny Hop 5M

Winchester, MA

April 22, 2007

42:04Ginny Rowe
48:48Judy Duffey
51:20Sharon McKenna
55:01Elizabeth Searles

**Northshore Wellness Fair 5K
Salem, MA**

April 22, 2007

22:28Robert Bruzzese

Lowell Firefighters 5K

Lowell, MA

April 22, 2007

31:09Catherine Kane

**Shawn Patterson Memorial 10k
Scituate, MA**

April 22, 2007

59:55Jean McFadden

Reds Shoe Barn 5 Mile

Dover, NH

April 22, 2007

34:59MaryAnn Grande
37:33Steve Grande

**Doyles Emerald Necklace 5M
Jamaica Plain, MA**

April 22, 2007

36:40Peter Fopiano
37:58Ana Hubert
41:43Mike MacNeil
49:56Lois Parker_Carmona
50:18Buddy Hubert
53:20Liz Tassinari
56:49Kristen Stead

**James Joyce Ramble 10K
Dedham, MA**

April 29, 2007

45:24Ronald Siraco
46:52Livio Ferrara
47:35Ana Hubert
47:37Walter Drag
48:16Leanne Tierney
48:44Jackie Doerrer_Mullen
54:22Lauren Reid
59:37Rick Collette
59:53Nancy Gaudet
1:02:24Kelly Walsh
1:02:57Lois Parker_Carmona
1:04:29Catherine Kane
1:07:37Buddy Hubert

**Groton Road Race 10K
Groton, MA**

April 29, 2007

55:09Tom Cross

**Ring Around The Neck 5M
Marblehead, MA**

April 29, 2007

35:52Linda Ford
38:30Robert Bruzzese
43:41Elizabeth Grieco

Cool Kids 5k

Billerica, MA

April 29, 2007

29:17Sharon McKenna
32:52Elizabeth Searles

Lehigh Valley Half Marathon

Allentown, PA

April 29, 2007

1:29:23Barry Petzold
1:33:36Judi Chiavetta

May, 2007

**Hornet Hustle 5k
North Reading, MA**

May 5, 2007

31:54Brittney Mansfield

**Breakheart Classic 6K
Wakefield, MA**

May 5, 2007

25:24Ronald Siraco
27:48Michael MacNeil
32:06Erin Lynch
33:27Rick Collette
34:37Elisabeth Kandler
35:31Judy Duffey

**Westford Road Race 10K
Westford, MA**

May 6, 2007

55:16Tom Cross
56:52Erin Lynch
1:00:30Lois Parker_Carmona
1:00:33Matt Sazama
1:11:31Kristin Stead

Westford Road Race 5K
Westford, MA
May 6, 2007
 17:07Dave DeChellis

**John L. O'Brien III Memorial
 5 Mile Road Race**
Woburn, MA
May 6, 2007
 41:07Carolynn Parmenter
 48:03Rick Collette

Tewksbury Ed 5K
Tewksbury, MA
May 6, 2007
 26:41Rick Collette

**The Blue Cross Broad Street
 10M Run**
Philadelphia, PA
May 6, 2007
 1:11:27Maryann Grande
 1:19:25Steve Grande

Backshore 5M
Gloucester, MA
May 11, 2007
 31:41Jennifer Rapaport
 45:41Sue Clough
 46:00Jean McFadden

Big Lake Half Marathon
Alton, NH
May 12, 2007
 2:22:12Rick Collette

Hampton Falls 5M Road Race
Hampton Falls, NH
May 12, 2007
 35:19MaryAnn Grande
 37:10Steve Grande

Helen Driscoll 4M Road Race
Medford, MA
May 12, 2007
 37:40Judy Duffey

MMR Race for Research 5K
Boston, MA
May 12, 2007
 22:12Walter Drag
 28:36Elizabeth Grieco

