

# NEWSPRINT



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January 8, 2012

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### **From the Board**

We have all sorts of news from Thursday's board meeting:

Club Meeting. February 1st will mark the first in a series of club meetings. On that night we will hear a nutritionist speaking on running nutrition. We will also hear an update on decisions by the board of directors. Location TBD.

Charity Runs. February 1st also marks the first in a series of Wednesday Charity Runs. Admission to the Lake Q 5K that night is a canned good which will be donated to the Wakefield Interfaith Food Pantry. Any money collected that night will also go to the food pantry. The Charity Runs will continue on the first Wednesday of every month. The board asks for suggestions for future charities. If you have any ideas let Rich Fortuna, or any board member, know.



### **Next Board Meeting**

The next directors meeting will be February 8th at 7:30 p.m. REI in Reading.

### **Our Address**

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

### **January Grand Prix Races**

Any holiday-themed race

### **Tuesday Indoor Track**

Indoor track at Tufts University, Medford 7:00 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> | Rich Fortuna   |
| <i>VP</i>        | Dana Begin     |
| <i>Secretary</i> | Janet Nelson   |
| <i>Treasurer</i> | Alicia Furbush |

### *Board members:*

Rick Collette ('13), Mary Di Maria ('13), Bob Segal ('13), Whitney Brown ('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)*

(From the Board, Cont.)

Valentine's Day Race. The February edition of the Lake Q 5K is designated as the Valentine's Run. Prizes will be awarded. More details to come.

Boston Marathon Hospitality Suite.

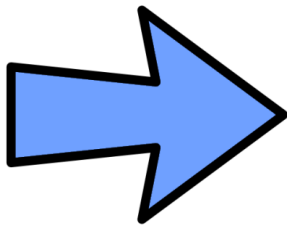
Every April the club sets up a hospitality suite in a hotel near the Boston Marathon finish line, for our runners and their supporters. It is a great way to be involved with the event if you are not running. We are looking for people to volunteer to operate the room for the day. This year Patriots Day is Monday, April 16th.

**Mystic Goals**

Dan Dodson has checked in with his goals for 2012. First, he hopes to get back under an 11-minute mile for the 5K. Second, he wants to run more than 130 races. That's an average of 2.5 races per week. Good luck, Dan.

**And Speaking of Dan**

It looks like we have a couple of models in the club. Check out who shows up in this advertisement in the *Lawrence Eagle Tribune*:



Home to Sargent Woods  
Minimum in Newton, NH

Black Rocks Village Residents  
Bill & Betty Enjoying a  
Maintenance Free Lifestyle.

Ask us about  
Black Rocks Village.

**Mystic Minutiae**

Last week's question was *"The first "First Night" celebration was in Boston. What year was it started?"*

The answer is New Years Eve - 1976. It was an outgrowth of the two-year national bicentennial celebration which was just wrapping up. Once again it was a two-person race to the finish with Diane Landers edging out Rob Mirabile.

This week's question: *The second B.A.A. marathon, in 1898, was won by a person with a famous name - famous today, that is. Although the one you know of today wasn't the same one, who was the winner back then? Got that?*



**Words to live by:**

**"Don't be afraid to give up the good to go for the great."**

*Steve Prefontaine*

## **This Week's Schedule**



Tuesday 01/10/2012 – Track this week at Tufts University, Medford. Any questions, call Steve at (781) 944-3390 or email him [[stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)]

Wednesday 01/11/2012 – 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).

Saturday 01/14/2012 - Woods Runs. Four- to six-mile runs in the woods at 8 a.m. Contact Dana Begin at [dmbegin@verizon.net](mailto:dmbegin@verizon.net).

Sunday 01/15/2012 – 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.

## **More New Mystics**

This week we are joined by *Paul and Joyce Vyriotes* of Reading and *Brad Bombadier*, also of Reading. Paul has been burning up the course on Wednesdays. You'll notice he finished 2nd overall this week. Brad has been running for 19 years, averaging about 35 miles per week. He is also doing well on Wednesdays. When you meet them be sure to say "Hi."

## **Cabot Trail Update**

The Mystic Runners Cabot Trail team now has a full complement of 17 runners. If you are interested in being an alternate, contact Karen at [karen.rapallo@childrens.harvard.edu](mailto:karen.rapallo@childrens.harvard.edu). The next step is to be accepted as a participating team by the race committee. That decision is due any day now.

## **Appreciation Night**

Jim Cotter, who runs the Veterans 10K around the lake, would like to thank the Mystic Runners for their help with his event, with a free lunch on January 21st. It will take place at American BBQ, Rte. 62, Beverly, at 12:30 p.m. If you plan on going, please RSVP to Rich at [Richard.fortuna@comcast.net](mailto:Richard.fortuna@comcast.net).

## **Congratulations, Kerri**

Congratulations to Kerri Haskins who accomplished a marathon double this weekend. She ran both the "Mississippi Blues Marathon" in Jackson, MS and the "First Light Marathon" in Mobile, AL. Kerri is on her way to joining the "50-State Club."

## **This Week's Winners**

Congratulations to Lou Peters for a 3<sup>rd</sup> place finish at Lowell. Congratulations to Paul Vyriotes (2<sup>nd</sup>), Chas Gallant (3<sup>rd</sup>), Kathryn Gorczyca (2<sup>nd</sup>), and Alicia Furbush (3<sup>rd</sup>), at the lake. Congratulations to Dave Corbett (2<sup>nd</sup> and 3<sup>rd</sup> overall), Taki Nakano (1<sup>st</sup>), Naomi Laing (3<sup>rd</sup>), Bob Whitmore (2<sup>nd</sup>), Angel Green (3<sup>rd</sup>), Diane Dexter (1<sup>st</sup>), Steve Viegas (3<sup>rd</sup>), and Lisa Hodge (3<sup>rd</sup>) at Tewksbury. Congratulations to Steve Viegas for a 2<sup>nd</sup> place at the Dartmouth Relay 3K.

