

The Melrose

Fall 2016

# Running Times



**Healthy  
Holiday  
Eating Tips**

**Running Injuries  
When to Say  
When...**

**The Melrose  
Running Club  
Turns Twenty**

**CLUB PROFILE**

**Joe Terranova**

Katie Sinnott  
Quebec City Marathon  
Boston Qualifier  
August 2016

# CONTENTS

Fall 2016



Maryanne, Audrey, Judy and Horse  
North Shore 10 Miler

## FEATURES

### **3 JOE TERRANOVA PROFILE**

> Dan Slattery profiles club member Joe Terranova.

### **5 WHEN TO SAY WHEN**

> Physical Therapist Holly Fitzgerald discusses when it's time to stop running because of an injury.

### **7 HEALTY HOLIDAY EATING**

> Registered Dietitian Audrey Paradis discusses tips to help us get through the holidays.

### **8 MRC TRAVELS**

> Liz Tassinari talks about her trip with a group of MRC Women to Quebec City, Canada.

### **9 MRC TURNS 20**

> 2016 Marked the 20th year of the MRC. Jim Carson tells us all about the club's history.

### **13 GARDEN UPDATE**

> Alastair Drummond tells us how well this year's garden has been growing.

## DEPARTMENTS

**2 PRESIDENT'S MESSAGE**

**14 CLUB HAPPENINGS**

**26 CLUB CALENDAR**

# President's Message

---

## Welcome To This Edition

Hello there fellow MRC members, runners, and friends. This is the Fall 2016 edition of the Melrose Running Times. Thank you for the honor of being able to address you in this manner. This is also my first opportunity to greet everyone as a group, so let this be the first of many! Thanks goes out to Tom Gorman and all who have helped him for putting this together and doing such a great job at it.

The brutally hot summer we have had has come to an end and we can run again without fear of heat stroke. The fall running season is the time when the pained faces that people have been wearing start to lighten up and turn to smiles. Now is the time, if you aren't motivated yet, to get yourself out and enjoy running in New England in the fall. We are lucky to have it and what better backdrop could there be for running, whatever your reason for running happens to be. If you are not succeeding in getting out or meeting your goals, don't forget you are a club member and that you have over two hundred people on your side! Reach out and you will have people to train with, kvetch with, but don't make excuses, you belong to a great group!

The Melrose Running Club is a very special group and my first thought to myself as president is 'don't screw it up!' That being said, I am of the belief that things can always be improved, although I don't any specific ideas, at this moment. I would be happy to hear whatever suggestions people have; I know it's a diverse group and that is one of things I like most about it.

I want to thank the Board members who have served their term: Jason, Kristen, Gail, Liz, Lesley, Jeanne, Julianne, Tom, Mike, Brian, Jim, Katherine, Andy, Nick and Audrey for the phenomenal job they have done over the past year. I also want to welcome Charles and Matt to the Board.

**DON KEREN**  
**PRESIDENT**

## The Melrose Running Times

---

### EDITOR

Tom Gorman

### CONTRIBUTORS

Audrey Paradis	Jim Carson
Courtney Koschei	Holly Fitzgerald
Dan Slattery	Jean Gorman
Alastair Drummond	Liz Tassinari
Don Keren	

### CLUB PHOTOGRAPHER'S

Paul Locke	Matt Sazama
------------	-------------

## Club Board of Directors

---

### PRESIDENT

Don Keren

### MELROSE RUN FOR WOMEN RACE DIRECTOR

Liz Tassinari

### VICE PRESIDENT

Charles Brinkman

### TREASURER

Andy Nagelin

### ASSAULT ON MOUNT HOOD RACE DIRECTOR

Brian Slater

### SECRETARY

Matt Sazama

### WEBSITE

Jim Carson

### SOCIAL DIRECTORS

Julianne Blanch

Jeanne Boisseau

### APPAREL

Gail Severt

### NEWSLETTER EDITOR

Tom Gorman

### MEMBERSHIP COORDINATORS

Nick Lamberti

### RACE TREASURER

Mike Sikkema

Lesley Moss

# Club Member Interview

## Joe Terranova

BY DAN SLATTERY

**Terranova is an Italian name, though one broken down with Latin roots to “New Ground”. I think that’s apropos, considering that it is often in our challenges in life that we truly identify our strengths and who we are as people.**

**Joe Terranova is a guy you’re drawn to, one who’s a family man (wife Christina, sons Joe Jr. and Christopher, and daughter Olivia), accomplished lawyer, commercial actor, community volunteer, and Melrose Running Club veteran. When he’s not running at a good clip on Sunday mornings, he’s still out there, manning a water stop. The MRC has been a big part of Joe’s life, but the inner passion that drives him after his near fatal heart attack serves to inspire all of us. The last 2 years have constituted “New Ground” for Joe; it’s easy to get the sense he’ll continue to live...and run on solid footing.**

**Here’s but a small glimpse into the man...**

**HOW DID YOU START RUNNING... WHAT SPURRED YOU... ANY INSPIRATION... WHAT DO YOU LIKE MOST ABOUT IT?** I started running in junior high school as a way to stay in shape for other sports. In the process, I learned that I was pretty good at it. I played football my freshman year of high school but found my real talent was lapping other players doing laps around the field. I joined the track team and then found I liked the running and the running teammates better than the football guys (not that they were bad guys-I just got along better with the runners). The thing I liked and still like about running is that it is based completely on merit. In some team sports, subjectivity can come into play when coaches assign varsity slots. With cross country and track, it rests solely on who ran fastest in the time trials or latest meets.

**WHAT HAVE YOUR GREATEST RUNNING ACCOMPLISHMENTS BEEN?** I am most proud of qualifying for Boston multiple times and completing Boston five times.



Joe, Christopher, Christina, Joe Jr. and Olivia

I grew up in Framingham during the 70’s running boom and always wanted to run Boston. Recently, I am most proud of simply being able to run after suffering a heart attack almost two years ago.

**WHEN DID YOU START WITH THE MELROSE RUNNING CLUB... BEST PART OF THE CLUB FOR YOU?** I started on the very first Tuesday in the summer of 1996. I had just moved to Melrose in March of that year and liked the idea of becoming involved with a running community. The best part of the club has clearly been the community. I am biased, but I believe runners, as a group, are some of the best people around. Whether you are the fastest, the slowest, or somewhere in between, runners always support one another, both on the roads and in their personal lives.

**TELL US A LITTLE ABOUT YOUR CAREER, BOTH AS AN ATTORNEY, AND AN ACTOR IN COMMERCIALS?** Ha! The acting piece is strictly a sideline that I started about 11 years ago on a whim. That is a lot of fun. Much like running, you work with like-minded people who are generally very nice, patient, and committed to doing a good job. I have not done much lately because the day job has become less flexible over the last few years.

Regarding the law, I practiced, both with firms and then on my own, for 21 years. Four years ago I took an executive staff position with the Suffolk County Sheriff’s Department. As Chief Deputy of the Civil Process Division, I oversee about 20 deputies and staff who serve court papers, perform evictions and enforce civil judgments through seizure of real and personal property, and civil arrests.

# Club Member Interview

## **YOU HAVE THE BAY STATE HALF COMING UP. HOW'S YOUR TRAINING GOING?**

So far so good. My plan is to pace my daughter Olivia through her first half marathon so I am not shooting for anything close to a PR. I just want to go out and run comfortably and make sure she has a great experience in Lowell.

## **YOU'VE HAD YOUR SHARE OF INJURY (BAD BACK) AND HEALTH SCARE (HEART ATTACK). HOW HAS THAT IMPACTED YOUR LIFE/ CHANGED YOUR PERSPECTIVE ON THINGS... WHAT CHANGES HAVE YOU MADE?**

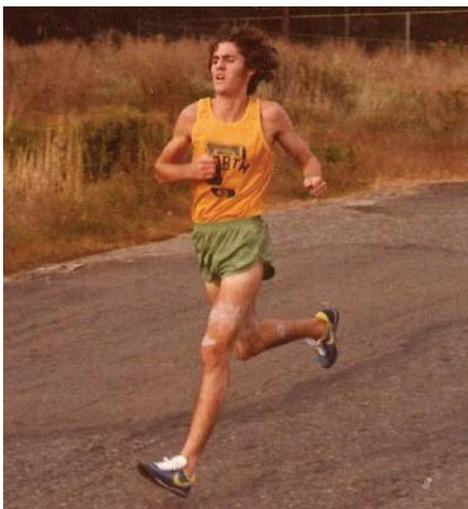
After the heart attack, the knee and the back issues pale in comparison. As a whole, I have certainly shifted my focus from competition and PRs to simply enjoying each and every run as much as I possibly can. I literally almost died two years ago from the heart attack. I received great care, participated in an outstanding rehabilitation program, and started paying much more attention to nutrition and stress management. I have not ruled out marathons or competitive Reach the Beach types of relays, but in the short term, I am much more focused on getting out and enjoying my runs, the outdoors, and the camaraderie and friendships that come with it.

