

NEWSPRINT



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August 7, 2011

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Swimsuit Classic Wrap-up

As the dust settles on the latest edition of the Swimsuit Classic, the club wishes to thank several entities and people for helping in the event's success. First, our many official sponsors have made it possible for us to help our local charities: The Wakefield Interfaith Food Pantry and the Mission of Deeds in Reading. Aiding us this year were Honey Dew Donuts, The Savings Bank in Wakefield, Honda Gallery, Chili's, 128 Volvo-Saab, Bertucci's, and Keurig.



The race committee, headed up by Dave Corbett, also included Rick Collette, Lester Friedberg, Pete Orrall, Diane Landers, Dana Begin, Marge Heck, Whitney Brown, Naomi Laing, Dan McCormack, and Lisa Hodge. The committee also wishes to thank all the volunteers on race day.

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) 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)

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Contact: alan@foulds.org*

Bridge of Flowers

This Saturday (August 13th) is the 33rd annual “Bridge of Flowers” 10K and 3K. Run in the towns of Shelburne and Buckland it is a much tougher race than the name might imply. Like the Mt. Washington Race, “there’s only one hill,” but it’s quite a hill.

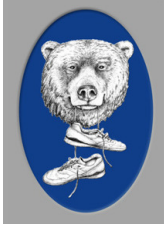
Check out the website at

<http://www.bridgeofflowers10k.com>.



The Return Trip of a Lifetime

by David Corbett



[A year ago, Mystic Runner, Dave Corbett, went to Choteau, MT and won the Grizzly Marathon. This year he returns as the reigning champion. He files this report.]

It is impossible for me to count how many times I have watched the video of me running across the finish line at the 2010 Grizzly Marathon in Choteau, Montana. In many ways it feels surreal. I know that I lived it but it went by so quickly. Now I have the opportunity to live in those shoes again. To win, not just a marathon but any race is a rare accomplishment - something I have only done three times, if you don't count Wednesday night victories. A year ago, had you asked, I would have told you that there is nothing better than tasting that sweet victory. However, today I know there is something even more sweet and it is not just a repeat championship.

Yes, I would rejoice if I pulled off the repeat; however, the sheer joy I have found in this training cycle is something I will never forget. I have run as if I have already won. I have run with the purpose that I will enjoy every mile during this build-up (trust me there have been a lot of them). I have run free of any pressure that may exist for a returning champion.

This sport of running has given so much back to me. I went from an overweight college graduate to one of the faster runners in New England. It would be easy for me to say that running has given me a lot because of the speed I possess but I believe running has given me so much more in the joy I find out on the roads with all my running friends.

Saturday morning at 6 a.m. western time (9 a.m. Eastern), I will run the best race I can at the 2011 version of the Grizzly Marathon. I will run each step knowing how much I have accomplished and attempt to do something I never imagined I could do once. No matter what happens, this has been an incredible ride!

Words to live by:

“Nobody ever drowned in sweat.”

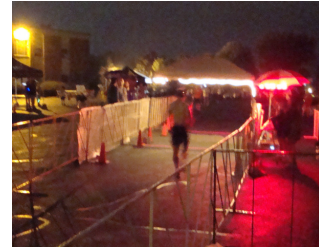
Lou Holtz

Views from Around the Lake and Around the Clock

Last week Rich Fortuna headed up our relay team in the 24-Hour Relay in Wakefield. He submits the following report:

There were 14 teams this year. The weather overall was good but not great.

Diane [Dexter] reports: *“Conditions when I got to Wakefield around 10:30 p.m. were about 75 to 80 degrees with a breeze, humid but the breeze was refreshing. I did get some early rain which, mixed with perspiration, felt good. Rain came at about 11:30 and lasted a half an hour or so. After that it was no more than a drizzle.”*

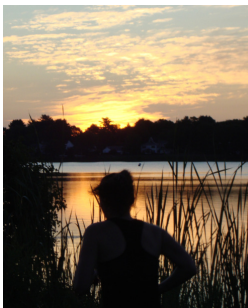


Two years in a row the sprinkler system made it “rain” again after Mother Nature got us first. Rick [Collette] brought this up earlier in the evening but after Bob [Whitmore] and I searched for the sprinkler, we came up short. So once again we had sideways rain under the tent. I guess we have another year to find that sprinkler.

Diane reports *“It was very pleasant there until dawn broke about 4:40 a.m., when I went home to get some sleep. There were not many mosquitoes, I guess because of the breeze.”*

Lester [Friedberg] said he had *“moonlight and rain.”*

Krissy [Nowell] reports: *“A leader is someone who is organized, focused, available, decisive, and a good listener. Our leader was Rich Fortuna, and he couldn’t have done a better job. Every runner did his or her best and never quit. Nobody lacked in effort, determination, or enthusiasm. I ran approximately 18 miles, and my goal was to finish strong. I needed to run slower and more conservatively than I wanted. After running five laps I gave it everything I had. I remember feeling so hot and sticky and completely drained during my final lap, but I kept going for the team. It was the best feeling in the world when I handed the timing bracelet to Dan. I probably couldn’t have done it without the strong support of my fellow Mystic Runners. Despite finishing seventh, our club is still number one.”*



There were plenty of supporters who came by and hung out: Angel, Bob, Andy, Diane, Rick, Kevin, Janie, Cam, Rob, Dave, Alan, Ace (thanks for pacing me), and Don. We hit 48 laps and came in seventh. Everyone did a terrific job. When we realized that we would come close on the last lap Mark [Hemenway] said he needed 35 minutes before time ran out so he would have a good buffer. Dan [Mc Cormack], Krissy, and Bill [Peters] really stepped up their final laps, each cutting 30 to 90 seconds off their previous runs to give Mark the time he needed. Mark started the final lap with almost 40 minutes left before the race clock stopped, and he ran the fastest of his seven laps, cutting almost three minutes from his slowest run.

