



Melrose Running Times



The Official Newsletter of the Melrose Running Club

June 2001

In This Edition

Melrose Running Club Headlines

- 1 Walk To Run Volunteers
- 1 Membership Renewal
- 1 Board Elections
- 1 Lake Winnepesaukee Relay
- 1 Volunteers Needed

Melrose Running Club Information

- 2 MRC Board Members
- 2 Tuesday Night Club Run
- 2 Other Regular Runs
- 2 From the Newsletter Editor
- 2 First Tuesday of the Month

Membership Information

- 3 Welcome New Members
- 3 Happy Birthday Wishes
- 3 Membership Demographics

Recent Events

- 4 Melrose Run For Women

Recent Results

- 5 May Road Race Results
- 5 May Race Photos
- 6 MRC Race Miles Update

Upcoming Events

- 6 June Race Calendar



Photo By Jim Carson

Some of the 400-plus registered runners starting the 2001 Melrose Run For Women. See page 4 for more...



Photo By Jim Rhodes/ Coolrunning

Jerry Delatizky Finishes the Al Dente Race
See Race Results and Photos on Page 5

Walk to Run

This year's Walk To Run Program is in full swing. Nick Lamberti has done a tremendous job organizing this year's 10-week program. Please take the time to help Nick by volunteering for a Tuesday Night run with the Walk-To-Runners. Check with Nick to sign up.

Membership Renewal

June is renewal month. For club insurance reasons each member **MUST** fill out a new application each year and submit it with their annual dues. Dues are \$20 for an individual membership, \$30 for a family membership. If you joined the club after January 1st of 2001 you need only pay \$10 for an individual membership, \$15 for a family membership.

Board Elections

We need some new people to contribute to the organization of the club! If you are interested in occupying a seat on the MRC Board please submit your name for one or more of the following seats:

- President
- Vice President
- Secretary
- Treasurer
- Membership Coordinator
- Newsletter Editor
- Apparel Coordinator
- Events Coordinator

Elections will be held at the end of the month.

Lake Winnepesaukee Relay

The Lake Winnepesaukee Relay will be held on Saturday, September 22nd. Last year the Melrose Running Club formed three mixed teams (4men/4 women) for the event.

If you are interested in being a member of a team this year, please let Jackie Doerrer-Mullen know as soon as possible so that the team can be registered and lodging plans can be made.

Volunteers Needed

The JPMorgan Chase Corporate Challenge is looking for Water Stop Volunteers. The MRC receives \$30 per volunteer. If you are interested e-mail one of the MRC board members or sign up at the Tuesday Night Run.

Melrose Running Club Board

President	Eric Bremberg president@melroserunningclub.com	(781) 322-6005
Vice President	Joe Winslow vice_president@melroserunningclub.com	(781) 662-8384
Secretary	Diana Bombaci secretary@melroserunningclub.com	(781) 396-3496
Treasurer	Eileen Lyle treasurer@melroserunningclub.com	(781) 665-6882
Newsletter Editor	Jim Carson editor@melroserunningclub.com	(781) 665-5383
Membership Coordinator	Linda Ford membership@melroserunningclub.com	(781) 322-2076
Public Relations	Dan Slattery pr@melroserunningclub.com	(781) 245-7471
Events Coordinator	Paul Donahue events@melroserunningclub.com	(781) 662-8523
Apparel Coordinator	Margaret Sweeney apparel@melroserunningclub.com	(781) 322-3262

Tuesday Night Club Run

Melrose Knights Of Columbus
23 West Foster Street
Melrose, MA
7:00 PM

Each Tuesday night we meet at the Melrose Knights of Columbus. This serves as both the club's weekly meeting and our club run. Visitors and prospective members are encouraged to join us on this run. Although the routes are switched periodically throughout the year, we basically repeat the same routes each week. Several routes share a common start and continue along the streets of Melrose. There are several break-off points along the run, which allow members to complete routes of 3, 4.5, 6, or 7.5 miles. Individual runners can tailor the run to their own ability or training schedule. For more information about our club run contact Linda Ford by telephone at (781) 322-2075 or e-mail her at membership@melroserunningclub.com.

From The Newsletter Editor

Introducing the New Newsletter... I know, it looks just like the old newsletter. So what is different? The Melrose Running Times will now be distributed monthly. This is an attempt to make the newsletter easier for me to produce (assuming I will still be the newsletter editor after the elections). Instead of a 10-12 page newsletter each quarter I will now produce smaller newsletters each month.

Melrose Running Times Gets Recognized... New England Runner complimented the Melrose Running Times for having the best stats! The year end newsletter included a compilation of road racing statistics for the 2000 racing year.

