

# NEWSPRINT

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### **Another Splashing Success!**

Once again the club has pulled off a major success with the 6th annual *Swimsuit Classic*. Run this morning with 242 entrants, we had widespread support from the area and from the club. Dave Corbett, the race director, did a great job organizing the event, but he wants to thank all the committee members and volunteers today who made it all come together so well.



Also, a major portion of the credit belongs to the race sponsors who helped make it possible to donate to our two charities: The Wakefield Interfaith Food Pantry and the Mission of Deeds in Reading. Next week NewSprint will include a complete story on the day's activities.

### **Next Board Meeting**

The next directors meeting is scheduled for Thu. Aug. 11th at 7:00 p.m. at the home of Lester Friedberg.

### **Our Address**

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

### **August Grand Prix Races**

*Yankee Homecoming 10M, 5K*

*Tue. Aug. 2*

*Puma 5-Miler*

*Sat. Aug. 20*

### **Tuesday Outdoor Track**

Outdoor track at Reading High School 6:30 p.m.

Email Steve Viegas at ([stephenviegas@hotmail.com](mailto: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](mailto:alan@foulds.org)*

## Swimsuit Classic Winners

A complete list of this year's winners appears at the end of *NewSprint*.

## No Track This Week

As is our tradition, there will be no track workout this Tuesday due to the Yankee Homecoming 10-Mile and 5K races in Newburyport. Track will resume next Tuesday, August 9th. By the way, the two Newburyport races are Mystic Runners Grand Prix events.



## Our 24-Hour Team

Congratulations to our Mystic Runners Relay 24-Hour team. Taking part this year were Rich Fortuna - the team captain, Dan Mc Cormack, Bill Peters, Mark Hemenway, Lester Friedberg, Diane Dexter, Jose Viveiros, and Krissy Nowell. The team finished in seventh place with a total of 48 laps around the lake.

Also taking part in the all-day, all-night extravaganza were Kerri Haskins who ran the 12-Hour Ultra, as well as Rob Mirabile and Dana Begin who ran the marathon.

Rich Fortuna will give a more complete report next week.

## Fall Street Faire 5K

The Reading Athletic Club and the Reading Police Department are teaming up to host the Fall Street Faire 5K Road Race on Sunday, September 11th. You are also invited to pay tribute to the victims of September 11th by participating in this year's race, which will be



held on the 10th anniversary of the deadly terrorist attacks. The race will kick off the annual Fall Street Faire, which will include a memorial ceremony, children's activities, live music, a chili cook-off, antique cars, a beer sampling area, as well as local

food and craft booths. The course for the race is moderate - approachable for causal runners, but also a great speed challenge for the pros. The course starts at Washington Park and winds through some of Reading's most beautiful neighborhoods, including Hillcrest Avenue, Oak Street, Walnut Street and Summer Avenue. Times to beat are: 16-Flat for Males and 19:40 for Females. T-shirts are guaranteed to the first 200 registrants. There is also a walk this year.

You can register for the race online at: [www.signmeup.com/77148](http://www.signmeup.com/77148).

If you have questions, contact Lori Haverty at the RAC (781) 799-2386 or (781) 942-0099.

## Words to live by:

**“We do not stop exercising because we grow old. We grow old because we stop exercising.”**

***Kenneth Cooper***

## August Grand Prix Races

The first two Grand Prix Races of August are this Tuesday in Newburyport. Both the 10-Mile and 5K editions of the Yankee Homecoming qualify. Later in the month is the Puma 5-Miler, scheduled for 5 p.m., Saturday, August 20th. The race starts and ends at Puma headquarters in Westford.

## Our Newest Mystics

Two family groups all became Mystics this week:

Stephen Smith has become a regular at the Lake on Wednesday nights, together with his daughter, Samantha, and son, Nathaniel. He says he liked the way the weekly race was organized, so he joined the club with his family. Welcome Smiths.

David Singer also joined this week, together with his family members: Beth, Noah, Niles, and Phoebe. The all come from Lynnfield. Welcome Singers.



## This Week's Schedule

Tuesday 08/02/2011 – NO TRACK this week at Reading High School due to the Yankee Homecoming. Any questions, call Steve at (781) 944-3390 or email him [[stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)]

Wednesday 08/03/2011 – 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](mailto:Meg@megmichaels.com).