## **WHAT ELSE DO WE NOT KNOW ABOUT JOE TERRANOVA THAT YOU'D LIKE US TO KNOW?**

I think we have pretty much covered it. I do want everyone to know that in spite of my inability to get to many Tuesdays, the MRC is a very big and important part of my running and personal life. I am certain that I am a better runner and person because of all of you.

*To see one of Joe's Commercials go to:*

<https://www.youtube.com/watch?v=0O6KjI75qbc>



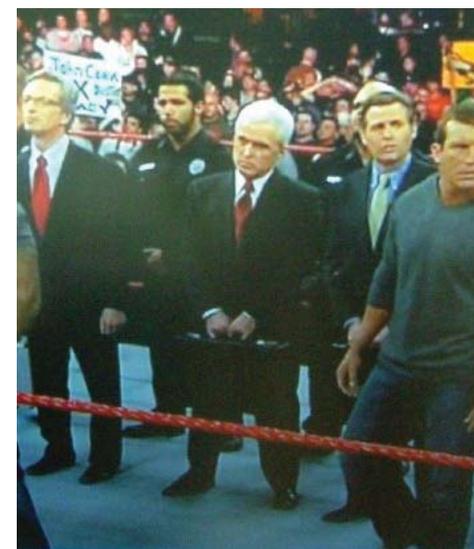
Framingham North High School Days



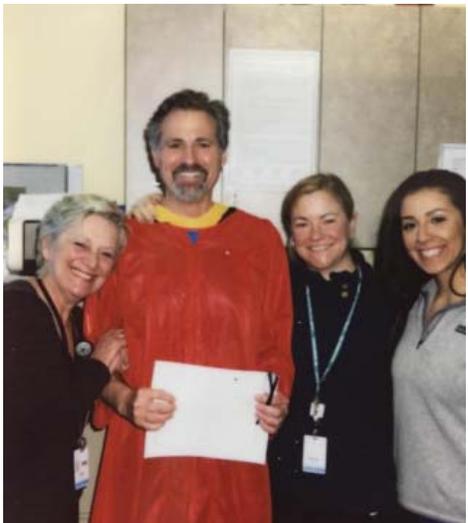
Running the 2009 Boston Marathon



Eric, Linda and Joe - Emarc 5k 9/2000



An acting gig on WWE Wrestling



Hallmark Cardiac Rehab Graduation



Mary O'Donnell 5k - August 2016

# Running Injuries

## When to Say When...

BY HOLLY FITZGERALD

After nearly 20 years in orthopedic clinical practice, I feel confident saying that the number one reason I hear for why injured runners don't seek medical attention is because they know they "will just be told to stop running." This may be the case when the practitioner can't offer any alternative suggestions or in the instance that this is, in fact, the most appropriate medical advice. So how do you know where you stand when faced with a potentially sidelining injury?

Personally I go to great lengths to keep my people moving if I can. That being said there are many factors that weigh into my decision regarding whether or not I give my blessing to continue hitting the road. This is why we probe with so many questions when you come in for an initial evaluation. How long have the symptoms been present? Are they there at rest? How much running do you typically do? How long have you been running? What exactly is the diagnosis? Each question gives me data to develop a personalized formula for your recovery. Allow me to give you some insights to the thought process.

**#1 How long have the symptoms been present?** This question holds a lot of value in the orthopedic world. Take this example: If you developed raging heel pain after spending a week in flip-flops vacationing in Disneyworld (when you typically have a desk job sitting most of the time), you are likely suffering from acute plantar fasciitis. The potential to heal quickly is far greater, and the treatment much different, than if you have been a runner "managing" chronic heel pain for 10 years. Shutting things down for a few weeks, icing, stretching, anti-inflammatories, possibly even a walking boot and the symptoms may go away completely and never return. With the chronic patient a need to stimulate healing is imperative as the body has essentially given up acknowledging the issue. You may be able to continue running on some level while you rehab properly. Typically, deep tissue massage, cupping, instrument assisted soft-tissue mobilization, stretching and even dry needling have been found to be very helpful in this population.

**#2 Are your symptoms present at rest?** This is another very valuable piece of information. If your pain is there at rest I am curious as to if it is in response to your running



**Fitzgerald Physical Therapy has moved to a New Office at 2 Washington Street in Melrose.**

or is it there regardless? Better yet, does the running seem to alleviate the symptoms but if you slack in your exercise routine does it come back? Some arthritic conditions prefer movement and exercise may alleviate the pain. Bony lesions such as stress fractures usually are less symptomatic once you stop the activity but can be very painful during. Soft-tissue injuries such as Achilles tendonopathy or patellar tendonitis could go either way. They may bother you at the start of a run then seem to get better the further you go. Depending on how much you aggravated the soft-tissue on any given day the pain may or may not be present at rest. Determining if continued running is appropriate at this point is very specific to the individual issue.

**#3 How much running do you typically do/how long have you been running?** The resume of each of my runners plays quite heavily into my decision regarding allowing them to continue to run. As most of us know, the majority of running related injuries are by definition, repetitive use injuries that are a result of training error. Sorry but it's true. In other words, bad mechanics, over-training or poor programming all cause injury. If someone is new to running they are likely a less efficient, less conditioned runner and as they ramp up mileage sometimes things simply break down. When trying to recover from an overuse injury this patient may do best just shutting things down for a week or so, cross-training and slowly ramping back up again.

# Running Injuries

---

In the same respects, someone who was a competitive runner through high-school and college more often has good technique, solid conditioning and may be able to rehab while they continue to train on some level. In addition, if my patient is training for a specific event, the amount of time between when they make it to my office and the date of the event factor into how much running I will allow them to continue. If we are two weeks out from the Boston Marathon and a hamstring starts talking to you, I will probably have you cross train and hold off on running to save it for the event. The bulk of your training was complete anyway. On the flip side, if you are only 2 weeks into a 16 week training cycle we may be able to keep building a base through a modified schedule, incorporating Alter-G or pool running and corrective exercise and nip the issue before it turns into a bigger problem. Again, each rehabilitation plan should be individualized for that particular patient.

**#4 What exactly is the diagnosis?** I'd like to note that I do encourage everyone to do their due diligence and research their symptoms and attempt self-care prior to seeking professional help. That being said, there are specialists out there for a reason. If you have been treating yourself for shin splints with ice, stretching and arch supports but the pain in your shin is not improving, or unfortunately getting worse, you may have made the wrong diagnosis. Continuing to run without understanding exactly what is going on will most often cause the condition to linger or progress into another problem all together.

Most of the basic information you read online for running related injuries is an appropriate place to start IF you have identified the right issue and the symptoms are relatively acute (new). Common mis-diagnoses include piriformis syndrome versus a disc herniation, shin splints versus a stress fracture, IT-band syndrome versus meniscal tear and plantar fasciitis versus referred pain from the ankle/soleus/lumbar spine or other surrounding structures. If you have been self-managing and the condition is not improving seek a professional opinion. More often than not we can at least confirm your diagnosis and steer you in the right direction. In addition, if you feel that you have "taken time off" but the condition has not improved, be honest with yourself regarding how much you invested in fixing the issue.

I hear all the time that patients "rested and it still didn't go away." Upon further investigation what they really were saying was they skipped the long Sunday run and were shocked when they still had the pain the following week, all

the while they did nothing to actually address the problem in the time in between. While the rest probably helped, it is also safe to say that without addressing the causative factors (tightness, stiffness, weakness etc.) the condition was not going to simply go away with a few days off.

Also the amount of time you may need to take off is all relative to what is actually wrong. If you have a stress fracture the minimum for the healing to occur is about 4-6 weeks. With minor muscle strains you may only need a few days. Muscle tissue and bone heal at physiologically different rates that we can't change. By taking the correct amount of time off, doing the rehab and allowing the tissue to heal you may be able to make great strides in abolishing the issue.

Unfortunately, sometimes the best thing to do to recover from a running related injury is to stop running for a while. However, what you do in the off-time, how much time to take off and what is a reasonable time to lay low depends on a multitude of factors. Being evaluated by a specialist in the field can yield a wealth of information not available on the internet. Guidance from your health care team can make the recovery process more specific to your injury and map out a plan for your speedy return to running.



---

**Holly Fitzgerald**, DPT, Board Certified in Orthopedics, is the Owner of Fitzgerald Physical Therapy Associates in Melrose and Woburn MA. Holly is a Melrose Running Club member, who along with her staff, has treated many MRC Members throughout the years. Holly can be contacted by calling 781-321-7000 or by Email at [hollymspt@aol.com](mailto:hollymspt@aol.com). Website: [www.fitzgeraldpt.com](http://www.fitzgeraldpt.com)

---

# Nutrition

## How to watch your waistline and enjoy the holidays!

BY AUDREY PARADIS

It feels like just yesterday that we were celebrating the beginning of the summer. Now, without warning that stressful, yet special word starts to sneak into our vocabulary ... “Holidays”.