Cool Photos... A new feature found on the running website www.coolrunning.com is the addition of race photos. I have contacted Jim Rhodes, the man behind the camera, and have gotten his permission to reprint photos in our newsletter and link to photos from our website. So what does this mean to you? Your odds of finding yourself on the cover of the newsletter have increased. Here I am finishing the Arlington Memorial Day 10K Race...



Photo By Jim Rhodes/ Coolrunning

If you would like to contribute articles or photos to the Melrose Running Times please contact Jim Carson, by telephone at (781) 665-5383 or by e-mail at editor@melroserunningclub.com.

Other Regularly Scheduled Runs

Do you want to run with the MRC more than once a week? Consider one of these runs! Attendance varies each week, anywhere from no runners to several. If you are going to attend one, use the message board on the website to coordinate with other members.

Thursday Morning Track Run
Melrose High School Track
Tremont Street
Melrose, MA
5:30 AM

Thursday Evening Run
Breakheart Reservation
Wakefield Entrance
Wakefield, MA
6PM

Saturday Morning Long Run
Melrose Family YMCA
497 Main Street
Melrose, MA
7:00 AM

Sunday Morning Track Run
Wakefield High School Track
Wakefield, MA
9:30AM

First Tuesday Of The Month

Due to the 4th of July holiday, The next "First Tuesday" will be held on **July 10th**. Join us!



On the first Tuesday of every month the Tuesday Night Club Run is followed up with a social gathering at the Melrose Knights of Columbus. This pay-as-you-go event features beer, water, and munchies. The evening is a good chance for members to meet each other. The "First Tuesday" run has coincidentally become the most attended Tuesday Night run each month.

National Affiliation

The Melrose Running Club is a proud member of The Road Runners Club of America



Runner's Edge

When you make a purchase at the Runner's Edge, ask for the Melrose Running Club Discount.

10% OFF



MRC Birthday Wishes



June	
2	Angela Urillo
2	Joe Winslow
4	Maureen Garipay
5	Joseph Martin
6	Pam Sullivan
8	Bob Boyd
12	Bob Coburn
13	Lisa Tasker
28	Jerry Delatizky
30	Arlene Frasca

Welcome New Members

The Melrose Running Club would like to take this opportunity to welcome all of the new members that joined the club since the last newsletter. We hope to see all of you on the streets of Melrose for years to come.

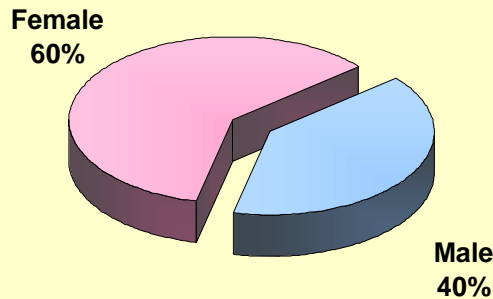
Patrick Brennan	Ann Dubiel
Randy Hudson	John McGuiggin
Maryann MacNeil	Michael MacNeil
Lauren Reid	Linda Santullo
Michael Urquiola	...and anyone I missed!

Member Demographics

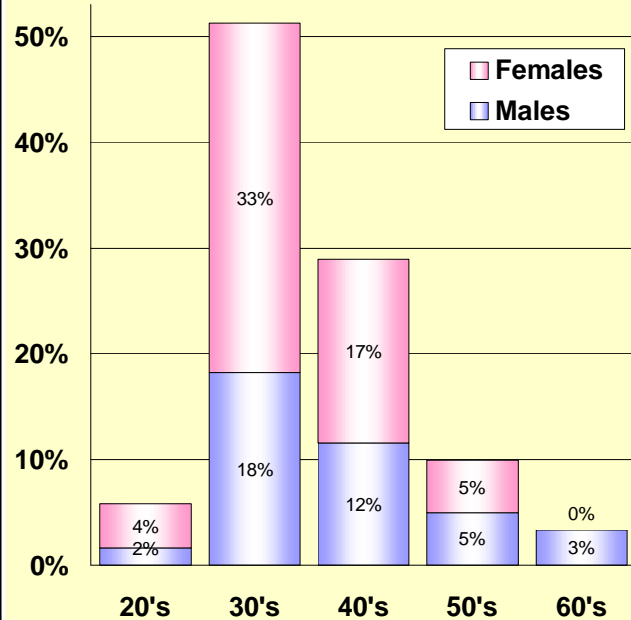
The Melrose Running Club is made up of a diverse group of runners. Here are some facts about who we are:

- Three out of five members are female.
- Members' ages range from early 20's to late 60's
- Over half of our members are in their 30s.
- One of every three members is a women in her 30s.

