



# Melrose Running Times

The Official Newsletter of the Melrose Running Club ~ April / May 2010



## Upcoming Melrose Running Club Dates

**MRC Walk To Run:**  
Starting Tuesday, April 27<sup>th</sup>

**MRC Board Meetings:**  
Tuesday, April 20<sup>th</sup>, after the Run  
Tuesday, May 18<sup>th</sup>, after the Run

**1<sup>st</sup> Tuesday Social:**  
Tuesday, April 6<sup>th</sup>, after the run  
Tuesday, May 4<sup>th</sup>, after the run

**Healthy Melrose:**  
Saturday, April 10<sup>th</sup>, Melrose Middle School, 10 am - 2 pm. MRC booth.

**Melrose Run for Women:**  
Upcoming Organizational Meetings:  
Tuesday, April 27<sup>th</sup>, after run

**Mother's Day Race**  
Sunday, May 9<sup>th</sup>, 9 am

**Summer Solstice Fun Run**  
Saturday, June 19<sup>th</sup> (time/location tba)

**Melrose Running Club (MRC) to offer**  
**"WALK TO RUN"**  
**starting Tuesday, April 27, 2010**

**MELROSE - The Melrose Running Club (MRC) will conduct its ten-week "Walk to Run" program for individuals interested in becoming beginner runners. The tenth edition of the MRC "Walk to Run" program will commence on Tuesday, April 27<sup>th</sup> at 7 PM from the Melrose Knights of Columbus on West Foster Street.**

**The MRC "Walk to Run" program is modeled after several nationally developed beginner running programs and is designed to develop a continuous 30-minute beginner runner. Articles and tips on running, shoe selection and nutrition will be provided by members of the Melrose Running Club. In addition, staff from the Marathon Sports store in Melrose will hold a running shoe clinic the first night of the program.**

**Program applicants should be in good physical health (consult with your physician before starting this exercise program), be able to walk continuously for 30 minutes (prepare your legs with at least 8 days of walking, 20 minutes for the first four days & 30 minutes for the last four days), and have a strong desire in learning how to run. Cost of the program is \$25 includes a half-year individual membership in the Melrose Running Club. For more information or registration, please access the Walk To Run homepage on the MRC website at [www.melroserunningclub.com](http://www.melroserunningclub.com).**



Planning for the annual **Mother's Day race, Melrose Run for Women** on May 9<sup>th</sup>, is currently underway. If you would like to volunteer, please contact Race Director Liz Tassinari@  
[liztassinari@melroserunningclub.com](mailto:liztassinari@melroserunningclub.com).

### **SPONSORSHIPS:**

It's time to raise funds again!  
All businesses, individuals and organizations are good targets for donations. If you would like to help, contact Alastair Drummond ([drummond59@gmail.com](mailto:drummond59@gmail.com)) for materials and a race brochure. Proceeds from the race benefit the Melrose Alliance Against Violence. Let's make a new record this year!

**The Melrose Running Club is a co-ed club that meets each Tuesday evening at the Melrose Knights of Columbus on West Foster Street at 7:00 PM for fun runs of 3-7 miles. Runners of all ages and abilities are invited to join the Tuesday night runs. The Melrose Running Club is a member of the Road Runners Club of America (RRCA).**

### ***Headed up Heartbreak Hill...***

**Barry Cossette  
Alastair Drummond  
Dave Hayes**

These lucky members were selected to represent the Melrose Running Club at the 114<sup>th</sup> Boston Marathon. Come join many MRC Members in cheering them on. Location TBA on the MRC forum soon.

**See Page 3 for a personal account of their training and race day expectations!**



### **Melrose Health Fair 2010**

The Healthy Melrose Family Wellness and Fitness Fair will be held on **Sat. April 10th from 10am–2pm @ the Melrose Middle School**. There will be roughly 50 vendors including fitness studios, martial arts, yoga, chiropractors, bodyworkers, non-profits like Friends of the Fells, and healthy food vendors. There will be talks and presentations by nutritionists and sports medicine specialists. There will also be mini classes where people are encouraged to participate in Zumba, Yoga and Kettlebells. A kid friendly area will include a presentation from Vegetable Circus.

