



Melrose Running Times



The Official Newsletter of the Melrose Running Club

December 2002

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Congratulations

The stork made a stop by the home of an MRC Member in October. Congratulations to Joe and Debbie Winslow on the birth of their first child Sarah Winslow.



MRC Helps out at Tufts

Thanks go out to Liz Tassinari for assembling a crew of MRC volunteers to work the Tufts 10K for Women on Columbus Day. Several MRC members donated their time and energy to distribute t-shirts to runners prior to the race. Their help contributed to a great race, earned money for the club, and allowed them to walk home with a nifty yellow shirt!



A Melrose Running Club Thanksgiving

MRC members once again provided a happy Thanksgiving to families facing hardship in the Melrose community. The tradition of giving was continued for another year as members contributed food, drink, and other items on the Tuesday prior to Thanksgiving. Jackie Doerrner-Mullen organized the efforts so that there were items to fill three full baskets for the families. Members came through, bringing both the staples for a hearty dinner, cider to wash it down with, dessert items to top of the meal, and toys, books, and crayons for the kids. The club purchased the turkeys while Stop and Shop donated festive holiday baskets to present the dinners in.

Jackie delivered two baskets to the Maiden DSS to be distributed to two needy families.

The first is the "K" family consisting of a mother, father, and four boys age 7, 5, 3, and 1. The mother was a nurse but has been diagnosed with schizophrenia. Her husband has been forced to give up his job to monitor her full time and care for the boys. In addition their 3 year old son suffers from a seizure condition. Money has been tight for the family and they are currently facing the added

hardship of replacing their car. The family was very appreciative of our donation.

The other family, the "J" family, is a family of five. The father works full time and the mother just started working part time to try to help make ends meet. They have a two sons, 19 and 12, and a daughter 10. The 12 year old son suffers from Attention Deficit Hyperactivity Disorder (ADHD) and Intermittent Explosive Disorder. The family is dedicated to giving him the services and medical treatment he needs but often struggles to meet their financial needs each month, including rent and utilities. Unfortunately his condition causes constant disruption and chaos in the household. The family is very supportive of one another and works together to attempt to make things work. Our donation surely made their holiday a bit easier.

Mike Quigley delivered the third Thanksgiving basket to the family of a local hero. Ex-MRC John Quinn has had quite a year. John is also a UMass Boston police officer and is in the Army Reserves. In the aftermath of 9-11 John served as a Military Police Officer at



Logan International Airport through May. During this time he not only ran his third Boston Marathon, but also rushed into a burning senior citizen complex in Melrose and saved the life of an elderly man. In June, John returned to active duty, serving in Uzbekistan (North of Afghanistan) for the next year. In honor of his selfless contribution to our city and our country, the Melrose Running Club presented a Thanksgiving basket to his wife and young son. The family sent a card to the club thanking us for keeping John and his family in our thoughts.

Thanks for giving as a member of the Melrose Running Club.

Wintry Thanksgiving Fun Run

This year's Thanksgiving Five Mile Fun Run around Spot Pond came with unseasonable cold and snowy weather. Over 20 MRC members and their guests met at the Stone Zoo parking lot and

circled the pond, in a pre-emptive burning of Thanksgiving calories. After the run a festive but frozen coffee social was held before members went off to enjoy their holiday.



HOLIDAY PARTY – January 11th

The Melrose Running Club Presents
The Annual "Pot Luck" Holiday Party
At the Knight of Columbus Hall
West Foster Street, Melrose
January 11th, 2003

7:00 – Midnight

Live Band – Door Prizes – Raffle Prizes – Cash Bar
MRC Members Please Sign Up To Bring Your Favorite Dish

Look for
Invitations and Sign Up Sheets
at our Tuesday Night Runs

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Weekly Workouts

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 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 Night 5 Miler
Spot Pond
Stone Zoo Parking Lot
Stoneham, MA
7:00 PM

Contact: Erin Lynch

Saturday Morning Long Run
4 to 8 Mile Runs
Melrose Family YMCA
497 Main Street
Melrose, MA
8:00 AM

Contact: Erin Lynch

Sunday Morning Long Run
9.7, 13.1, 14.4 Mile Runs
Stone Zoo Parking Lot
Stoneham, MA
7:30 AM

Contact: Tom Church

First Tuesday

We'll see you upstairs on the First TUESDAY of every month after the Tuesday Night Club Run for a little socializing.

