

# NEWSPRINT

WWW.MYSTICRUNNERS.COM

February 19, 2012

## In This Issue

Still Looking for ES Volunteers

Important Dates Coming Up

Adding to the Boston List

Mystic Minutiae

Words to Live By

This Week's Winners

Results

## Still Looking for Eastern States Volunteers

We are looking for Mystic volunteers to work at the Eastern States 20-Miler and Half Marathon this year.



The club receives money for each person from the club who helps out. Mystic volunteer coordinator for the event is Pat Dooling. If you have the time to help out, contact him at

[pdooling@bossca.com](mailto:pdooling@bossca.com). The race

is scheduled for Sunday, March 25th and includes both the 20-mile race from Maine to Massachusetts, as well as the "Run to the Border" half marathon.

## Important Dates Coming Up

**March 7th** is the next Charity Run at the lake. Details on the chosen charity will be announced soon. Also, don't forget our next club meeting. It is also set for Wednesday, **March 7th**. We'll have more details on this event as well. Finally, the Swimsuit Classic is scheduled for Sunday, **August 5th**.



## Next Board Meeting

The next directors meeting  
TBA.

## Our Address

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

## February Grand Prix Races

Any Fudgcicle race.

*Great Stew Chase, Feb 5th.*

## 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)*

## Swimsuit Classic Registration Online

Registration for the *Swimsuit Classic* is now open. The race will take place on Sunday, August 5th at 8:30 am. Anyone interested in running can register at



[http://www.runraceregister.com/reglivecb.aspx?eventyear\\_id=173](http://www.runraceregister.com/reglivecb.aspx?eventyear_id=173) and remember the first 200 get a free gift!

## Adding to the Boston List

Two more names are added to those Mystics running Boston this Year. Rob Mirabile and Takayuki Nakano will also be there. This is what we have so far:

**Rich Fortuna, Lisa Hodge, Betty Cooper, Rick Collette, Lester Friedberg, Jaimee Carleton, Chas Gallant, Kathryn Gorczyca, Alicia Furbush, Jen Dodge, Rob Mirabile, and Takayuki Nakano.**

If your name does not appear on the list and should be there, please let Alan know at [alan@foulds.org](mailto:alan@foulds.org).

## Mystic Minutiae

Last week's question was "*On May 6th, 1954 Roger Bannister broke the 4-minute mile barrier. Where did he do it?*"

The answer is the Iffley Road Track (today, known as the Roger Bannister Track) at Oxford University. First in with the answer was Rob Mirabile.

This week's question is: *Who is the only female to win both the Boston Marathon and the Mount Washington Road Race?*



### This Week's Schedule

Tuesday 02/21/2012 – 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 02/22/2012 – 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 02/25/2012 - 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 02/26/2012 – 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.

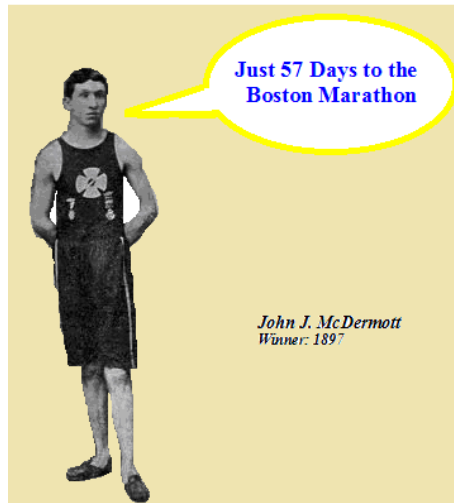
## Words to live by:

**“One thing I have learned in life is that you cannot trust every quotation found on the Internet.”**

*George Washington*

## The Mystics Grow Again

This week we add another new member. [Kate Kleimola](#) joins us from Hanover. She has been running for “a few years” and averages about ten miles per week. She also participates in three to four races a year including 5Ks, 5-Milers, 10Ks, and half marathons. Her goals include a sub-2:15 half marathon and to complete a full marathon. I think we have plenty of talent within the club to help her with both goals. Welcome Kate.



