

# NEWSPRINT

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August 14, 2011

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## Island Running

In its 11th year, Thompson Island Outward Bound Education Center's 4k Trail Run continues to be the most unique run in Boston, as racers traverse the 204 acres of rolling hills, forests, meadows, salt marshes and beaches along the trails of Thompson Island. The event begins with a ferry ride through Boston Harbor



to Thompson Island and ends with a cookout

Mystics have taken part in the past, and this year Rick Collette, is hoping to drum up enthusiasm for a trek out to the island.

The event starts at 4 p.m. at Long Wharf, Boston, where you board the ferry to Thompson's Island. The race begins at 5 p.m. with the post race party and awards at 6 p.m. The ferry departs at 7:30, and you are back at Long Wharf at 8. For more information visit: <http://www.thompsonisland.org/support-us/4k-trail-run>.

## Next Board Meeting

The next directors meeting is scheduled for Thu. Aug. 11th at 7:00 p.m. at the home of Lester Friedberg.

## 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)*



### **This Week's *NewSprint***

As your editor is away, running in New Brunswick, this week's *NewSprint* is a little thin. Any results from the weekend (including our own) will have to wait until next week. A report on this week's board of directors meeting will also have to wait.

### **A Call for Volunteers – Tufts Jumbo 5K**

As you know, the Mystic Runners Club benefits from Tufts University as we are allowed us use of the school's indoor track in winter. We try to repay its kindness with volunteers. We helped with the Stampede and with a track meet last year. Samantha Snitow has put this call out for the Stampede early to allow people to save the date. Those interested in volunteering may contact Steve Viegas at [stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com).

*I'm trying to get a jump on things this year, so am sending out a very early request/save-the-date note for volunteers for our 3rd Annual Jumbo Stampede 5k to be held **October 15th**. We're so grateful for the wonderful volunteers that Mystic Runners has always provided that I wanted to do what I could to ensure your help, if club members are still willing/able to volunteer. We'll have volunteer opportunities both the week leading up to the race (for our bag-stuffing party) and on race day, and all volunteers will be given one of our fantastically-soft long-sleeved race t-shirts and lots of snacks. Thanks so much for any help Mystic Runners can provide.*

*- Samantha*

### **Grizzly Marathon**

Wearing bib no. 1, as reigning champion, Mystic Runner Dave Corbett traveled to Choteau, MT to run this year's Grizzly Marathon, taking second place with an impressive 3:16. Congratulations, Dave, on a great race. You did the club proud.

According to the *Choteau Acantha* this year may be the last for the race. Both the race director and volunteer coordinator have moved on to other pursuits, so the board of directors has decided "to put the Grizzly into hibernation."



### **Lake Winni**

The club is hoping to put an open team into the Lake Winnepesaukee Relay, scheduled this year for Saturday, September 10th. If interested contact Meg Michaels [megmichaels@remax.net](mailto:megmichaels@remax.net) or Dave Corbett [dcorbett719@hawks.rwu.edu](mailto:dcorbett719@hawks.rwu.edu).

### **Words to live by:**

**"It is never too late to be what you might have been."**

*George Eliot*



### **This Week's Schedule**

Tuesday 08/16/2011 – 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 08/17/2011 – 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 08/21/2011– 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.

### **Recent Race Results**

#### ***Yankee Homecoming 5K, Newburyport, Tue Aug 2 (Grand Prix) (Additional)***

RICK COLLETTE 29:43 READING

#### ***Grizzly Marathon, Choteau, MT, Sat Aug 6***

DAVE CORBETT 3:16:00 (2<sup>nd</sup>) STONEHAM

#### ***Rock and Roll Half Marathon, Providence, RI, Sun Aug 7***

CHRISTINE SKINNER 3:08:00 READING  
DON DAVIS 3:08:01 READING

#### ***Mystics at the Lake Q 5K, Wakefield, Wed Aug 10***

NATHANIEL SMITH 21:47 LYNNFIELD  
DAN MC CORMACK 21:54 WALTHAM  
DON DAVIS 22:00 READING  
CHAS GALLANT 22:03 NORTH READING  
PAT DOOLING 22:15 WAKEFIELD  
RICH FORTUNA 22:30 STONEHAM  
BOB HAAS 25:14 WAKEFIELD  
BILL PETERS 25:49 MANCHESTER, NH  
MIKE HARTIN 27:34 READING  
STEVE SMITH 31:26 LYNNFIELD

#### ***Lynn Woods XC 2.49-Miler, Lynn, Wed Aug 10***

PETE ORRALL 22:28 NORTH READING  
MARY DI MARIA 29:00 WAKEFIELD

#### ***Lynn Woods XC 5-Miler, Lynn, Wed Aug 10***

ALICIA FURBUSH 35:57 STONEHAM  
JOHN MULROY 39:19 READING  
WHITNEY BROWN 42:00 MALDEN  
KATHRYN GORCZYCA 48:14 READING  
JOSE VIVEIROS 49:14 MALDEN



The Mystic Runners Lake "Q" 5K



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

