

NEWSPRINT

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Name Wanted

We would like to give our Wednesday Run an official name and we need your help. Our run has had many names since its inception: "Lord Wakefield Run", "Lake Quannapowitt 5K" to name just two.

We would like you to submit a name for our run. Keep in mind it will appear on Coolrunning in the "Upcoming Events" and "Results" section. The winning entry will be chosen by the Mystic Runners Board. A prize, to be named later, will be awarded to the person who submits the winning entry. Please submit your entry to Christine at kc1122@comcast.net.

Who's Running Boston?

It's time to compile our list of Mystics in this year's Boston Marathon. If you have an official number, let us know. Just for the heck of it, we would also like to know where you qualified, and how many times you have run the race in the past. Send your info to Alan at alan@foulds.org.



Next Board Meeting

The date of the next directors meeting is 5 p.m. February 21 at The Hot Spot in Reading.

Our Address

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

February Grand Prix Races

Great Stew Chase, Feb 7
Bradford Valentine's, Feb 13

Tuesday Indoor Track

Indoor track at Tufts.
Email Steve Viegas at
(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>	Dave Corbett
<i>VP</i>	Naomi Laing
<i>Secretary</i>	Alan Foulds
<i>Treasurer</i>	Christine Skinner

Board members:

Dan Dodson ('11), Linda Quimby Brodette ('11), Lester Friedberg ('11), Janet Kay Nelson ('11), Ace Foulds ('10), Angel Green ('10), Meg Michaels ('10), Helen Staveley ('10)

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



Capturing Mystics – John Mulroy

John has been busy in both Wakefield and Tewksbury, making sure that all our Mystic activity is recorded. Check out his albums for the last couple of weeks:

1/20 – Lake Quannapowitt

<http://picasaweb.google.com/jcmulroy/20100120MysticFunRun#>

1/23 – Fudgcicle Series, Tewksbury

<http://picasaweb.google.com/jcmulroy/20100123Fudgecicle5K#>

1/27 – Lake Quannapowitt

<http://picasaweb.google.com/jcmulroy/20100127MysticRunners5K#>

1/30 – Fudgcicle Series, Tewksbury

<http://picasaweb.google.com/jcmulroy/20100130FudgeSicle?feat=email#>



Sunday Mystic Running at Spot Pond

Many Sundays 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 Wednesday Weekly 5K

Volunteers are needed every Wednesday to put on our 5K race 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 – singlets, shorts, sweatshirts, tech shirts – contact Joe Pellegrino at (781) 665-9406 or email him at joeannpell@comcast.net.



February Grand Prix Races

The Great Stew Chase in Lynn is scheduled for Sunday, February 7, and the Bradford Valentine's Day Races on Saturday, February 13, constitute our February Grand Prix list.

Words to live by:

Turn your face to the sun and the shadows fall behind you.
Maori Proverb

Jackie St. Hilaire and Friends

For some reason, the link to Jackie's photos in last week's edition worked on some computers and not on others. This week, we include it in the body of the email as well as here in *NewSprint*, so, if this doesn't work, go back to the email to check out Jackie's photos from last week's Boston Prep in Derry, NH.



http://www2.snapfish.com/sharethumbnailshare/AlbumID=3744134013/p=409241264374047881/l=5966050013/g=124374336/albumcount=1/pns/share/p=409241264374047881/l=5966050013/g=124374336/otsc=SYE/otsi=SALB/action=_xiffpreaddpicturestocart

While you're at it, take a look at her Deli King photos as we "unfreeze Fudgcicles" yesterday:

<http://www2.snapfish.com/shareesideshow/AlbumID=3794180013/PictureID=161102207013/albumcount=1/p=183311264937436225/l=6040893013/g=124374336/pns/share/p=183311264937436225/l=6040893013/g=124374336/otsc=SYE/otsi=SALB>

100 + Mile Club

Don Davis is in the process of updating the "100 + Mile Club" results. He says to check out the website at <http://www.mysticrunners.com/moxie/results/nov-2009-through-oct-2010.shtml>. If a race you ran does not have the distance (5K, 5-Mile, half marathon, etc.) listed, please send the distance of your race and race name to Don Davis at rymeld@comcast.net.

This Week's Winners

Congratulations to Rick Collette for a 3rd place finish at Somerville. Congratulations to Dan Dodson for a 1st place finish there. Congratulations to Rob Mirabile for a 3rd place finish at Tewksbury.



This Week's Schedule

Tuesday 02/02/2010 – Indoor track this week at Tufts University. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 02/03/2010– 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 02/07/2009 – 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.

Recent Race Results

SRR Thursday Night 4.13-Mile, Somerville, Thu Jan 28

RICK COLLETTE	41:26 (3 rd)	WAKEFIELD
DANIEL DODSON	46:41 (1 st)	METHUEN

Fudgcicle Series #5 5K, Tewksbury, Sat Jan 30 (Grand Prix)

ROB MIRABILE	19:37 (3 rd)	STONEHAM
JOHN MULROY	21:51	READING
RICHARD ST. HILAIRE	23:43	FRANKLIN, NH
JOE ANDELLA	24:08	TEWKSBUARY
MAUREEN MC NULTY	27:39	STONEHAM

RICK COLLETTE	30:47	WAKEFIELD
JACKIE ST. HILAIRE	31:02	FRANKLIN, NH
SHARON MC KENNA	31:23	WAKEFIELD
MARGE HECK	31:25	WAKEFIELD
DAN DODSON	32:17	METHUEN
ALAN FOULDS	33:06	READING

Colonial Road Runners, Abington, Sun Jan 31

ACE FOULDS	41:35	READING
ALAN FOULDS	41:56	READING

Log Cabin 10K, Fitchburg, Sun Jan 31

DANIEL DODSON	1:04:17	METHUEN
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Key West Half Marathon, Key West, FL, Sun Jan 31

BOB WHITMORE	1:50:20	STONEHAM
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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.



The Mystic Runners club is a member of the Road Runners Club of America and USA Track & Field