MRC BY GENDER



MRC BY AGE GROUP



MRCs Impressive Performances of 2001

The Melrose Running Club website now includes a feature that shows the top performances of the year. As race results are submitted the tables are updated to show the runners that recorded the fastest five times at a particular distance. Standard race distances are shown: 5K, 5 Mile, 10K, Half-Marathon, and Marathon.

The newsletter will include a subset of these results to show some of the impressive times posted in that month. This month's impressive performances include Gary Gilbert and Linda Ford's run at the Vermont City Marathon.

Marathon (Male)

Scott Minzy	Boston Marathon	3:06:22
Gary Gilbert	Vermont City Marathon	3:20:28
John Gorvin	Boston Marathon	3:51:53
Stephen Buckley	Boston Marathon	3:53:07
Jack Mitchell	Boston Marathon	3:55:50

Marathon (Female)

Linda Ford	Vermont City Marathon	3:22:46
Jackie Doerrrer-Mullen	Boston Marathon	3:58:32
Lauren Reid	Boston Marathon	4:46:43

Gary ran the second fastest marathon by an MRC member this year. That was enough to finish in 188th overall, 25th in his age group. Linda finished about 2 minutes behind Gary posting the fastest marathon time by a Female MRCer this year and third fastest overall in the MRC. This earned her 214th place overall in the race, 5th in her age group. Great Job guys!

Melrose Run For Women Photos



Photo by Jim Carson



Photo by Jim Carson



Photo by Jim Carson



Photo by the Ashworths

MAY 13 - The Melrose Running Club hosted the fourth annual Melrose Run For Women on Mother's Day. This year's race attracted over 400 participants, an increase of over 100 runners from last year. The event was a complete success for the club, the community, and the Melrose Alliance Against Violence which stands to receive a donation exceeding \$4000 from the proceeds of the race. Thanks go out to Linda Ford, the race director for the second consecutive year. Linda's tireless effort and exceptional attention to detail made for a flawless event.

Photos - (Top Left) The start of the kids 6 and under race. (Top Right) The start of the kids 6 and up race. (Middle Left) The first few steps of the 3.5 mile run. (Middle Right) MRCer Patrice Ashworth and family decked out in the Melrose Run For Women attire. (Bottom Left) Eileen Lyle, Jackie Doerr Mullen, and Johanna Cohan announce the finishers. (Bottom Right) First place finisher and first Mom to finish Tina Wang with First Grandmother for the second year in a row Wendy Burbank.



Photo by Jim Rhodes/CoolRunning



Photo by Jim Carson

**BREAKHEART CLASSIC 6K
WAKEFIELD, MA - MAY 5, 2001**

Andy Goldberg	22:18 *3rd in Age Group
MaryAnn MacNeil	26:38 *2nd in Age Group
Chris Hastings	27:10
Randy Hudson	27:58
Ann Dubiel	29:05
Jackie Doerrer-Mullen	29:35 *3rd in Age Group
Jim Mullen	32:46

**AL DENTE 4.2 M
MEDFORD, MA - MAY 5, 2001**

Paul Donahue	26:02
Eric Bremberg	28:02
Mike Quigley	30:43
Jerry Delatizky	33:56
Robert Coburn	37:00
Patrice Ashworth	38:38
Tom Ashworth	44:18

**BACK SHORE 5 MILE
GLOUCESTER, MA - MAY 11, 2001**

Robert Boyd	38:28
Randy Hudson	39:11
Ann Dubiel	39:43
Jill Weiner	42:57

**MGH REVERE MOVES 5 MILER
REVERE, MA - MAY 12, 2001**

Scott Minzy	32:22.8 *2nd in Age Group
Paul Donahue	33:03.7 *3rd in Age Group
Linda Ford	34:45.1 *1st Women
Chris Hastings	37:11.6
Robert Boyd	38:11.2 *2nd in Age Group
Nick Lambert i	39:17.2 *2nd in Age Group
Margaret Sweeney	41:16.4
Jerry Delatizky	43:27.1 *3rd in Age Group
Robert Coburn	45:12.8
Diana Bombaci	45:45.2
Judy Duffey	46:35.1

**MELROSE RUN FOR WOMEN 3.5
MELROSE, MA - MAY 13, 2001**

Mar yann Macneil	24:09 *2nd Women Over all
Linda Santullo	25:42
Ann Dubiel	26:41
Jolie Bath	26:58
Mary Goreham	28:09
Judy Duffey	29:55
Sharon Mckenna	30:49
Anne Elliot	32:28
Patrice Ashworth	32:49
Jane Boyd	33:44
Kate Keating	38:08
Sheila Lawson	40:21
Pam Sullivan	41:48
Kathy Doyle	47:34

