

# NEWSPRINT

WWW.MYSTICRUNNERS.COM

February 5, 2012

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## Club Meeting Follow-ups

Here are a few follow-ups from our club meeting on Wednesday:

Pat Dooling has offered to head up our volunteers at the Eastern States 20-Miler. If interested in



participating, contact Pat at [pdooling@bossan.com](mailto:pdooling@bossan.com).

As in the past, Dave Rand will be coordinating our marathon bus on Patriots Day. The price is \$25. If you are running Boston, this is a bargain. For

more information contact Dave at [davidrand56@aol.com](mailto:davidrand56@aol.com).

Finally, Janet Nelson will be in charge of this year's marathon hospitality suite, near the marathon finish line. We ask all Boston Marathoners, who would like to use the room, for \$25. Contact Janet at [kaymhango@yahoo.com](mailto:kaymhango@yahoo.com).

## Next Board Meeting

The next directors meeting will be February 8th at 7:30 p.m. at the home of Rich Fortuna.

## 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

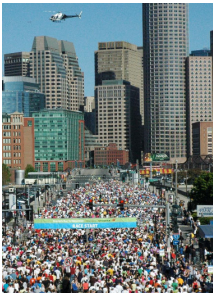
## Board members:

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)*

## Keep the Date Open

A favorite race of the Mystic Runners is coming up. The Reading Lions Journey for Sight is scheduled, this year, for May 19th at 9 a.m. It begins and ends at the Burbank Arena. For more information contact [marla.clough@verizon.net](mailto:marla.clough@verizon.net).



### Boston's Run to Remember

It's time to register for Boston's Run to Remember which consists of both a half marathon and 5-Miler. Set for May 27th at the Seaport World Trade Center in Boston, it also includes an expo the day before. From the seaport, the half marathon takes you downtown, by Quincy Market, Fanueil Hall, Boston Common, the State House, and along the Charles River. For more information visit:

[www.BostonsRunToRemember.org](http://www.BostonsRunToRemember.org).

## Mystic Minutiae

Last week's question was "*According to its website, what nearby race is the "nation's third oldest 15K race?"*"

The answer is the Great Stew Chase in Lynn - one of our February Grand Prix races. First in this week was Dan Dodson, followed very closely by Colette Mc Gonagle who was astute enough to notice that the race's website was listed in last week's *NewSprint*. Weekly regular, Rob Mirabile was also in early with the answer, as was Dave Corbett.

This week's question comes to us via a guest questioner - Karen Rapallo: *Who set the all-time record time for the weekly Lake Q 5K, and what was the time (within a minute)?*



### This Week's Schedule

Tuesday 02/07/2012 – 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 02/08/2012 – 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 02/11/2012 - 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 02/12/2012 – 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:

**"I had offers from the Detroit Lions and Green Bay. If I had gone into pro football my name might be a household word today."**

*President Gerald Ford*

## Swimsuit Classic

The date for this year's Swimsuit Classic, the club's signature event, was announced this week. The annual 5K race will be held Sunday, August 5th. Every member should consider either running it or volunteering. It's a great event.



## Still Growing

Two new members joined the Mystics this week. Alastair (AJ) Drummond is a familiar face on Wednesdays, both in the 5K and the karaoke afterward. We think his favorite might just be Johnny Cash. Another familiar face joining the club is Sue Markham. She shows up in the standings this week with a 2<sup>nd</sup> place finish at Tewksbury. Both signed up during our club meeting on Wednesday. Welcome Alastair and Sue.

## Martha's Vineyard, Anyone?

### **This just in from Dave Corbett:**

Anyone running the Martha's Vineyard 20-Miler and not wanting to get up wicked early Saturday morning, February 18<sup>th</sup> is more than welcomed to stay over at Dave Corbett's



**Saturday, February 18, 2012**  
both nights." For more information, and to let Dave know you are interested, please email him at [dcorbett719@g.rwu.edu](mailto:dcorbett719@g.rwu.edu).

Cape House. He says "I plan on driving down to the Cape on Friday night after work and staying through Sunday. My house is located about five minutes from the shuttle bus which will take everyone over to Martha's Vineyard. Anyone is welcomed to stay one or

## Big Day at Tewksbury

At this Saturday's Fudgcicle Series 5K, eight Mystics of 14 running, placed in the top two of their categories – five were 1<sup>st</sup> place finishes. Dave Corbett was also second, overall. Additionally, nearly every Mystic improved from the week before. Nice running!

## Chicago Marathon Registration Opens

Registration for the 2012 Chicago Marathon will open to the public beginning at noon (CST) or 1 p.m. (EST) on Wednesday, February 1st, at [www.chicagomarathon.com](http://www.chicagomarathon.com). The 35th anniversary of the Chicago Marathon will be held on Columbus Day weekend, Sunday, October 7th, starting and finishing in Chicago's Grant Park. Registration will be open to the first 45,000 entrants.