As the year draws to a close, we find ourselves constantly surrounded by food, drinks and good cheer. Glutinous foods are in the break room at work, home, running club and at the many parties we attend. We are continuously forced to choose between delicious treats and making healthful decisions. The holidays only happen once a year, so why not indulge? Well, unwanted weight gain from the decrease in exercise and increase in calories is something to think about for sure. But, we don't need to sacrifice fun times and good food to maintain our waistline. Here are some helpful party tips!

Avoid starving yourself between parties. Just because you have a weekend filled with festivities, doesn't mean you should crash diet! This will only lead to overeating and poor decision making!

Try adding a healthy snack a few hours before the party to ward off hunger. Consider a high fiber, protein/fat rich snack such as whole grain tuna or turkey wrap, low fat plain Greek yogurt with granola and fresh fruit or 1/4 cup of trail mix and low fat cheese stick.



Consider 20-30 minutes of light exercise such as walking, yoga, meditation and/or stretching when navigating a busy schedule. Stress can boost hormones that can trigger an increased appetite... no good!

Place some space between you and the appetizers. This will keep you from overeating without even realizing it! Grab a small plate and head over to chat with friends! Don't make the food your focus!

Make sure to survey the whole spread at a party, that way you can choose the healthier food items while adding a few small “treats” to the mix. And make sure to eat mindfully and go at a slow pace... unlike most things in our life, this is not a race!

Allow yourself to indulge in the sweet stuff. Enjoy a SMALL piece of cake, cookie or other delicious treat to satisfy your sweet tooth. This will help you avoid binging on the rich items later on.

I'm sorry, I do have to mention this... make sure to moderate your alcohol consumption. Not only does it pack on the calories, but it also can decrease your control over what foods you eat. Consider sipping on a glass of water or seltzer between drinks.

Now go and enjoy this wonderful time of year while making good decisions for yourself... your waistline and spandex will thank you!



# MRC Travels - Quebec City

---



**BY LIZ TASSINARI**

“Do you want to go to Quebec City, to support Katie Sinnott? She needs a qualifying time for Boston and the Quebec City Marathon will give her a good chance” asked Judi Chiavetta. And 11 women agreed to go.

The Quebec City Marathon is rated as one of the top 10 city marathons by Runners World. Starting in Levis, it runs along the north and south banks of the St. Lawrence River. While it has challenging hills towards the end, the finish makes it worth the run. The race ends downtown, winding through the old town and passing the famous Chateau Frontenec.

Traveling to races takes some organization but is always an adventure. We booked a house across from the river in Levis, which was only a mile or so from the start of the marathon and a few miles from the start of the half marathon. The house easily fit all 11 of us and had enough bathrooms. A must when traveling with women! I hadn't been to Quebec City in over 30 years, so I was very curious to see its old world charm again. This sophisticated provincial city feels so European. With the strong American dollar, the shopping and eating were also marvelous! Everyone had plenty of time to bike and walk around the area before the marathon. The bike paths were tremendous and of course separated from the street for the most part. We had a scenic trip to Montmorency Falls, which was right outside of the city. They were quite spectacular!

The day of the marathon was warm but luckily for us overcast. There were some exposed areas on the course and thankfully the runners didn't have the sun blazing on them. While the course appeared to have downhill, it was a more challenging course than anticipated. It started in the more rural Levis, then crossed the St. Lawrence River. It became more exposed in Quebec City. There was a hearty cheering section as the finish was in the heart of the waterfront. For those of us who weren't running, we got the chance to cheer on all of the half and whole marathoners as they finished the race. Katie placed third in her age group and qualified for Boston!

The biggest adventure of all was the trip home. As we left Quebec and crossed the border into the states, the rain started. The trip from Quebec took us through the high altitudes in Vermont and to 93 South in NH. While in the higher altitudes, all 4 cars travelling south were caught in a huge thunder storm. I have to say it was one of the worst rainstorms I have ever been caught in. You could barely see in front of you but the shoulders were so small there was no stopping. And as the storm was headed west to east and we were traveling south, you had to keep moving. Eventually we spied a curtain of rain, with the sun peeking through on the other side. Hand grips were eased up and the rest of the trip home was uneventful.

All in all everyone had a lot of fun, ran well and brought home a stamp on their passport. Now onto our next destination race!



# The MRC Turns Twenty

## The 20th Anniversary

BY JIM CARSON

Abbott - Aery - Aery - Afifi - Agarwal - Aguirre  
- Alan - Albers - Allison - Allison - Allonby -  
Allspach - Altaras - Amara - Amaral - Amin  
- Anderson - Anderson - Anderson - Anderson  
- Andrews - Antico - Applegate - Appleyard  
- Ashline - Ashworth - Ashworth - Atanasov -  
Atkinson - Badger - Ball - Bancy - Barnes - Barnes  
- Barrett - Barros - Barry - Bates - Bates - Bath  
- Bath - Bauer - Bauer - Beal - Beardsley - Behl  
- Beirne - Belanger - Berger - Bertini - Berube  
- Bhole - Bhole - Bierenbroodspot - Biggio-  
Randolph - Billie - Birtcher - Bishop - Bizzarro-  
Raino - Black - Blair - Blanch - Bleiler - Bleiler  
- Blesso - Blesso - Bognar - Boisseau - Bollen -  
Bonilla - Boudreau - Bower - Boyd - Boyd - Boyle  
- Bradford - Bradley - Bradshaw - Brady - Breeden  
- Breen - Bremberg - Brennan - Brennan - Brennan  
- Bridges - Brinkman - Broadley - Broderick  
- Brogan - Brown - Brown - Brown - Brown  
- Brown - Bruno - Bruzzese - Bryer - Buckley -  
Buggy - Buggy - Buker - Bulik - Burke - Burke  
- Burnham - Burns - Busby - Butterfield - Butts  
- Callahan - Camassa - Camelo - Canoloni - Canoni  
- Capua - Caracoglia - Cargill - Carpenito - Carroll  
- Carroll - Carson - Carson - Carson - Carson  
- Carroll - Carsten - Carver - Casey - Casey - Casey  
- Cassidy - Cassidy - Cataldo - Cerretani - Chang  
- Chapuran - Chiavelli - Chiavetta - Chiknas  
- Chiozzi - Chiozzi - Chisholm - Chmielewski -  
Chrisphonte - Christopher - Church - Ciaramitaro  
- Ciatelli - Cinella - Cinella - Cinella - Cintolo  
- Cintolo - Cintolo - Cintolo - Claire - Clapp -  
Clapp - Clapp - Clark - Clark - Clift - Clough  
- Cloutier - Cobau - Coburn - Cockreham - Cohan  
- Cohen - Colasante - Cole - Collette - Collins  
- Colongeli - Colongeli - Colozzi - Conlan -  
Conneely - Connelly - Connelly - Conti - Cook  
- Cook - Cooper - Cooper - Cooper-Ayles - Corbett  
- Corning - Corrado - Cosco - Cossette - Cossette  
- Costa - Costello - Cote - Cote - Cotter - Courtney  
- Coviello - Coyne - Cranley - Crim - Crispin  
- Cross - Cross - Cross - Cross - Cross - Cross  
- Croteau - Crowley - Crowley - Crowley - Cullen  
- Culliton - Cummings - Cummings - Cummings  
- Cuneo - Cuniberti - Cunningham - Curran  
- Curtis - Cushman - Cusolito - Cutulle - D'Ambr -  
D'Andrea - D'Antona - Dang - Danieli - Dannaher  
- Davis - Davison - Day - Day - DeAcetis  
- DeAngelo - DeChellis - DeLillo - DeLuca -  
DeLuca - DeNutte - DeSimone - DeSimone - De  
Morais - De Oliveira - Deacy - Dean - Dechoretz  
- Deeble - Defeudis - Delatizky - Dellorusso -  
Delorne - Dempsey - Denison - Denman - Derse  
- Desimone - Devine - Dhar - DiCalogero -  
DiCesare - DiFronzo - DiMaria - DiSanto - Dicarlo  
- Dixon - Doerrer-Mullen - Doherty - Doherty  
- Doherty - Doherty - Dolan - Dolan - Donahue  
- Donahue - Donahue - Donahue - Donnelly  
- Donoghue - Donovan - Donovan - Donovan  
- Donovan - Dorsky - Doucette - Douglass - Dowell  
- Doyle - Doyle - Drag - Drapp - Drees - Drew  
- Drozdowski - Drummond - Duato - Dubois -  
Duffey - Duffey - Duffner - Duffey - Duggaraju  
- Dulong - Dumas - Dunne - Dunne - Dunne  
- Dunne - Durant - Durante - Durgin - Durham  
- Durkin - Durning - Dwyer - Ecker - Edwards  
- Elia - Elias - Elkhadiji - Elliot - Ellsworth -  
Emsley - English - Erb - Esfahanian - Esfahanian  
- Evangelista - Evans - Ewenstein - Fahey - Falite  
- Farrell - Fay - Fedak - Fedak - Feldman - Felt  
- Feran - Ferrara - Ferrari - Ferreira - Festa -

In 1996 a young David Ortiz was beginning a 20 year career as a professional baseball player when he signed a minor league contract with the Seattle Mariners. He would break into the majors with the Minnesota Twins, playing with them until he was cut in 2002. As the 2003 season started he fought for a position on the Red Sox roster, ultimately becoming their full time DH. While the seeds were being sown for a long and successful baseball career, so too were the seeds of the Melrose Running Club.

