



# Melrose Running Times



The Official Newsletter of the Melrose Running Club

October 2001

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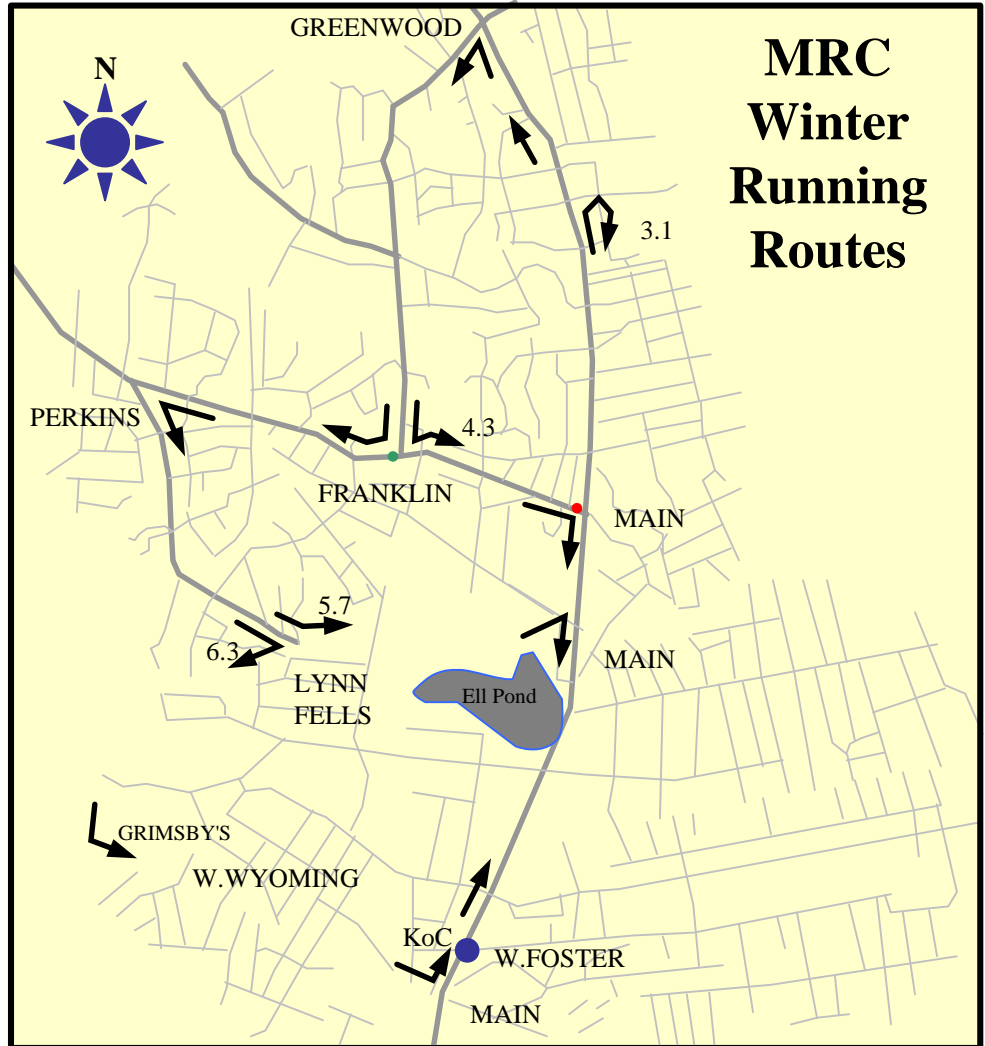
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## Winter Running Routes



## MRC Winter Running Routes

## Adopt-A-Site Clean Up

The MRC Adopt-A-Site Cleanup has been rescheduled for **Saturday October 13th at 10:00 AM**. The club will be purchasing mulch and flowers to clean the site which runs along side the Knights of Columbus Hall and behind Sovereign Bank.

If you have any questions or suggestions for the site cleanup, please contact Jim Carson or Jean Terranova.

## BE CAREFUL Wear A Reflective Vest

MRCers Bob Boyd (left) and Robert Bruzzese (right) run along side each other at the Malden Irish American Labor Day 5K & 10K Road Race. For Race Results see page 4



Photo By Jim Rhodes/CoolRunning

Starting with the first Tuesday in October, the Melrose Running Club will be running its Winter Running Routes:

3.1 Mile - Main Street (North) to Humphrey Street at Most Blessed Sacrament Church. Turn back along Main (South) to W. Foster (right).

