

# NEWSPRINT

[WWW.MYSTICRUNNERS.COM](http://WWW.MYSTICRUNNERS.COM)

January 15, 2012

## In This Issue

February Grand Prix Races

Cabot Trail is Off

Mystic Goals

Mystic Minutiae

Words to Live By

More New Members

Results

## February Grand Prix Races Set

Any one of the February Fudgcicle Series races in February counts as a Grand Prix race for the month. The four dates are February 4th, February 11th, February 18th, and February 25th. The final race is a “twosome” and is free. All are on Saturdays.



For a longer run a Mystic favorite has been chosen. The Great Stew Chase in Lynn is a 15K, scheduled for Sunday, February 5th, beginning at the Knights of Columbus Hall, 177 Lynnfield Street, at 10 a.m.

## Cabot Trail is Off

The Mystic Runners Cabot Trail team did not get chosen by the race committee for this year’s competition. In all, 70 teams were chosen, along with 15 on the waiting list.



## 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)*

## John Kelly

As most of you know, John Kelly is at Melrose Wakefield Hospital in very serious condition. We all hope for a full and speedy recovery. John and his family are in all our thoughts.

## Mystic Goals

Ace Foulds has checked in with her goals for 2012. First, she hopes to get down into “the 25’s” for the 5K. Also, she is looking to run a half marathon or other long race in each quarter of 2012. Good luck, Ace.

## Charity Runs

February 1st marks our first “Charity Run” at the lake. That week it is a “Run for the Wakefield Food Pantry.” Registration fee for the night is a canned good which will be donated to the Wakefield Interfaith Food Pantry. If you, instead, decide to pay the normal \$2, rest assured that all money collected that night also goes to the charity.



## Valentine’s Day at the Lake



Although maybe a day late for the rest of the world, Valentine’s Day at Lake Quannapowitt is Wednesday, February 15th. Whether you’re there with your love, or just your love of running, be sure to do the Lake Q 5K that night. Come appropriately dressed. There will be awards for the top runners AND the top Valentines day-themed costumes. Stay after the race for some holiday fun. As usual, the starting time is 6:45 p.m.

## Spinning with Alicia

Mystic Runner, Alicia Furbush tells us that non-members of the Reading Athletic Club have the opportunity to take a spinning class beginning today and running every Sunday. Pay only \$10. For more information contact Alicia at [furby1234@comcast.net](mailto:furby1234@comcast.net).

## Mystic Minutiae

Mystic Minutiae will return next week.

## Boston Marathon Packet Stuffing

Anyone considering volunteering for the BAA during the Packet Stuffing event please be advised that due to the Easter Holiday, the packet stuffing dates are March 31st and April 1st. The deadline to register is February 10th.

If anyone has any questions regarding volunteering please email Chris Skinner at [kc1122@comcast.net](mailto:kc1122@comcast.net).

### Words to live by:

**“Bid me run, and I will strive with things impossible.”**

*William Shakespeare, Julius Caesar*

# 希望

## **This Week's Schedule**

Tuesday 01/17/2012 – 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 01/18/2012 – 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 01/21/2012 - 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 01/22/2012 – 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.

## **This Week's Winners**

Congratulations to Jen Dodge (1<sup>st</sup>), Kathryn Gorczyca (2<sup>nd</sup>), and Angel Green (3<sup>rd</sup>), at the lake. Congratulations to Taki Nakano (2<sup>nd</sup>), Steve Viegas (3<sup>rd</sup>), Diane Dexter (1<sup>st</sup>), and Lisa Hodge (3<sup>rd</sup>) at Tewksbury. Congratulations to Lou Peters for a 2<sup>nd</sup> place finish at Old Orchard Beach.

## **Recent Race Results**

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

DANIEL DODSON 47:22 NEWTON, NH

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

DANIEL DODSON 65:53 NEWTON, NH

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

BILL PETERS 24:13 MANCHESTER, NH  
DANIEL DODSON 33:49 NEWTON, NH

### ***Mystics at the Lake Q 5K, Wakefield, Wed Jan 11***

DAN MC CORMACK	21:40	WALTHAM
PETE ORRALL	21:42	NORTH READING
BRAD BOMBADIER	22:54	READING
JEN DODGE	23:50 (1st)	STOW
MIKE HARTIN	23:57	WAKEFIELD
KATHRYN GORCZYCA	25:23 (2 <sup>nd</sup> )	READING
ANGEL GREEN	26:49 (3 <sup>rd</sup> )	STONEHAM
ALISON SIMCOX	27:14	WAKEFIELD
ALICIA FURBUSH	27:22	STONEHAM
MEG MICHAELS	27:28	WAKEFIELD
RICH HALLORAN	27:54	NORTH READING
ANDY PANACOPOULOS	28:19	READING
LENNY CARLSON	28:30	READING
LISA HODGE	28:35	MELROSE
ALAN FOULDS	28:46	READING
ACE FOULDS	28:49	READING
JOYCE VYRIOTES	28:59	READING
KERRI HASKINS	29:03	DANVILLE, NH
MARK HEMENWAY	29:27	MELROSE
MARY DI MARIA	30:16	WAKEFIELD
KERRY ARMSTRONG	31:05	READING
CHAS GALLANT (Sweep)	31:55	NORTH READING
KIM WALKER	31:57	READING

Run



The Mystic Runners Lake "Q" 5K

***Fudgcicle Series No. 2, Tewksbury, Sat Jan 14***

TAKI NAKANO	22:57 (2 <sup>nd</sup> )	READING
STEVE VIEGAS	24:09 (3 <sup>rd</sup> )	READING
DIANE DEXTER	27:00 (1 <sup>st</sup> )	BILLERICA
LISA HODGE	28:54 (3 <sup>rd</sup> )	MELROSE
ALAN FOULDS	29:56	READING
DONNA PLACHOWICZ	31:20	TEWKSBURY
SHARON MC KENNA	32:25	WAKEFIELD
DANIEL DODSON	33:59	NEWTON, NH

***Freeze Your Buns Off 5K, Nashua, NH, Sat Jan 14***

BILL PETERS	24:13	MANCHESTER, NH
DANIEL DODSON	33:49	NEWTON, NH

***Smuttnose Palooza Indoor Half Marathon, Milford, NH, Sat Jan 14***

RICK COLLETTE	2:08:42	WAKEFIELD
KERRI HASKINS	2:27:05	DANVILLE, NH

***Jimmy the Greek Frozen 4-Miler, Old Orchard Beach, ME, Sun Jan 15***

BILL PETERS	31:05	MANCHESTER, NH
DANIEL DODSON	42:48	NEWTON, NH
LOU PETERS	53:23 (2 <sup>nd</sup> )	METHUEN

***Naples Daily News Half Marathon, Naples, FL, Sun Jan 15***

LESTER FRIEDBERG	2:16:28	NAPLES, FL
------------------	---------	------------

***Houston Marathon, Houston, TX, Sun Jan 15***

DAVE CORBETT	2:53:45	STONEHAM
--------------	---------	----------



*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**

