

The Melrose Running Times

March 2022

THIS MONTH AT MRC

A Message from the President
What's Up for 2022
Running Safety
2022 Boston Marathon Entry Winners
Melrose Run for Women
Donations to A Servants Heart
MRC Race Series
Streaks and Challenges

A Message from the President

Hey MRC!

Well, it has certainly been an interesting few month (eventually I hope to be able to start my messages differently). Winter has fully exerted it's influence and for a time so did Omicron. I am happy to report that we are slowly and safely returning to normal activities. We began our Tuesday night runs again on February 1st, and the Sunday Long Run is also back and going strong. In January, 26 MRC runners participated in the Streak into the New Year Challenge. 20 runners made it through all 31 days, and a 9 are still going! Congrats to everyone who decided to take the challenge and start the new year running. February brought the 100 Mile Challenge, where we tracked participants running miles through the short month. <http://www.melroserunningclub.com/StreakChallenge>

<https://www.facebook.com/groups/418699539326546>

As the days lengthen and we put our darkest days behind us there is much to look forward to! We will continue to run our Winter routes on Tuesdays for a while longer and the Sunday Long Run will hopefully get warmer

<http://www.melroserunningclub.com/sundayrun>

The 25th Annual Melrose Run for Women planning is in full swing and registration is now open!!

<https://runsignup.com/Race/MA/Melrose/MelroseRunForWomen>

We have also updated the MRC Racing Series so don't forget to register for races and report your results so we can track your points.

Volunteer registration for the Boston Marathon is now open: <https://www.baa.org/races/boston-marathon/volunteer>

The Holiday party that was cancelled in January will be re-planned for spring/early summer. Stay up to date on our events by following our social media pages, and please use these pages to share your adventures and ideas as well. If you have ideas for activities, please let us know and we will do our best to support you. Throughout the last few months (and years) we have repeatedly been presented with difficult circumstances and been forced to make difficult decisions. I hope that each of you know that we have done our best, with the information we had at the time, to protect the interests of our members and the mission of our club.

I would like to remind everyone that this is your club, and we want to hear feedback from you. As a board we do our best to represent you and make choices based on the group conscience, but we can only act on what we know. Please share feedback with us whenever you have it so we can continue to grow and thrive as a running community.

Wishing you all easy miles and sunny days,
Bobby

What's Up for 2022

2020 was the year of cancellations, and 2021 was a year of transitions. Some races were cancelled, some were delayed or run virtually, and some were run in a close to normal fashion. Although the pandemic is still with us, and mask and vaccine mandates come and go on a seemingly daily basis, 2022 looks to be better for events of all kinds. MRC will continue to work with local charitable groups and support local races through efforts of the Diversity and Inclusion committee, the Run for Women, and the MRC race series.

We are back to Sunday Long Runs and Tuesday night club runs from the Knights of Columbus. The bar is open to those who feel comfortable. Pizza came back on First Tuesday, but then went away again, but now it's back. As always, the health and safety of our members is the overriding concern in all decisions.

As a fitting kick off to the new year, Sunday Long Runs resumed in January. The runs start in the parking lot behind the Melrose Knights of Columbus and are open to any member that wants to join in the fun. (\$2.00 for long runners, \$1.00 for half runners). Details and routes are available on the web page.

Melrose Run for Women

The 25th annual Melrose Run for Women will be held on Mother's Day, May 8th, 2022.

The 3.5-mile walk/run benefits the Melrose Alliance Against Violence (MAAV), an organization that works to prevent domestic violence and bullying. This year the Run for Women has a title sponsor, Fitzgerald Physical Therapy Associates. The MRFW committee would like to see some members that are not planning to enter volunteer to assist on race morning in order to free up the female organizers to participate in the run. If you would like to volunteer for a few hours on race day, please speak to anyone on the MRFW committee or MRC board member.

Upcoming MRC Events

The next first Tuesday run will be April 5th. The club will be supplying FREE PIZZA, and we will be having a special guest speaker. Holly Fitzgerald, from Fitzgerald Physical Therapy Associates will be attending the Tuesday club run, and will speak to us. We urge all MRC members to attend this meeting.

Many of the MRC's regular events are in the planning stages for 2022. We are planning to hold the 25th annual Melrose Run for Women in person this year, and we should be able to have the Assault on Mount Hood. Unfortunately, the MRC holiday party that was to be held in January had to be postponed due to the post-holiday Covid surge. The planning for the new date has begun again. Club members will be notified as soon as the details are finalized. We will continue with First Tuesday donations for "A servants Heart Pantry".

Spring Running Safety



Running is an activity that can be both enjoyable or stressful, beneficial to your health or your doctor's wallet, relaxing, or dangerous. As members of the outdoor enthusiast community, it is inherent on all of us to follow some simple guidelines to keep safe and healthy. While winter adds a few extra challenges to the mix with darkness, snow and ice, or just cold temperatures, spring has its own little surprises.

The time changes create a visual challenge for drivers facing the early morning or late evening sun, and an early morning or late evening runner may be easy to overlook. Black or patch ice may be unexpected or hard to spot on shaded morning sidewalks. Know your route and don't assume that drivers are going to see you. Continue to wear light colors and/or reflective clothing. Use a headlamp, not only at night, but on dusk and dawn runs. (There is no rule against wearing one during the day, too.) Anything you do to make yourself visible could save your life. Run facing the traffic whenever possible, and try to run in well-lit areas. Run with a friend not only for moral support but for safety. Assume that the approaching driver isn't paying attention to you. There is a fair chance you will be correct.