**Triathlon by the Sea 3.5M
 Run**
Marblehead, MA
May 13, 2007
 25:29Linda Ford

M.O.M.s 5K Run
Somerville, MA
May 13, 2007
 22:36Ana Hubert
 29:21Buddy Hubert

Melrose Run for Women 3.5M
Melrose, MA
May 13, 2007
 21:36Jennifer Rapaport
 21:44Judi Chiavetta
 25:42Julie DAndrea
 26:23Marlene McGunigle
 26:32Ginny Rowe
 28:20Suzanne Cataldo
 30:36Ellen Katz
 30:37Elisabeth Kandler
 32:29Catherine Kane
 32:38Judy Duffey
 33:13Sharon McKenna
 33:44Donna Leggiero
 34:08Martha Quigley
 34:09Erin Hobin-Audet
 34:38Maureen Hickey
 34:54Donna Pagliccia
 35:45Gail Hamm
 36:01Elizabeth Searles
 36:18Kelley Sikora
 36:30Jayne Lynch
 37:43Pamela Murphy
 39:50Shelley DAmbr
 40:00Barbara Lawson
 51:52Erin Lynch
 53:06Patricia Kelly
 56:11Katie Kenawell

Reading Lions Journey for Sight 5K
Reading, MA
May 19, 2007
 27:40Judy Duffey
 30:59Elizabeth Searles

Plympton Strawberry Shortcake 10K
Plympton, MA
May 19, 2007
 43:56Walter Drag

Survive This 5K
Las Vegas, NV
May 19, 2007
 22:15Maryann Grande
 23:16Steve Grande

Evans Run 5K
Norwell, MA
May 20, 2007
 30:57Walter Drag

Bedford Rotary Memorial 12K
Bedford, NH
May 19, 2007
 42:18Dave DeChellis
 48:36Jennifer Rapaport

Parker 5M Road Race
Devens, MA
May 20, 2007
 44:32Tom Cross

Mountainman Duathlon
Windsor, VT
May 20, 2007
Mountainman Run 1 - 4.7M
 31:07Barry Petzold
 32:22Judi Chiavetta
Mountainman Run 2 - 2.6M
 18:25Barry Petzold
 18:41Judi Chiavetta

Lowell Spinners 5 miler
Lowell, MA
May 26, 2007
 47:35Jean McFadden

Melody Miles 5K
Hamilton, MA
May 26, 2007
 22:57Ana Hubert

Melody Miles 5M
Hamilton, MA
May 26, 2007
 40:45Michael MacNeil

Keybank Vermont City Marathon
Burlington, VT
May 27, 2007
 3:52:54Ed Torres
 4:08:20Julie DAndrea
 5:35:07Rick Collette

Boston Run to Remember Half Marathon
Boston, MA
May 27, 2007
 1:38:15Ron Siraco
 1:43:08Linda Ford
 1:44:38Katie Sinnott
 1:46:23Walter Drag
 1:47:23Leanne Tierney
 1:48:20William Stewart
 1:53:42Michael York
 1:56:31Robert Bruzese
 1:59:22Lauren Reid
 2:26:59Nancy Gaudet

Boston Run to Remember 5M
Boston, MA
May 27, 2007
 40:50Nick Lamberti
 46:49Catherine Kane
 50:06Sharon McKenna
 53:13Judy Duffey

Baldi River Run 5 Miler
Haverhill, MA
May 27, 2007
 27:23Dave DeChellis
 44:06Tom Cross
 46:12Jennifer Randall

The Great Hyannis Johnny Kelly 10K
Hyannis, MA
May 27, 2007
 50:18Marlene McGunigle



Pineland Farms Trail Challenge 50K
New Gloucester, ME
May 27, 2007
 6:17:48Roy Van_buren

Runners Alley Redhook 5K
Portsmouth, NH
May 27, 2007
 21:28Maryann Grande
 22:03Steve Grande
 32:15Jerry Delatizky

30th Annual Dory Run 5K
Swampscott, MA
May 28, 2007
 22:08Walter Drag
 22:37Ana Hubert
 28:58Buddy Hubert

The Blues 4.2M Run and Walk
Cambridge, MA
May 31, 2007
 24:13Barry Petzold
 29:07Judi Chiavetta
 43:05Jennifer Randall
 43:37Denyce Curtis

June, 2007

Vision 5k
Boston, MA
June 2, 2007
 30:38Walter Drag

Harpoon Brewery 5 Miler
Boston, MA
June 2, 2007
 46:39Tim Vautin
 48:53Erin Lynch

Cox Falcon 5K
Virginia Beach, VA
June 2, 2007
 21:42Maryann Grande
 22:42Steve Grande

Corrib Pub 5K
W. Roxbury, MA
June 3, 2007
 21:43Ana Hubert
 22:29Michael MacNeil
 22:38Peter Fopiano
 30:54Buddy Hubert
 38:00Sheila Lawson

