

NEWSPRINT

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June 14, 2009

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Welcome New Members

Once again, membership is on the rise. Please welcome our newest members. (Numbers 107, 108, 109, 110, and 111). Danny Kass from Saugus joined at Wakefield last Wednesday and promises to be out there on the course this week. Linda Quimby and Barry Brodette are also brand new to the club, but that didn't stop them from making their marks already. Note their results at the Hornet Hustle. Kevin and Colette McGonagle joined up Wednesday and both took part in Saturday's Chelsea River Revel. Colette is a relatively new racer. She now has three under her belt. Kevin belonged to the GBTC back in the "Bill Rogers days," and he later joined our predecessor club – the IATC. Be sure to say "hi" to our newest Mystics.

Reminder – Membership Renewal

July 1st marks the beginning of yet another Mystic Runners calendar year. That means that membership dues notices will be going out soon. You have probably received an email notice in your inbox this past week. Prices have not changed. As last year, membership is \$25 for the year, or \$30 for a family. This does not apply to those who joined during the last few months. Your membership is up to date for the coming year.

Next Board Meeting

The board of directors meets on Sunday, July 12 at 6:00 p.m. at the Lord Wakefield Hotel. All members are welcome.

Our Address

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

Tuesday Outdoor Track

Outdoor coached workouts at Reading High School. 6:30 p.m. (try to show up early) Email Steve Viegas (stephenviegas@hotmail.com) for info.

Wednesday Quannapowitt Run

Don't forget! Every Wednesday, Rain, snow, sleet, or shine. Race at 6:45 at the Lord Wakefield Hotel.

Club Officers

<i>President</i>	Kevin Eaton
<i>VP</i>	Dave Corbett
<i>Secretary</i>	Alan Foulds
<i>Treasurer</i>	Christine Skinner

Board members:

Don Davis ('09), Tracy Deats ('09), Ted Dooling ('09), Ace Foulds ('10), Naomi Laing ('10), Meg Michaels ('10), Missy Mirabile ('10), Krissy Nowell ('09)

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Editor – Alan Foulds
Contact: alan@foulds.org*

Captains Needed

Two relays that the Mystics may want to be involved with are on the horizon and both need captains. For several years we have participated in the Wakefield 24-Hour Relay around Lake Quannapowitt. The race, organized by the Somerville Road Runners, is a great time. This year's event is scheduled for Friday, July 24 – Saturday, July 25.

The other is the Ragnar Relay, from New Haven to Boston September 11-12. John Mulroy, who competed in another Ragnar race earlier in the season, says it was a lot of fun. If interested in heading up Mystic participation in either of these events, contact *NewSprint* at alan@foulds.org.



Ken's Photo Essays

Newmarket, NH – June 7, 2009

On Sunday I ran in the Smuttynose 5K, a great little race in southern NH that capped off the "Will Run for Beer" race series. I had my fastest 5K this year (which of course was not very fast at all! :-). As I always do, I ran with my camera, taking pictures as I ran. I have now selected the best photos, cropped them, and organized them into a slideshow. My goal is to give you a "runners-eye view" of my race experience. I hope you enjoy the slideshow as much as I enjoyed the race! Just click on the link below:

<http://picasaweb.google.com/kenskiel/2009Smuttynose5KInNewmarketNH#slideshow/>

Woburn – June 11, 2009

I joined 80 or so other runners in a fun little race around Horn Pond in Woburn, MA. A very scenic spot. I took photos as I ran, and have now selected the best of them, cropped them, and organized them into a slideshow. If you missed the race, you can experience it vicariously by clicking on the link below:

<http://picasaweb.google.com/kenskiel/2009JoanSJauntInWoburnMA#slideshow>

This Week's Winners

Congratulations to four Mystics who took home hardware at the Hornet Hustle: Dave Corbett, third place, Linda Quimby, second place, Takayuki Nakano, second place, and Barry Brodette, second place. Congratulations to John Kelly, who finished first in the weekly Lowell Good Time race. John beat his "birth year" on the day before his birthday. Congratulations to Pat Ryan for a first place finish at the Hyannis Sprint Triathlon. Congratulations to Linda Quimby, who finished first overall female and Barry Brodette who finished first in his age group at the State Police Race. Congratulations to Jackie St. Hilaire for a third place finish in the Run for Rusty 4-Miler in Concord, NH.

Marathon Lottery Rules

With about four months to go before our annual banquet, it is time to start racking up those marathon points. To be eligible, you must be a member of the Mystic Runners in good standing and you must purchase a ticket to the banquet. Points are earned through a combination of participation and volunteerism. Listed on the next page are the rules:

Words to live by:

Don't fire until you see the whites of their eyes.

Col. Prescott

**MYSTIC RUNNERS CLUB GUIDELINES FOR BOSTON MARATHON NUMBER
RAFFLE**

2010 Boston Marathon

Boston Marathon number recipients will be chosen via a lottery to be held at the annual club banquet, held in November.

To be eligible for a marathon number a candidate must meet the following criteria:

Dues must be paid in full at the time of the drawing.

The member must complete a half marathon or longer between the dates of Sept. 1, 2009 and Jan. 31, 2010 in a race listed on Coolrunning, or a race or staged run, approved by the board of directors.

Numbers are non-transferable and must be used by the recipient. If the recipient is unable to participate in the marathon or does not require a club-issued number, she or he must return it immediately to the Board so that it may be assigned to an alternate.

Every member meeting the above criteria who wants to participate in the drawing will receive one entry.

