



Melrose Running Times

The Official Newsletter of the Melrose Running Club ~ June/July 2010



Melrose Running Club Upcoming Dates

Adopt-A-Site Clean Up

Tuesday, June 1, after the run

1st Tuesday Social:

Tuesday, June 1, after the run
Tuesday, July 5, after the run

Board Meetings:

Tuesday, Jun 15, after the run
Tuesday, July 19, after the run

Summer Solstice Fun Run:

Saturday, June 19, 5 pm at the Cossette's
(check the Forum for more information)

Summer Party:

Saturday, July 10, at the Murphy's
(check the Forum for more information)

"WALK-TO-RUN" program winds down

Over 90 people showed up on the last Tuesday of April to participate in the ten-week Walk-to-Run program. Now, their journey is about to wrap up. Let's show them our support!

On Tuesday, June 29th, all regular MRC members are asked to meet at Marathon Sports by 6:45 pm. After 10 weeks of training, that's where the Walk-to-Runners will end their first continuous 30-minute run.

Whether they joined because of health benefits, a friend dragged them, or they want to beat their spouse in an upcoming triathlon... they all deserve a round of applause. Kudos to Nick Lamberti and all MRC volunteers for making the Walk-to-Run program happen.

For personal stories of past WTR participants, please see Page 2...



- It was another amazing year for the Melrose Run for Women which took place on Mother's Day, May 9th.
- With over 955 registered runners and walkers, MRFW is now the 3rd largest women's race in New England.
 - Thanks to the large number of registrants and sponsors, we will make a significant contribution to our partner charity: MAAV (Melrose Alliance Against Violence).
- We could not have done it without the vast & dedicated crew of volunteers -- Good work, everyone!!
 - For photos of the event, please see Page 5.

SUNDAY LONG RUNS

Mark your calendars for **Sunday, JULY 11th**, the start of fall marathon training. Meet at Brueggers in Melrose at 8:00 am. More information will be posted on the MRC website, Sunday Long Runs link, as the date approaches.

Upcoming Races

- June 16 – 17th Annual Louise Rossetti Women's 5k, Beverly
- June 19 – Summer Solstice Fun Run (details on Forum)
- June 27 – 13.1 Boston
- July 11 – Take the Lake 5k, Wakefield
- July 27 – Yankee Homecoming 10M, 5k, Newburyport
- July 30 – 24-Hour Around the Lake Relay, Wakefield

Congratulations to all 16 MRC runners who took part in the 114th Boston Marathon.

In particular, kudos to Barry Cossette, Alastair Drummond, and Dave Hayes, who represented the Melrose Running Club with our three club numbers. See Page 3 for their reflections.

Walk-to-Run Alumni Share Their Stories

It was the spring of 2006, when I joined the Walk-to-Run program. During that time, I was a stay at home mom to 18-month-old twin boys. I was having the normal feelings of motherhood and being home all day did not help. At the suggestion of a friend, I decided that I wanted to do something that was good for me and, of course, set a great example for my family. When I heard about the program, I decided to do it and just hoped that I would get through it. After all, I never really thought that I could be a runner. I traveled every Tuesday from Topsfield and did my homework. I really enjoyed it and the best part about it was the fact that I was doing this for me. I finally felt like I had something of my own. I received so much encouragement from WTR. It taught me to run, build confidence and believe that I could do anything that I set your mind to. I may never place in a race nor break a record, but who cares? This was for me! As a result of it, I have done several races and two half marathons. I may not get to run with the club as often as I like due to our crazy family life but I still get out and go for that me time. I have conquered so much from my experience. Hopefully one Day, I will do a full marathon. When that time comes, I know MRC will be there to inspire and help me grow. I would encourage anyone to do this program. It works and you receive so much more than learning how to run. It does not matter how fast you go – you are a runner whether you run a mile or 26. I have become strong in mind and body because of it. Yes, I'm a twin-mom, but I am also a runner and proud of it! Thanks Melrose Running Club! -- Jennifer Randall