## **Recent Race Results**

### ***First Run 5K, Lowell, Sun Jan 1***

|               |                          |            |
|---------------|--------------------------|------------|
| DANIEL DODSON | 34:59                    | NEWTON, NH |
| LOU PETERS    | 38:19 (3 <sup>rd</sup> ) | METHUEN    |

***First Run 10K, Lowell, Sun Jan 1***

|               |         |           |
|---------------|---------|-----------|
| MIKE HARTIN   | 49:27   | READING   |
| RICK COLLETTE | 1:01:03 | WAKEFIELD |

***Mystics at the Lake Q 5K, Wakefield, Wed Jan 4***

|                  |                          |               |
|------------------|--------------------------|---------------|
| PAUL VYRIOTES    | 21:48 (2 <sup>nd</sup> ) | READING       |
| CHAS GALLANT     | 22:00 (3 <sup>rd</sup> ) | NORTH READING |
| BRAD BOMBADIER   | 22:14                    | READING       |
| PETE ORRALL      | 22:39                    | NORTH READING |
| MIKE HARTIN      | 24:02                    | READING       |
| KATHRYN GORCZYCA | 26:24 (2 <sup>nd</sup> ) | READING       |
| ALICIA FURBUSH   | 27:26 (3 <sup>rd</sup> ) | STONEHAM      |
| MARK HEMENWAY    | 28:25                    | MELROSE       |
| RICH FORTUNA     | 28:40                    | STONEHAM      |
| ALAN FOULDS      | 29:29                    | READING       |
| JANET NELSON     | 29:33                    | NEWTON        |
| SHARON MC KENNA  | 32:10                    | WAKEFIELD     |
| DONNA PLACHOWICZ | 32:46                    | TEWKSBURY     |
| KIM WALKER       | 33:02                    | READING       |
| DANIEL DODSON    | 35:24                    | NEWTON, NH    |



***Somerville 4.06-Miler, Somerville, Thu Jan 5***

|               |     |            |
|---------------|-----|------------|
| DANIEL DODSON | N/A | NEWTON, NH |
|---------------|-----|------------|

***Fudgcicle Series No. 1, Tewksbury, Sat Jan 7***

|                  |                          |            |
|------------------|--------------------------|------------|
| DAVE CORBETT     | 17:59 (2 <sup>nd</sup> ) | STONEHAM   |
| TAKI NAKANO      | 22:18 (1 <sup>st</sup> ) | READING    |
| NAOMI LAING      | 22:59 (3 <sup>rd</sup> ) | STONEHAM   |
| BOB WHITMORE     | 23:06 (2 <sup>nd</sup> ) | STONEHAM   |
| MIKE HARTIN      | 24:38                    | READING    |
| KEVIN EATON      | 26:13                    | METHUEN    |
| ANGEL GREEN      | 26:49 (3 <sup>rd</sup> ) | LYNN       |
| ROB MIRABILE     | 26:58                    | STONEHAM   |
| DIANE DEXTER     | 27:14 (1 <sup>st</sup> ) | BILLERICA  |
| STEVE VIEGAS     | 27:17 (3 <sup>rd</sup> ) | READING    |
| LISA HODGE       | 28:52 (3 <sup>rd</sup> ) | MELROSE    |
| ALAN FOULDS      | 29:08                    | READING    |
| DONNA PLACHOWICZ | 31:48                    | TEWKSBURY  |
| SHARON MC KENNA  | 32:24                    | WAKEFIELD  |
| DANIEL DODSON    | 34:43                    | NEWTON, NH |

***Resolution Run to Kick Cancer 5K, Lexington, Sat Jan 7***

|             |       |         |
|-------------|-------|---------|
| MIKE HARTIN | 24:06 | READING |
|-------------|-------|---------|

***Mississippi Blues Marathon, Jackson, MS, Sat Jan 7***

|               |         |              |
|---------------|---------|--------------|
| KERRI HASKINS | 5:37:00 | DANVILLE, NH |
|---------------|---------|--------------|

***Bob Hersey Memorial 5-Mile Run, Fitchburg, Sun Jan 8***

|               |     |            |
|---------------|-----|------------|
| DANIEL DODSON | N/A | NEWTON, NH |
|---------------|-----|------------|

***Freeze Your Buns Off 5K, Nashua, NH, Sun Jan 8***

|               |     |                |
|---------------|-----|----------------|
| BILL PETERS   | N/A | MANCHESTER, NH |
| DANIEL DODSON | N/A | NEWTON, NH     |

***Dartmouth Relays 3K, Hanover, NH, Sun Jan 8***

|              |                             |         |
|--------------|-----------------------------|---------|
| STEVE VIEGAS | 13:11.44 (2 <sup>nd</sup> ) | READING |
|--------------|-----------------------------|---------|

***Walt Disney World Marathon, Orlando, FL, Sun Jan 8***

|            |         |           |
|------------|---------|-----------|
| AMY BROGNA | 5:23:49 | WAKEFIELD |
|------------|---------|-----------|

***First Light Marathon, Mobile, AL, Sun Jan 8***

KERRI HASKINS

5:47:10

DANVILLE, NH



*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**