It was a fun relay with good friends. I am not only looking forward to next year but also hoping the club can participate in the Cabot Trail Relay next Memorial Day weekend. Nice job everyone.

- Rich Fortuna

Yankee Homecoming 10-Miler, Newburyport, Tue Aug 2 (Grand Prix)

JOHN KELLY	1:07:57	ARLINGTON
JOHN MULROY	1:12:41	READING
DAVE KROM	1:14:20	WORCESTER
CHAS GALLANT	1:19:47	NORTH READING
BILL PETERS	1:21:44	MANCHESTER, NH
DAVE HAYES	1:28:41	MELROSE
DAN CALLAHAN	1:29:31	WOBURN
KATHRYN GORCZYCA	1:30:55	READING
LESTER FRIEDBERG	1:38:50	PEABODY
ANGEL GREEN	1:39:53	LYNN

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

ANDY PANACOPOULOS	27:25	READING
LISA HODGE	32:10	MELROSE
DANIEL DODSON	34:30	METHUEN

Good Times Series 5K, Lowell, Tue Aug 2

LISA HODGE	27:55	MELROSE
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Mystics at the Lake Q 5K, Wakefield, Wed Aug 3

PAT DOOLING	22:10	WAKEFIELD
CHAS GALLANT	22:12	NORTH READING
PAULA MARRONI	23:59 (1st)	WAKEFIELD
JEN DODGE	24:08 (2 nd)	STOW
KRISSY NOWELL	24:14 (3 rd)	WAKEFIELD
BOB HAAS	26:14	WAKEFIELD
MIKE HARTIN	26:50	READING
LESTER FRIEDBERG	27:16	PEABODY
LENNY CARLSON	28:07	READING
MARK HEMENWAY	29:03	MELROSE
SHARON MC KENNA	32:35	WAKEFIELD
ACE FOULDS	34:49 (Sweeper)	READING
ALAN FOULDS	34:49 (Sweeper)	READING



Lynn Woods XC 2.25-Miler, Lynn, Wed Aug 3

ALICIA BOCHNAK	28:36	SWAMPSCOTT
MARGARITA BANCY	30:37	MALDEN
JOSE VIVEIROS	51:02	MALDEN

Lynn Woods XC 5.17-Miler, Lynn, Wed Aug 3

JOHN MULROY	43:00	READING
KATHRYN GORCZYCA	51:50	READING
SARAH HUNT	53:11	WOBURN
ALICIA FURBUSH	53:27	STONEHAM

Dare 5K, Lowden, NH, Tue Aug 2

BILL PETERS	26:53	MANCHESTER, NH
DANIEL DODSON	34:58	METHUEN

Beverly Yankee Homecoming, Beverly, Thu Aug 4

LOU PETERS	38:34 (2 nd)	METHUEN
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Grizzly Marathon, Choteau, MT, Sat Aug 6

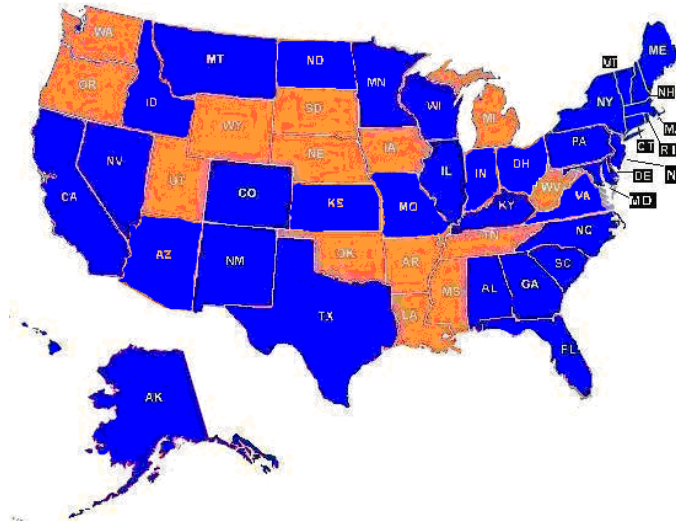
DAVE CORBETT	N/A (2 nd)	STONEHAM
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High Street Mile, Newburyport, Sun Aug 7

LOU PETERS	11:17	METHUEN
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Mystic Map Grows Again

This week we add Ohio, as Steve Viegas ran in the USATF Master outside of Cleveland.



Please send your race results and all other news to Alan at 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