**RRCA Member**

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

**MRC Boston Marathon Bib Number Lottery**

Have you always dreamed of running the Boston Marathon but realized that qualifying was just that, a dream. Well you still have a chance to run one of the greatest road races in the world.

Each year the Boston Athletic Association distributes bib numbers for the Boston Marathon to local running clubs for use by their members. The Melrose Running

Club receives two numbers each year and distributes those numbers through a weighted lottery.

Below are the guidelines created by the Melrose Running Club board for the granting of the two numbers to its members. These guidelines have been created to allow access to the numbers to all of our longtime members while giving some priority to members that contribute to our club and the running community.

If you are interested in running the Boston Marathon and would like to place your name in the lottery, please review these guidelines and determine if you meet the qualifications, then fill out our online lottery form, or pick one up at our Tuesday Night Club Run by January 7th, 2003. Applications will be reviewed by the MRC Board and the winners of the Boston Marathon numbers will be announced at the MRC Holiday Party on January 11, 2003.

MRC Guidelines***For Obtaining a Boston Marathon Number**

1. Must be an *active* club member for at least two years prior to the Boston Marathon.
2. MRC annual membership dues must be *paid* up to date.
3. Must volunteer for at least two events representing the Melrose Running Club (Mother's Day Road Race, Corporate Challenge, Tufts 10K, Massachusetts Law Enforcement Half Marathon & 5K, Boston Marathon or Boston Marathon Jimmy Fund Walk)
4. By representing the Melrose Running Club, you agree to abide by the rules and regulations set in place by the Boston Athletic Association.
5. Numbers are non-transferable and must be used by you. In the event you are unable to participate in the marathon, the number must be returned to the Melrose Running Club as soon as possible. The person next on the alternate list will be entitled to the number.
6. You agree to pay all fees associated with this event.
7. Cannot receive an MRC number for the Boston Marathon more than once in three years.
8. The current and previous years' Board members are automatically eligible for the lottery; however, the three-year rule is applicable (See Rule No. 7 above)
9. All members seeking a marathon number are required to fill out an application. A committee, to determine if in fact all of the above guidelines have been met, will review the application. All applicants that have met the above criteria will become entered in a weighted average lottery (If the number of applicants is greater than the number of marathon numbers). The number of chances each applicant will receive is based on:

- 1 Vote for each event volunteered for
- 5 Votes if the applicant is a board member (Current or Previous year)
- There are also 2 discretionary votes per committee member (except by those committee members who are also applicants)