Also in 1996 Tony Pallotta, a local runner, opened a running store on the corner of Main Street and Grove in Melrose and kick-started what would become the Melrose Running Club. The Runner's Edge sold running gear from 1996 to 2008 when it was sold to Marathon Sports. With the help of Mike Quigley, a little running group began gathering for regular weekly runs from the running store that year. The first MRC tradition was established before the running club was formed when Mike Quigley organized the first annual Thanksgiving Morning Run at Spot Pond.



In April 1997 this group of runners officially became a RRCA running club, and the Melrose Running Club was born. Led by their first president Jackie Doerrer, the club met at the running store for weekly runs along the same summer route still used by the club today. That first summer the club quickly grew to 50 members including some names that have become past club history such as Jackie, Kelly Clark, Bob and Jane Boyd, Jerry Delatizky, Johanna Cohan, Jim Applegate, John Sherlock, Peter Yandell, Jan Felt, Bob Coburn, Dick Duffy and Bob Grande while others continue to be members of the club today like Mike and Martha Quigley, Linda Ford, Judy Duffey, Roy Van Buren, Eileen Lyle, and John Morris.



Early in 1997 the club chose its identifying colors, purple and white, and by the end of 1997 the club had a contest to choose its first logo.



A running figure crossing a finish line would become the visual cue that the Melrose Running Club had arrived. The first club social event would be held, a clam bake, the precursor to the MRC Summer Party. In September 1997 the Melrose Running Club ran their first race as a team, coming in 113th in the Lake Winnepesaukee Relay. A single team of runners, which included some notable MRC names like Jackie Doerrer, Bob Boyd, and Roy Van Buren, ran the 9th annual relay. As the years went on the tradition grew, as one team lead to two, and two teams became four. From the start the race was more of a running celebration weekend for the club. Many would head north on Friday night, race through the day along the 65 mile course around the lake, have dinner together, and dance late into the evening. This tradition lasted until 2013 when the race directors held the 25th and final running of the race, ending a great tradition.

The Thanksgiving Fun Run would be joined by a donation from the club of Thanksgiving food baskets. Three needy families in the Melrose area would be identified to receive the baskets, the club would contribute turkeys, and members would contribute "the fixins". Over the years the contributions would grow to include toys for the children and supermarket gift cards.

# MRC Turns 20 - Continued

Fiandaca - Fiandaca - Field - Finn - Finn - Fisher - Fitzgerald - Fitzpatrick - Fitzsimmons - Flaherty - Flanagan - Flood - Flynn - Flynn - Flynn - Foley - Fontana - Fopiano - Fopiano - Ford - Fortier - Foss - Foss - Foster - Foster - Fowler - Fox - Francesconi - Frate - Friedberg - Frizzell - Fuentes - Furbush - Fusco - Fusco - Gaffey - Gagliano - Gagne Lee - Galego - Gallagher - Galvin - Galvin - Galvin - Garnart - Gates - Gattton - Gaudet - Gengenbach - George - Giachinta - Giesecke - Gilbert - Gilbert - Gilbert - Gilroy - Giovanni - Giuliano - Goldberg - Gonzales - Gordon - Goreham - Gorman - Gorman - Gorman - Gormley - Gorvin - Goulian - Gradzewicz - Grande - Grande - Grande - Grant - Grant - Grant - Gravina - Greenberg - Grieco - Grogan - Gropman - Guerra - Guterma - Hakkaoui - Hakkaoui - Hamilton - Hamilton - Hamilton - Hamm - Hancock - Hannan - Hanscom - Hansen - Hanson - Hanson - Harold - Harold - Hayes - Hayes - Healey - Healey-Dame - Heath - Hecht - Heck - Heck - Heiman - Helman - Henchey - Henneberry - Hennessey - Henry - Hentschel - Hentschel - Hermann - Heroux - Herson - Hiatt - Hickey - Hickey - Hicks - Higgins - Higgins - Higgins - Higl - Hill - Hiltunen - Hirsch - Hislop - Hobin-Audet - Hodges - Holland - Home - Horwitz - Howard - Hubert - Hubert - Hubert - Hudson - Hudson - Hudson - Hunkins - Hunt - Hunt - Hunter - Hurley - Hutchinson - Iacopino - Iannillo - Igo - Introne - Jalloul - Jameson-Meehan - Jamison - Jamison - Jancaitis - Janeway - Johnson - Johnson - Johnson - Johnson - Jordan - Joseph - Josephson - Josephson - Joyal - Judware - Julian - Julian - Julian - Juliano - Kaili - Kallay - Kandler - Kandler - Kandler - Kandler - Kane - Kapij - Kaplan - Karigianis - Karigianis - Katz - Kean - Keane - Keating - Kelleher - Kellinger - Kelly - Kelly - Kelly - Kelly - Kelly - Kempton - Amaral - Kenawell - Kenny - Keren - Kerensky - Kerry - Kerton - Kerton - Kerwin - Kezerman - Knaff - Koczela - Koh - Kondilis - Kong - Kopach - Kopach - Korik - Koschei - Kovacs - Kovacs - Kravitz - Kreamer - Krol - Krushenick - Krygowski - Kulig - Kutzen - L'Heureux - LaCroix - LaCroix - LaFontana - LaFontana - LaSaffre - Labell - Labell - Ladner - Lam - Lamberti - Lamey - Landry - Lane - Lane - Laneau - Lanza - Lasco - Latapie - Latham - Latreille - Latta - Lauzon - Lavery - Lavey - Lawhorne - Lawlor - Lawrence - Lawson - Lawson - LeBlanc - Leach - Leach - Leahy - Leblanc - Ledin - Lefave - Leggiero - Leighton - Lenehan - Lenehan - Leydon-dinoto - Libby - Lind - Linderman - Linhares - Linnell - Liu-Constant - Lively - LoBello - Locke - Locke - Locke - Locke - Long - Longo - Lordan - Lorrain - Lowell - Lowell - Lowry - Lucas - Lucey - Lunde - Lunde - Lyle - Lyle - Lynch - MacDonald - MacDonald - MacDougall - MacNeil - Machanic - Madore - Maffie - Maguire - Maguire - Maguire - Maguire - Maguire - Maher - Mahoney - Malone - Manfredonia - Mann - Mansfield - Mansfield - Mansfield - Marinelli - Marinelli - Markham - Markham - Marquardt - Marques - Marrazzu - Marshall - Martel - Martin - Martin - Martinello - Martinez - Martinez - Martins - Mason - Mason - Mason - Massa - Massey - Mathews - Matthews - Mattuch - Maushart - Mazzone - McArdle - McAvoy - McCabe - McCaldon - McCarthy - McClain - McCormick - McCowan - McCoy - McCusker - McDermott - McDermott - McDonagh - McDonald - McDonnell -

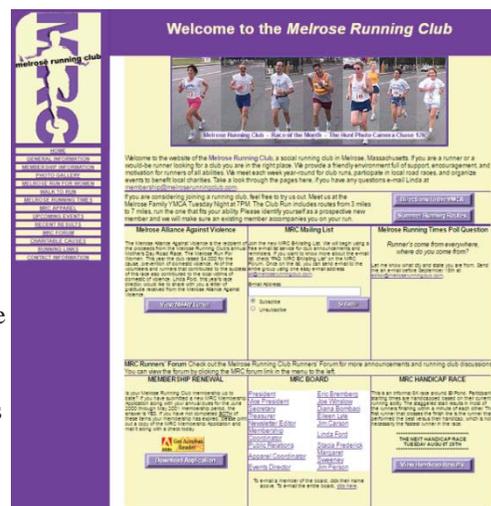
As the calendar turned to 1998 the club decided to organize its first road race with an eye towards starting a tradition in Melrose. Mother's Day would be the day, women would be the focus, and the Melrose Alliance Against Violence the beneficiary. On May 10, 1998 the first Melrose Run for Women was held and 159 female runners crossed the finish line. The race has been run every Mother's Day since, except for the 2006 edition when severe flooding resulted in a state of emergency in the city. The race was moved to Flag Day, June 14th and was run at Lake Quannapowitt with the help of the Mystic Running Club. The race grew over the years due to the efforts of several race directors Jackie Doerrer, Linda Ford, Jean Terranova, Margaret Fisher, Heidi Gengenbach, and Liz Tassinari. As we approach the 20th running of the all women race, over 1000 women have begun their Mother's Day participating in this event.