Melrose Running Club will have a booth to promote our spring events: The Mother's Day Run For Women and the Walk to Run program. Stop by with your neighbors and friends and check out all the healthy options Melrose has to offer. Check out the fair's Facebook page for more details and a schedule of events.

A 5k road race to kick off the fair, beginning and ending at the middle school. The start time of the race is 8:30am.

#### **SUNDAY LONG RUN TRAINING PLAN**

More information and course routes can be found on the website.

**Meet at 8am – Brueggers in Melrose**

<b>WEEK</b>	<b>FULL</b>	<b>HALF</b>	<b>ROUTE</b>
<b>12</b> (3/28)	<b>22.0</b>	<b>9.0</b>	Hopkinton-Boston
<b>13</b> (4/3)Sat	<b>14.8</b>	<b>7.1</b>	Swains + Farm
<b>14</b> (4/11)	<b>12.5</b>	<b>7.1</b>	Spot Pond
<b>15</b> (4/18)	<b>26.2</b>	<b>13.1</b>	BOSTON
<i>...and continuing 'til the end of May in a slightly looser fashion...</i>			
<b>0</b> (4/25)	<b>8.8</b>	<b>4.2</b>	Farm Street
<b>1</b> (5/2)	<b>9.1</b>	<b>6.3</b>	Breakheart
<b>2</b> (5/8)Sat	<b>12.5</b>	<b>7.1</b>	Spot Pond
<b>3</b> (5/16)	<b>10.7</b>	<b>6.2</b>	Lake Q
<b>4</b> (5/23)	<b>14.5</b>	<b>7.1</b>	Melrose Half
<b>5</b> (5/30)	<b>12.5</b>	<b>6.3</b>	Breakheart

## Upcoming Races

March 28 – Irish Feet are Running 5Miler, Lowell Noon  
 March 28 – Marathon Sports CityRun 5Miler, Fresh Pond Cambridge, 10:30am  
 April 3rd – April Fools 4Miler, Waltham 1pm  
 April 10th – Healthy Melrose 5K, Melrose 8:30am  
 Apr 11 – Great Bay Half Marathon Newmarket, NH 11am  
 April 11th – Cohasset by the Sea 10K, Cohasset 1pm  
 April 17th – Chase the Gorilla Down Argilla 5K, Ipswich 9am  
 Apr 19 – Boston Marathon  
 April 25th - James Joyce Ramble, Dedham, 11am  
 May 2 – Providence Rhode Races  
 May 9 – Melrose Run for Women  
 May 30 – Vermont City Marathon  
 June 22<sup>nd</sup> – Summer Solstice Fun Run (details tba)

## Marathon Men

Barry Cossette  
 Alastair Drummond  
 Dave Hayes

### How has your training gone to date?

**Barry:** My marathon training has been unlike any other solely because running Boston has always been my ultimate goal.

**Alastair (AJ):** I never knew what it felt like to run long distances before, but thanks to the Sunday Long Run program and the support and encouragement of countless runners in the MRC, I'm feeling the changes - mentally and physically- to be able to finish these runs. I'll never look at a hill the same way again! Thank you!

**Dave:** Training is about making good choices and having fun - even the waking up early part. There's a lot of extra laundry though. I like that the goal is a self-imposed responsibility.

### What are your expectations for Marathon Day?

**Barry:** The only expectation that I have on race day is to take in the excitement/experience of running the Boston Marathon. If I finish and or run a great race that would be great too.

**AJ:** For Marathon day, my main concern is finishing, and to take in the entire experience. I hope I can keep it together, and do myself -and the club- proud. No speed records this year!

**Dave:** I want to enjoy the Boston Marathon experience, and I look forward to great memories. I want to be able to observe and witness the marathon as much as be part of it. I'm grateful for the opportunity. I'm looking forward to hearing the crowds.



## Martha's Vineyard 20 Miler Retrospective

On February 13th, many MRC Members headed on an annual pilgrimage to the Vineyard for the MV 20, a race that tests one's endurance amidst cold temperatures and icy terrain, but also offers great views and even better camaraderie.

Here's some quotes from those hearty souls...

