

NEWSPRINT

WWW.MYSTICRUNNERS.COM

September 25, 2011

In This Issue

[Our Website](#)

[Mystics Big Winners at Wilmington](#)

[Doggy 5K](#)

[More Photos, Please](#)

[Words to Live By](#)

[This Week's Winners](#)

[Results](#)

Our Website

Dana Begin has recently begun making updates to the club's website, www.mysticrunners.com. If anyone has any ideas for information they would like to see on the site, please send an e-mail to dmbegin@verizon.net. Some ideas include: links to blogs (your own or others that you read), articles of interest, and any information that you would like to share with the club (race reports, updates, member profiles, photos).



Dana, and the rest of the club, would like to thank Don Davis for the great work he has done for many years with the site. Our club website has been a great source of information and we all appreciate his years of dedication to the site.



Mystics the Big Winners at Wilmington

Today's Wilmington Half Marathon saw the Mystic Runners Club shine. This year, new team awards were inaugurated and our men's team took first place. Consisting of Dave Corbett, Rob Mirabile, and John Mulroy, they not only snagged the team prize, but each also won an individual award. It looks like we'll be needing a trophy case, soon.

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*



Doggy 5K

Jan Holmquist of the Liberty Track Club tells us of a new race which benefits the MSPCA/Angel Memorial Hospital. The Doggy 5K, in its second year, will be run Sunday, November 6 at 10 a.m. from Castle Island in South Boston. For more information visit www.doggy5k.com.

Paddy's Road Race

Paddy's Road Race, "The Shillelagh Shuffle," is celebrating its 10th anniversary on Sunday, October 16th.

According to Mark Kelly director of special needs for Newton Parks and Recreation,



"It has all the touches of Ireland, including bagpipes, step dancers, and shillelaghs. For more information check out www.paddysroadrace.com.

More Photos, Please

Last week we put out the call for running photos to be used in our year-end video. We have received some, and that's great. Keep them coming, though. We can never have enough.

Mystic Minutiae

According to Webster's 3rd International Dictionary "Minutiae" is defined as follows:

n. pl. mi·nu·ti·ae (-shĕ-tē'), from the Latin for "smallness" means "small, precise, or trifling details."

With that in mind, we will start throwing small trifling details at you in the form of trivia and other meaningless stuff. By the way, in the past we have had photos of some of you in other eras and had members guess who you were. Keep them coming, and they will be included here. The first person who writes into *NewSprint* with the correct answer will receive ~~a two-week all expenses paid trip to~~ the accolades of all the other Mystics when mentioned in the following week's edition of *NewSprint*.



This week's question: **Who is the only person who won the Boston Marathon one year and also finished in last place in another year?**

Send your answer to Alan@foulds.org.

Words to live by:

"As a child, my greatest motivator for running fast were the street signs - 'Beware of Lions'."

Kip Lagat

Our Own Sports Anchor

This week Dave Corbett took over as sports anchor on BCAT (Burlington Cable Access). Great job, Dave. A new career in the making, maybe?



This Week's Schedule

Tuesday 09/27/2011 – Track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 09/28/2011 – 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.

Sunday 10/02/2011– 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.

The Wonders of Being a Mystic Runner

By David Corbett, President

As we have now entered a new fiscal year for the Mystic Runners, I wanted to take some time today to remind our members of the many wonderful benefits of being part of this club. First, is our Wednesday night “Run the Q” event. This event is a staple in our club. Through the hard work of many volunteers including Meg Michaels, Diane Dexter, Pat Ryan, Alan Foulds, Ace Foulds, John Kelly, Bob Whitmore, Naomi Laing and so many others we are able to offer a weekly timed race. Another excellent benefit that occurs every week is the track workout with our professional coach, Steve Viegas. This workout is free to all members from April through November. We then move our track workouts indoors to give people the opportunity to improve their running even through the challenging winter months. Paying for the full season indoors is the way to go! Each workout will only cost you a little more than \$4. Don't forget about our weekly long run, put on by Karen Rapallo, around Spot Pond and the effort made last winter by Janet Nelson and Lester Friedberg to host weekly long runs leading up to the 2011 Boston Marathon. Concluding our weekly benefits is the professionally done newsletter. Alan Foulds takes a great deal of time and effort to put together this wonderful newsletter. No other club, that I am aware of, has all the access into the happenings of their club on such a regular basis.



The benefits of being a Mystic Runner extend beyond our weekly endeavors. We offer \$100 to each relay team participating in the “Lake Winnepesaukee Relay” and “Around the Lake Relay.” Also, each relay team in the “Mill Cities Relay” is fully covered. It is worth mentioning that only 20 running clubs in the entire country get to take part in the “Mill Cities Relay” and by being a Mystic Runner you can have that opportunity. The club has our web experts as well. For as long as I can remember Don Davis has been kind enough to keep our website up and running successfully. This website offers all the happenings of the Mystic Runners and also provides you the opportunity to check in and see how many Grand Prix Points you have been acquiring. This year Dana Begin will begin her quest as our webmaster. Speaking of Grand Prix Points, who can forget about the famed Boston Marathon raffle. Last year, seven Mystic Runners got to experience the 26.2 breathtaking miles from Hopkinton to Boston thanks to their Grand Prix Points. Along with our lucky seven, many other Mystics took advantage of the

volunteer opportunity to packet staff before the race, ride the bus to Hopkinton, and come afterward to the Mystic hotel suit.

