



Melrose Running Times

The Official Newsletter of the Melrose Running Club ~ Nov/Dec 2010



Melrose Running Club Upcoming Dates

1st Tuesday Social:

Tuesday, after the run, November 2nd
Tuesday, after the run, December 7th

Adopt-A-Site Clean Up:

Outside K of C, Thursday, November 4th,
5:30 - 6:45 pm (see more info on page 2).

Board Meetings:

Tuesday, after the run, November 16th
Tuesday, after the run, December 14th

Thanksgiving Fun Run:

Thursday, November 25th. Leaves from
Stone Zoo parking lot at 9 am.

Mill Cities Relay:

Saturday, December 5th (see page 2 for
more information).

The Assault on Mt. Hood:

Saturday, December 11th (see right column).

Winter Solstice Fun Run:

Tuesday, December 21st; watch the Forum
for details as they develop.

Holiday Party:

Mark your calendars for Saturday, January
8th, 2011. More details forthcoming.

Next up: The Assault on Mt. Hood VI

Once again, the Melrose Running Club – in conjunction with Melrose Fish and Game – hosts this challenging but fun 3.5 mile cross country race along the fairways of Mt. Hood Golf Course. The race takes place on Saturday, December 11, at 12 noon.

Application forms may be downloaded from the MRC website: melroserunningclub.com.

- Pre-entry Fee \$18 (postmarked by Dec 4th)
- Entry Fee \$20

The race is professionally timed with results posted on Coolrunning.com. Classic Nutcrackers are awarded by age group. Cross-country style scoring for male or female teams of 3. Note: jogging strollers are not allowed on the course.

Number pick-up begins day-of-race at 10:30 am at Melrose Fish and Game (Stillman Road in Melrose), just to the left of the Mt. Hood clubhouse. Number pick-up will also take place at Marathon Sports in Melrose on Thursday and Friday of race week.

Last year's event had 300 registered runners and raised money for Housing Families, Inc. and other local charities. Special thanks to the City of Melrose Parks Department, The Office of Mayor Robert Dolan, and Golf Management LLC for their cooperation.

If you have questions about the race or wish to volunteer, please contact Brian Slater, race director, at brian.slater@baml.com.



MEMBERSHIP RENEWAL TIME

Have you noticed the stylish MRC running caps that some of our members are sporting?

You could be wearing one, too. It's a gift for renewing your membership to the Melrose Running Club. If you haven't sent in or dropped off your re-registration form and check, do it soon so that you can be seen with your own MRC cap!



MRC runners at Lake Winnepesaukee Relay
September 25, 2010

Congratulations to the 10 MRC members who ran Boston-qualifying marathons in 2010!

Judi Chiavetta (3:13:17) B. A. A. Boston Marathon; **Jennifer Rapaport** (3:15:43) Berlin Marathon;
Katie Sinnott (3:25:24) B. A. A. Boston Marathon; **Walter Drag** (3:26:53) Wineglass Marathon;
Mary Corbett (3:26:57) BayState Marathon; **Brian Walfield** (3:29:49) BayState Marathon;
Linda Ford (3:33:41) B. A. A. Boston Marathon; **Leann Laneau** (3:37:09) B. A. A. Boston Marathon;
Carol Carstensen (3:54:27) BayState Marathon; **Michele DeAngelo** (4:08:18) B. A. A. Boston Marathon

As soon as the Melrose Running Club hears from the B.A.A. about Invitational Numbers for the 2011 Boston Marathon, an application will be posted on the MRC website. In the past, MRC has received three numbers which it awards on an application-basis. The decision will be made quickly this year in order for the recipients to register immediately. Stay tuned...

27th Annual

Mill Cities Relay

**28.3 miles, 5 legs, 2 states, 1 river
 Sunday, December 5th, 8 am**

Runners are wanted for the following relay legs: 5.6, 4.74, 2.5, 9.5 and 4.75 miles. Please let Liz Tassinari know what distance interests you. MRC also needs volunteers for the water stop it sponsors. MRC usually has several teams that all end up at the Claddagh Pub making merriment after the race. Please join the fun! Email Liz at: etassina@nhs-healthlink.org or rtassinari@verizon.net.