4.3 Mile - Main Street (North) to Greenwood (left) to Franklin (left) to Main (right) to West Foster (right).

5.7 Mile - Main Street (North) to Greenwood (left) to Franklin (right) to Perkins (left) to LynnFells (left) to Main (right) to West Foster (right).

6.3 Mile - Main Street (North) to Greenwood (left) to Franklin (right) to Perkins (left) to LynnFells (right) to W. Wyoming (left) to Main (left) to West Foster (left).

## Volunteers Needed

Volunteers are needed for the Tufts 10K for Women on Columbus Day, Monday October 8th at 12 Noon. The race organizer will contribute \$20 per volunteer to the Melrose Running Club so by helping at the race you will also help your club!

For more information regarding this and other volunteer opportunities contact the MRC Events Director Mike Quigley.

**MRC Board**

Nick Lamberti president@melrosesrunningclub.com
Jean Terranova vice_president@melrosesrunningclub.com
Diana Bombaci secretary@melrosesrunningclub.com
Eileen Lyle treasurer@melrosesrunningclub.com
Jim Carson editor@melrosesrunningclub.com
Bill Durning membership@melrosesrunningclub.com
Jolie Bath / Alec Bath pr@melrosesrunningclub.com
Mike Quigley events@melrosesrunningclub.com
Lauren Reid apparel@melrosesrunningclub.com

**Regular Runs**

Each Tuesday night the Melrose Running Club meets at the Melrose Knights of Columbus for it's Tuesday Night Club Run. 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.

**Tuesday Night Club Run**  
Melrose Knights Of Columbus  
23 West Foster Street  
Melrose, MA  
7:00 PM

Other runs that take place from time to time are listed below. These runs are coordinated by members to fit their training needs. They are not necessarily held every week. Please use the MRC Online Forum to coordinate these runs.

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

**Thursday Evening Hill Run**  
Breakheart Reservation  
Wakefield Entrance  
Wakefield, MA  
6:30PM

**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

**Malden Irish American Road Race**

Photos By Jim Rhodes/CoolRunning



This month 14 MRC members participated in the Malden Irish American 5K & 10K Road Races. This race is a fun social event. Before the race I met up with the always cheerful Lauren Reid running the 5K race with her son. The start of the race included the familiar race faces of Judy Duffey, Jerry Delatizky, and Bob Coburn. During the race I was passed by Bob Bruzzese and Bob Boyd. After the race I stood in the beer line with post-race aficionados Mike Quigley and Paul Donahue. Although the race route lacks character (and shade), that is made up for with the post-race party. Beer, hot dogs, chips, and Starbursts accompanied the water at the finish, as Irish music filled the air.

Paul Donahue netted the 10th best time in the 10K (41:03), while Linda Ford proved to be the second fastest woman in the 10K (44:36). Both too fast to be caught on film.



**Runner's Edge**

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

**10% OFF**



**RRCA**

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



**First Tuesday**

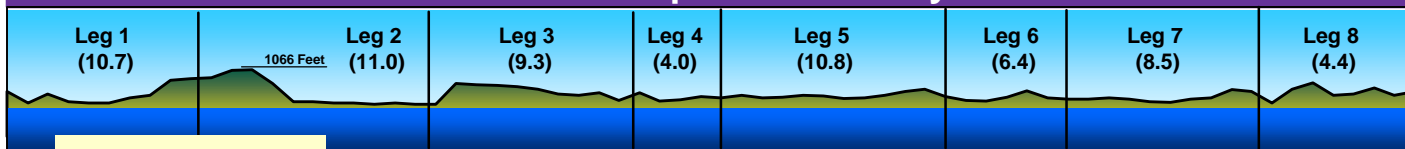
On the first Tuesday of every month the Tuesday Night Club Run is followed up with a social gathering at the **Stearns and Hill Restaurant**. This pay-as-you-go event features beer, water, and munchies. The evening is a good chance to meet other MRC members.