The second annual Summer Party was hosted by Bob Boyd, solidifying it as a tradition. Others would host each summer, rain or shine. Mike and Martha Quigley opened their home to the club, as did MRC President Gary Gilbert on a soggy day where a potato gun became the main attraction. We also visited the backyards of Bob Jamison, Kaj and Betty Kandler, Sue Clough, and Erin Lynch before the summer party found a comfortable spot behind the home of Hank and Janet Murphy. Through rainstorms, heat waves, water balloons, tipping chairs and piñata massacres, this party has always felt like a mid-summer family reunion for the club.



In 1998 the MRC found itself looking for both a physical home and virtual home. The club had outgrown the Runner's Edge and a temporary home was found at the Melrose YMCA. At the same time the club's board decided it was time to find a home on the internet. In 1999 the site was designed, brought online, and began sharing the club's events with the public. The webpage featured news, photos, a discussion forum, and information about MRC events. One feature unique to our club began on the New Year's Day 2000, when Bob Coburn's 4 miler race result was posted on the club's site. Since that year a team of two has compiled over 16,000 race results from 2600 races and added them to our webpage. These results were used to tabulate who ran the fastest miles, the most miles, had the most PRs and improved the most year to year. The RRCA recognized the site as the RRCA Club Website of the Year in 2002 and the 2005 Small Club Website of the Year. The club's presence on the internet also spread the word that we existed, leading to a surge in membership.



By 2000 the growing club had worn out its welcome at the Melrose Y. Mike Quigley orchestrated a move around the corner to the Melrose Knights of Columbus. This move solidified the club's definition as a social running club. While running and racing would be the primary charter of the club, post-run fun became a big part of the club. The tradition of celebrating the "First Tuesday"

# MRC Turns 20 - Continued

McDonough - McElligott - McEvoy - McEvoy  
- McFadden - McFarland - McFarland - McGlynn  
- McGourthy - McGunigle - McGunigle -  
McKenna - McKeown - McKeown - McKeown -  
McKeown - McLaughlin - McLennan - McMaster  
- McMillan - McMillan - McNulty - McPherson -  
McQuaid - McShane - McSweeney - McWilliams  
- McCarthy - Mcelligott - Mcintire - Mckiverkin  
- Mckiverkin - Meckstroth - Medeiros - Meehan -  
Meehan - Mehlow - Melkonian - Mello - Melville  
- Menchini - Menovich - Meola - Messinger -  
Michaels - Miele - Miller - Millerick - Milligan  
- Minear - Minzy - Mirabello - Mirek - Mitchell  
- Mitchell - Mitchell - Mockler - Moise - Molina  
- Monahan - Moniz - Montecalvo - Mooers -  
Mooney - Moore - Moore-Lynds - Morabito  
- Morandi - Morig - Morrell - Morris - Morris -  
Morris - Morrissey - Moseley - Moss - Mouadden  
- Moura - Mullane - Mullen - Mulroy - Munday  
- Muniz - Murphy - Murphy - Murphy - Murphy -  
Murphy - Murphy - Murphy - Murphy - Murphy -  
Murphy - Murphy - Muscarella - Muse - Mustone  
- Nagelin - Napolitano - Nash - Nauda - Newsad  
- Newsad - Nilges - Noel - Noel - Nolan - Nolan  
- Noonan - Norris - Nowell - O'Brien - O'Brien  
- O'Connell - O'Connell - O'Connor - O'Connor  
- O'Hara - O'Hearn - O'Keefe - O'Kennedy -  
O'Mara - O'Meara - O'Neill - O'Shea - O'Hara  
- O'Hara - Odierna - Okonehnikova - Olech  
- Orcutt - Ormond - Ouchark - Ovitt - Ozaslan -  
Padukone - Pagliccia - Paige - Paladino - Paladino  
- Palmer - Palmer - Palmer - Palumbo - Paradis  
- Parker - Parker Carmona - Parmenter - Pate -  
Paul - Pearce - Pearce - Peet - Peluso - Pennachio  
- Perham - Perham - Perrone - Person - Pescatore  
- Peterson - Peterson - Petrella - Petrozziello  
- Petzold - Pevear - Pickering - Piepergerdes -  
Pierce - Pino - Piper - Pizzi - Pizli - Pollatta - Pope  
- Poveramo - Poveromo - Poveromo - Powell  
- Previte - Price - Priego - Primiano - Proulx -  
Psallidas - Psallidas - Puleo - Pulsifer - Puopolo  
- Qualter - Quan - Quigley - Quigley - Quigley  
- Quigley - Quinci - Quinlan - Quinlan - Quinn  
- Quinn - Quinn - Quirk - Radley - Rajewski -  
Randall - Rapaport - Rawe - Realejo - Recene  
- Reed - Regan - Reid - Reidbord - Reilly - Rice  
- Rich - Rico - Riley - Rinaldi - Ringen - Robb-  
gilbert - Robin - Robinson - Robinson - Romboli  
- Romprey - Romprey - Romprey - Ronn - Ros  
- Rose - Rosenblum - Rossi-Roh - Roub - Row  
- Rowe - Rowinsky - Roy - Rushton - Rushton  
- Rushton - Rushton - Ryan - Ryan - Sabine  
- Salacup - Sales - Salines - Sanford - Sanford  
- Sannella - Santullo - Sarno - Sarro - Sazama  
- Scacca - Scacchi - Scadding - Schaad - Schaad -  
Scharf - Scheer - Schein - Schulman - Schwarze -  
Scott - Scott - Scura - Seabury - Selmani - Serban  
- Serling - Severt - Severt - Sexton - Shannon  
- Shaw - Shea - Shea - Sherbertes - Sherlock -  
Sherman - Shim - Shinkle - Shipley - Shreenan  
- Shreenan - Sidarweck - Sieswerda - Sikkema -  
Sikora - Simberg - Simeox - Simmons - Simmons  
- Simopoulos - Sinnott - Siraco - Skeuse - Slater  
- Slattery - Slocum - Smith - Smith - Sniegocki  
- Sousa - Spinelli - Spinelli - Stakem - Stamegna  
- Stamegna - Stanick - Stanton - Stanton - Stanton  
- Stauffer - Stead - Stead - Steeves - Stevens  
- Stewart - Stratford - Stratford - Stringer -  
Sullivan - Sullivan - Sullivan - Sullivan - Sullivan  
- Sullivan-Hahn - Sunken - Surabian - Surette  
- Surkes - Sutcliffe - Svedlow - Svedlow - Swaim  
- Sweeney - Sweeney - Sweeney - Sweeney  
- Sweeney - Szwczuk - Talbott - Talhouk -  
Tammara - Tammara - Tankir - Tasker - Tassinari  
- Tassinari - Taylor - Taylor - Taylor - Terranova  
- Terranova - Theriault - Thomas - Thomas -

of the month over a post-run beer and bite to eat blossomed into a well-coordinated monthly celebration where beer and pizza was always available.

It was jokingly stated that the First Tuesday of the week would also be honored as a social night at the upstairs bar. Through the years Taber, Johnnie, Jimmy, Minot, Mark, and Jackie have kept the post-run carbs flowing while we've sat around chatting and watching a few Bruins, a few Celtics, and many, many Red Sox games.

The likes of Patrice Bergeron, Paul Pierce, and Nomar, Pedro, Manny, Tek, and Big Papi have entertained us through twenty years of Tuesday nights.

The MRC Winter Party became an annual event for the club. Originally it was a social holiday gathering held between Thanksgiving and Christmas at the homes of MRC members like Mark Gravina and Sue Worrall. When the club found its home at the Knights of Columbus the winter party moved there and became an annual potluck dinner and awards banquet. Over the years the party has featured racing photo videos, raffles, a band or DJ, and a lot of dancing.

In 2000 the club started a Walk-to-Run program to encourage running in the community. Started by Jackie Doerrer, continued by Nick Lamberti, and supported by many members each year, the program brings potential runners from long walks to a 3 mile run in the span of 10 weeks. The call went out to start an MRC Adopt-A-Site to give ourselves a physical presence in the city. Originally Erin Lynch began coordinated the landscaping of the strip of dirt next to the Knights of Columbus. AJ Drummond took over those duties and with the help of Hank Murphy and others the club has cultivated an established flower garden there.

