

NEWSPRINT



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September 18, 2011

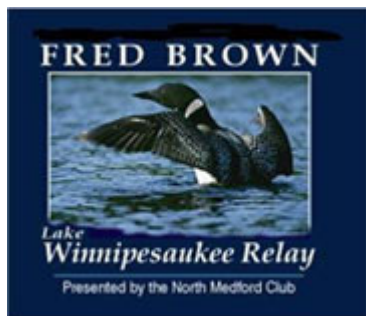
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Success at Lake Winni

Once again our club was well represented at the Lake Winnepesaukee Relay. This year we entered two teams.

The **Mystic Seniors** (with Wayne Dwyer, Dave Krom, John Kelly, Yuki Nakano, Steve Viegas, as well as Mystic friends John Colucci, Ron Siraco, and Tucker Taft) took home third place in its division and was 20th overall of 75 teams.



Mystic Nation (with Dave Corbett, Jen Dodge, Chas Gallant, Naomi Laing, Krissy Nowell, Dan McCormack, Meg Michaels, and Andy Panacopoulos), running

in the Mixed Open category was also in the top half of both its category and the overall race - finishing 13th of 31 in the category, 36th of 75 overall. Nice going, Mystics.

Next Board Meeting

The next directors meeting has been scheduled for Thursday, Sept 22, at 7 p.m. at the Mc Gonagle's home in Melrose.

Our Address

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

September Grand Prix Races

Irish American Race 5K, 10k
Mon. Sep. 5
Lone Gull 10K
Sun. Sep. 18
Wilmington's Half Marathon
Sun. Sep. 25

Tuesday Outdoor Track

Outdoor track at Reading High School 6:30 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>	Dave Corbett
<i>VP</i>	Lester Friedberg
<i>Secretary</i>	Janet Nelson
<i>Treasurer</i>	Christine Skinner

Board members:

Whitney Brown ('11) Dan Dodson ('11), Kevin Eaton ('11), Dana Begin ('12), Colette McGonagle ('12), Kevin McGonagle ('12)

NewSprint is published weekly by the Mystic Runners Club.
Editor – Alan Foulds
Contact: alan@foulds.org

Columbus Day at the Lake

Tom Goodwin informs us that the Wakefield Track Boosters Club is running a 6k road race around Lake Q on Columbus Day, Monday, October 10th at 10 a.m. It is hosted by Harrington's Pub, and all proceeds benefit Wakefield Track Boosters which supports



student track, field and cross country participants in Wakefield. You can register in person at Harrington's Pub at 17 Water Street in Wakefield; you can mail an application to the pub, you can register online at www.harringtonspub.com, or you can register on the day of the race on Wakefield Common.

Wayland Cross Country Festival

The sixth annual Wayland XC Festival will be held on Sunday, October 9th at the Wayland High School in Wayland, MA. If you haven't registered yet, there is still time. You can register online or by sending in a registration form. There is also race day registration. This event is held on the cross-country trails of the Wayland High School and includes four races:

An open 5k race for women of all ages

An open 5k race for men of all ages

A youth 3k race for ages 11 to 14

A youth 3k race for ages 10 and under

The youth races start at 9:30am. The open races start at 10:45am, with the men first followed by the women at 11:30am.

the event website at www.WaylandXC.com where you can get details.

Jungfrau Marathon

Last week the Mystic Runners had three representatives at the Jungfrau Marathon in Switzerland. John Mulroy, Whitney Brown, and Jose Viveiros all made the trek to the Alps for the grueling race. This was the second trip for

Jose. John described it as running the first 18 miles like Boston but then, instead of Heartbreak Hill, you have Mt. Washington. Congratulations to all of you. We're all waiting to see the photos



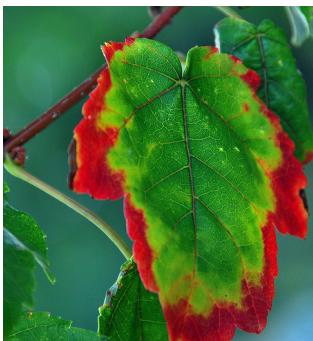
Town Forest Run

The Friends of Reading Recreation are hosting the 6th annual 2.5-Mile cross country race through Reading's Town Forest, Sunday, October 2nd. Check-in begins at 7:30 a.m. in the field by the former water pumping station off Strout Avenue (The Compost Center entrance). The races begins at 8:30. To enter, register at <http://www.forr01867.org/forestrunSignUp.html>. Registration is free.