NEXT  
FIRST TUESDAY

NOVEMBER 2nd



Lake Winnepesaukee Relay



Race Route Elevation

Birthday Wishes



October

- 5 Randy Hudson
- 12 Chris Hastings
- 15 Bill Durning
- 23 John Mitchell
- 31 Matthew Timony

Welcome

The Melrose Running Club would like to welcome new members that have joined the club.

- Eden Garnart
- Karen Kezerman
- Julie Mitchell
- Dan Slater

Team 1		Mileage	Team 2	
Roy Van Buren	1:28:19	10.7	Paul Donahue	1:16:05
Peter Fopiano	1:22:55	11.0	Linda Ford	1:21:53
Jerry Delatizky	1:27:34	9.3	Andy Goldberg	1:03:06
Eileen Lyle	30:50	4.0	Margaret Sweeney	33:25
Jackie Doerrer-Mullen	1:43:29	10.8	Scott Minzy	1:17:53
Mark Gravina	54:24	6.4	Chris Hastings	47:21
Bob Boyd	1:10:35	8.5	Mary Ann MacNeil	1:13:03
Roberta Regan	38:42	4.4	Natalie Kapij	32:57
<b>TOTAL TIME</b>	<b>9:16:44</b>	<b>65.7</b>	<b>TOTAL TIME</b>	<b>8:05:39</b>

On September 22nd 16 MRC members traveled to Laconia, New Hampshire to compete in the 13th Annual Lake Winnepesaukee Relay, a 65.7 mile 8 leg journey counterclockwise around the 44,586 acre lake. The race attracted 134 teams ready to take on the Lake Region's challenging hills and soak in its beautiful views. This year the Melrose Running Club was represented by two teams. Team 1 (The Veterans) was organized by Roy Van Buren and made up of veteran runners of the race. Chris Hastings put together team 2 (The Rookies), a group of mostly newer MRCers making their first or second trip to the Relay.

Several outstanding efforts were put into this relay effort. Paul Donahue set the tone for team one with the 47th best time in the first split. Andy Goldberg ran an excellent split on the long and challenging Leg 3, netting the 17th fastest time of the day for that leg. Eileen Lyle ran the 53rd fastest 4 mile split in Leg5. Scott Minzy and Chris Hastings put in the 46th and 48th fastest splits respectively in Legs 5 and 6. Finally Natalie Kapij in her debut on an MRC relay team finished strong with the 39th fastest finishing miles.

Overall Team 2 took the highest honors. With a net time of 8:05:30 they earned themselves 47th place overall, a 6th place finish in the Mixed Open Division. The team missed 5th place by a mere 27 seconds, which can be traced back to Scott Minzy's weak bladder and bad timing. As Margaret Sweeney completed her leg of the relay her teammate Scott was temporarily missing from the exchange point. Team 1 finished 9:16:44, 103 place overall.

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 First Tuesday MRC Club Run	3	4	5	6 Homeless Coalition 5K Somerville, MA
7 Irish American 5M Woburn, MA	8 Columbus Day Tufts 10K Boston, MA	9 MRC Club Run	10	11	12	13 Moakley 5M Boston, MA
14 Veryfine 5M Littleton, MA	15	16 MRC Club Run	17	18	19	20 Run For The Mystics 5.3M Medford, MA
21 Baystate Marathon Tyngsboro, MA	22	23 MRC Club Run	24	25	26	27
28 Witch City 5K Salem, MA	29	30 MRC Club Run	31 Halloween 3M Boston, MA	<b>RACE OF THE MONTH</b> <b>Run For The Mystics 5.3M</b> <b>Sunday, October 20th at 10:00 AM</b>		

Melrose Running Club Members' September Race Results

**BRUEGGERS YMCA 5M CLASSIC**  
WOBURN, MA - SEPTEMBER 1, 2001

Eric Bremberg	36:24
John Gorvin	36:28
Buddy Hubert	40:52
Robert Coburn	45:45
Judy Duffey	47:46

**IRISH AMERICAN 10K**  
MALDEN, MA - SEPTEMBER 3, 2001

Paul Donahue	41:03
<small>2nd Female Overall</small> Linda Ford	44:36
Robert Bruzzese	47:51
Jim Carson	50:24
Jerry Delatizky	52:53
Kerri Kean	56:10
Robert Coburn	58:35
Terry Reilly	60:59