Through the years the club has continued to grow in membership and instituted new traditions and events along the way. During Gary Gilbert's presidency there were monthly Handicap Races where runners staggered their starts based on projected 5K times and raced two laps around Ell Pond to see who could cross the finish line first. There were Race of the Month challenges where a single race was identified each month to earn points over MRC runners in their pace group. In 2003 we joined in on the Mill Cities Relay, an invitation only race for local running clubs, regularly registering at least five teams in the race. The club decided to host a second race in 2005, a cross country style run through the Mount Hood Golf Course, directed by Brian Slater and designed by trail runners such as Paul Donahue. With the addition of nutcrackers as awards, this holiday themed race has not only developed into a tradition for our club, but for running clubs throughout Eastern Massachusetts. We've organized many group runs at Spot Pond and Breakheart Reservation, and various Saturday morning routes from the Melrose Y. Speed workouts were hosted by Andy Goldberg at the track at Melrose High School on Thursday mornings. That transformed into a group led by Rick Collette doing speed work along roads of Melrose on Thursday morning. On Thursday nights Mike Urquiola gathered a group for track workouts at the new track at Pine Banks. As avoiding the obstacle course of walkers and bikes, this run has since moved to the Stoneham High School track. As more members began to run half marathons and marathons, the club began a Sunday Long Run Program in 2006. With a winter session focused on running Boston, and a fall season geared towards Baystate, a growing group



# MRC Turns 20 - Continued

Thompson - Thorne - Tierney - Tierney - Tierney  
- Tilden - Timony - Timony - Timony-doyle -  
Toomey - Toomey - Topouzoglou - Torres - Tosi  
- Trager - Trask-McCue - Tremblay - Tremblay  
- Tribble - Trippe - Troy - Turolski - Tysall  
- Ultaro - Urillo - Urquiola - Vaccaro - Valeri -  
VanStry - VanStry - Van Buren - Van Herp - Van  
Herp - Varey - Vasta - Vautin - Vautin - Ventola  
- Ventresca - Ventura - Venuti - Vercellin - Vest  
- Vetrano - Vishnupad - Viveiros - Vona - Vona  
- Wade - Walcott - Walfield - Walker - Walker -  
Walker - Wallace - Walsh - Walsh - Walsh - Walsh -  
Walsh - Waring - Watson - Waugh - Webb - Weiner  
- Weiner - Weinstock - Welch - Wentzell - Whelan  
- Whitcomb - White - White - Willett - Williams -  
Williams - Williams - Willwerth - Wilson - Winey  
- Winslow - Winslow - Witkowski - Woodworth  
- Worrall - Wright - Yandell - Yianacopolus - York  
- Young - Zahner - Zaimi -

of runners began training together. In 2007 the club began celebrating the summer and winter solstices with fun runs through the city with challenges along the way including free throws, carnival games, yoga poses, math and literature quizzes, scavenger hunts, and drinking games. The Solstice Runs have always been designed to challenge the legs, mind, stomach, and dignity of club members in an attempt to ensure any team has a chance to win despite their speed.

While all these events, group runs, road races, parties, and challenges have been organized to make running fun, the real ingredient that makes the club fun is the various personalities in the club. Over the years runners have come and gone which keeps the personality of the club evolving. The President of the club has set the tone as leadership has passed from Jackie Doerrer through Trudy Thompson, Gary Gilbert, Eric Bremberg, Nick Lamberti, Andy Goldberg, Erin Lynch, Lois Parker Carmona, Liz Tassinari, Brian Slater, Barry Petzold, Katie Sinnott, Ginny Rowe, Audrey Paradis, Jason Doucette to Don Keren. In the early years Jackie Doerrer, Eileen Lyle, Linda Ford, Sue Worrall, Mike and Martha Quigley, and Kelly Clark were defining what the club would be. Judy Duffey, Bob Coburn, and Jerry Delatizky represented the MRC at just about every road race. Peter Fopiano quietly logged his miles, and eventually met his future

wife Erin Lynch in the club. Michelle Carson joined for a few years and donated her husband to the club. Nick Lamberti came in and organized club business. Hank and Janet took care of our kids at the MRC parties before deciding to just take care of all of us at the summer party. Weatherman Walt Drag joined us and improved his speed and forecasting every day. Lois and Liz came in together, and while each made major contributions in their own right, the two were so synonymous a few couldn't keep their names straight. Crazy Bob Bruzzese ran with us for many years, informing Liz of his every race result when it was actually Lois that kept track of that. Each year a new group of characters came in, found runners who ran their pace, and formed lasting friendships. In the early days it was Dan Slattery and Joe Winslow. Brian Slater, Alec Bath, and Paul Donahue. Sue Clough, Nancy Gaudet, and Joanne Piper. Katie Sinnott and Judi Chiavetta. These are just some of the friendships that formed the first 10 years of the club, for each of these there are a handful of lifelong friendships that formed over the next 10 years. This was never more evident than on April 15, 2013 when two bombs went off at the finish line of the Boston Marathon. With some of our friends having finished their race, others still on the course, and more still stranded in Kenmore Square unable to finish, a network of communications went out over Facebook and the MRC Forum tracking down each and every one of them until it was confirmed they were safe and sound.



Now 20 years have passed. David Ortiz's career came to an end this fall. He did have the pleasure of meeting some Melrose Running Club members during the 2013 season. While the Red Sox start planning for the post-Big Papi era, the Melrose Running Club kicks off our next vicennium (yes, that's a word) with another Thanksgiving Fun Run at Spot Pond.



# MRC Garden

## MRC Garden updates for 2016

BY ALASTAIR DRUMMOND

Greetings once again from the garden! It's hard to believe it's now been two years since I was given the privilege of managing -and growing- the MRC plot. As I have mentioned before, I commend everyone who has played a part in helping to develop the garden in the past, and special thanks to Hank and Maureen, who have helped to water, weed, and keep the plot looking great!

Of course, every year brings new challenges, and the winter of 2015-16 was no exception. After one of the worst winters in memory (2014-15), this past winter was unseasonably warm, which created a different problem: some plants were confused, and kept blooming well into the cold months, exposing them to the inevitable frost and freezing temperatures we knew would eventually arrive. Thus, there were some losses among the perennials.

However, several did return, including many gladiolas, shasta daisies, Russian sage, asters, salvias, echinacea, upright phlox, achillea (yarrow), chrysanthemums, and the tall -and short- grasses, among others.

It was great to see those plants come back, of course, but another of my goals for the garden is to add new and unique plants each year and other varieties of the plants that have done well. So this year, I added two varieties of marrow, a medium-tall perennial with purple-pink flowers, and white flowers with purple centers; another variety of aster, abundant with reddish-purple flowers; and a few new annuals, including two tall, red celosias, more New Guinea impatiens, zinnias, vinca, and an all time favorite: coleus ( which has done especially well this year! ).

On another note, almost a year and a half ago -in the middle of last years' growing season- our friend Mike Lyle (Melrose Chief of Police) passed by the plot and caught me working in the garden. Mike asked if I would consider helping to "jazz up" the front of the Police Station. I said I would be happy to help! ( after all, what else do you say to the Chief of Police? ) Mike's request was for me to emulate -more or less- what I had done with the MRC plot, so that's what I did. The area in front of the station has a bit more shade, so you will see slightly different results. Also, the soil will need more work, as is usually the case with all our gardens!

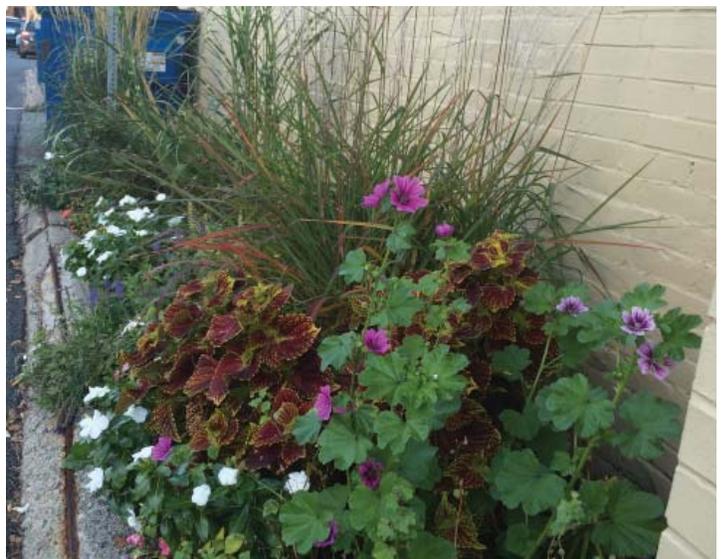
Don't forget -if you have a favorite plant that you would like to see in the garden, let me know. Your feedback is always greatly appreciated. Thank you!



Impatiens, Salvia and a Chrysanthemum



Asters



Mallow, Coleus, Vinca and various tall grasses.

# Club Happenings

## EVENTS

### Boston Marathon

The Third Monday in April has a special meaning in the running community. That is the day that the longest continual marathon in the world takes place. This year was the 120th edition of the Boston Marathon. Nineteen MRC runners were among the 26,639 runners that made the trek from Hopkinton to Boston. In addition, there were about 10 runners from the Mystic Running Club who had trained with us throughout the winter.