**Guidelines pertain to Boston Marathon Numbers awarded to the MRC!*

Revised June 2002

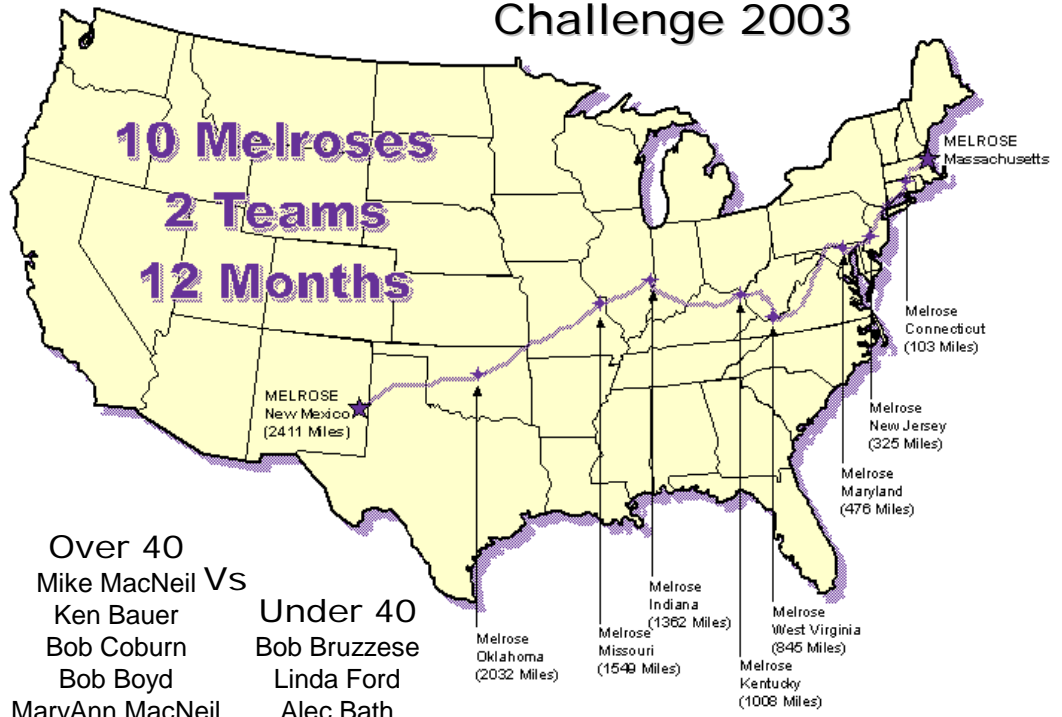
Race Between The Ages

Last year we pitted the men against the women in a race to Melrose, FL. In a close finish the men completed their course one day before the women finished theirs. This year we've split the club along another line and will compare their racing miles along a new trail of Melroses across the US leading to Melrose, New Mexico, 2,411 miles from Melrose, Massachusetts. The teams will be formed by age, as the under 40's compete against the over 40's.

Every race that you run this year will be added to your age group's racing miles. For those of you that are 39, and there are quite a few of you, we will give you a reprieve from turning 40 in the eyes of the Melrose Running Club. If you are 39 on January 1st, 2003 we will consider you 39 years old for the entire year. Therefore If you were born before January 1st 1963, you will be on the Over40 team, on or after that date you are on the Under 40 team.

There are currently 60 members above the age of 40 in the club, as opposed to 75 members below the age of 40. Despite the differential in the number of Over40 and Under40 members, the mileage is relatively even between the groups. Through October the difference in miles between runners born before 1963 versus those after 1962 was less than 25 miles. In fact some of the biggest names in racing miles in 2002 are Over40. Given this the paths to New Mexico will be the same for both teams.

Starting January 1st the race is on.



- | | |
|---|---|
| <p>Over 40
 Mike MacNeil Vs
 Ken Bauer
 Bob Coburn
 Bob Boyd
 MaryAnn MacNeil
 Judy Duffey
 Buddy Hubert
 Brian Slater
 Jill Weiner
 Nick Lamberti
 Lauren Reid
 Jackie Mullen</p> | <p>Under 40
 Bob Bruzese
 Linda Ford
 Alec Bath
 Paul Donahue
 Mike Urquiola
 Eric Bremberg
 Nancy Gaudet
 Catherine Ong
 Jim Carson
 Ann Dubiel</p> |
|---|---|

Of the members on track to earn their way into this year's 100 Mile Club, the Over 40 members have the upper hand on high mileage members.

MRC Race of the Month Racing Series

Due to the successful participation of many MRC members in the New England Runner Racing Series, the Melrose Running Club has developed racing series of their. The Race of the Month program highlights local races that are well attended by our members. Now running these races will earn members points based on their place in the order of finish among other MRC club members.

Each month a local race is chosen as the race of the month. These races range in distances between a 5K and a half marathon. Most races are on the shorter side to give most members a chance to participate. A few popular long distance races are also included to fit the styles of many different runners in the club.

Points are awarded to every runner that participates in the Race of the Month. Genders are awarded points separately and Male and Female rankings will be tracked. In each gender, the first member to finish a race will be awarded 10 points, the second will receive 9, the third 8 points, and so on. The tenth finisher in each gender, and all finishers after will receive 1 point.

Starting January 1st, 2003, the Race of the Month Racing Series begins. All races in the series are listed below to help you schedule your races for the year. Good Luck and Get Racing!



Race of the Month Racing Series		
MONTH	RACE	MILES
January	Run 4 New Years Day	4.0
February	Penguin Classic	3.4
March	Law Enforcement Half	13.1
April	Breakheart Reservation 5K	3.1
May	Revere Moves	5.0
June	Powder House Pub	4.0
July	Take The Lake5K	3.1
August	Run From The Sun10K	6.2
September	Run For EMARC 5K	3.1
October	Homecoming Hustle 5K	3.1
November	Veteran's Memorial 11K	6.8
December	Larry Robinson 10M	10.0

Runner Recognition Programs

These existing runner recognition programs will return in 2003.

