

NEWSPRINT



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It's Here!

One week from today is the 6th annual **Swimsuit Classic** - our club's big race. It is scheduled for this Sunday, July 31st at 8:30 a.m. Unlike previous years it starts and ends at the Converse Building on Quannapowitt Parkway. If you haven't signed up yet, there's still time to support your club. Visit www.MysticRunners.com where you can sign up online or download an entry form. If you sign up today (Sunday) the price is \$15. Starting tomorrow it goes up to \$20. In conjunction with the race is a 5K walk and a kid's fun run. Online registration ends at midnight July 28th.



The Keurig Raffle

To help finance the Swimsuit Classic the club is raffling off a Keurig Coffee Machine. Raffle tickets sell for \$5 each and three for \$10. They will be available for sale on Wednesday night, and you do not have to be present at the race to win. The machine is a donation from Reading-based Keurig.



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

July Grand Prix Race

Swimsuit Classic
Sun. July 31

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)

NewSprint is published weekly by the Mystic Runners Club.
Editor - Alan Foulds
Contact: alan@foulds.org

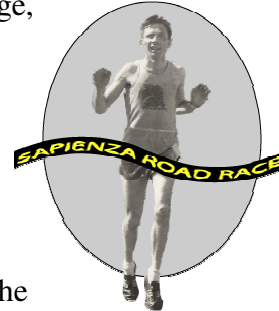
It's Dues Time Again



It's time once again to pay your club dues. Prices are the same as last year - \$25 for individuals, \$30 for families. If you joined after January 1st you are already paid up for the coming year. You can renew online at www.MysticRunners.com or you can send a check - made out to Mystic Runners - to Mystic Runners, P.O. Box 1536, Wakefield, MA 01880.

The 25th and Final Sapienza Run

For 25 years Tony Sapienza's name has been kept alive through a 4-mile road race held in his memory in Haverhill. Tony ran for Central Catholic, Boston College, and the BAA. He placed 4th in the Boston Marathon, 6th in the 1963 Olympic Marathon Trials, and won 33 New England Championship medals. Tony suffered a heart attack after breaking the American Master's record for 3000 meters in 1987 at Brown University. The last edition of this venerable event was held on Thursday.



Support Our 24-Hour Team

The *24-Hour Around the Lake Race* is coming up and the team would like your support. The Mystics have always made a good showing, and this year will be no exception. The race begins at 7 p.m. on Friday, July 29 and finishes at 7 p.m. the next evening. The Mystic Tent will be up so stop by any time. If you're a night owl, a 2 a.m. visit would be appreciated.

Marathon By The Sea

If you're looking for a training run for a fall marathon, a good choice is St. John, New Brunswick. The "Marathon By the Sea" is scheduled for August 14th and includes a half marathon. Additionally, there is an International Breakfast Run the day before. Runners are encouraged to bring state or province flags to exchange. The race weaves through the city, starting and ending at Rockwood Park, one of the largest city parks on the continent. It also contains a campground. Ace and Alan Foulds have already signed up for both the race and the campground, figuring a half marathon in New Brunswick in August must be cooler than one around here. For more information on the race, visit www.MarathonByTheSea.com. To find out more on the park visit www.RockwoodParkCampground.com.



Words to live by:

"A person's health can be judged by what is taken two at a time - pills or stairs."

Joan Welsh



This Week's Schedule

Tuesday 07/26/2011 – Track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 07/27/2011 – 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.

Sunday 07/31/2011– 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.

This Week's Winners

Congratulations to Dave Corbett (1st), Naomi Laing (1st), and Jaimee Carleton (3rd) at the lake. Congratulations to John Kelly for a 1st place finish in Reading. Congratulations to Dan Dodson for a 3rd place finish and Jackie St. Hilaire for a 1st place finish in Plymouth, NH. Congratulations, also, to Rich St. Hilaire who finished 2nd in the accompanying 10K in Plymouth. Congratulations to Dave Corbett for a 2nd place finish overall in the Old Port Half Marathon. Congratulations to Lou Peters for a 1st place finish in Haverhill.

Recent Race Results

Great Cranberry 50K Ultra, Great Cranberry Island ME, Sat Jul 16

JOSE VIVEIROS 10:58:53 MALDEN

Run Four Your Supper 5K, North Reading, Wed Jul 20

CHAS GALLANT 23:23 NORTH READING
TAMMY MOSCHELLA 27:45 NORTH READING

Mystics at the Lake Q 5K, Wakefield, Wed Jul 20

DAVE CORBETT 19:17 (1st) STONEHAM
PAT DOOLING 22:33 WAKEFIELD
NAOMI LAING 23:01 (1st) WAKEFIELD
RICH FORTUNA 24:21 STONEHAM
JAIMEE CARLETON 24:57 (3rd) WAKEFIELD
MARK HEMENWAY 26:01 MELROSE
BOB HAAS 26:11 WAKEFIELD
JOSE VIVEIROS 26:38 MALDEN
ANDY PANACOPOULOS 27:24 READING
MIKE HARTIN 27:36 READING
BETH RICCI 30:18 NEWBURYPORT
SHARON MC KENNA 34:36 WAKEFIELD

Lynn Woods XC 2.6-Miler, Lynn, Wed Jul 20

LESTER FRIEDBERG 25:54 PEABODY
MARY DI MARIA 29:14 WAKEFIELD

Lynn Woods XC 5.5-Miler, Lynn, Wed Jul 20

JOHN MULROY 41:11 READING
WHITNEY BROWN 45:10 MALDEN
JEN DODGE 46:43 STOW
KATHRYN GORCZYCA 51:38 READING



Beat Beethoven 5K, Ipswich, Thu Jul 21

ACE FOULDS	28:57	READING
ALAN FOULDS	32:18	READING
BEETHOVEN	32:22	BONN

Sapienza 4-Miler, Haverhill, Thu Jul 21

BILL PETERS	33:19	MANCHESTER, NH
DANIEL DODSON	50:44	METHUEN
LOU PETERS	53:36 (1 st)	METHUEN

FORR 5K, Reading, Thu Jul 21

ROB MIRABILE	19:40	HADDONFIELD, NJ
JOHN KELLY	19:45 (1 st)	ARLINGTON
JOSE VIVEIROS	25:38	MALDEN

Sugar Bowl 5-Miler, Boston, Thu Jul 21

GAIL COVELLUZZI	58:36	MARBLEHEAD
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Pemi Youth Center Strides for Youth 5K, Plymouth, NH, Sat Jul 23

DANIEL DODSON	32:53 (3 rd)	METHUEN
JACKIE ST. HILAIRE	34:09 (1 st)	FRANKLIN, NH

Pemi Youth Center Strides for Youth 10K, Plymouth, NH, Sat Jul 23

RICH ST. HILAIRE	50:20 (2 nd)	FRANKLIN, NH
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Old Port Half Marathon, Portland, ME, Sun Jul 24

DAVE CORBETT	1:20:35 (2 nd)	STONEHAM
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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