**Judi:** "This is my 5th year in a row running the MV 20 miler. It is such a unique experience being on the Vineyard in the winter and it keeps me coming back year after year. It also helps that it becomes a weekend party enjoyed with friends and fellow runners! The weather was very cooperative with little to no wind but some of the course was icy which made for some fancy footwork :)

**Katie:** I think overall we really enjoyed the day – 4 of us PRed, Sue C ran her furthest ever, the Cossettes are looking strong for Boston, and Judi kicked hiney! The weather held up, and running over the few snow piles created an adventure on the bike path.

**Sue:** It was my longest distance. I had some doubts I wasn't trained enough etc. I just treated it like a Sunday Long Run and chatted with Lois for 17 1/2 miles and before you knew it, I only had 2 1/2 left to go.

**Liz:** There were smiles on everyone's faces as they made the long run, along windy bike paths and icy footing. Everyone was strong, must have been those Sunday long runs. (or maybe it was the wonderful pre-dinner prepared by Joanne Piper) Those smiles lasted through the after the race beers, the after the race dinner, the after the race lounging in pajamas and the after the race additional drinks.

**Barry:** I couldn't have imagined a better day in February for a 20 mile race. It's a great winter weekend getaway.

*Martha's Vineyard Tourism Board, anyone? This race is a perfect example of the community, fun, and running talent that is the Melrose Running Club. Don't miss next year's edition...*

## ***Civility in a Runner's World*** - *don't look like this guy!*

(Dan Slattery)



Does it exist?

Many of us, on separate forums/occasions, have made note of what we perceived those respective days to be a lack of friendliness or even civility on the roads, whether it be a fellow runner, a walker, and yes, the motorist flexing his or her "right of the road" muscle.

Does it depend on the situation? Do you "curb your enthusiasm" when passing someone in a race? Does it bother you? Do you even care? I solicited many of the same individuals who ran the Martha's Vineyard Race for their take on this basic topic...

Judi: As for the runners wave/smile...it really depends on my mood, the weather and the time of day that I go out running. It also depends on how many people I pass. I would say that I generally will say hi if I can catch a persons eye. I am also a waver if I can't decide what to say. For example, good afternoon is tough to get out and sounds a little odd so I might opt for a wave instead. The worst feeling is when you say something and get nothing in return. It's like runner rejection. That may make me stop for awhile because who likes rejection? Or I might just answer myself and say. "I'm great and you?" But then I look a little crazy. So I guess it depends, but I consider myself a friendly runner. If someone says hello before me I will ALWAYS respond.

Barry: I try to wave and say hi, but it depends on where I am running, how I feel and if the other person appears responsive or not. More often than not I do acknowledge the other runner, sometimes from across the street (if they're looking across). I've read an article about this and it's one of those topics like the "running with music vs. the purists" where no one will ever win the argument. I'd like it if everyone was friendly with each other but I can't expect it to happen and I try to not let it bother me.

Sue: I always wave, just a little wave, and expect a return. I get annoyed if they don't return the wave. Sometimes when I run on my own, I use it as a speed work out sort of thing. If the person doesn't acknowledge me, I have to speed up for a bit.

The best quote came from Katie: I'm a waver, smile-er, nod-er (are you surprised?). I even usually give a "good morning" or the like while out on the roads. A good deal of my runs go through Marblehead, and I see quite a few runners. The Sunday morning runners are the most likely to wave, nod back. But I hate when you give a wave and the person you waved at gives you nothing. Makes you feel like you are back in middle school and are the last one waiting to get picked for kickball. As for driver's courtesy...it has gone way down hill. This winter especially! I am noticing so many cars driving very close to the shoulder or honking at us on our Tuesday night runs. I usually call out some mean names at them. Apparently they weren't in kindergarten on sharing day.

In closing, when you acknowledge someone, wave, smile, or extend a short greeting/ response, you raise the bar of civility, and potentially set the tone for the rest of your, and potentially, the other person's day. If you get nothing in return, push 'em down and keep running (yes, I'm kidding).

**MRC MEMBER SPOTLIGHT on Ginny Rowe**

I started running the summer before my freshman year in high school. I signed up for the cross country team, and the team captain had us practice during the summer before the season began. This was very memorable for me because the day after our first 2.5 mile run my family had planned an outing to Canobie Lake Park. Having never been there, I was looking forward to the trip. What I didn't expect was the searing pain in my thighs calves and glutes the whole time we were there. I remember my parents getting so frustrated with me because all I did was complain. Come to find out a root beer float is a good remedy for a sore, whiny teenager. Aside from the initial aches and pains getting started I loved the sense of belonging that running with a group of people brings. The stories, the laughs, the camaraderie and commiserating and friendships are what got me to keep up with my commitment. I have been running ever since with only a few interruptions along the way (namely Gregory, Geoffrey and Gavin). Several of my friends that I ran with in high school are still my friends today.