Each year the **100 Mile Club** program recognizes MRC members that endure the rigors of road racing throughout the year. Racing miles are tracked throughout the year and members that race 100 miles in a year are welcomed into the club. In its first year only 9 members earned their way into the 100 Mile Club. The following year 15 members made the grade. In 2002 over 20 members can achieve this feat. Are you up to the challenge?

The MRC **Most Improved Runner** program started in 2002. This program compares runners race times at standard distances in the current year to their best times at the same distances in the previous year. Note this means runners can only improve in distances they ran in the previous year.

To recognize our **Fastest Runners**, a list of top times in standard race distance is kept throughout the year. Earn your bragging rights by getting your name on the lists.

**Serious Series
Racing
Linda Ford**

I am the kind of person who always needs a goal to be working towards. Otherwise, I waste all my energy and accomplish nothing. In March, in the heat of my Boston Marathon training, I realized I better have new running goal for the spring, so I could plan some method for my future running madness. Now running a marathon takes discipline, sacrifice and a lot of great friends to run with. I like the friends part, but the rest needed to go! I had heard about the NE Runner's Pub Series from Bob Boyd (what series or race hasn't he done) and it sounded interesting. It is a series of 6 races, run from April to November, all 5K-5.2 miles (no more long runs...) and they are all held at - PUBS- which means - BEER! I asked my running buddies to join me. Maybe it is my power of persuasion, or maybe the beer, but 7 members of the MRC completed the series with a few others joining us for the local races.



Our Perfect Pour Club - Pictured in their Pub Series fleece jackets are the MRC Members that made the Perfect Pour Club, an honor given to those that competed in all 6 of the NE Runner Pub Series races.

NE RUNNER PUB SERIES RACES
 Doyle's Emerald Necklace 5 Miler
 David Brundage 5K Road Race
 Brewster 5.2 Mile Brew Run
 ½ Way to St. Patrick's Day 5K
 Woburn Irish American Club 5 Miler
 Rafferty's Pub 5 Miler

The first race was in April, one week before Boston at Doyle's in Jamaica Plain. I just wanted to finish it, so I could get the first one under my belt. When I looked at the standings I realized I had earned some "points". You score points by your overall standing as a male or female, down to the first 50 of each. So I you are first male, you get 50 points, second, 49 points, etc. At the end of the series, the top 5 males and females get CASH. I did not know this at first, and my original goal was to do all six, so I could get the NE Runner jacket, and down a few beers along the way. The races took us to Nashua, NH (great directions), Brewster in the Cape (what a zoo), and Marshfield, MA. The 2 local races were held in Waltham and Somerville (Pubs in Somerville?). During those 8 months we all endured injuries, and schedule conflicts. I had a IT Band

injury going into the series, Eric Bremberg's ankle acted up, and Mary Ann MacNeil has had a few muscular

food, (ask Paul) and the drinks were flowing. I enjoyed getting to chat with my friends while we stood in one place and looked halfway decent in our "street clothes". Mary Ann and I were proud to represent the new group on the block, MRC, by placing 2nd and 5th female. I won \$125 and M.A. won \$50. Guess who bought the last round? The jacket was a nice Nike Therma Fit full zip with the NE Runner Pub series logo on it.

MRC MEMBER STANDINGS		
TOP MEN		
19.	Paul Donahue ---	21 pts
TOP WOMEN		
2.	Linda Ford -- ---	250 pts
5.	MaryAnn MacNeil -	225 pts
MEN 50-59		
7.	Bob Boyd --- ---	2 pts
WOMEN 40-49		
3.	MaryAnn MacNeil -	34 pts
WOMEN 50-59		
2.	Jane Boyd --- ---	2 pts

problems. Michael MacNeil had to fit in the races in between his 300 race miles, including a Lake Winnie leg the day before the Nashua race. We all had to listen to Paul Donahue's critique of the races - too far away, not enough refreshments, crappy shirts, etc, but he did all 6 and wants to give it try it again next year. Buddy Hubert was not satisfied with the liquid refreshments, so he brought his own, complete with wine glasses in his famous canvas bag. And poor Jane Boyd had to keep convincing Bob the jackets at the end were worth the 6-race commitment.

