

# NEWSPRINT

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August 28, 2011

## In This Issue

Annual Banquet Date Set  
New Board Members Sought  
Labor Day Races  
New 5K in Wakefield  
Words to Live By  
This Week's Winners  
Results

### **Annual Banquet Date Set**

The board of directors has chosen Friday, December 2nd as the date of this year's Mystic Runners Awards Banquet.

As with last year the event will be held at the Knights of Columbus Hall on North Avenue, Wakefield, opposite the Lord Wakefield Hotel. We have the hall from 7 p.m. to midnight.



Tickets will be \$25 each. A committee is being formed to arrange the details and possibly come up with a theme. In the past we have had a 50's theme and a Hawaiian theme.

More details will be forthcoming as they are finalized. For more information, or to volunteer to help out, contact Christine Skinner at [kc1122@comcast.net](mailto:kc1122@comcast.net) or Lester Friedberg at [lesterfriedberg@comcast.net](mailto:lesterfriedberg@comcast.net).

### **Next Board Meeting**

The next directors meeting has been scheduled for Thursday, Sept 7, at 7 p.m. at the Mc Gonagle's home in Melrose.

### **Our Address**

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

### **August Grand Prix Races**

*Yankee Homecoming 10M, 5K*  
*Tue, Aug. 2*  
*Puma 5-Miler*  
*Sat, Aug. 20*

### **Tuesday Outdoor Track**

Outdoor track at Reading High School 6:30 p.m.  
Email Steve Viegas at ([stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)) for info.

### **Wednesday Quannapowitt Run**

The Lake Q 5K. Race at 6:45 at the Lord Wakefield Hotel.

### **Club Officers**

<i>President</i>	Dave Corbett
<i>VP</i>	Lester Friedberg
<i>Secretary</i>	Janet Nelson
<i>Treasurer</i>	Christine Skinner

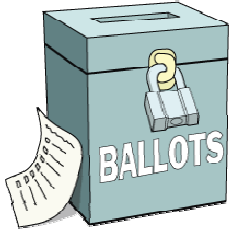
### *Board members:*

Whitney Brown ('11) Dan Dodson ('11), Kevin Eaton ('11), Dana Begin ('12), Colette McGonagle ('12), Kevin McGonagle ('12)

*NewSprint is published weekly by the Mystic Runners Club.*

*Editor – Alan Foulds*  
*Contact: [alan@foulds.org](mailto:alan@foulds.org)*

## New Board Members and Officers Sought



Part of the festivities at the Awards Banquet is the choosing of a new group of officers and board members to lead the club for the coming year. Getting on the board is a great way to become involved and to have your opinions heard. If you are interested contact Colette McGonagle at [k.mcgonagle@comcast.net](mailto:k.mcgonagle@comcast.net), Lester Friedberg at [lesterfriedberg@comcast.net](mailto:lesterfriedberg@comcast.net), Dave Corbett at [dcorbett719@hawks.rwu.edu](mailto:dcorbett719@hawks.rwu.edu), or any of the current members of the board.

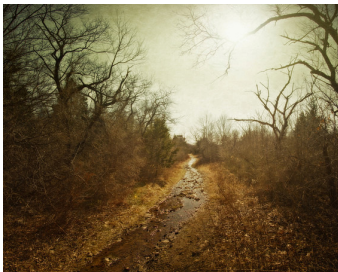
## Some Great Labor Day Weekend Races

Summer might be coming to a close, but it goes out with a bang. A traditional kick-off race to the Labor Day weekend is the Magnolia 5K on Cape Ann. This year's edition (the 35th, by the way) is at 6:30 p.m. on Thursday, September 1st. It starts and ends at the Magnolia Library, and along the way, it has some really nice sunset views of the Atlantic.



On the holiday itself is the 38th annual Walpole Road Race, including both a 5K and 10K. In Malden, at 11 a.m. is the Irish American Road Race - also a 5K and 10K. The Malden races are Mystic Grand Prix events.

Ending as we started - on Cape Ann - are a pair of races. The venerable and hilly "Around Cape Ann 25K" is at 9 a.m. This very tough run (in my opinion, anyway) is in its 79th year. It rings the entire cape. Operating concurrently is "Run the Goose 7K" taking you through the edge of Dogtown in Gloucester and Rockport. Dogtown, as you probably know, is an overgrown, and somewhat spooky, remnant of a long-gone village. It got its name from the fact that women left behind, as their husbands went to sea, protected themselves with dogs, and, legend has it, the dogs still roamed the area long after the human population moved on.



## New 5K in Wakefield

Sunday, October 16th is the date for a new 5K around Lake Quannapowitt. Lori Ryan of "Neurofibromatosis Northeast" informs us that the race, formerly around Horn Pond in Woburn has moved to Wakefield. Known as "Steps2Cure NF, it starts at 2 p.m. has a DJ, medals for the top three in each age group, and a prize for the most creative team. For more information and online registration or mail-in forms visit:

<http://nfincne.org/index.php/2010/05/steps2cure-nf/>

## Words to live by:

**"Marathoning is just another form of insanity."**

*John J. Kelley (The Younger)*

## Running as a Team

Dana Begin reminds us that when registering for the “Around Cape Ann 25K” we should register as Mystics. Last year we would have placed in the Women’s division had we done so. She points out, “There are no prizes - just bragging rights.” Our club number this year is 092.

