

NEWSPRINT



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In This Issue

New Year's Runs

Martha's Vineyard 20-Miler

Invitation to the Mr. Bean Race

This Week's Schedule

Words to Live By

This Week's Winners

Results

New Year's Runs

There's no shortage of New Year's races. A nice close one is in Woburn, called *Run Your Hangover Off*. It's at the civilized hour of noon. The *First Run* in Lowell features both a 5K and 10K. A traditional race - in its 31st year - is the *Hangover Classic* in Salisbury, featuring the optional "Plunge." Up in Salem is the *Wicked Frosty Four*. Needham has the "*Happy New Year 5K*".

Just over the border, in New Hampshire you can ring out the old year. On the 31st, Concord features *4 Miles for Habitat for Humanity*, and Hollis hosts the *Beaver Brook 5K Snowshoe Race*. On the First there is the *Resolution Run 5K* in Portsmouth, and in Londonderry is another tradition - *The Millennium Mile*.

Martha's Vineyard 20-Miler

Just a reminder for you spring marathoners: The Martha's Vineyard 20-Miler is coming up on Saturday, February 18th. It's not too early to start planning.



Next Board Meeting

The next directors meeting will be January 4th at REI, Salem St., Reading, at 7:30 p.m. Current and Previous Members.

Our Address

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

December Grand Prix Races

Assault on Mt. Hood,
Sat. Dec. 10.

Any holiday-themed race

Tuesday Indoor Track

Indoor track at Tufts University,
Medford 7:00 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>	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)

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Invitation to the Mr. Bean Race

The North Medford Club has once again invited the Mystics to take part in the Mr. Bean Memorial Race on Sunday, January 15th at 1 p.m. According to North Medford member, Amy Paquette, "The race will be held in scenic Worcester, MA (home of esteemed Mystic, Dave Krom-name drop!). The race is a 3.4 miles and is half



uphill and half downhill. After the race, there will be a potluck dinner featuring pizza and any other goodies that folks bring, and of course, a cash bar. The race is \$5, and everyone that runs will get a prize. The registration and post-race festivities happen at the Greyhound Pub located at 11 Kelly Square in Worcester, MA." Directions and other information can be found at www.TheGreyhoundWorcester.com.

Mystic Minutiae

Last week's question was: *After the Jingle Bell Run in Boston, each year, an award is given to a local athlete who has made an impact within the running world. What is it called?* The most correct answer is the "Jock Semple Award." The race also gives out the Will Cloney Award for the best local athlete of the year. We would have taken that answer as well. Jock Semple and Will Cloney were the faces of the Boston Marathon - and the B.A.A. - for many years. They singlehandedly took care of all the details of the race long before there was big money involved. Once again, **Diane Landers** was first in with the answer, followed closely by - who else? - Rob Mirabile. Coming in a close third was Alison Simcox. Watch out in the future, Diane and Rob. She's an historian.



This week's question: *Why are the L Street Brownies called "Brownies?"*



This Week's Schedule

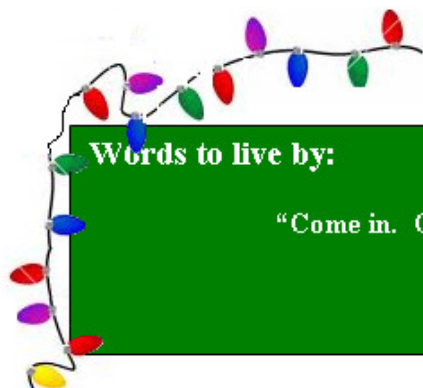
Tuesday 12/27/2011 – Track this week at Tufts University, Medford. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 12/28/2011 – 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.

Saturday 12/31/2011 - Woods Runs. Four- to six-mile runs in the woods at 8 a.m. Contact Dana Begin at dmbegin@verizon.net.

Sunday 01/01/2012– 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.



Words to live by:

"Come in. Come in, and know me better, man."

Spirit of Christmas Present

Another Way to Get a Number

The Red Sox Foundation has 20 entries to the 2012 Boston Marathon on Monday, April 16th. Under the Foundation's new agreement with the Boston Athletic Association, it is offering official numbers to enter the Marathon to runners who each agree to fundraise or pay a minimum of \$5,000 to the Red Sox Foundation. If you are interested in running the Boston Marathon to help at risk children and wounded veterans through the Red Sox Foundation's programs, please contact Gena Borson today at gborson@redsox.com.

Our Newest Mystics

Kim Walker, of Reading, has just joined the club. If you're a Wednesday regular you may have already met her. She was also at the Assault on Mount Hood recently, and she was spotted at the Andover Country Club Cross Country Race. When you see her, make sure you say hi. Welcome, Kim. Also joining is **Maureen Crowley**, of Reading. Her membership was a gift from her husband, Bill. We've noticed her name in several area races. Now we need to get her to come to the lake on Wednesdays. Welcome, Maureen. Finally, we welcome **Lindsay Spada**, of Randolph (originally from Dedham).



Her membership is also a Christmas gift - this one from her aunt, Ace Foulds. She promises to come up to Wakefield when it gets warmer. Lindsay, by the way, works for Reebok.

Holiday Lights Run a Big Success

Friday night the Mystics ran through Breakheart from Wakefield to Saugus to see the lights on the Lynn Fells Parkway. It may have been dark in the woods, but it was a surreal sight watching the reflective vests of the runners up ahead lighted up by the headlamps of the runners behind them. Adding to the aura was the very light snow that came down during the return trip. This photo of our destination, above, was taken by Rich Fortuna, organizer of the event. Rich says, "It was noted this house could be seen by The Space Station. We had two kids in strollers with us, and they got to See The Big Man, Santa Claus - yes it was the real Santa as my daughter Olivia pointed out. From there we zigzagged through the streets of Saugus to view some beautiful lighted houses. After we trekked through Saugus, we headed back through Breakheart to end back in Wakefield. We then went to Harrington's in downtown Wakefield, for some good food and drinks with some great friends."



This Week's Winners

Congratulations to Whitney Brown (1st) and Kathryn Gorczyca (3rd), at the lake.

Recent Race Results

Mystics at the Lake Q 5K, Wakefield, Wed Dec 21

RICH FORTUNA	22:14	STONEHAM
WHITNEY BROWN	22:54 (1st)	MALDEN
MIKE HARTIN	24:24	READING
KATHRYN GORCZYCA	26:43 (3rd)	READING
KRISSY NOWELL	27:09	WAKEFIELD
MARK HEMENWAY	27:36	MELROSE
TED DOOLING	28:01	WAKEFIELD
KERRI HASKINS	28:56	DANVILLE, NH
LISA HODGE	29:09	MELROSE
ALAN FOULDS	29:24	READING
MARY DI MARIA	29:33	WAKEFIELD
MARGE HECK	29:33	WAKEFIELD
ROB MIRABILE	30:29	STONEHAM
MISSY MIRABILE	30:29	STONEHAM

Run



The Mystic Runners Lake "Q" 5K

DONNA PLACHOWICZ	31:27	TEWKSBURY
KIM WALKER	31:35	READING
CHAS GALLANT	33:35	NORTH READING
DANIEL DODSON	35:50	NEWTON, NH

Somerville 4.06-Miler, Somerville, MA, Thu Dec 22

DANIEL DODSON	N/A	NEWTON, NH
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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

