

NEWSPRINT

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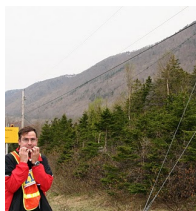
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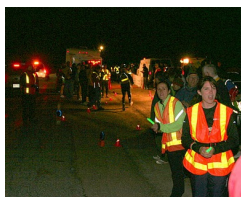
Results



The Cabot Trail Relay

Rich Fortuna is organizing a team to head up to the famed "Cabot Trail Relay" in Nova Scotia. The event takes place over a 27-hour period during the Memorial Day weekend. It is an unbelievable and surreal event,

and we last competed as a club in 2007. The problem is that we need to commit within the next couple of months. If you're interested, contact Rich as soon as possible at



richard.fortuna@comcast.net.

There are 17 legs and all pretty tough, so we need to get 17 runners (or close to it) to fill our team. To read more about the race, check out



www.CabotTrailRelay.com. You can also talk to some of our club members who have done it in the past: John Mulroy (these are his photos), Ace and Alan Foulds, Krissy Nowell, Dan Callahan, Karen Rapallo, Maureen Mc Nulty, and Joe Martinello. Rich will have more details soon, and over the next two weeks we will re-print race reports from club members who ran the 2007 edition.

Next Board Meeting

The next directors meeting has been scheduled for Thursday, Oct. 20, at 7 p.m. at the home of Dana Begin in Stoneham.

Our Address

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

October Grand Prix Races

Run for All Ages 5K ,
Sat.. Oct. 22
Any Halloween race

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*

October Grand Prix Races

The Run for All Ages, a favorite of this club, has been chosen as one of our Grand Prix races for October. For the second, any Halloween-themed race will count as a Grand Prix race.



Rich Fortuna Joins the Board

At last week's board meeting club member, Rich Fortuna, was nominated to fill one of the open spots on the board of directors, and he was elected unanimously. Welcome aboard, Rich, and thank you for your dedication to the club.

Mill Cities - First Call

President Dave Corbett says that anyone who is interested in participating in the Mill Cities Relay can email him at dcorbett719@g.rwu.edu. He is hoping to see at least four Mystic teams. The relay is on December 4th and is free to any member wanting to participate.

Mystic Minutiae

Last week our question was *Who is the only person who won the Boston Marathon one year and also finished in last place in another year?* The answer is Jack Fultz, who won the race in 1976, a very hot day, dubbed "The Run for the Hoses." As you may know, race director Dave McGillvray runs the course every year long after the final runner passes the starting line. He usually finishes around 8 p.m. Several years after his victory Fultz was in town for the race and decided to run with McGillvray. As they neared the finish line, as the story goes, Dave sprinted out in front, crossing first and forcing Fultz into last place. Jack asked why he did that, and McGillvray responded "I wanted you to be a trivia answer."



Our winner, with the first correct response was **Diane Landers**. Congratulations, Diane.

This week's question:

After the Boston Marathon, what is the oldest continuously run race in New England?

Send your answer to Alan@foulds.org.

Words to live by:

"I cannot waste anything as precious as autumn sunshine by staying in the house, so I spend almost all of the daylight hours in the open air"

Nathaniel Hawthorne



This Week's Schedule

Tuesday 10/04/2011 – Track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 10/05/2011 – 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 10/09/2011– 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.

USATF Awards Banquet

USATF-NE is hosting its first ever annual awards banquet on November 19th at the Montvale Plaza function hall in Stoneham. The schedule includes a cocktail and a sit-down dinner with entertainment and awards. The evening will include awards from all athletic disciplines, including road, track & field, cross country, mountain/ultra/trail and race walking. Presented also will be the USATF New England Association Runner of the Year, President's Awards, and some which will acknowledge some of our top race directors, contributors to our sport, and much more.



A panel discussion will be part of the program, including some well known local coaches and world/national class runners. Individual tickets are available, and 10-person tables are available. The Mystic Runners may want to reserve a table. For information contact Steve Viegas at stephenviegas@hotmail.com.

Mystic Bags

Rich Fortuna announces that Mystic running bags will be available for sale this week at the lake.