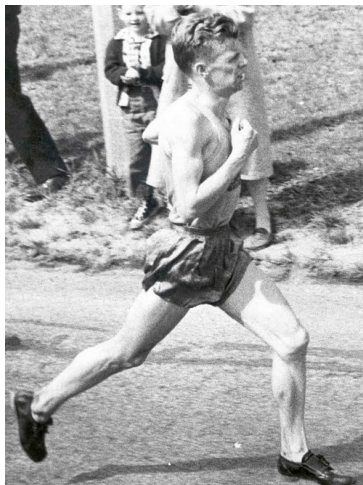
## National Tri

Congratulations to Pat Ryan who finished first in the National Triathlon Championship, held in Burlington, VT. Also doing well was Nancy Hays. Their times qualified both to be on the U.S. triathlon team in the World Championship next year in Auckland, New Zealand.

## Eulogy to a Giant in the Sport

This week, John J. Kelley passed away. The “younger” Kelley won the Boston Marathon in 1957, and to this day is the only member of the B.A.A. to win its own race. Steve Viegas passes along this *Runners World* article by Amby Burfoot (Boston winner, 1968 and magazine editor). It’s a little long, but well worth the read:

<http://footloose.runnersworld.com/2011/08/john-j-kelley-rip-1930-2011-1957-boston-marathon-winner-americas-first-modern-road-runner.html>



## This Week’s Schedule

Tuesday 08/30/2011 – Track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [[stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)]

Wednesday 08/31/2011 – Run the Q. For our weekly run – The Mystic Runners Lake Q 5K - we meet at the Lord Wakefield Hotel in Wakefield and the race begins at 6:45 p.m. Contact Meg at [Meg@megmichaels.com](mailto:Meg@megmichaels.com).

Sunday 09/04/2011– 9 a.m. Meet at Stone Zoo in Stoneham for 5-mile (or 10-mile) training runs. Call Karen at (781) 246-4832 for information.

## This Week’s Winners

Congratulations to Pat Ryan for a 1st place finish in the National Triathlon Championship. Congratulations to Greg Mastrangelo (1st), Nathaniel Smith (2nd), Krissy Nowell (2nd), and Paula Marroni (3rd) at the lake. Congratulations to John Kelly and his team for a 2nd place finish in Lynn.

## Recent Race Results

### *Sandown Old Home Days 5M, Sandown, NH, Thu Aug 11 (Correction)*

BILL PETERS	40:58	MANCHESTER, NH
KERRI HASKINS	53:01	DANVILLE, NH

### *Chilmark Road Race 5K, Chilmark, Sat Aug 13 (Correction)*

ALICIA FURBUSH	27:57	STONEHAM
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### *Puma 5-Miler, Westford, Sat Aug 20 (Grand Prix) (Additional)*

JEN DODGE	38:03	WAKEFIELD
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### *National Triathlon Championship, Burlington, VT, Sat Aug 20 (Additional)*

PAT RYAN	1:47:15 (1st)	MEDFORD
NANCY HAYS	1:50:35	MEDFORD

***Moose Tooth Big Wild Marathon, Anchorage, AK, Sun Aug 21***

KERRI HASKINS 5:47 DANVILLE, NH

***Mystics at the Lake Q 5K, Wakefield, Wed Aug 24***

GREG MASTRANGELO	20:48 (1st)	MIDDLETON
NATHANIEL SMITH	21:46 (2nd)	LYNNFIELD
CHAS GALLANT	21:59	NORTH READING
DON DAVIS	22:03	READING
DAN MC CORMACK	22:36	WALTHAM
KRISSY NOWELL	24:24 (2nd)	WAKEFIELD
PAULA MARRONI	24 44 (3rd)	WAKEFIELD
ANDY PANACOPOULOS	24:45	READING
PETE ORRALL	25:07	NORTH READING
BOB WHITMORE	25:56	STONEHAM
MIKE HARTIN	26:20	READING
MARK HEMENWAY	27:13	MELROSE
LENNY CARLSON	28:45	READING
AMY BROGNA	32:24	WAKEFIELD
STEPHEN SMITH	33:11	LYNNFIELD
LINDA SMITH	35:31	LYNNFIELD

Run



The Mystic Runners Lake "Q" 5K

***Lynn Woods 10-Mile Relay, Lynn, Wed Aug 24***

Team Ajax	1:12:54 (2nd)	
JOHN KELLEY		ARLINGTON
Flashing Females	1:32:10	
ALICIA FURBUSH		STONEHAM
KATHRYN GORCZYCA		READING
MEG MICHAELS		WAKEFIELD
NSS Silver Streaks	1:42:24	
LESTER FRIEDBERG		PEABODY
Wicked Wood Nymphs	1:44:29	
ANGEL GREEN		LYNN

***Hood to Coast Relay, Oregon, Fri Aug 26-Sat Aug 27***

Coasties & Ghosties 31:32:39 in 872nd place out of 1268 finishing teams  
ACE FOULDS (ghost for 3 legs)- 17.96mi.-total time: 2:56:15

***Firefighters Five, Hamilton, Sat Aug 27***

NAOMI LAING 37:12(2<sup>nd</sup>) STONEHAM MA

***Marcia Lemkin 5K, Lowell, Sun Aug 28***

**5K RACE & WALK RESCHEDULED DUE TO IMPENDING HURRICANE**

***Memphis Soul 5K, Somerville, Sun Aug 28***

**Organizers hope to reschedule for 9/4/11**

***Tavern to Tavern 5K, Cambridge, Sun Aug 28***

**rescheduled to run on Sunday September 4th (9/4) at 9AM**



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

Thank you to those that supplied results for fellow Mystics. It is a great help.

The Mystic Runners club is a member of the Road Runners Club of America and USA Track & Field