Runners in this year's race actually had some luck on their side during the training months. Buoyed by a global El Nino weather system, our part of the world saw a relatively mild winter. However, the weather didn't work in their favor on race day. A sunny day in the high 60's may be an ideal day for most activities, however, for a spring marathon those conditions can make for a tough race. Add in a strong east wind blowing straight up the marathon course and it proved to be a challenging day.

The hardships endured didn't keep the runners from sporting big smiles, waves, high fives, and hugs as they passed the contingent of MRC spectators at the infamous spot at the base of Heartbreak Hill in Newton. Other club members were sprinkled throughout the course providing support and cheers for their friends in purple and white!

Congratulations to these MRC'ers who finished this year's Boston Marathon:

Chris Hancock	Barry Petzold
Mike Sikkema	Judi Chiavetta
Glen Josephson	Jen Rappaport
Katie Sinnott	Kristen Dorsky
Andrew Nagelin	Jessi Marquadt
Jen Desimone	Dorota Bulik
Ashley DeAcetis	Krissy Nowell
Don Karen	Marian Sales
Thuy Dang	Roy Van Buren
Rick Collette	



Tuay Greeting the Club at Mile 20



Krissy Stops for a photo with Lois



AJ dishing out pretzels



Club President Jason takes in the race



Club Members at our spot at Mile 20



Finishers Ashley, Freddi and Don

# Club Happenings

## EVENTS

### Decades Dance Party

BY COURTNEY KOSCHEI

On Friday, April 29th MRC hosted a “Dance Through the Decades” party as a fund-raiser for the 19th Annual Mother’s Day Run for Women. Our favorite DJ Mike Hartin played dance music from the 60s to the 80s and I don’t think the dance floor was ever unoccupied!

Jason’s Facebook invite challenged us to “dust off your cutout dresses, bell-bottoms, platform shoes, Members Only Jackets and neon clothes and dance your way from the 60’s to the 80’s!” and heck yeah, we delivered! Gail was head to toe 60s – down to her go-go boots and professionally styled hair complete with glitter. And can we discuss our smokeshow ladies in red, Liz and Katie (I mean Foxy Brown)?! WOWZA!! No wonder Katie can run so fast, the girl can dance in 3 inch wedges...

Lois, Nancy, and Krissy were some fierce hippies, donning their best tie dye and sunglasses.. which paired perfectly with their killer dance moves. Speaking of dance moves, for being a self-proclaimed “non-dancer” I am fairly certain Mr. Carson didn’t leave the dance floor from 7-11pm.. and in WORK BOOTS nonetheless. Also rocking some denim was Lesley in what I believe were acid-washed jeans?!!

Meandering around the Knights drinking Budweisers and smelling of zinc oxide, we had Rob the surfer/lifeguard/drug Lord/predator.



Katie and Liz - Disco Lives in Red

If you didn’t blink you may have seen some dance moves, but Hank’s were better.

And then there I was, channeling my inner Olivia Newton John and lifting arm weights that were WAY too heavy for me at two pounds each. I probably should have been arrested so we will leave it at that.

All in all, the party was a smashing success!! Those guests not in costume only stood to make those of us who were look even more ridiculous, so I’d say it was a win for all, and all while raising money for a great cause.

In conclusion, I hope Jim’s ankle injury is from running and not this party.



Rob Spicoli and Courtney Fonda



Groovy Lois



1960’s Nancy, Krissy and Gail

# Club Happenings



## EVENTS

### Melrose Run for Women

BY ALASTAIR DRUMMOND

Another Mothers Day means another Melrose Run for Women (MRFW)! This year, Mothers Day was on May 8th, and it was once again a great way to start the day. Although the weather was questionable –grey, chilly and windy- the rain held off, and eventually the sun broke through. This year marked the 19h annual MRFW, with over 850 participants taking part.

Our winner was Maura Correa from Stoneham with a time of 22:13. In second place was Jeanne MacDonald of Melrose with a time of 22:38, and 12 year old Charlotte Tysall, also of Melrose, came in third at 23:02. Great finish, ladies! The ages ranged from 5 to 77, the youngest being Elliott Barber, 5, of Melrose. Also, 2 seven year olds, 16 eight year olds and 19 nine year olds took part. Well done!

It was great to see members of other local running clubs taking part, including the Wakefield Mystics, the Greater Lowell Running Club, the Somerville Roadrunners, and of course, the Melrose Running Club. This years' field included several runners from New Hampshire, New Jersey, New York, Rhode Island, Virginia and Texas.

As with every year, the race t-shirt was a big attraction. Many women now have all 19! This year, new sponsors included Well Barre Studio, Melrose Animal Clinic, Pristine Pet, Stearns & Hill's Bistro, Buckalew's, Skin Sense and Humboldt Storage & Moving. Also, we welcomed a new sports drink sponsor, Body Armor, to go along with the kind donation from our friends at Hint. Many thanks to all!

Proceeds from the race will be donated next month to the Melrose Alliance Against Violence (MAAV), working to educate and protect the community. See you next year for the twentieth MRFW!



Kristen Leading the Kids Race

# Club Happenings



## EVENTS

### Walk to Run

BY TOM GORMAN

This spring for 10 weeks starting on April 28th and finishing on June 28th, the MRC once again conducted its Walk to Run Program (WTR). This was the 17th edition of the program which teaches new runners the fundamentals of the sport. Each of those 10 weeks the novice runners ran a progressively more challenging distance that combined elements of running with walk breaks. This all culminated with a 5k (3.1 mile run) on the final week where the runners finished to the cheers of the MRC in front of Marathon Sports.

As he has for the past 16 years, Nick Lamberti once again led the WTR. Nick is co-membership director of the club along with Lesley Moss who was also very active in leading the WTR program.

Each week in addition to the run, Nick would provide guidance to the WTR's about a different running topic. When he

can, Nick enlists experts in the club to speak as well. This year Nancy Gaudet who is a massage therapist spoke about Injury Prevention. Certified Yoga Instructor Lois Parker Carmona spoke about Stretching and presented some important yoga poses. Katie Sinnott who is also the Revere High School Cross Country Coach talked about the proper running apparel. Finally, Registered Dietician Audrey Paradis talked about hydration and fueling strategies.

This year's graduating class consisted of 25 members. According to Nick this was down a bit from past years. However, according to Nick, the distinguishing feature of this year's class was that they really formed a close bond and that so many of them have committed to staying with the club once the program was over. This commitment could be seen at the club's summer party where ten WTR's attended.

Yvette Valderrama and Stella Shandelman are two such WTR's who have stuck with the club once the program ended and also attended the summer party. They both shared Nick's sentiment that this year's class was a very close one and they already feel that they've formed close friendships. When asked about the program

they said that the support from the club was overwhelming. They really felt that everyone was there to help them the entire way. They also talked about just how great Nick was in guiding them each week and teaching them what they needed to know to be runner.

Yvette and Stella also wanted to point out just how important Lesley was to the program. They said Lesley was very motherly in that she would take you in and make sure you knew you were part of the group. This was a point that Nick also reiterated. According to Nick, Lesley's attention to each individual was instrumental in making the entire program work. Nick also mentioned that this isn't just for the WTR but that each week Lesley reaches out to new members to let them know that the MRC is a warm and welcoming club.

The Walk to Run, is a unique program among area running clubs. It once again shows the MRC's commitment to the sport and its compassion for those who want to be part of it. Congratulations to all the new runners and thanks to all the club members who volunteered and once again helped make the program a resounding success.

# Club Happenings

## EVENTS

### Summer Solstice Run

BY DAN SLATTERY

### Summertime...and the Challenge Is (Not) Easy!

The Summer Solstice represents the longest day of the year, when the sun is at its northernmost point in the sky. As a runner, you celebrate light as it rises in the morning and drops slower in the Summer. When the Winter hits, you strap on the headlamp, and often times (like Ms. Severt) adorn yourself with Christmas colored lights.

The Summer Solstice also marks that time of year when Katherine Kulig Aurilio and others put on a great challenge to seize that maximum light in the sky. I admit, that on past Tuesday nights when I've arrived to realize the Challenge was on, there was a thought in my head..."I just want to do my own thing". Recent years I've resisted that solitude and, finding out how much fun teamwork can be, been glad I did... 2016's version brought out six teams of five, and all were allowed to form their own group.

They were: The Nitty Gritty's, The Neutralizes Neuroma, 40 is the New 30 (and doesn't Team Captain Katie really look 30?), All Women and One Lucky Guy, The Party of Five (Neve Campbell did not show), and Slow Mo Sprinters. Points were given out (after the fact) for team names with a running reference, Summer reference, both, or if it's completely arbitrary....

### Stop 1: Bill's House

Teams played yard dice, where they had to score points based on their rolls. Additionally, they had an option of mixed drink or beer (some (?) may have chosen both), and they would also get points for the particular colors of the leis that they picked.



"What do they call these wooden things with dots on them?"