I joined Walk-to-Run in 2009. When I signed up, I was hopeful that I would be able to learn to run, but I had doubts about actually succeeding; I had never been athletic. I did love to walk, but I always wanted to be able to run. As a two-time cancer survivor I was looking for something to boost my energy level and sense of accomplishment. Not only did the WTR program do this for me, it also introduced me to a caring and supportive running club. If you follow the guidelines, the program works! I can't believe I've completed seven 5K runs this past year and how great I feel after each run. It's the best thing I have every done for myself and it's fun! My advice is stick with the program. Some weeks will be easier than others but in the end you will have developed a skill you can use for the rest of your life that makes you feel great!!! -- Judy D.

I participated in the Walk-to-Run program two years ago. I was hoping to get some good tips and some motivation to keep running once I started. I have run off and on throughout my life, but never consistently and far more "off" time than "on." I am happy to say that I have pretty much been able to stick with running for two years now, even through the winter weather and various injuries. I met a lot of people through WTR and I am very glad I did it. One of the most helpful things I learned was to go slow and give yourself rest. Good luck to those who are doing it now. It is worth it!



-- Claudia Burnham

I joined the Walk-to-Run program last year because I needed another form of exercise to help shed the weight as well as lower my blood pressure. Also, as I am interested in triathlons, I needed to get the basics of running, which the MRC has done.



-- George Crim

"For every human act there is a moment of decision; a single thought, a breath, a heartbeat... after which all possible outcomes narrow to one."

Marathon Men RECAP



Barry Cossette

Barry: The Boston Marathon was the most challenging race that I've run in my short running career. It was everything that I expected it would be, from the difficulty of the course, the roaring crowds of people cheering for hours on end to the feeling of the ultimate runners high from completing one of the most sought-after marathons in the world. I still get a bit choked up when I think of those last few steps as I was crossing the finish line. It is an experience that I will forever cherish and I owe it all to MRC for giving me the opportunity to run. Thank you Melrose Running Club!

Alastair (AJ): Before moving to Melrose, I hadn't run long distances since my college days. I loved to run, but there always seemed to be a limit. After joining MRC, my miles increased immediately; after a few years, I finally got up the nerve to join the Sunday Long Run program. Thanks to the support and encouragement of Jim and countless others, I started to gain the confidence - and feel the physical changes - necessary to finish longer runs.



Alastair Drummond

Through the Club, I was able to get a bib number for the Boston Marathon...careful what you ask for! The training was tough, grueling at times, and demanding, but rewarding as well. I will probably never forget running in the freezing cold, snow and pouring rain, looking at my feet and pleading with them to 'just get me home!' Knowing I could finish those distances was invaluable.

For marathon day, my main concern was to finish, no speed records, but just take in the entire experience: the live bands, the colorful characters, the familiar roads - passing through where I grew up - and, of course, the amazing sea of runners. I hoped I could keep it together and do myself (and the Club) proud.

It was amazing! Although there were strange, painful, and surreal circumstances towards the end, it didn't matter. I finally made the turn onto Boylston Street after "Mount Hereford" and there was a moment (a gap) where it was just *me*, running past what seemed like hundreds of cheering spectators. The clock loomed overhead - a beacon of victory. So exhilarating! Like a terrific golf shot, it made me want to return for another... and a month later, I did: the 28th annual Sugarloaf Marathon in Maine. Thank you MRC, I'm hooked!



Dave Hayes

Dave, in his charming and renegade fashion, chose a different sort of reflection:

I have had the opportunity of using "Pete's Performance Brownies" at both a half and full marathon, but recently I've also been privileged to test Katie Sinnott's low-fat, low-calorie Cranberry Oatmeal cookies during a half. This cookie has yet to be adequately named, but if I were to give it a single superlative, I would go with "Trusted." Pete's brownies are excellent, but let's face it - we don't know what he's putting in them... there could be any number of ingredients at play that sort of whisper to you: "have another and put one in your pocket before someone else eats the last dozen."