2022 Boston Marathon Bibs for MRC

Late last year the BAA allotted two bib numbers for MRC members. Applicants were required to apply, and the MRC board used a pre-determined format to award bibs to the top scoring applicants. The recipients this year are Bobby and Kristi Taylor.



The club was informed last week that two additional bibs had been donated to MRC. Club members interested in applying were asked to notify the board and a lottery was held for qualified entrants. The winners of these bibs were Jeff Rushton and Sarah Pilcher. Congratulations to the four winners, and good luck to all MRC runners who qualified by time, charitable donations raised, or by the luck of the draw.

If you are interested in applying for a bib in the 2023 marathon next year, participating in MRC events, helping to organize events, or volunteering are excellent ways to earn points.

The Servants Heart Food Pantry

(Submitted by Don Keren)

The Servants Heart Food Pantry was born out of a desire to serve and assist struggling families in the city of Melrose. In 1996 the first food was distributed from a broken down three shelf bookcase in the basement of a church to just 5 families. Over time the word spread and the number of families who frequented the food pantry grew. Ten years later there were nearly 70 families who received food each month. What began with a few volunteers and a bookcase of food has now grown to countless hours of volunteer assistance and many more shelves of food. Today the pantry supplies food regularly to over 150 families.

The pantry relies solely on food and financial donations to meet the needs of the greater Melrose community, and is completely staffed by volunteers. In 2002 St. Mary's Church partnered with Faith Church and has consistently supported the effort with food and volunteers on a weekly basis.



The Melrose Running club collects non-perishable items on a monthly basis on the first Tuesday of each month to assist in this effort.

Monthly Donation Items:

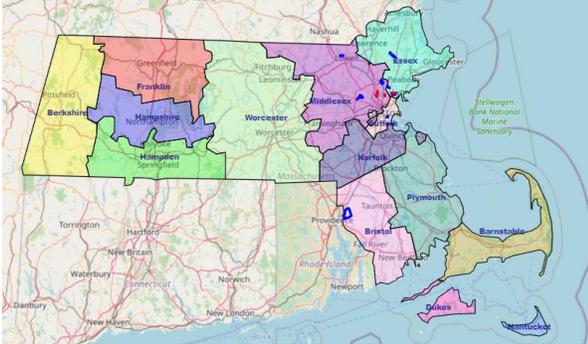
April – Oral hygiene / toothbrushes / toothpaste / mouthwash

May – Paper towels

June – Toilet paper

Streaks and Challenges

The Melrose Running Club has several challenges to encourage MRCers to run often and run everywhere.



Another ongoing challenge in 2022 is to run in every county in the state of Massachusetts by the end of the year. Your run does not have to be a race, just get out and enjoy a change of scenery by running in each of the 14 counties. Listed by population they are Middlesex, Worcester, Essex, Suffolk, Norfolk, Bristol, Plymouth, Hampden, Barnstable, Hampshire, Berkshire, Franklin, Dukes, and Nantucket.

Your runs, and those of others, will be plotted out on the challenge map. Each day you can only enter 1 run for the challenge, and you'll be credited for the county the run started in.

We currently have 11 adventurous runners signed up for the challenge with Regina Curran leading the way having run in 3 counties to date. You can track the County Challenge progress at:

www.melroserunningclub.com/CountyChallenge



On January 1st we started the MRC Winter Streak Challenge. MRC runners were invited to set a goal to run at least a mile each day for either the 31 days of January or the first 100 days of the year. There were 26 runners that took on the challenge to not only run the miles but learn to enter them into the tracking website. Even though January hit us with a major snowstorm in its waning days, 20 of the 26 finished the month out having run 31 days.

The challenge continued into February with the addition of a mileage goal of hitting 100 miles run in the short month, with an option for 50 for those maintaining their streaks. The streaking group had 14 runners continue into February and one more runner joined for the mileage challenge. For those logging their miles outside, single digit wind chills and more snow made February a tough

month. As February ended, we saw 1 runner top 200 miles (Chris Hancock) and 4 more hit the 100 mile mark (Jim Carson, Regina Curran, Jeff Rushton, and Bobby Taylor), while 7 more ran over 50 miles in the month (Lois Parker Carmona, Lynda Field, Linda Giesecke, Elana Houde, Nicole Jacob, Nick Kollett, and Michael McCormack).

Moving into March there were six runners stretching out their 2022 streaks and those 6 streaks were still active through the 75th day of the year. Keep running Lois, Jim, Regina, Lynda, Elana, and Jeff!

The results from the Winter Streak Challenge and the 100 Mile Challenge can be seen at: www.melroserunningclub.com/StreakChallenge

If you're ready to start your own streak, just start running at least one mile every day. You will have to do this for a bit over 3 years to catch Jim Carson, but everyone starts at day #1.



Start your own challenge. If you have an idea for a challenge for the club, feel free to suggest it before any Tuesday night run.

MRC Race Series

MRC members gain points for running specific races throughout the year. The upcoming races on the 2022 Race Series calendar are:

The Bailey's Run for Autism and Family Walk on March 27th in Foxboro

The Black Excellence 5k on April 23rd in Lynn

The Mystic Herring Run and Paddle on May 15th in Somerville