Words to live by:

“You don't have to be a fantastic hero to do certain things to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals.”

Edmund Hillary



This Week's Schedule

Tuesday 09/20/2011 – Track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 09/21/2011 – 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.

Sunday 09/25/2011– 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 the Mystic Seniors for a 3rd place finish at Lake Winni. Congratulations to Greg Mastrangelo (1st), Naomi Laing (1st), Krissy Nowell (2nd), and Jen Dodge (3rd) at the lake. Congratulations to Dave Corbett (2nd overall), Rob Mirabile (3rd), Naomi Laing (1st, 2nd overall), and Bob Whitmore (1st), at Stoneham. Congratulations to pat Ryan (1st), and Nancy Hays (2nd) in the Nantasket Tri.

Recent Race Results

Around the Cape 25K, Gloucester, Mon Sep 5 (Additional)

JEN DODGE	2:13:08	STOW
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Lake Winnepesaukee Relay, Laconia, NH, Sat Sep 10

MYSTIC SENIORS	8:18:20 (3rd)	WAKEFIELD
MYSTIC NATION	8:53:17	WAKEFIELD

Jungfrau Marathon, Interlaken, Switzerland, Sat Sep 10

JOHN MULROY	5:49:11	READING
WHITNEY BROWN	5:39:07	MALDEN
JOSE VIVEIROS	N/A	MALDEN

Nahant 30K, Nahant, Sun Sep 10

ROB MIRABILE	2:13:31	STONEHAM
BILL PETERS	2:47:48	MANCHESTER, NH

Mystics at the Lake Q 5K, Wakefield, Wed Sep 14

GREG MASTRANGELO	20:27 (2nd)	MIDDLETON
CHAS GALLANT	21:39	NORTH READING
DAN MC CORMACK	21:44	WALTHAM
NAOMI LAING	22:10 (1st)	STONEHAM
RICH FORTUNA	22:37	STONEHAM
KRISSY NOWELL	24:01 (2nd)	WAKEFIELD
BOB WHITMORE	24:33	STONEHAM
JEN DODGE	24:50 (3rd)	STOW
ANDY PANACOPOULOS	24:59	READING
MARK HEMENWAY	26:20	MELROSE
MIKE HARTIN	26:26	READING
MEG MICHAELS	28:25	WAKEFIELD
DONNA PLACHOWICZ	32:21	TEWKSBURY
SHARON MC KENNA	32:22	WAKEFIELD
LENNY CARLSON	33:43	READING

Lynn Woods Cross Country 2.7-Miler, Lynn, Wed Sep 7

PETE ORRALL	21:21	NORTH READING
ANGEL GREEN	28:05	LYNN
MARY DI MARIA	29:11	WAKEFIELD



Lynn Woods Cross Country 5.2-Miler, Lynn, Wed Sep 7

ALICIA FURBUSH	52:09	STONEHAM
KATHRYN GORCZYCA	1:00:01	READING

Thompson Island 4K, Boston, Thu Sep 15

RICK COLLETTE	25:40	WAKEFIELD
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Community Race 5K, Stoneham, Sat Sep 17

DAVE CORBETT	17:45 (2 nd)	STONEHAM
ROB MIRABILE	19:26 (3 rd)	STONEHAM
NAOMI LAING	21:49 (1 st)	STONEHAM
BOB WHITMORE	23:22 (1 st)	STONEHAM

Lone Gull 10K, Gloucester, Sun Sep 18 (Grand Prix)

JOHN KELLY	40:18	ARLINGTON
GREG MASTRANGELO	42:00	MIDDLETON
DAVE KROM	43:56	WORCESTER
CHAS GALLANT	45:59	NORTH READING
DAVE HAYES	50:34	MELROSE
ALISTAIR DRUMMOND	52:10	MELROSE
SHANNON PRICE	59:39	MELROSE
RICHARD COLLETTE	1:02:10	WAKEFIELD
SHARON MC KENNA	1:08:15	WAKEFIELD
BETTY COOPER	1:09:41	DANVERS

Funtastic Nantasket Tri, Hull, Sun Sep 18

PAT RYAN	1:20:01 (1 st)	MEDFORD
NANCY HAYS	1:27:07 (2 nd)	MEDFORD

Wallis Sands Tri, Rye, Sun Sep 18

PAT DOOLING	1:30:57	WAKEFIELD
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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