The post series party was held at Doyle's, where it all started, on a very snowy night in December. Only those who did at least 4 races could attend, since the food was free, unless you were listed as a date for one of the chosen few (Chris). The food was good pub

I know the crew and I would not have chosen all those races, but that's what makes the series so much fun. We drag ourselves to all ends of New England with the final prize in mind. But isn't that what running is all about? Pushing ourselves out the door, logging the miles, knowing the prize is seeing the clock, running as hard as our lungs and legs will go, and crossing the finish line...

**Welcome
New Members**

The following runners have joined on with the Melrose Running Club in the past two months. These 10 members bring our current membership total to 155 members.

- Kate Bianco**
- Catherine Denn-Freed**
- Jeff Donahue**
- Doug Donovan**
- Marie Hiltunen**
- Kristen Pini**
- Maryann Smeglin**
- Angela Urillo**
- Kevin Waring**
- Linda Whelan**

Welcome to the club and enjoy your runs with us. We look forward to dashing through the snow with you!

**Happy
Birthday
Wishes**

December

- 2 Anthony Dwyer**
- 6 Marie Hiltunen**
- 8 Johanna Cohan**
- 11 Stephen Buckley**
- 13 Peter Fopiano**
- 14 Christine Donahue**
- 17 Teresa Evangelista**
- 23 Sue Worrall**
- 24 Richard Mansfield**



January

- 1 Paul Sullivan**
- 5 Kristen Quinn**
- 6 Bruce Young**
- 7 Jane Boyd**
- 9 Peg Crowe**
- 10 Jackie D. Mullen**
- 18 Stu McIntire**
- 20 Chris Chang**
- 20 Dan Slattery**
- 23 Sheila Lawson**
- 24 Denise Durham**
- 29 Erin Walker**
- 30 Lois Parker-Carmona**
- 31 Matthew Timony**
- 31 Jill Weiner**

Woburn Irish-American Road Race Photos



Photos From Coolrunning/JimRhoades

October Race Results

Team with a Vision 5K
Brookline, MA - October 5, 2002
Erin Lynch 26:26

Somerville Homeless Coalition 5K
Somerville, MA - October 5, 2002
Bob Coburn 29:38

Run by the Sea 10K
Marblehead, MA - October 6, 2002
Tom Church 38:49 2A/G
Nicholas Lamberti 49:47

Scott Foster Memorial 4M
Somerville, MA - October 6, 2002
Patricia Defeudis 47:19
Susan O'Hearn 49:28

Irish American Club 5M
Woburn, MA - October 6, 2002

Alec Bath 31:27
Paul Donahue 32:48
Michael MacNeil 34:02
Chris Hastings 34:40
Linda Ford 34:47
Eric Bremberg 35:01
Maryann Macneil 35:13
Bob Boyd 36:57
Buddy Hubert 40:09
Judy Duffey 46:20
Bob Coburn 47:01
Jane Boyd 48:26

Maine Marathon
Portland, ME - October 6, 2002
Doug Donovan 4:25:41
Marie Hiltunen 4:25:41
Maine Half Marathon
Ken Bauer 1:59:08
Jean Terranova 2:00:44

Homecoming Hustle 5K
Everett, MA - October 12, 2002
Maryann Macneil 20:30 1A/G
Robert Bruzzese 20:44 3A/G
Buddy Hubert 22:24 2A/G
Lauren Reid 22:53 2A/G
Susan Clough 25:41
Judy Duffey 25:42
Sharon McKenna 26:24
Kathy Scacca 26:42

Hyannis Shore 5K
Hyannis, MA - October 12, 2002
Jill Weiner 25:56

B.A.A. Half Marathon
Boston, MA - October 13, 2002
Brian Slater 1:33:05
Livio Ferrara 1:42:48
Ken Bauer 1:58:41
Elizabeth Hunter 2:04:46

Chicago Marathon
Chicago, IL - October 13, 2002
Michael MacNeil 3:52:08
Catherine Ong 4:22:30