So, that's how I got started and got the running bug. I keep running mainly because it's fun and it helps me with achieving goals. I could come up with a whole list of adjectives to describe why I run; energizing, exhilarating, motivating, liberating, convenient, etc... but it really comes down to it being fun, and that's why I love it. When I started running with the club nearly six years ago I was running about 3 - 4 miles at a time on my own. I knew I would need a little social motivation to help me push that distance to the next level, so that I could run a 10k. That motivation came shortly after joining the club. I met up with fellow club member Molly McGunigle on a Tuesday night run. We ran around the same pace, had similar goals to increase our distance, had a lot in common and she had soon become a great friend and running partner for me. We helped push each other to the 5 mile route, the six mile route, and before we knew it we were running 6 miles with ease.

A couple of years ago I decided to challenge myself to complete a half marathon. My brother who lives in Florida was running 5 and 10k's at the time, so he signed us up for the Disney half. I joined in with the MRC Sunday morning training runs to help prepare me for my first half. The support and company along those runs helped make the transition to increase my distance a whole lot easier. January of 2007 I packed my bags, flew to Florida, met up with my brother and completed my first half marathon. That sense of accomplishment was so amazing, and I have to admit I love doing races for the celebration afterwards and the post race euphoria. Coming home was somewhat humbling though. I was talking with my kids at dinner, and they weren't all that impressed with their mother finishing a half. If you can do a half Mum, why don't you run a whole? That's what they asked. In the back of my mind I knew I would love to run a full marathon; especially Boston; but I didn't think it was achievable for me. I didn't have the confidence to run that distance, and it hurt once I got up into the 11-13 mile range. How could I possibly run 26? How would I find the time to commit to the training, take care of my family and work part time? So, I shelved that thought for a while, but I knew it would keep resurfacing. I wasn't wrong. Every run I thought about it. Every club run I would talk with people that had achieved that goal and their experience with it. Once I hinted that I might like to try one, the outpouring of support from club members was incredible. Now, not only did I want to complete a marathon, but friends at the club were rooting for me to complete one. So, I mustered up the courage to go for it and apply for a club number for the Boston Marathon. Last year I was lucky enough to get one of the club invitational numbers. No turning back now! Time to get serious.

I am happy to say I had a great experience running the marathon last year. It was like being the guest of honor to a 26 mile long party. The training leading up to the day I think was the real experience. There were ups and downs and lessons to learn; injuries, strains, blisters, snow storms, rain storms, nausea, chaffing, but there was also, new routes to explore, stories to share, songs to sing out loud to the poor soul running next to me, recipes and restaurants to discuss new bonds to be formed with people sharing the same goals, high fives and kudos for completing each week and getting closer to the goal. I will be forever grateful to the club for giving me the opportunity to run the Boston Marathon, for the many friendships and a whole lot of fun in the process. Plus, I got some super cool mom points from my kids who now have a mother that completed a whole marathon!

The running bug is a part of me. I'm hoping to run a couple of half marathons this Spring and a third marathon next fall. I'll end it with something my son said to me a while ago. Last fall my 12 year old started running cross country. After picking him up from practice one day he said to me "Mom, when I'm running I feel like I'm having the time of my life". I can completely relate to that; especially running with the MRC group.

## Sunday Long Run Road Trip - From Hopkinton to Boston College

On the morning of March 28<sup>th</sup> five cars carried a group of Sunday Long Runners on a 40 mile trek to a little monument on small green honoring soldiers that fought in World War I. Here a bronze Doughboy has stood for over 70 years with the prime vantage point to watch the start of the Boston Marathon. Huddled at his feet, on a cold spring morning, our group stopped for a quick picture (right) before retracing the steps of marathoners before us from quiet country Hopkinton to bustling Boston College.