## New Bedford Half Marathon

Celebrate St. Patrick's Day running this fast certified half-marathon course with only 2 major hills. After the race, runners will get a special treat as restaurants, pubs and sandwich shops will be offering discounts, special menu items and free samples of their favorite food. To register, visit:

<http://www.active.com/running/new-bedford-ma/35th-annual-new-bedford-half-marathon-2012>.

## This Week's Winners

Congratulations to Dave Corbett (1<sup>st</sup> - overall), Whitney Brown (1<sup>st</sup>), and Krissy Nowell (2<sup>nd</sup>), at the lake. Congratulations to Dave Corbett (1<sup>st</sup> and 2<sup>nd</sup> overall), Taki Nakano (1<sup>st</sup>), Naomi Laing (1<sup>st</sup>), Krissy Nowell (1<sup>st</sup>), Steve Viegas (2<sup>nd</sup>), Diane Dexter (1<sup>st</sup>), Lisa Hodge (2<sup>nd</sup>), Mary Di Maria (2<sup>nd</sup>), and Susan Markham (2<sup>nd</sup>) at Tewksbury. Congratulations to Ace Foulds for a 1<sup>st</sup> place finish in Acton. Congratulations to Takayuki Nakano for a 2<sup>nd</sup> place finish in Lynn.

## Recent Race Results

### *Mystics at the Lake Q 5K, Wakefield, Wed Feb 1*

DAVE CORBETT	18:03 (1 <sup>st</sup> )	STONEHAM
CHAS GALLANT	21:57	NORTH READING
WHITNEY BROWN	22:25 (1 <sup>st</sup> )	STONEHAM
KRISSY NOWELL	22:52 (2 <sup>nd</sup> )	WAKEFIELD
PAT DOOLING	23:12	WAKEFIELD
JEN DODGE	24:05	STOW
MIKE HARTIN	24:32	WAKEFIELD
ALISON SIMCOX	26:49	READING
KATHRYN GORCZYCA	27:24	READING
LISA HODGE	28:18	MELROSE
MEG MICHAELS	28:32	WAKEFIELD
KERRI HASKINS	28:49	DANVILLE, NH
MARY DI MARIA	29:37	WAKEFIELD
ALAN FOULDS	29:38	READING
KIM WALKER	29:47	READING
MARK HEMENWAY	30:12	MELROSE
JANET NELSON	35:00	BROOKLINE
MARGE HECK	39:04	WAKEFIELD



### *Fudgcicle Series No. 5, Tewksbury, Sat Feb 4 (Grand Prix)*

DAVE CORBETT	17:20 (1 <sup>st</sup> )	STONEHAM
TAKAYUKI NAKANO	22:25 (1 <sup>st</sup> )	READING
NAOMI LAING	22:50 (1 <sup>st</sup> )	STONEHAM
KRISSY NOWELL	23:04 (1 <sup>st</sup> )	WAKEFIELD
STEVE VIEGAS	23:55 (2 <sup>nd</sup> )	READING
JOE ANDELLA	24:29	TEWKSBURY
DIANE DEXTER	26:16 (1 <sup>st</sup> )	BILLERICA
ANGEL GREEN	27:16	LYNN
LISA HODGE	28:13 (2 <sup>nd</sup> )	MELROSE
ALAN FOULDS	28:42	READING
RICK COLLETTE	28:47	WAKEFIELD
ROB MIRABILE	29:24	STONEHAM
MISSY MIRABILE	29:43	STONEHAM
SUSAN MARKHAM	33:02 (2 <sup>nd</sup> )	MELROSE
KATHRYN GORCZYCA	35:04	READING

### *Bill Rogers Valentine Run, West Acton, Sun Feb 5*

ACE FOULDS	27:44 (1 <sup>st</sup> )	READING
ALAN FOULDS	30:10	READING
AMY BROGNA	39:29	WAKEFIELD

### *Great Stew Chase 15K, Lynn, Sun Feb 15 (Grand Prix)*

DAVE CORBETT	55:25	STONEHAM
ROB MIRABILE	1:02:43	STONEHAM
TAKAYUKI NAKANO	1:11:15 (3 <sup>rd</sup> )	READING
PAT DOOLING	1:19:36	WAKEFIELD
RICK COLLETTE	1:30:00	WAKEFIELD
ANGEL GREEN	1:32:00	LYNN
DICK LYNCH	1:33:02	SAUGUS

### *Super 5K, Lowell, Sun Feb 5*

MAUREEN CROWLEY	34:38	READING
LOU PETERS	39:46 (2 <sup>nd</sup> )	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