Tufts 10k for Women
Boston, MA - October 14, 2002
Shannon Berry 49:29
Nancy Gaudet 50:41
Liz Tassinari 51:00
Erin Lynch 51:55
Judy Duffey 58:15
Lois Parker-Carmona 58:05
Sharon McKenna 58:28
Kathy Scacca 60:07
Susan Clough 60:07
Lauren Reid 61:10
Joanne Piper 61:11
Jean McFadden 61:28
Janice Meckstroth 61:28
Mary Lynch 68:47
Kathleen Thomas 82:19
Donna Cohen 88:10
Sheila Lawson 89:34



Ocean Mist 4.2M
Matunuck, RI - October 14, 2002
Johanna Cohan 29:24
Jim Carson 33:06
Michelle Carson 38:52

Run of the Mystics 5.3M
Medford, MA - October 19, 2002
Bob Coburn 51:55

Maribeth Timony-Doyle 45:10

Mellisa Gillis Memorial Run 3.5M
Melrose, MA - October 19, 2002
Paul Hennessey 23:06 1A/G
Peter Fopiano 25:28 2A/G
Maryann MacNeil 25:43 1A/G
Jim Carson 27:30 3A/G
Buddy Hubert 27:54
Jeff Donahue 28:46
Henry Murphy 32:00
Bob Jamison 33:20
Janet Murphy 35:08
Matthew Timony 35:08

Bay State Marathon
Lowell, MA - October 20, 2002
Alec Bath 3:09:56
Lauren Reid 4:28:32
Robert Bruzzese 4:30:31
Bay State Half-Marathon
Dwane Rich 1:46:56
Nicholas Lamberti 1:48:16
Michael MacNeil 1:51:25
Mark Lawhorne 1:57:03
Ken Bauer 1:58:02
Michelle Carson 2:19:52

Boston Firefighters 10K
Dorchester, MA - October 20, 2002
Ann Dubiel 51:14
Bob Coburn 61:13

Halloween Hustle 5K
Newton, MA - October 26, 2002
Linda Moniz 31:16

Marine Corp Marathon
Washington, DC - October 27, 2002
Ken Bauer 4:35:09

Witch City 5k
Salem, MA - October 27, 2002
Tom Church 18:32
Randy Hudson 22:42
Ann Dubiel 23:52

Moakleys Run for Research 5M
South Boston, MA - October 27, 2002
Bob Coburn 47:38

Shirt Factory Five 5M
Salem, NH - October 27, 2002
Ed Foster 34:18
Evan Labell 39:26

Groton Town Forest Trail Race 9.5M
West Groton, MA - October 27, 2002
Alec Bath 1:14:26
Paul Donahue 1:16:38
Chris Hastings 1:22:11

October's Odysseys

October proved to be the second busiest racing month for club members. Eight Marathons were completed in the month in the cities of Portland, Maine, Lowell, MA, Chicago II, and Washington DC. With all these miles run, there were a lot of changes in the top times of 2002...

Tom Church set the Men's Fastest 10K time for 2002 with a 38:49 at the Run By The Sea 10K in Marblehead. His time ranks second in the MRC's all time fastest 10k list.

Alec Bath and **Paul Donahue** ran the Woburn Irish American 5 Mile road race fast enough to record the 2nd and 3rd fastest 5 Mile times in 2002. **Linda Ford's** run was the third fastest 5 miler of the year.

The Homecoming Hustle 5K produced 2002's fastest 5K for an MRC woman as **MaryAnn MacNeil** set the mark with a 20:30.

Brian Slater lowered the time for the 2002 Men's Fastest Half Marathon with his running of the BAA Boston Half Marathon. His 1:33:05 ranks as the 8th fastest Half on the all-time MRC list.

At the Tufts 10K, besides volunteering, two members made major improvements in their 10K times. **Liz Tassinari** posted a 51:00 time, improving upon her 2001 time by 16.2%, the most improved 10K time of 2002. **Lois Parker-Carmona** posted the second most improved 10K (12.0%) in the same race. These two now own the top improvements in both the 5K and 10K categories.

Alec Bath had a productive morning on October 20th. At the Baystate Marathon Alec ran the fastest marathon by an MRC member in 2002 and also recorded the 5th fastest marathon by a club member all-time. Alec's 3:09:56 makes him only the third MRC member to break 3:10, which just happens to be the Boston Marathon qualifying time for a man in his 30s. Congratulations Alec, we'll be looking for you in April!

