



Melrose Running Times

The Official Newsletter of the Melrose Running Club ~ February/March 2010



Upcoming Melrose Running Club Dates

MRC Board Meetings:

Tuesday, February 9th, after the run
Tuesday, March 16th, after the run

1st Tuesday Social:

Tuesday, March 2nd, after the run

Healthy Melrose:

Saturday, April 10th, Melrose Middle School, 10 am - 2 pm. MRC booth.

Melrose Run for Women:

Upcoming Organizational Meetings

Tuesday, February 23rd, after run

Tuesday, March 23rd, after run

Race

Sunday, May 9th, 9 am

Upcoming Races

Feb 13 – Bradford Valentine 6k, 5M

Feb 13 – Martha's Vineyard 20M

Feb 28 – Hyannis Marathon & Half

Mar 7 – Stu's 30k

Mar 3 – Malden St. Patrick's race

Mar 21 – New Bedford Half

Apr 11 – Great Bay Half Marathon

Apr 19 – Boston Marathon

May 2 – Providence Rhode Races

May 9 – Melrose Run for Women

May 30 – Vermont City Marathon

Headed up Heartbreak Hill...

Barry Cossette
Alastair Drummond
Dave Hayes

These lucky members were selected to represent the Melrose Running Club at the 114th Boston Marathon. We wish them good health and happy training!

MRC Holiday Party & 2009 Awards Banquet

On Saturday, January 9th, club members gathered to celebrate at the annual MRC holiday party. Highlights of the event included a potluck dinner, slideshow retrospective, awards presentation, and plenty of disco dancing. Many thanks to Lauren & Barry Cossette (event organizers), Jim Carson (media), and Nick Lamberti (awards) for making the event happen!

Trophies recognizing 2009 race accomplishments were awarded to:

Most Racing Miles ~

Roy Van Buren (503.5 miles) / Jennifer Rapaport (248.4 miles)

First Place MRC 2009 Racing Series ~

Barry Petzold / Katie Sinnott

Five Consecutive Years - 100 Mile Club ~

Walter Drag / Barry Petzold / Erin Lynch

Ten Consecutive Years - 100 Mile Club ~

Linda Ford / Nick G. Lamberti

Fastest Runner for the Year 2009 ~

Trevor O'Shea (10M)

Barry Petzold (5k, 5M, 10k, 15k, 1/2 & Full Marathon)

Judi Chiavetta (5k, 10k, 10M, 1/2 & Full Marathon)

Katie Sinnott (5M & 15k)

Most Personal Records for Year 2009 ~

Rick Collette (17) / Lisa Hentschel (10)



Members of the 2009 "100 Mile Club"



Planning for the annual Mother's Day race, Melrose Run for Women on May 9th, is currently underway. If you would like to volunteer, please contact Race Director Liz Tassinari (liztassinari@melrosesrunningclub.com).

SPONSORSHIPS: It's time to raise funds again! All businesses, individuals and organizations are good targets for donations. If you would like to help, contact Alastair Drummond (drummond59@gmail.com) for materials and a race brochure. Proceeds from the race benefit the Melrose Alliance Against Violence. Let's make a new record this year!



MRC Winter Solstice Fun Run 2009

On December 19th, an assortment of reindeer and elves gathered for festive merriment. Their mission: to collect wrapped presents strategically placed along a 4-mile loop in Melrose. The event culminated with good cheer and an impromptu dance party.

SUNDAY LONG RUN TRAINING PLAN

We are currently in the winter long training session. More information and course routes can be found on the website.

Meet at 8am – Brueggers in Melrose

WEEK	FULL	HALF	ROUTE
6 (2/14)	16.2	8.2	Winchester Highlands
7 (2/21)	14.3	7.2	Franklin + Spot Pond
8 (2/28)	18.1	9.1	Breakheart + Lake Q
9 (3/07)	20.0	10.2	Mystic Lakes
10 (3/14)	16.0	8.0	Lake Q
11 (3/21)	17.8	11.1	Swains + Breakheart
12 (3/28)	22.0	9.0	Hopkinton to Boston
13 (4/04)	14.8	7.1	Swains + Farm
14 (4/11)	12.5	7.1	Spot Pond
15 (4/19)	26.2	13.1	BOSTON

MILESTONES

Relay for Life ~ Congratulations to Kaj and Betty Kandler on the birth of their son Darius Marcel on 1/17/10. He joins big sister Anika.