Walt started out first, in his confusion he had thought we had left him while he was in the portal potty, and rushed onto the course well before us. Judi, Katie, Jen, and Mike formed the lead pack, with two Carsons trying to keep up behind them... Lizzie joining her dad for the first small bit of the run. They were quickly overtaken by Mary and Michele. Our three invitational number recipients, AJ, Barry, and Dave were in the mix in the middle pack which included Billy, Carol, Ginny, Rachelle, Lauren, and Nancy's nephew Dan. Following them were the three bright smiles on the faces of Gen, Kerry, and Melisa.

The first leg of the run brought the runners through the wooded country road of Rte 135 from Hopkinton into Ashland, passing a mystery piece of road kill on our way to water stop 1. There Barry and Gen's husband Nate were serving up refreshments to keep our runners fueled up for the miles ahead. Liz, Lois, Sue, Catherine, Nancy and little Lizzie helped with the water stop duties, pitching in at the even stops along the way. The first three miles were over quick, Lauren the only runner showing any hint of trouble as she was giving a valiant effort to run through an injury that had already caused a noticeable change in her gait. She forged on with the rest of the crew back out onto route 135.

The second leg brought us quickly into the more urban Framingham where railroad cars full of corn syrup crawled alongside us into Framingham Center. The lead pack was well in front now, Mary finally catching up to them before the second water stop. The middle pack stretched out, regroup, and stretch out again with a new leader. Billy had his turn at the start, then Barry for a while, but as we came into the second water stop Ginny burst out with a powerful stride to win the race to the Snickers bars. We lingered for a few minutes there as Lizzie, adorned in devil horns, poured us a drink and offered us



candy while runners took turn at the nearby gas station bathrooms. As the three smiling girls finished their second leg our middle pack headed back out for the third of seven 3 mile runs.

This stretch brought us into Natick, home of the Cobbler Vice President. The Boston Marathon course passes an obscure little shack where Henry Wilson learned to make shoes but made his name as the Vice President of Ulysses S Grant. Rolling through suburbia route 135 took us into Natick Center where Barry and Nate waited next to Barry's car, which was making great use of its surgery enabled handicapped parking placard capabilities. Nancy joined in here to run with her nephew Dan, who was running with Dave and AJ. While Nancy joined this would become the last mile for Lauren, the hip pain proving to much for her on this day while everyone keeps their fingers crossed that some rest and physical therapy may get her marathon groove back on before Boston.

From Natick we picked up some company as marathon trainers doing an out and back from Boston College began to join in our fun. Up past the eerily silent Wellesley College area (where our three male first time marathoners will have young college girls screeching for them in three weeks) and into Wellesley Center. The trio of Lois, Catherine, and Sue would jump in where Mary, Ginny, and Jim jumped out after 13 miles. Liz served up refreshments while the transition was made, runners readied in the restroom of Brueggers while the new water stop crew bought coffees. Here we also picked up Nick, a West Roxbury resident now, he showed up to join in on the fun of the last 9 miles of the run.

Wellesley weaved into Newton where Nate and Barry kept the runners moving with more drinks and snacks. They were doing such a fine job supporting that runners from other groups were stopping for their help. This run had officially become an event as the constant stream of runners headed wearily over 128 onto Washington St in Newton. From there a quick turn onto Comm Ave brought the hills. The first a long tiring hill. At the base of the hill Liz waited with more refreshments, including pretzel sticks to keep the salt balance up in the runners. As the warm weather and long distances the runners were showing some wear both physically and mentally. Each showed strain as they came by the Johnny Kelley statue, and then a relieved smile when they spied the water stop.

The final stretch started with a long up hill, Heartbreak Hill, the middle of the three Newton Hills. With three miles left each runner embarked on their last of the seven segments of this run with a "hear goes nothing" look on their face. In stark contrast the finish line, St Ignatius Church at Boston College, was adorned with wide eyes and bright smiles. As each runner crests the hill before heading down to the church an elated feeling is visible as the training run draws to a close. This was most apparent on the face of Mike Urquiola who treated himself to a giant chocolate ice cream in a waffle cone to celebrate the occasion. His chocolate covered smile was priceless. As was the giant smiles that still resided on the faces of Gen, Kerry, and Melisa, just as happy 22 miles later as they were when they lined up at the start.

Once all the runners were back safely we posed on the steps of the church, everyone sporting their own giant "we did it!" smile. We hope to see those same smiles go by here on Patriots Day!