Also at the Baystate Marathon, **Lauren Reid** improved on her 2001 marathon time by almost 20 minutes. This 6.3% improvement is the second most improved marathon run of 2002.

Tom Church nudged into 3rd in the fastest 5K of 2002 category with an 18:32 at the Witch City 5K. This run is the 5th fastest MRC 5K of all time.

Eric Bremberg, Brian Slater, Alec Bath, and Lauren Reid joined the 100 Mile Club in racing their 100th mile in October races. The 2002 100 Mile Club reached 15 members this month, reaching the total of members that achieved the feat in 2001.

More Woburn Irish-American Road Race Photos



Photos From Coolrunning/Jim Rhoades

October Stat Box

MRC Members that Raced : **61**
Number of Events attended : **24**
Times MRCers crossed the finish line: **92**
Total Miles Raced by MRC Members: **717.6**
Member that raced the most miles: **Ken Bauer (65.5)**
Number of Age Group winners : **9 (3 First Place in A/G)**

October's Halloween Hustle



Photo By Andy Goldberg

November Race Results

Rafferty's Pub 5M Marshfield, MA - November 3, 2002	Gazette Stockade-athon 15K Schenectady, NY - November 10, 2002
Paul Donahue 32:55	Johanna Cohan 1:21:36
Linda Ford 34:23	
Eric Bremberg 34:43	
Michael MacNeil 34:44	
Maryann MacNeil 36:24	
Buddy Hubert 41:07	
Bob Boyd 41:42	
Jane Boyd 49:44	
Genesis Battle Run 5K Lexington, MA - November 3, 2002	Veterans Memorial 11K Stoneham, MA - November 11, 2002
Judy Duffey 27:50	Michael Macneil 50:08
Bob Coburn 29:53	Ed Foster 51:50
	Nicholas Lamberti 56:23
	Bob Boyd 56:41
	Jim Carson 57:00
	Nancy Gaudet 1:00:02
	Ken Bauer 1:05:16
	Lois Parker-Carmona 1:08:01
	Bob Coburn 1:09:49
	Linda Moniz 1:09:56
	Eric Martin 1:22:43
	Matthew Timony 1:26:25
Boston Athletic Club 5M Boston, MA - November 3, 2002	South Shore YMCA 5M Quincy, MA - November 17, 2002
Nicholas Lamberti 38:06	Bob Coburn 51:57
Robert Bruzzese 40:02	
Falmouth in the Fall 7.1M Woods Hole, MA - November 3, 2002	Norwood Turkey Trot 4M Norwood, MA - November 24, 2002
Eileen Lyle 55:58	Robert Bruzzese 30:56
Cathy Boudreau 1:01:19	Nicholas Lamberti 31:27
	Ken Bauer 34:14
	Bob Coburn 38:08
Country Club 5K Classic Methuen, MA - November 3, 2002	Feaster Five 5M Andover, MA - November 28, 2002
Brian Slater 20:19	Tom Church 38:36
	James McSweeney 41:57
	Evan Labell 40:27
	Nancy Gaudet 44:25
	Ken Bauer 45:13
	Jean McFadden 49:52
	Linda Moniz 52:02
	Eric Martin 59:52
	Cathy Boudreau 81:33
	Feaster Five 5K
	Judy Duffey 29:04
	Sharon McKenna 31:33
	Paula Grogan 34:14
	Kathleen Thomas 43:01
	Donna Cohen 42:27
	Rebekah Labell 49:23
New England Cross Country Championships 10K Boston, MA - November 10, 2002	Gobble Gobble Gobble 4M Somerville, MA - November 28, 2002
Michael Urquiola 39:03	Buddy Hubert 33:26
Run For All Ages 5K Wakefield, MA - November 10, 2002	St. Claire's Hospital Cardiac Classic 5K Schenectady, NY - November 28, 2002
Ed Foster 20:30	Johanna Cohan 23:42
Eric Bremberg 21:17	
Jeff Donahue 23:56	
Cathy Boudreau 25:10	
Jill Weiner 26:44	
Susan Clough 26:51	
Teresa Evangelista 26:53	
Judy Duffey 27:28	
Audrey Sherman 27:53	
Sharon McKenna 28:12	
Joanne Piper 28:58	
Janice Meckstroth 29:33	
Bob Coburn 29:37	
Kathy Scacca 30:46	
Sheila Lawson 35:01	
Nute Ridge Half Marathon Farmington, NH - November 10, 2002	
Robert Bruzzese 1:53:53	

Club Announcements

Holiday Party Volunteers Needed
Besides bringing Pot Luck dishes, the MRC Board could use your help in throwing the annual Holiday Party. There are many ways that you can pitch in, so if you would like to help contact a board member.