## An Invitation from our Friends in the Wicked Running Club

*The Wicked Running Club in Salem, MA would like to invite the Mystics to join us and the Salem Park, Recreation & Community Services Department for **T-Shirt / Running Movie Night!** This will be held on Saturday, March 3rd at the Winter Island Function Hall (50 Winter Island Rd. Salem, MA 01970). Hood to Coast will be the movie shown. This documentary follows four quirky teams on their epic journey to conquer the world's largest relay race from Mt. Hood in Oregon to the Coast. Doors open at 5:30, movie will start at 6:00. The cost for this event. - **NOTHING!** It's absolutely free! We would love to get as many of our fellow runners from local clubs to join us. Refreshments will be served. You may BYOB as well. Please have your members RSVP if they would like to attend so we can plan for food accordingly. Click the link below to RSVP:*



[http://new.evite.com/?utm\\_source=facebook&utm\\_medium=fb\\_share\\_widget&utm\\_content=fb\\_link&utm\\_campaign=invite#view\\_invite:eid=012FAARBSZI3CIV5CEPBKGLAJ6Y4PI&gid=fb](http://new.evite.com/?utm_source=facebook&utm_medium=fb_share_widget&utm_content=fb_link&utm_campaign=invite#view_invite:eid=012FAARBSZI3CIV5CEPBKGLAJ6Y4PI&gid=fb)

*We will also have raffle items in addition to having t-shirts from past races, including the Derby Street Mile, Wild Turkey 5 Miler and others. A \$1.00 donation is encouraged for any t-shirt. Donations will be given to the American Cancer Society.*

*Please email President Tim Short ([tim.short1@gmail.com](mailto:tim.short1@gmail.com)) with any questions.*

*We hope to see you and your club members on the 3rd.*

*Tennille Doyle  
Wicked Running Club*



### Special Surprise from Dan Dodson

There are no details available yet, but Dan Dodson says he has a special surprise announcement he will make at the lake this Wednesday just before the Lake Q 5K. We can't give anything away, but be sure to be at the lake to find out.

### Meg Michaels Makes the Front Page

Long-time Mystic, Meg Michaels made the front page of the Wakefield Daily Item last Monday.



**The Wakefield Daily Item**

The feature story told of the many hats she wears – some of which you know, some you don't. It mentioned her involvement in town stewardship in the fields of preservation and environment. It also talked of her athletic feats, including biking, walking, and, of course, the Mystic Runners.

### Don and Christine Host a St. Patrick's Day Run

The following invitation is from Don Davis and Christine Skinner.

*On Saturday, March 17th we will be hosting a Boston Marathon Training run. While the intent is to provide those training for Boston a nice route with different distance options, we would like to welcome any Mystic, whether running Boston or not, to join in the fun.*



*We will begin the day at 8 am at our home at 629 Haverhill Street in Reading. We live about 2.4 miles from the lake. A run from our home around the lake and back is approximately 8 miles. (We will get exact distances for everyone shortly). Our house to the rotary by the lake is 2 miles. Anyone looking to do a long run can simply add additional laps around the lake onto their run.*

*We plan to have someone positioned at the lake to have any items you may need and to provide any support needed.*

*At the house we will have food and drinks available for everyone. Anyone wishing to take a shower is welcome to do so, we only ask that you bring a towel.*

*If you plan on coming please let us know by emailing Don/Christine at [daisy1122@comcast.net](mailto:daisy1122@comcast.net).*

### This Week's Winners

Congratulations to Brad Bombardier (2<sup>nd</sup>), Chas Gallant (3<sup>rd</sup>), Krissy Nowell (2<sup>nd</sup>), and Jen Dodge (3<sup>rd</sup>) at the lake. Congratulations to Rick Collette (1<sup>st</sup> overall) in the "For the Love of Kids Virtual Run. Congratulations to Taki Nakano (2<sup>nd</sup>), Naomi Laing (1<sup>st</sup>), Joe Andella (3<sup>rd</sup>), Steve Viegas (3<sup>rd</sup>), Diane Dexter (1<sup>st</sup>), Mary Di Maria (1<sup>st</sup>), Sharon Mc Kenna (2<sup>nd</sup>), and Susan Markham (3<sup>rd</sup>) at Tewksbury. Congratulations to Karen Rapallo (1<sup>st</sup>) and Janet Nelson (1<sup>st</sup>) in the Sweetheart No-Snowshoe Classic.