**IRISH AMERICAN 5K**

Robert Boyd	22:26
Michael Quigley	24:01
Buddy Hubert	24:32
Judy Duffey	27:02
Martha Quigley	27:58
Lauren Reid	34:12

**CAPE ANN 25K**  
GLOUCESTER, MA - SEPTEMBER 3, 2001

Nicholas Lamberti	2:23:17
Jill Weiner	2:33:32
Jackie Mullen	2:42:16

**FOUNDERS DAY ROAD RACE 4M**  
SAUGUS, MA - SEPTEMBER 8, 2001

Stephen Buckley	28:21
John Mitchell	29:57
Robert Boyd	30:14
Jerry Delatizky	33:07
Robert Coburn	35:32
Judy Duffey	37:47

**RACE FOR THE CURE 5K**  
BOSTON, MA - SEPTEMBER 9, 2001

James Mcsweeney	21:14
Liz Tassinari	32:10
Mark Hurley	32:14
Lois Parker-Carmona	33:54

**DEGAN MEMORIAL 5K**  
QUINCY, MA - SEPTEMBER 9, 2001

Sue Clough	32:12
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**CASEY'S 3M**  
SOMERVILLE, MA - SEPTEMBER 9, 2001

Robert Coburn	25:45.9
<small>2nd in Age Group</small> Donna Perham	30:09.9

**FRIDAY NIGHT FIVER 5M**  
LAWRENCE, MA - SEPTEMBER 14, 2001

Bill Durning	41:51
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**RUN FOR D.A.R.E 5K**  
STONEHAM, MA - SEPTEMBER 15, 2001

John Mitchell	21:59
Robert Boyd	22:05
Robert Coburn	26:08

**INTERNATIONAL FESTIVAL 5K**  
PEABODY, MA - SEPTEMBER 15, 2001

<small>1st in Age Group</small> Jerry Delatizky	24:56
Judy Duffey	26:40

**HI TECH CLASSIC 5K**  
WALTHAM, MA - SEPTEMBER 16, 2001

Judy Duffey	27:10
Audrey Shernan	29:01

**HI TECH CLASSIC 10K**  
WALTHAM, MA - SEPTEMBER 16, 2001

<small>3rd in Age Group</small> Jerry Delatizky	52:46
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**DOC LINSKEY 5 MILE ROAD RACE**  
CAMBRIDGE, MA - SEPTEMBER 16, 2001

Robert Coburn	44:32
Donna Perham	51:29

**KS FOR CARING 5K**  
BOSTON, MA - SEPTEMBER 19, 2001

Robert Boyd	22:27
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**CMARC 5K**  
WOBURN, MA - SEPTEMBER 23, 2001

Robert Coburn	26:47
Judy Duffey	27:20

**MELROSE RUN FOR EMARC 5K**  
MELROSE, MA - SEPTEMBER 23, 2001

**RACE OF THE MONTH**

<small>2nd in Age Group</small> Marnie Miller	22:31
<small>2nd in Age Group</small> Paul Johnson	22:48
<small>2nd in Age Group</small> Steven Broadly	22:55
<small>3rd in Age Group</small> Robert Boyd	23:12
Neil Williams	23:20
Jean Terranova	25:09
William Durning	25:15
Bill Trippe	27:44
Stuart McIntire	27:58
Julie Mullane	29:32
<small>1st in Age Group</small> Jane Boyd	29:52
Michelle Carson	30:18
Janice Meckstroth	31:13
Lorraine Hirsch	32:20
Sue Clough	32:38
Susan Montecalvo	33:56

**READING POLICE CHASE 5 MILE**  
READING, MA - SEPTEMBER 29, 2001

Michael MacNeil	36:00
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**MARSHFIELD ROAD RUNNERS 20K**  
MARSHFIELD, MA - SEPTEMBER 30, 2001

James Mcsweeney	1:47:45
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**MILES FOR MICHELLE 5M**  
SOUTH BOSTON, MA - SEPTEMBER 30, 2001

Jerry Delatizky	40:14
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**JEFFS 5 MILE RUN**  
CAMBRIDGE, MA - SEPTEMBER 30, 2001

Robert Boyd	37:32
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Steven Broadly  
EMARC 5K  
Bill Durning  
Friday Night Fiver  
Donna Perham  
Casey's 3M

CoolRunning

CoolRunning