

NEWSPRINT

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Dan Dodson Honored by YMCA

At a ceremony held in Beverly at the New England Running Company



store, prolific Mystic, Dan Dodson, was honored with a third place trophy (60-69 category) for his participation in the North Shore YMCA Road Race Series. Congratulations, Dan, and we hope you and Mary Jo are having a great time at Jost Van Dyke.

Who's Running Boston?

We are currently compiling the official roster of



Mystics going to Boston. We have the list of marathoners with club numbers, but we still need to know who else will be there. If you have qualified for the 2010 Boston Marathon, please let us know. Also, tell us where you qualified and how many times you've run Boston.

Send your info to Alan at alan@foulds.org.

Next Board Meeting

The date of the next directors meeting is 5 p.m. February 21 at The Hot Spot in Reading.

Our Address

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

February Grand Prix Races

Great Stew Chase, Feb 7
Bradford Valentine's, Feb 13

Tuesday Indoor Track

Indoor track at Tufts.
Email Steve Viegas at
(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>	Dave Corbett
<i>VP</i>	Naomi Laing
<i>Secretary</i>	Alan Foulds
<i>Treasurer</i>	Christine Skinner

Board members:

Dan Dodson ('11), Linda Quimby Brodette ('11), Lester Friedberg ('11), Janet Kay Nelson ('11), Ace Foulds ('10), Angel Green ('10), Meg Michaels ('10), Helen Staveley ('10)

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Editor - Alan Foulds
Contact: alan@foulds.org



Capturing Mystics – John Mulroy

John has been busy in both Wakefield and Tewksbury, making sure that all our Mystic activity is recorded. The Fudgcicle race started at 13°, but it seemed much colder than last week's 4°. Check out his albums:

2/03 – Lake Quannapowitt

<http://picasaweb.google.com/jcmulroy/20100203Mystic5KLakeRun#>

2/06 – Fudgcicle Series, Tewksbury

<http://picasaweb.google.com/jcmulroy/20100206FudgeSicle5K#>



Sunday Mystic Running at Spot Pond
Many Sundays 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 Wednesday Weekly 5K
Volunteers are needed every Wednesday to put on our 5K race 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 – singlets, shorts, sweatshirts, tech shirts – contact Joe Pellegrino at (781) 665-9406 or email him at joeannpell@comcast.net.



Remaining February Grand Prix Race

Remember, the Bradford Valentine's Day Races are this Saturday, February 13 and is on our February Grand Prix list.

This Week's Winners

Congratulations to Jackie St. Hilaire for a 2nd place finish, and Linda Brodette and Takayuki Nakano for 3rd place finishes at the Great Stew Chase.

Words to live by:

Nobody in football should be called a genius. A genius is a guy like Norman Einstein.

Joe Theismann

Save the Date

The 24th annual Reading Lions Club Journey for Sight is scheduled for May 22. It includes a 5k run and a 1-mile walk. Mystics have traditionally done well in this race. Last year we won a first and a third place trophy and the year before we cleaned up. In 2008, Wayne Dwyer took home honors as first Reading resident, first in his age group, and second overall. Naomi Laing was first female, while Bob Whitmore earned third place in his category. Meg Michaels and Marge Heck were one and two respectively in their groupings. The club also took home the majority of the raffles.



This Week's Schedule

Tuesday 02/09/2010 – Indoor track this week at Tufts University. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 02/10/2010– 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 02/14/2009 – 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.

Recent Race Results

SRR Thursday Night 4.13-Mile, Somerville, Thu Feb 4

RICK COLLETTE	58:25	WAKEFIELD
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Fudgcicle Series #6 5K, Tewksbury, Sat Feb 6

JOHN MULROY	21:59	READING
JEN DODGE	22:53	STOW
TAKAYUKI NAKANO	22:58	READING
KRISSY NOWELL	24:16	STONEHAM
JOE ANDELLA	26:31	TEWKSBUURY
KEVIN EATON	27:06	METHUEN
KATHRYN GORCZYCA	28:06	READING
RICK COLLETTE	29:08	WAKEFIELD
MARGE HECK	29:41	WAKEFIELD
MAUREEN MC NULTY	30:24	STONEHAM
SHARON MC KENNA	30:36	WAKEFIELD
ALAN FOULDS	32:56	READING

Winter Wild Race #2, Ragged Mountain, NH, Sat Feb 6

JACKIE ST. HILAIRE	33:49	FRANKLIN, NH
RICHARD ST. HILAIRE	33:50	FRANKLIN, NH

Great Stew Chase 15K, Lynn, Sun Feb 7 (Grand Prix)

ROB MIRABILE	1:03:30	STONEHAM
LINDA BRODETTE	1:13:04 (3 rd)	MIDDLETON
JEN DODGE	1:13:40	STOW
TAKAYUKI NAKANO	1:15:41 (3 rd)	READING
TIM GILDAY	1:16:57	SALEM, NH
PATRICK DOOLING	1:16:59	MEDFORD
BARRY BRODETTE	1:18:11	NORTH ANDOVER
RICHARD ST. HILAIRE	1:18:18	FRANKLIN, NH

KEVIN CLAIRE	1:22:06	WOBURN
KERRY ARMSTRONG	1:28:41	READING
MAUREEN MC NULTY	1:29:18	STONEHAM
RICK COLLETTE	1:31:16	WAKEFIELD
MEG MICHAELS	1:33:00	WAKEFIELD
LESTER FRIEDBERG	1:35:52	PEABODY
HELEN STAVELEY	1:36:35	BILLERICA
ANGEL GREEN	1:43:22	LYNN
JACKIE ST. HILAIRE	1:44:54(2 nd)	FRANKLIN, NH

Super 5K, Lowell, Sun Feb 7

DAN CALLAHAN	24:24	WOBURN
MARGE HECK	27:59	WAKEFIELD
KEN SKIER	28:16	LEXINGTON
SHARON MC KENNA	29:33	WAKEFIELD

Freeze Your Buns 5K, Nashua, NH, Sun Feb 7

ALAN FOULDS	31:39	READING
ACE FOULDS	31:59	READING

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



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