Upcoming Races

Nov 7 – 10th & Final Larry Robinson 10 Miler and 5k, Andover
 Nov 7 – Manchester (NH) City Marathon
 Nov 7 – Maine Coast ½ Marathon (women only), York, ME
 Nov 21 – Philadelphia Marathon
 Nov 21 – Lynnfield Rotary Turkey Trot 5k
 Nov 25 – Feaster Five 5k, Andover
 Nov 28 – Andover 6k Cross Country Race
 Dec 5 – Mill Cities Relay, Nashua, NH to Lawrence, MA
 Dec 11 – The Assault on Mt. Hood, 3.5 mi XC race, Melrose
 Dec 19 – Jingle Bell 5k, Somerville
 Feb 27, 2011 – Hyannis Marathon, ½ Marathon, 10k



Adopt-a-Site Clean Up

Thursday, Nov 4th, 5:30 – 6:45pm

MRC maintains the garden plot in the parking lot adjacent to the Knights of Columbus. To get ready for winter, members are encouraged to bring garden tools and help "freshen" up the site for the coming months. Plants/bulbs will be provided by the Club. After gardening, everyone is invited to take a free yoga class with Lois at 7pm at the K of C. Watch the forum for any updates and in case the weather doesn't permit getting down and dirty.



Laundry detergent... Deodorant... What's that all about? On the first Tuesday of every month, MRC collects donations for A Servant's Heart Food Pantry. Typically, these are non-food items that cannot be purchased with food stamps. That is why we focus on non-edible items. A good and reasonably priced place to purchase these items is at any of the dollar stores. Listen to announcements for the monthly item. Thanks for your help!!

Sunday Long Run Glossary of Terms

At times, MRC's Sunday long runners speak a different language. To help decipher the meaning of their jabbering, the following Glossary of Terms was created:

- **Sue View** – originator: Sue Clough – to point out or point to interesting things along your run. Usually referenced as “taking in the Sue Views” or “that run had a lot of Sue Views.”
- **Clough It** – originator: Sue Clough – means to round up the mileage you ran. Example, if you ran 6.7 miles, you would Clough It to 7 miles for all future references and public announcements.
- **A Kane** – originator: Catherine Kane – to run to a water stop, take a ride to the next water stop, hop out and continue to run to the end of the route. Not to be confused with a Rosie Ruiz, taking a Kane is not used with the strategy to win, but the initial feeling that you cannot possibly run another step followed by surprise at what a short car ride will do for rejuvenation.
- **Nick the Route** - originator: Nick Lamberti – to run your own version of the Sunday Long Run route, just to be different.
- **Pull a Lamberti** – originator: Nick Lamberti – to offer to drive a water stop car back to Bruegger's instead of finishing the run, to be “helpful”.
- **Caroling the Course** – originator: Carol Carstensen – to run around a water stop area or run a bit past the finish of the route to ensure your GPS calculates the route to an appropriate mileage.
- **The Ginny Playlist** – originator: Ginny Rowe – a list of annoying yet catchy songs that once suggested play in your head for miles and miles.
- **A Drag-through Water Stop** – originator: Walt Drag – to barely pause long enough to be seen at a water stop before running off. Often only seen as a blur, but if you listen closely you might hear a mumbled “I’m late, I’m late, for a very important date, no time to say hello, goodbye, goodbye, I’m late, I’m late.”
- **Cursing Carson** – originator: Jim Carson – the act of spitting out expletives, usually directed to the course creator, when going up steep or repeated, or steep and repeated hills. Cursing Carson also occurs on Mondays after particularly difficult Sunday Long Runs.
- **Get Your Nancy On** – originator: Nancy Gaudet – when there is no time for lollygagging, you just start running and anybody running with you has to step it up to keep up with you. Also takes the form of “Nancy up” which loosely translates to, “Hurry up, we gotta finish this thing NOW.”
- **Slacker's Hill** - originator: Joanne Piper - any old hill really, a hill that goes on and on, so much that you need to walk up or slack off.
- **Weekly Stats** – originator: Jim Carson – For those who love numbers, long run recaps would typically have stats of observed counts or interesting statistics particular to the run. Could include, but not limited to, counts of road kill, types of road kill, variety of consumed and littered beer bottles, sum of spare change seen but not picked up, analysis on how many baby Snickers bars to consume for optimal performance, comparisons of BodyGlide vs. deodorant, etc...
- **The Petzold Vortex** – originator: Barry Petzold – the temporary place where your iPod exists when you leave it at a water stop because you can't bear to carry around the additional 2 ounces of weight. Your iPod emerges from the Vortex at the very moment you start eyeing shiny new, smaller iPods to purchase.



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