Photos from Today



Chas Gallant Finishing at the Smuttynose Marathon
By John Mulroy



Rick, Ace, Alan, Angel, & Lisa at "Beat the Tide"



Dave, Rich, & John at the Smuttynose
By John Mulroy

This Week's Winners

Congratulations to Greg Mastrangelo (2nd), Naomi Laing (1st), Jen Dodge (2nd) and Krissy Nowell (3rd), at the lake. Congratulations to Ace Foulds and Angel Green who both won 3rd place at Nahant. By the way, Lisa Hodge won the "Middle of the Pack Award." Congratulations to Bob Whitmore for finishing as first retired firefighter in the Firefighters Memorial 5K in New Jersey. Congratulations to Sharon Mc Kenna for a 1st place finish in Lowell. Congratulations to Krissy Nowell for a 1st place (3rd overall) in Woburn).

Recent Race Results

Elementary PTO 5K, Newton, NH, Sat Sep 24

DANIEL DODSON 34:29 NEWTON, NH

OD's Run, Lynnfield, Sun Sep 25

COLETTE MC GONAGLE 33:52 MELROSE
LINDA SMITH 36:28 LYNNFIELD
KEVIN MC GONAGLE 38:22 MELROSE

Mystics at the Lake Q 5K, Wakefield, Wed Sep 28

GREG MASTRANGELO 20:16 (2nd) MIDDLETON
NAOMI LAING 22:44 (1st) STONEHAM
JEN DODGE 23:24 (2nd) STOW
KRISSY NOWELL 23:50 (3rd) WAKEFIELD
ANDY PANACOPOULOS 24:23 READING
PAULA MARRONI 24:50 WAKEFIELD
BILL PETERS 24:51 MANCHESTER, NH
LENNY CARLSON 27:58 READING
MEG MICHAELS 29:12 WAKEFIELD
STEVE SMITH 30:59 LYNNFIELD
COLETTE MC GONAGLE 31:19 MELROSE
KEVIN MC GONAGLE 36:33 MELROSE
ALAN FOULDS 36:34 (Sweep) READING
CHAS GALLANT 35:50 (Sweep) NORTH READING

Run



The Mystic Runners Lake "Q" 5K

Lynn Woods Cross Country 2.2-Miler, Lynn, Wed Sep 7

MARY DI MARIA 35:10 WAKEFIELD

Lynn Woods Cross Country 3.8-Miler, Lynn, Wed Sep 7

JOHN MULROY 24:42 READING
WHITNEY BROWN 26:32 MALDEN
PETE ORRALL 27:44 NORTH READING
KATHRYN GORCZYCA 30:02 READING
ALICIA FURBUSH 31:47 STONEHAM

Jennifer's Run 5K, Lowell, Sat Oct 1

SHARON MC KENNA 30:53 (1st) WAKEFIELD

Boston Friends of Safe Passage Esperanza 5K

DAN MC CORMACK 21:37 WALTHAM

Applefest Half Marathon, Hollis, NH, Sat Oct 1

RICK COLLETTE 2:37:10 WAKEFIELD
AMY BROGNA 2:38:05 WAKEFIELD
HELEN STAVELEY 2:41:13 BILLERICA

Beat the Tide 5K, Nahant, Sun Oct 2

ACE FOULDS 26:47 (3rd) READING
LISA HODGE 27:18 MELROSE
ANGEL GREEN 27:56 (3rd) LYNN
RICK COLLETTE 28:53 WAKEFIELD
ALAN FOULDS 29:04 READING

Step Out for Hospice 5K, Woburn, Sun Oct 2

KRISSY NOWELL 38:15 (1st) WAKEFIELD

Smuttnose Rockfest Marathon, Hampton, NH, Sun Oct 2

CHAS GALLANT 3:53:32 NORTH READING
RICH FORTUNA 4:00:00 STONEHAM

Smuttynose Rockfest Half Marathon, Hampton, NH, Sun Oct 2

JOHN KELLY	1:28:33 (2 nd)	ARLINGTON
NICK PICONE	2:09:33	WAKEFIELD

Firefighters Memorial 5K, Sea Isle, NJ, Sun Oct 2

BOB WHITMORE	22:51 (1 st Ret. FF)	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.

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