But the question at hand is - in a head-to-head comparison during a long race, which is the better fuel? I like popping a "PPB" in my mouth right after taking a GU. Chocolate brownie is a much better aftertaste than GU. It doesn't take long to feel the positive effects of both the GU and Brownie. This is a big plus. Katie's "Trusted" is also much kinder to the palette after GU, but it needs to be taken earlier during a race because it takes a little longer to digest. I actually consider this to be a plus because I'm not carrying the cookie very long. I popped two "Trusteds" at mile 4 water stop and my pace actually increased significantly by mile 8, which to me suggests approximately when the cookie was entering the bloodstream. I also think that Katie's cookie makes me feel more like I ate something of substance, but without struggling to eat it while running. They are the perfect consistency. If I compare the cookie or the brownie to a Shot Blok® they are each superior to it.

In a perfect world, someone would be at mile 4, 8 and 14 with Katie's cookies, and then someone would be at mile 18, 21, 23 with Pete's brownies. If I carried them on my own, I would bring two cookies and three brownies (about the same volume).

In short, if I had to choose between one or the other... I'd have to go with Pete's Performance Brownies because they were free.

They're going the distance...

Now that the spring marathon season has ended, we would like to recognize those MRC runners who have accomplished significant distance races. In particular, Roy Van Buren and Kevin Claire have endured multiple long races (marathons and ultra-marathons, including one 17+ hour run by Kevin!). Rick Collette finished 3 marathons in one season! Dave Hayes ran Boston and Big Sur within 7 days! Alastair Drummond had double the fun – Boston and Sugarloaf – in his first season of marathoning! Dan Slattery just ran Vermont – his first marathon since 1994 (when he was a Boston bandit)! Congratulations everyone! If you would like more information (such as times), please consult the MRC website...

FAT ASS (TOPSFIELD, MA): 50K Roy Van Buren **MARATHON** Kevin Claire

BEAST OF BURDEN 51.72M ENDURANCE RUN (LOCKPORT, NY): Kevin Claire

TOBACCO ROAD MARATHON (CARY, NC): Kevin Claire, Rick Collette

B. A. A. BOSTON MARATHON (BOSTON, MA):

| | |
|------------------|-------------------|
| Judi Chiavetta | Dave Hayes |
| Jen Rapaport | John Lynch |
| Katie Sinnott | Roy Van Buren |
| Walter Drag | Melisa Thorne |
| Linda Ford | Lester Friedberg |
| Leann Laneau | Rick Collette |
| Barry Cossette | Alastair Drummond |
| Michele DeAngelo | Jose Viveiros |

BIG SUR MARATHON (BIG SUR, CA): Dave Hayes

3RD ANNUAL COX MARATHON (PROVIDENCE, RI): Mike Urquiola, Kevin Claire, Jose Viveiros

G.A.C. MOTHERS DAY SIX HOUR RACE (TOPSFIELD, MA): 31M Roy Van Buren **28M** Kevin Claire

SUGARLOAF MARATHON (SUGARLOAF, ME): Alastair Drummond, Rick Collette, Lester Friedberg

FARGO MARATHON (FARGO, ND): Jen Rapaport

KEYBANK VERMONT CITY MARATHON (BURLINGTON, VT): Dan Slattery, Andrew Pate

PINELAND FARMS 50M TRAIL CHALLENGE (NEW GLOUCESTER, ME): Roy Van Buren, Kevin Claire

We wish long-time MRC member Walter Drag lots of luck as he shuffles off to New Jersey!

In his own words: I am very fortunate... moving to 222 High Street, Mount Holly, NJ on June 9th. MRC Philly Marathoners are more than welcome to stay in this historic 1852 home with plenty of room. It's a major quality of life improvement for me. I'm looking forward to it, despite missing everything here such as MRC camaraderie and support. But, I will see all of our Sunday group on the 22-miler next spring when we get ready for BOS 2011. I'll be back for that trainer and I am maintaining my MRC membership (check the results page)!

To Walt: We will miss your weather reports, Race for Women traffic control, and steadfast encouragement of all runners, new or veteran. Best wishes!