With all the demands on New England runners to have the latest shoes, hot weather gear, and cold weather gear, the Mystic Runners receive a 10% discount at Marathon Sports. Whether you are a mountain runner, 5K speed star, distance runner, mid-distance runner or anything in between (the Mystics have a great blend of interests), you are sure to find what you need at Marathon Sports.

Finally, who can forget the camaraderie that goes along with being a Mystic Runner? Looking back on my nearly five years with this club, the times that come to mind are the banquet and the many social events the Mystics take part in. Without fail, every Wednesday night you can find a band of Mystics hanging out in the Lord Wakefield enjoying the brew. We often remember everyone's birthday and bring cake to celebrate.

This indeed is one special club! I hope you will use this year to take advantage of all the wonderful amenities that go along with being a Mystic Runner.

Those Bells are Ringing

Congratulations and best wishes to two of our long-standing club members – Maureen Mc Nulty and Joe Martinello – who were married this weekend.

Thanks from the Editor

Thanks to those club members who sign in as “Mystic Runners” whenever they have the opportunity to do so. It makes life MUCH easier when searching out results.

This Week's Winners

Congratulations to Dave Krom for a 3rd place finish at Ogunquit. Congratulations to Greg Mastrangelo (1st), Jen Dodge (1st) and Krissy Nowell (2nd), at the lake. Congratulations to Dave Corbett (1st and 5th overall overall), Rob Mirabile (2nd), John Mulroy (3rd), Taki Nakano (3rd) and Team Mystic (1st overall) at the Wilmington Half. Congratulations to John Kelly for a 2nd place in the Wilmington 5K. Congratulations to Bill Peters for a 2nd place in Tilton, NH. Congratulations to Lou Peters for a 1st place finish in Eliot, ME. Congratulations to Meg Michaels for a 1st place finish at Breakheart.

Recent Race Results

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

LESTER FRIEDBERG	2:42:07	PEABODY
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Nahant 30K, Nahant, Sun Sep 11

LESTER FRIEDBERG	3:21:00	PEABODY
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Vermont State Police Community 5K, Essex, VT, Sat Sep 17

DAN CALLAHAN	25:51	WOBURN
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Lobster Dash5-Miler, Ogunquit, ME, Sat Sep 17

DAVE KROM	34:30 (3rd)	WORCESTER
PETE ORRALL	38:12	NORTH READING
NICK PICONE	46:15	WAKEFIELD
LOU PETERS	1:03:45	METHUEN

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

GREG MASTRANGELO	19:44 (1st)	MIDDLETON
DAVE KROM	21:59	WORCESTER
RICH FORTUNA	22:14	STONEHAM
JEN DODGE	23:48 (1st)	STOW
ANDY PANACOPOULOS	23:57	READING
KRISSY NOWELL	24:21 (2nd)	WAKEFIELD
BILL PETERS	24:57	MANCHESTER, NH
MIKE HARTIN	25:25	READING

Run



The Mystic Runners Lake "Q" 5K

MARK HEMENWAY	25:38	MELROSE
LENNY CARLSON	28:08	READING
MEG MICHAELS	29:30	WAKEFIELD
SHARON MC KENNA	31:12	WAKEFIELD
MAUREEN MC NULTY	32:10	STONEHAM
KERRY ARMSTRONG	34:20	READING
CHAS GALLANT	35:50 (Sweep)	NORTH READING

Lynn Woods Cross Country 4.88-Miler, Lynn, Wed Sep 7

JOHN MULROY	37:02	READING
WHITNEY BROWN	40:32	MALDEN
PETE ORRALL	41:08	NORTH READING
KATHRYN GORCZYCA	44:43	READING

Wicked Half Marathon, Salem, Sat Sep 24

JAIMEE CARLETON	1:56:57	WAKEFIELD
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Elementary PTO 5K, Newton, NH, Sat Sep 24

DAN DODSON	N/A	NEWTON, NH
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Tanger Fit for a Cure 5K, Tilton, NH, Sat Sep 24

BILL PETERS	24:03 (2 nd)	MANCHESTER, NH
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Eliot Festival Day 5K, Eliot, ME, NH, Sat Sep 24

LOU PETERS	24:03 (1 st)	METHUEN
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Wilmington Half Marathon, Wilmington, Sun Sep 25 (Grand Prix)

DAVE CORBETT	1:21:56 (1 st)	STONEHAM
ROB MIRABILE	1:29:38 (2 nd)	STONEHAM
JOHN MULROY	1:40:19 (3 rd)	READING
TAKI NAKANO	1:50:25 (3 rd)	READING
KENNY MC COWAN	1:50:38	WILMINGTON
RICK COLLETTE	2:38:50	WAKEFIELD

Wilmington 5K, Wilmington, Sun Sep 25 (Grand Prix)

JOHN KELLY	19:05 (3 rd)	ARLINGTON
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Tuff Ten Trail Race 10K, Saugus, Sun Sep 25

MEG MICHAELS	1:37:45 (1 st)	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