Change of Pace ~ We wish Barbara Lawson best of luck on her new job and recent move to Portland, Oregon!

MRC MEMBER SPOTLIGHT on RICK COLLETTE

MRC member since: 2006

Favorite race: The Boston Marathon

Number of Boston Marathon appearances: 21

Personal goal for 2010: a 4-hour marathon

Why he runs: "It is a life affirming experience for me."

On his nightstand: What I Talk About When I Talk About Running by Haruki Murakami

We'd like to thank him for: Faithful manning of Sunday Long Run Water Stops



From the Trenches: the NYC Marathon by Erin Lynch



In a book by *New York Times* journalist Liz Robbins, the ING New York City Marathon was named “A Race Like No Other.” I can attest to the fact that it really is a unique marathon experience. Even the application experience is one of a kind.

After running Dublin in 2008, I was looking for a fall marathon and decided to apply for New York. I had heard good things about it, and I had never spent more than a few hours in NYC. Believe it or not, I had traveled to India, China, and the Philippines before spending a weekend in the Big Apple.

I entered the lottery in April 2009, and waited. On June 1st, I was in the Philippines lamenting that it was “the worst trip I have ever been on,” like that ’60s song played in *Forrest Gump*. I found out that my boss had been laid off and I would likely lose my job in a few weeks. It was awful. On my last night in the islands, I raced into my room and turned on my laptop for the defining moment. I had been accepted!!!

I called my friend Matt immediately. He did not get in, which I don’t completely understand because he is a much faster and more experienced runner than I am. I guess the lottery is pure luck and mine had changed! I called my mom and posted it on Facebook! I received laudatory wishes from club members, friends & family.

Four friends accompanied me to NYC to watch the race. I went to the Expo and drank lots of water the day before. I ate pasta with Bolognese sauce and Caesar salad and had a half a glass of red wine. I was in bed before 10 pm. I fell asleep for about 5 minutes and then lay wide awake. My mind was racing faster than my feet would move the next day!

When my alarm went off at 4:30 am, I threw on my throwaway sweat pants and sweatshirt, put a plastic tiara on my head, and ventured out the door. I stopped in a convenience store to buy Gatorade and a *NY Times*. The clerk was very friendly and wished me luck. I headed into the subway where I met other runners from all over the world and saw a rat half the size of my full-grown cat climb up the side of a trash can and down inside!

From the subway, I boarded the Staten Island Ferry and hopped on a shuttle bus to the Athletes’ Village. I met runners from all over the country and the world. The race started and we ran across the bridge. It was 2 miles long! I ran the first 10 miles at a pretty good pace with a guy named Eric from Canada. I was amazed to see that the runners start off on three different paths and then everyone merges together halfway through Brooklyn. Thirteen of the 26.2 miles are in Brooklyn.

The crowd support was amazing! It was the day after Halloween and the Yankees were in the World Series, yet they still had energy to cheer on the runners! At every mile, live bands played. The music selection was incredible – rock, jazz, blues, gospel, folk, and a DJ blasting Rob Base in Harlem. The poorer neighborhoods with the least to give, gave the most in terms of cheering enthusiastically.

The highlight of the run was seeing my friends in a crowd 3-deep as I ran over the Queensborough Bridge into Manhattan. After the race, I was about to go through the turn style with my cup of coffee, when a subway worker yelled, “Hey, did you run today?” When he saw my medal, he opened the gate and said, “Runners ride free!” Later, that evening I was in a bar having drinks and appetizers with friends and a New York City fire fighter came over to congratulate me.

I would run it again and highly recommend the New York City to anyone looking for a good fall marathon. Truly, it was a run like no other...

If you would like to contribute your race story for our next newsletter, please contact the editor!