Members will receive extra entries by:

I. RUNNING IN THE FOLLOWING EVENTS:

ONE POINT FOR EACH UP TO A MAXIMUM OF 10 POINTS

Wednesday night Quannapowitt runs
Track/coached workouts
Grand Prix races (Max. one point per month)

II. VOLUNTEER SERVICE TO THE CLUB

Served on the Board of Directors – 5 points
 Officers (Pres., VP, Sec. Treas. receive an additional 2 points)
Managed the Website-5 points
Served as Race Director of the Swimsuit Classic - 10 Points
Worked the weekly Quannapowitt run (1 point for each night, to a maximum of 20 points)
Managed the clothing inventory/sales- 5 Points

III. VOLUNTEER SERVICE ON BEHALF OF THE CLUB

Volunteering at races, such as the “Run to Remember,” at which the club is reimbursed,
3 Points

In the process of determining eligibility for marathon numbers, the Board may at its discretion make exceptions to the above guidelines.

For those not interested in entering the drawing for a marathon number, the board will offer an alternate prize.

Marathon Points

Don Davis asks that everyone check their volunteer points at www.MysticRunners.com.

Ongoing Information

Sunday Mystic Running at Spot Pond

Every Sunday at 9 a.m. Mystic Runners meet at the parking lot of Stone Zoo in Stoneham for a run around Spot Pond. The distance is about five miles so a 5- or 10-mile training session is easy and safe. For information, contact Karen Rapallo at (781) 246-4832.

Volunteers for the Weekly 5K

Volunteers are needed every Wednesday night to put on our weekly 5K run at the Lord Wakefield. Meg Michaels is race coordinator. If you can help on any given night please send her an email at meg@megmichaels.com

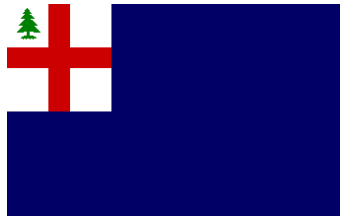
Club Clothing Available

To obtain club uniforms, call Joe Pellegrino at (781) 665-9406 or email him at joeanpell@comcast.net.

Swimsuit Classic Coming Up

Don't forget to keep Sunday, August 16 open. That's the date set for our fourth annual *Swimsuit Classic*. Dave Corbett reports that planning is going great for our annual signature race. For more information – or if you want to volunteer – email Dave at: dcorbett719@hawks.rwu.edu.

This Week's Schedule



Tuesday 06/16/2009 – Outdoor track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 06/17/2009– Come rain or shine, or snow, or sleet or gloom of night, there are always Mystics running around Lake Quannapowitt. For our weekly run, we meet at the Lord Wakefield Hotel in Wakefield and the race begins at 6:45 p.m. Stick around the hotel afterward for some relaxation and socializing.

Sunday 06/21/2009 – 9 a.m. Meet at Stone Zoo in Stoneham for 5-mile (or 10-mile) training runs. Call Karen first, at (781) 246-4832 for information.

Some Recent Race Results

Hornet Hustle 5K, North Reading, Sun Jun 7

DAVE CORBETT	19:10 (3 rd)	WEYMOUTH
LINDA QUIMBY	21:37 (2 nd)	MIDDLETON
TAKAYUKI NAKANO	22:31 (2 nd)	READING
BARRY BRODETTE	22:40 (2 nd)	NORTH ANDOVER
DAVE RAND	N/A	MEDFORD

Affirmation Run 5K, Lowell, Tue Jun 9

JOHN KELLY 19:54 (1st) ARLINGTON

Greyhound Pub Mr. Bean Memorial Run 3.4 Miles, Worcester, Tue Jun 9

DAN DODSON 37:07 METHUEN

Joan's Jaunt 5-Miler, Woburn, Thu Jun 11

JOHN KELLY 33:51 ARLINGTON

KEN SKIER 47:04 LEXINGTON

LESTER FRIEDBERG 47:37 PEABODY

TAMMY MOSCHELLA 47:45 PEABODY

Seaside Stride 5K, Winthrop, Fri Jun 12

DAN DODSON 30:22 METHUEN

Chelsea Revels River Run, Chelsea, Sat Jun 13

ALAN FOULDS 31:18 READING

KEVIN MC GONAGLE 35:50 MELROSE

COLETTE MC GONAGLE MELROSE

Northfield 10K, Northfield, Sat Jun 13 (Mtn. Goat #3)

JOHN MULROY 54:48 READING

JEN DODGE 55:09 STOW

RICHARD ST. HILAIRE 55:32 FRANKLIN, NH

DON PERKINS 56:00 CANTON

JACKIE ST. HILAIRE 1:09:05 FRANKLIN, NH

MARGE HECK 1:09:14 WAKEFIELD

RICHARD COLLETTE 1:09:38 WAKEFIELD

KEN SKIER 1:28:28 LEXINGTON

Hyannis Sprint Triathlon, Hyannis, Sat Jun 13

PAT RYAN 1:26:02 (1st) MEDFORD

Swim 8:33 Bike 40:55 Run 36:33

Litchfield Hills 7.1 Miles, Litchfield, CT, Sun Jun 14

DAN DODSON 1:16:10 METHUEN

Battle of Bunker Hill 8K, Charlestown, Sun Jun 14

DAVE CORBETT 30:14 WEYMOUTH

State Police Run, Framingham 5K, Sun Jun 14

LINDA QUIMBY 21:20 (1st) MIDDLETON

BARRY BRODETTE 22:00 (1st) NORTH ANDOVER

Run For Rusty 4-Miler, Concord, NH 5K, Sun Jun 14

BILL PETERS 29:30 MANCHESTER, NH

RICH ST. HILAIRE 29:45 FRANKLIN, NH

JACKIE ST. HILAIRE 38:54 (3rd) FRANKLIN, NH

Please send your race results and all other news to Alan at alan@foulds.org by early Sunday evening for inclusion in NewSprint.