**BEDFORD ROTARY 1.2 K
BEDFORD, NH - MAY 19, 2001**

John Gorvin	52:45
-------------	-------

**MYSTIC RIVER HERRING RUN
SOMERVILLE, MA - MAY 19, 2001**

Robert Coburn	58:22
---------------	-------

**DEE ZUCCARO 5K
SOMERVILLE, MA - MAY 20, 2001**

Robert Boyd	23:11
Robert Coburn	28:08
Donna Perham	30:49



Photo By Jim Rhodes/ Coolrunning

**LEXINGTON FIRE DEPARTMENT
LEXINGTON, MA - MAY 20, 2001**

Robert Coburn	27:46
---------------	-------

**HUNT PHOTO CAMERA CHASE
MELROSE, MA - MAY 20, 2001**

Andy Goldberg	46:10 *3rd in Age Group
Joe Terranova	50:17
Paul Donahue	50:27
Linda Santullo	58:10
Jim Costello	58:16
Chris Hastings	59:36
Mike Quigley	59:48
Nick Lambert i	1:00:03
Randy Hudson	1:00:11
Ann Dubiel	1:00:51
Jim Carson	1:05:16
Lauren Reid	1:06:36
Margaret Sweeney	1:09:05
Jerry Delatizky	1:12:56

**SAUCONY 4.5 MILE CLASSIC
PEABODY, MA - MAY 25, 2001**

Paul Donahue	28:51
Eric Bremberg	30:51
Michael Quigley	34:03
Nick Lambert i	34:06
Deana Hickey	35:47
Jerry Delatizky	38:37
Judy Duffey	40:24

**MELODY MILES 5M
HAMILTON, MA - MAY 26, 2001**

Robert Coburn	45:25
---------------	-------

**RHODY 5K
LINCOLN, RI - MAY 27, 2001**

Paul Sieswerda	24:53
Judy Duffey	27:39

**VERMONT CITY MARATHON
BURLINGTON, VT - MAY 27, 2001**

Gary Gilbert	3:20:28
Linda Ford	3:22:46

**ARLINGTON MEMORIAL DAY 10 K
ARLINGTON, MA - MAY 28, 2001**

Jim Carson	50:19
Robert Coburn	57:22

ARLINGTON MEMORIAL DAY 5K

Robert Boyd	23:53
Jerry Delatizky	26:56

PHOTOS: (left) Bob Boyd finishing the Dee Zuccaro 5K. (Top Right) Donna Perham in the Dee Zuccaro 5K. (Bottom Right) Nick Lambert i at the start of the Saucony Classic.



Photo By Jim Rhodes/ Coolrunning



Photo By Jim Rhodes/ Coolrunning

Imaginary Race Across The States

This year a goal has been set for the number of racing miles achieved for the Melrose Running Club members. The goal is 3,157.2. The reason for this odd number... this is the number of miles it would take to run from Melrose, Massachusetts (home of the MRC) to Melrose, Oregon. In order to reach our goal, we as a club need to race approximately 300 more miles this year than we raced last year. So if you run a race, let me know!



This year, from January through to the end of May, the Melrose Running Club has run 1339.5 racing miles. We would now be at the location shown by the red star (★) in an imaginary relay from Melrose, Massachusetts to Melrose, Oregon... I-80 West through Central Iowa towards Omaha, Nebraska. Only 1817.7 miles left to Melrose, Oregon! You can follow the progress of the club's racing miles on the Recent Results page of the Melrose Running Club website www.melrosesrunningclub.com or look for monthly updates in the newsletter.

June Race Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RACE OF THE MONTH Participate in the YMCA World's Largest Run 5K Saturday June 2nd, 10AM, Wakefield, Boston, Waltham, or Dartmouth						1 YMCA World's Largest Run 5K Wakefield, MA
3 5K Run and AIDS Walk Boston, MA	4	5 MRC Club Run	6	7 Framingham 5M Framingham, MA	8	9 Jamie McKeown 5M Winchester, MA
10 Summer Steamer 4.13 Somerville, MA	11 Milton 10K Milton, MA Club Run	12	13 James Connolly 8K Woburn, MA	14	15 Mount Washington Road Race Gorham, NH	16
17 Bunker Hill 8K Charlestown, MA	18	19 MRC Club Run	20 Louise Rossetti 5K Beverly, MA	21	22	23
24 New Charles River Run 7M Brighton, MA	25	26 MRC Club Run	27	28 Fiesta Five 5M Gloucester, MA	29	30 Run For The Sun 5K Beverly, MA