

NEWSPRINT

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Tim Gilday Joins Johnny Kelley Club

Mystic Runner Tim Gilday has now qualified for and completed 25 consecutive Boston Marathons. The feat earns him a membership in the very exclusive "Johnny Kelley Club" named for two-time winner and 58-time finisher, Johnny Kelley. Nice going Tim, and we'll be watching for you next year as you go for number 26.



Don Davis on WBZ-TV

Don Davis and his brother Dan were interviewed in Hopkinton on Monday as they waited for the marathon to begin. WBZ-TV's David Wade tracked them down at the athletes' village to talk about "Donate for Life" a program near and dear to both brothers as it promotes organ donation. Check out the interview here as Don talks about the program and also manages to give the Mystic Runners a nice plug.

<http://www.youtube.com/watch?v=jY1n8Vj000Q>

Next Board Meeting

The board of directors meets on Wednesday, May 27 after the race at the Lord Wakefield Hotel. All members are welcome.

Our Address

Mystic Runners
P. O. Box 1536
Wakefield, MA 01880

Tuesday Outdoor Track

Outdoor coached workouts at Reading High School. Email Steve Viegas (stephenviegas@hotmail.com) for info.

Wednesday Quannapowitt Run

Don't forget! Every Wednesday, Rain, snow, sleet, or shine. Race at 6:45 at the Lord Wakefield Hotel.

Club Officers

<i>President</i>	Kevin Eaton
<i>VP</i>	Dave Corbett
<i>Secretary</i>	Alan Foulds
<i>Treasurer</i>	Christine Skinner

Board members:

Don Davis ('09), Tracy Deats ('09), Ted Dooling ('09), Ace Foulds ('10), Naomi Laing ('10), Meg Michaels (10), Missy Mirabile ('10), Krissy Nowell ('09)

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Editor – Alan Foulds*

Scenes From the Marathon

John Mulroy, in his travels on Patriots Day, got this great shot of Lisa Hodge. Even the billboards are impressed by the running of the Mystics.



Also, Don Davis sends these photos from the pre-marathon party at The Hot Spot and post-race get-together at the Lord Wakefield:

http://picasaweb.google.com/RUNNINGLAKE/2009HotSpotApr225k?authkey=Gv1sRgCLOPj_XcrrmPNw#5329165016289843522

Ragnar Relays

John Mulroy is putting together a team to compete in a relay race from Woodstock, NY to New York City, scheduled for May 15-16. We wish John and the team good luck.

Couldn't make it for New York? We have another chance in September as plans call for a relay from New Haven to Boston. Like the earlier run, it covers a 180-mile route through amazing rural landscape and historic cities. Each person runs three legs during a 24-hour period, varying in distance from three to eight miles. The average total distance per runner is 15 miles. Time to start thinking about it.

For more info, check out their website at:

<http://www.ragnarrelay.com/boston/index.php>



(Photo by Ken Skier)

A Note From the Editor

Thank you to Rick Collette and all the Mystics for the get-together after the Wednesday Night race. It was completely unexpected, not necessary, but thoroughly appreciated and enjoyed. Again, thanks.

- Alan

From the Board of Directors

Some special twists will be added to a few of the upcoming Wednesday night 5Ks. One idea is a team race, where runners will be grouped by threes to compete against each other. Watch *NewSprint* for more details.

This Week's Winners

Congratulations to Diane Dexter for a third place finish at Run for a Noble Cause in Westfield.

Words to live by:

I know only two tunes. One is Yankee Doodle and the other isn't.

Ulysses S. Grant

Wakefield 24-Hour Relay

Another race we need to start thinking about is the Wakefield 24-Hour Relay around Lake Quannapowitt. Sponsored by the Somerville Road Runners, we have always had a strong presence. The race consists of several parts. The main event is a relay with six to eight members per team, running throughout the night. There is also a marathon, a 24-Hour personal ultra, and a 12-Hour ultra. If interested in running or serving as captain, or both, notify the board of directors. For information on the race, visit <http://home.att.net/~lakerun/>



Ongoing Information

Sunday Mystic Running at Spot Pond

Every Sunday at 9 a.m. Mystic Runners meet at the parking lot of Stone Zoo in Stoneham for a run around Spot Pond. The distance is about five miles so a 5- or 10-mile training session is easy and safe. For information, contact Karen Rapallo at (781) 246-4832.

Volunteers for the Weekly 5K

Volunteers are needed every Wednesday night to put on our weekly 5K run at the Lord Wakefield. Meg Michaels is race coordinator. If you can help on any given night please send her an email at meg@megmichaels.com

Club Clothing Available

To obtain club uniforms, call Joe Pellegrino at (781) 665-9406 or email him at joeanpell@comcast.net.



This Week's Schedule

Tuesday 04/28/2009 – Outdoor track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 04/29/2009– Come rain or shine, or snow, or sleet or gloom of night, there are always Mystics running around Lake Quannapowitt. For our weekly run, we meet at the Lord Wakefield Hotel in Wakefield and the race begins at 6:45 p.m. Stick around the hotel afterward for some relaxation and socializing.

Sunday 05/03/2009 – 9 a.m. Meet at Stone Zoo in Stoneham for 5-mile (or 10-mile) training runs. Call Karen first, at (781) 246-4832 for information.

Some Recent Race Results

Delta Dental 5K, Concord, NH, Fri Apr 24

JACKIE ST. HILAIRE	31:32	FRANKLIN, NH
RICHARD ST. HILAIRE	31:33	FRANKLIN, NH

Run For a Noble Cause, Westfield, Sat Apr 25

DIANE DEXTER	25:53 (3 rd)	BILLERICA
DONNA PLACHOWICZ	29:24	TEWKSBURY

Colleton County Rice Run 5K, Walterboro, SC, Sat Apr 25

DAN DODSON	32:17	METHUEN
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James Joyce Ramble, Dedham, Sun Apr 26

DAVE CORBETT	41:35	WEYMOUTH
JOHN MULROY	43:58	READING
DON PERKINS	49:09	CANTON

Please send your race results and all other news to Alan at alan@foulds.org by early Sunday evening for inclusion in NewSprint.