Arlington Memorial 10K
Arlington, MA
June 3, 2007
 50:27Nick Lamberti

Descente Royale 10K
Montreal, Canada
June 3, 2007
 37:05Barry Petzold
 39:01Judi Chiavetta



Iron Horse Half Marathon
Simsbury, CT
June 3, 2007
 2:29:30Rick Collette

Joans Jaunt 5K
Woburn, MA
June 7, 2007
 47:36Sharon McKenna

Hollis Apple Country Fast 5K
Hollis, NH
June 7, 2007
 20:04Melissa Behl

Squirrel Run 5M
Quincy, MA
June 9, 2007
 35:40Walter Drag
 36:00Robert Bruzzese

St Patricks 5k
Pelham, NH
June 9, 2007
 26:48Lois Parker_Carmona

Market Square Day 10K
Portsmouth, NH
June 9, 2007
 44:31Maryann Grande
 48:19Steve Grande
 57:22Jean McFadden

Day Of Portugal 5K Road Race
New Bedford, MA
June 10, 2007
 21:10Ana Hubert
 28:40Buddy Hubert

Emerson 5K Run
Concord, MA
June 10, 2007
 27:14Richard Collette
 28:36Sharon McKenna

Summer Solstice Beer Run
By Betty Kandler

Date: Thursday, June 21st
 Time: 7:00 PM
 Start: Erin's house (24 Ash St.)
 End: Betty & Kaj's house (64 Park St.)

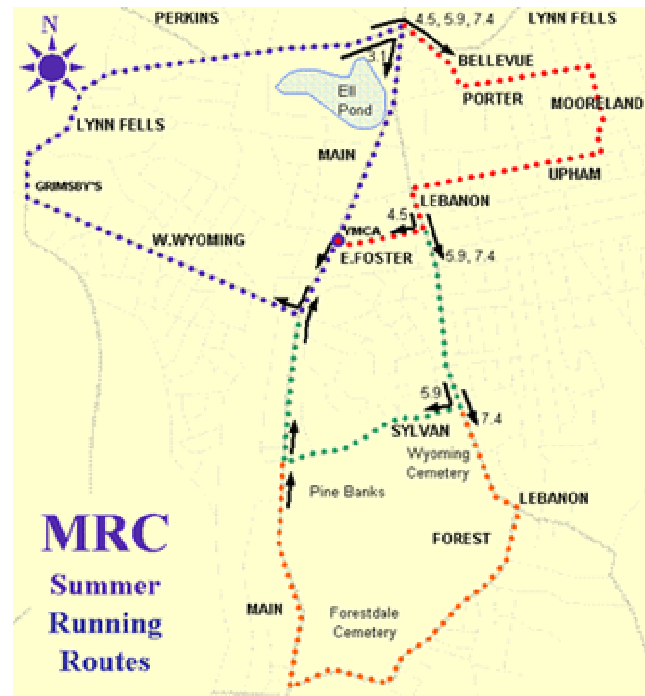
We will run a short route around Melrose with 2 runners as a team. Partners will be picked randomly. We will distribute the running route at the start (Erin's house). The run will include stops at club member houses with challenges and beer. At the end, we will have prizes and refreshments.

The run will start at 7:00 PM at Erin Lynch's house (24 Ash St., Melrose) and end at Betty & Kaj's house (64 Park St., Melrose.). Erin's and Betty's house are 0.3 mile apart. You will not be far away from your car if you drive. We will have someone drive you in case necessary.

We ask everyone to contribute with \$4 for the beer. You can give the money to Erin on the day of the run. If you like, please bring some refreshments.

For logistics purpose, we would appreciate if you could let us know if you are coming and what you would like to bring. It will be a great team event and you don't want to miss it!

Summer Running Routes



ALL SUMMER RUNNING ROUTES

Head South on Main towards Malden
 Right on W Wyoming
 Right on LynnFells

3.1M

Right on
 Main St
 Return to
 start

All Others

Continue on LynnFells
 Right on Bellevue
 Left on Porter
 Right on Mooreland
 Right on Upham
 Left on Lebanon

4.5M

Right on E
 Foster
 Return to
 start

All Others

Continue on Lebanon

5.9M

Right on
 Sylvan
 Right on
 Main
 Return to
 start

7.4M

Continue on
 Lebanon
 Right on Forest
 Right on Main
 Return to start