### Recent Race Results

#### ***Jost Van Dyke International 5K, Jost Van Dyke, BVI, Tue Feb 7***

DANIEL DODSON                      41:28 (2<sup>nd</sup>)                      NEWTON, NH

#### ***Mystics at the Lake Q 5K, Wakefield, Wed Feb 15***

BRAD BOMBARDIER	21:18 (2 <sup>nd</sup> )	READING
CHAS GALLANT	22:06 (3 <sup>rd</sup> )	NORTH READING
KRISSY NOWELL	22:49 (2 <sup>nd</sup> )	WAKEFIELD

PAT DOOLING	23:02	WAKEFIELD
MIKE HARTIN	23:48	WAKEFIELD
JEN DODGE	24:37 (3 <sup>rd</sup> )	STOW
LISA HODGE	26:27	MELROSE
JOYCE VYRIOTES	26:35	READING
KATHRYN GORCZYCA	26:51	READING
ANGEL GREEN	27:48	LYNN
MEG MICHAELS	28:18	WAKEFIELD
KERRI HASKINS	28:45	DANVILLE, NH
MAUREEN MARTINELLO	29:09	STONEHAM
ELIZABETH SILK	29:11	WAKEFIELD
MARY DI MARIA	29:49	WAKEFIELD
LENNY CARLSON	30:03	READING
BETTY COOPER	30:21	DANVERS
CONNIE MURPHY	31:44	HAVERHILL
SHARON MC KENNA	31:51	WAKEFIELD
SUSAM MARKHAM	33:42	MELROSE
MAUREEN CROWLEY	33:52	READING



***For the Love of Kids Virtual Run 1-Miler, Everywhere, Tue Feb 14***

RICK COLLETTE	7:56 (1 <sup>st</sup> )	WAKEFIELD
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***For the Love of Kids Virtual Run 5K, Everywhere, Tue Feb 14***

RICK COLLETTE	27:44	WAKEFIELD
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***For the Love of Kids Virtual Run Half Marathon, Everywhere, Tue Feb 14***

RICK COLLETTE	2:37:45	WAKEFIELD
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***Fudgcicle Series No. 7, Tewksbury, Sat Feb 18 (Grand Prix)***

TAKAYUKI NAKANO	22:09 (2 <sup>nd</sup> )	READING
NAOMI LAING	23:01 (1 <sup>st</sup> )	STONEHAM
JOE ANDELLA	23:19 (3 <sup>rd</sup> )	TEWKSBUURY
STEVE VIEGAS	23:32 (3 <sup>rd</sup> )	READING
MIKE HARTIN	24:10	WAKEFIELD
BOB WHITMORE	26:19	STONEHAM
DIANE DEXTER	26:48 (1 <sup>st</sup> )	BILLERICA
ANGEL GREEN	27:19	LYNN
KATHRYN GORCZYCA	27:40	READING
MARY DI MARIA	30:30 (1 <sup>st</sup> )	WAKEFIELD
MARK HEMENWAY	30:52	MELROSE
ALAN FOULDS	31:37	READING
SHARON MC KENNA	32:44 (2 <sup>nd</sup> )	WAKEFIELD
ED BRYLCZYK	32:48	ANDOVER
SUSAN MARKHAM	35:13 (3 <sup>rd</sup> )	MELROSE

***Martha's Vineyard 20-Miler, Tisbury, Sat Feb 18***

DAVE CORBETT	2:10:35	STONEHAM
MICHAEL MC MAHON	2:21:27	MAYNARD
DAVE KROM	2:32:42	WORCESTER
BRAD BOMBARDIER	2:40:40	READING
GREG MASTRANGELO	2:41:46	MIDDLETON
JEN DODGE	2:47:26	STOW
RICH FORTUNA	2:49:20	STONEHAM
LISA HODGE	3:21:01	MELROSE
RICK COLLETTE	3:28:28	WAKEFIELD
KERRI HASKINS	3:48:58	DANVILLE, NH

***Sweethearts NO-Snowshoe Classic, Peabody, Sun Feb 19***

KAREN RAPALLO	27:57 (1 <sup>st</sup> )	WAKEFIELD
JANET NELSON	28:44 (1 <sup>st</sup> )	BROOKLINE

***Old Fashioned 10-Miler, Foxborough, Sun Feb 19***

MIKE HARTIN 1:20:33 WAKEFIELD

***Half at the Hamptons, Hampton Beach, Sun Feb 19***

PATRICK DOOLING	1:45:26	WAKEFIELD
BILL PETERS	1:48:37	MANCHESTER, NH
MARIANNE FERAN	1:50:48	MELROSE
MAUREEN MARTINELLO	2:16:26	STONEHAM
KERRI HASKINS	2:28:56	DANVILLE, NH

***Freeze Your Buns Off 5K, Nashua, NH, Sun Feb 19***

DANIEL DODSON	N/A	NEWTON, NH
LOU PETERS	N/A	METHUEN



*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**