Baby Daniel is disgusted and can't bear to watch today's adults

### Stop 2: Jeanne's House

An oasis at the edge of Ell Pond, this stop found teams playing a game called Pass The Water, in which contestants had to empty a cup of water over their head into a cup behind them....

the team with the most water maintained at the end received the most points. Straws were also added to the contest, and points were awarded based on the color chosen.

# Club Happenings



“Um, no Dan, it’s not beer! Stop wetting your lips”



Thinking that the contest also included drinking the Ell Pond water, Julie rushes to save Regina from sipping it... while the ducks reach a new low of boredom.



Duncan Locke is SOOO refined, he needs his own space! I hope he received bonus points for perfect execution of the raised pinkie finger!



In an effort to encourage local Melrose youth that “Reading is RUN-damental,” this team was later arrested for child endangerment.

## Stop 3: Take a photo

Choose an activity that you would do on Summer Vacation, take a photo, and caption it....

## Stop 4: film a video

The Last challenge was doing a cheer and recording it for your favorite team

Hopefully the video of “40 is the new 30”’s tribute to the Celtics, with Jim Carson and I jumping as if we were in the old Toyota commercials has mysteriously disappeared!

## Conclusion

What I like most about the Summer Solstice Challenge is that the criteria is largely unknown, almost leveling the playing field, and as we are all competitive, we want to win. Though you may have finished first as a team, you must wait for the points to be awarded across a number of categories.

Running is such an individual sport. It is nights like this one where our unity and Running Club Family are on display throughout the streets of Melrose!

Kudos to Katherine, Julianne, Bill, Jeanne and Andy for a great time!

# Club Happenings

## EVENTS

### Summer Party

BY AUDREY PARADIS

Sweaters, jackets, rain, oh my! I honestly can't remember in all my years of attending the MRC summer party of such a cold and rainy day! Mother nature tends to bless us with sun and heat! Just like with running, we can't always have the perfect conditions. No matter the weather, the summer party was a smashing hit! It was so wonderful to have so many walk-to-runners come and join in on the celebration!

Huge thanks to Hank and Janet Murphy for hosting the party at their house once again! Their makeshift shelter attached to their garage was key when the skies decided to open up and dump buckets of rain! Hank still owes us two minutes in the penalty box for the high sticking (I can't take ownership for the cleverness...thank you Jim Carson).

Kudos to Rob Busby for braving the elements in efforts to bring many thirsty members huddled in the garage a cold beverage!! Nothing keeps us from having a good time! Speaking of a good time, I hope everyone had the pleasure of trying the chocolate dipped rum-infused cherries and the beer-can chicken!

On a serious note we had the opportunity to honor and celebrate the years of friendship and service of a long time member Kaj Kandler and his wife Betty. We wish them the best with their move to Germany in August! They will be missed!

Adult beverages, s'mores, burritos and sinful desserts were had by all! Another successful summer party has come and gone, but the friendships, laughs and memories will live on! Cheers!



Party goes mingle after burritos and before the torrential rains



Spending some time at the picnic table



Jason Honoring Kaj and Betty



Toasting some marshmallows.



Hanging in the garage during the rain

# Spring 2016 Photos



Doyles 5 Miler



Paul and Bill, BAA - 5K



MRC Boston Marathon Volunteers



Dorota - Boston Marathon



Andy - Boston Marathon



Earth Rock Half Marathon



Providence Marathon



Step up for Colleen 5K



The Flower Brigade at the MRFW

# Spring 2016 Photos



Race Director Liz with Sue at MRFW



Vermont Marathon Relay



Barry winning the Teanaway Marathon



Denise - Run to Remember Half



Jeff - Firefighters Fathers Day 5k



Sue - Firefighters Fathers Day 5k



Lee - 26 x 1 Mile Relay



Audrey - 26 x 1 Mile Relay



Louise Rossetti - 5k Race

# Summer 2016 Photos



Ed - Loon Mountain 4th of July Race



2nd Annual MRC Night at Fenway



Mike - Market Square Day 10K



Tonneson 5K Wakefield



John - Lynn Woods Relay



Christina and Rob Falmouth Road Race



Catherine - Patriot Half Ironman



Gail - Thursday Night Track Workout



Roy - Vermont 100 Miler

# Summer 2016 Photos



Singlet Sunday Long Run



Team USA Sunday Long Run



Olympic Rings Sunday Long Run



Sunday Morning Nicks Pizza Stop



Casey - Emarc 5k



Kathi and Hank - Victorian Fair Booth



Andrea - Mystic 5K



MRC - Reach the Beach Team



Lone Gull 10k - Gloucester

# Fall 2016 Photos



New Club President Don Keren



Demi and Anthony - Mallorca Spain



Lynne's First Marathon



Linda - Newburyport Half Marathon



Rowena, Jose, Lois - Ghost Train 50k



Liz's First Half Marathon



Lisa and Rowena - Halloween Run



Stan - Manchester Marathon



Sunday Long Run Brunch

# Club Calendar

## December 4

**MILL CITIES RELAY,**  
Nashua to Lawrence, 8:00 AM

## December 6

**FIRST TUESDAY**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## December 10

**ASSAULT ON MOUNT**  
**HOOD ROAD RACE,** Slayton  
Road - Melrose Fish and Game  
12:00 pm

## December 13

**HOLIDAY SHOPPING**  
**NIGHT AND CHRISTMAS**  
**LIGHTS RUN,** Marathon  
Sports Main Street 7:00 pm

## December 20

**WINTER SOLSTICE RUN,**  
Knights of Columbus Hall 7:00  
pm

## December 27

**TUESDAY NIGHT**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## January 2

**LONG RUN ON MONDAY**  
**BECAUSE OF NEW YEARS,**  
8.8, 4.2 Farm Street, Bruegger's  
8 am

## January 3

**FIRST TUESDAY**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## January 7

**MRC YEAR END /**  
**HOLIDAY PARTY,** Knights of  
Columbus Hall 7:00 pm

**LONG RUN ON SATURDAY**  
**BECAUSE OF THE**  
**HOLIDAY PARTY,** 9.1, 6.3  
Breakheart, Bruegger's 8:00 am

## January 10

**TUESDAY NIGHT**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## January 15

**SUNDAY LONG RUN,** 12.5,  
7.1 Spot Pond, Bruegger's  
**8:00AM**

## January 18

**TUESDAY NIGHT**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## January 22

**SUNDAY LONG RUN,** 10.7,  
6.2 Lake Q, Bruegger's 8:00 am

## January 24

**TUESDAY NIGHT**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## January 29

**SUNDAY LONG RUN,** 14.6,  
7.1, Bruegger's 8:00 am

## January 31

**TUESDAY NIGHT**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## February 5

**SUNDAY LONG RUN,** 12.5,  
6.3 Breakheart, Bruegger's 8 am

## February 7

**FIRST TUESDAY**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm

## February 12

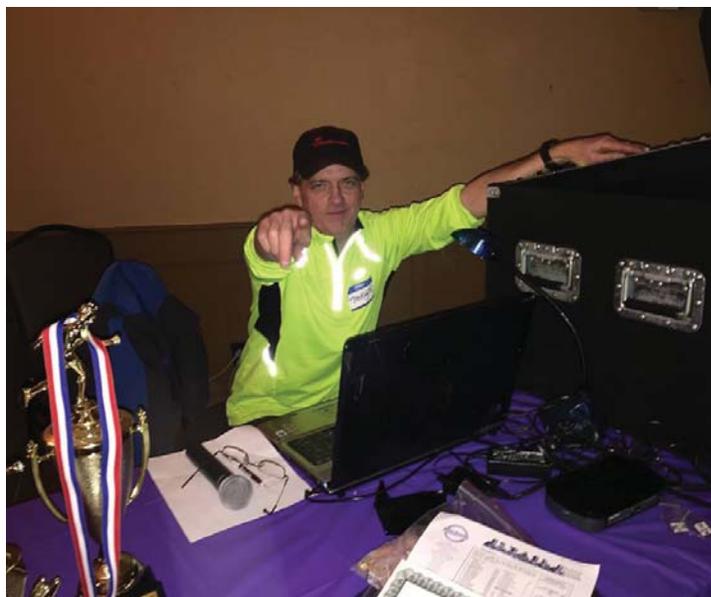
**SUNDAY LONG RUN,** 16.2,  
8.2 Winchester Highlands,  
Bruegger's 8 am

## February 14

**TUESDAY NIGHT**  
**CLUB RUN,** Knights of  
Columbus Hall 7:00 pm



The MRC Organized Road Race "The Assault on Mount Hood" takes place December 10 at 12:00pm. Club members are encouraged to volunteer to help make this event happen. Brian Slater is the Race Director and will present more details as the Race Approaches.



MRC Member Mike Hartin will once again DJ for us at the Annual Club Holiday Party. This year's party will be held on January 7th at 7:00 pm. There will be a pot luck supper, raffles, an awards presentation and plenty of dancing.