Holiday Running Schedule
Things even get hectic at the MRC around the holidays. This year Christmas Eve and New Years Eve fall on our Tuesday Night Run. Alternate plans will be made for club runs. Watch for announcements and discussions on the MRC Forum at www.Melroserunningclub.com

Adopt-A-Site Clean-Up Update
In October, the Melrose Running Club clean up finally occurred. As part of the City of Melrose's Adopt-a-Site program, the MRC has adopted the stretch of land along the side of the Knights of Columbus building up to the back of Sovereign Bank. Thanks to a few MRC Members, Erin Lynch, Kaj Kandler, and Peter Fopiano, the site was cleaned up, hedges were trimmed, mulch was spread, and over 200 bulbs were planted. Although the effect of the hard labor won't be fully noticed until the Spring, it is certainly appreciated by the club.

November Stat Box

MRC Members that Raced : 43
Number of Events attended : 16
Times MRCers crossed the finish line: 67
Total Miles Raced by MRC Members: 321.9
Member that raced the most miles: **Robert Bruzzese (22.1)**
Number of Age Group winners : None

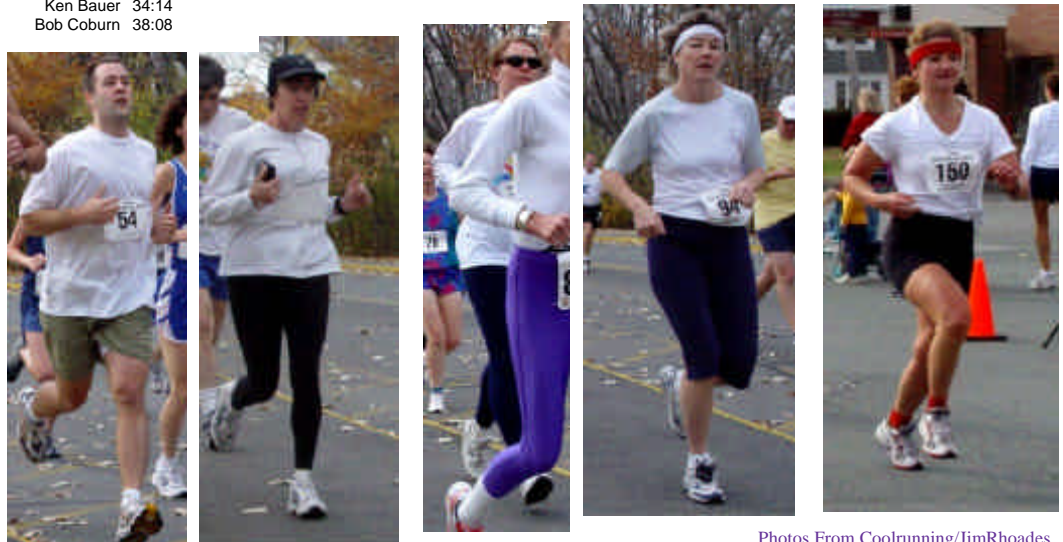
November's Notables

While October was a busy month, MRC road racers seemed to be resting in November. Blame it on the plummeting temperatures and the early snow storms, in November their was very little that was actually notable. The Most Improved and 100 Mile Club lists remained unchanged while only two races produced times that made the fastest lists.

Linda Ford's 34:23 was the second fastest women's 5 miler of 2002 and third fastest on the MRC all-time list. Linda now has record 7 of the top ten all time 5 Miler times for MRC women.

Mike Urquiola ran the second fastest 10K of the year. His 39:03 at the New England Cross Country Championships was the third sub 40 minute 10K of the year, and ranks 5th on the all-time MRC 10K list.

Run For All Ages 5K Photos



Photos From Coolrunning/JimRhoades