Sunday 08/07/2011 – 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.

## This Week's Winners

Congratulations to Paula Marroni for a 1<sup>st</sup> place finish at the lake. Congratulations to both Dan Dodson and Lou Peters for 1st place finishes in Manchester, NH. Congratulations to Masuzyo Mhango (2<sup>nd</sup>), Temwani Mhango (1<sup>st</sup>), Noah Singer (3<sup>rd</sup>), Jaimee Carleton (3<sup>rd</sup>), Beth Singer (1<sup>st</sup>), Lisa Hodge (2<sup>nd</sup>), Takayuki Nakano (2<sup>nd</sup>), and Lou Peters (1<sup>st</sup>) in the Swimsuit Classic.

## Recent Race Results

### *Mystics at the Lake Q 5K, Wakefield, Wed Jul 27*

RICH FORTUNA	22:08	STONEHAM
NATHANIEL SMITH	22:42	LYNNFIELD
DAN MC CORMACK	22:53	WALTHAM
PAULA MARRONI	24:53 (1st)	WAKEFIELD
BILL PETERS	25:23	MANCHESTER, NH
BOB HAAS	25:43	WAKEFIELD
MARK HEMENWAY	25:43	MELROSE
MIKE HARTIN	26:22	READING
ANDY PANACOPOULOS	26:32	READING
BETH RICCI	29:30	NEWBURYPORT
STEVE SMITH	31:44	LYNNFIELD
KERRI HASKINS	31:44	DANVILLE, NH
AMY BROGNA	32:26	WAKEFIELD
SHARON MC KENNA	33:29	WAKEFIELD
DANIEL DODSON	34:15	METHUEN
BETTY COOPER	35:10	DANVERS



***Lynn Woods XC 2.49-Miler, Lynn, Wed Jul 27***

JOHN MULROY	20:32	READING
ALICIA BOCHNAK	28:05	SWAMPSCOTT
JOSE VIVEIROS	1:02:45	MALDEN

***Lynn Woods XC 5.5-Miler, Lynn, Wed Jul 27***

CHAS GALLANT	51:13	NORTH READING
KATHRYN GORCZYCA	53:47	READING
JEN DODGE	1:00:02	STOW
LESTER FRIEDBERG	1:00:09	PEABODY
ANGEL GREEN	1:04:55	LYNN
ALICIA FURBUSH	1:05:05	STONEHAM

***Bill Kelley 5K & 10K, Manchester, NH, Thu Jul 28***

DANIEL DODSON	34:55 (1 <sup>st</sup> )	METHUEN
LOU PETERS	38:46 (1 <sup>st</sup> )	METHUEN

***USATF Masters Outdoor Championships, 800 Prelims, Berea, OH, Thu Jul 28***

STEVE VIEGAS	2:53.19	READING
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***24-Hour Around the Lake Relay, Wakefield, Fri Jul 29***

MYSTIC RUNNERS	48 laps	WAKEFIELD
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***24-Hour Around the Lake 12-Hour Ultra, Wakefield, Fri Jul 29***

KERRI HASKINS	11:25:00 (13 Laps)	DANVILLE, NH
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***24-Hour Around the Lake Marathon, Wakefield, Fri Jul 29***

ROB MIRABILE	3:10:33	HADDONFIELD, NJ and STONEHAM
DANA BEGIN	3:44:31	STONEHAM

***Asbury Grove Duathlon, Hamilton, Sat Jul 30***

RICK COLLETTE	1:26:53	WAKEFIELD
LISA HODGE	1:27:13	MELROSE

***Mystics in the Swimsuit Classic 5K, Wakefield, Sun Jul 31***

MASUZYO MHANGO	18:14 (2 <sup>nd</sup> )	BILLERICA
DAVID SINGER	20:13	READING
TEMWANI MHANGO	21:07 (1 <sup>st</sup> )	BROOKLINE
BETH SINGER	22:22 (1 <sup>st</sup> )	READING
TAKI NAKANO	22:54 (2 <sup>nd</sup> )	READING
SOLOMON MUGATI	23:09	MELROSE
NOAH SINGER	24:11 (3 <sup>rd</sup> )	READING
JAIMEE CARLETON	24:11 (3 <sup>rd</sup> )	WAKEFIELD
JANET NELSON	25:09	BROOKLINE
LENNY CARLSON	27:59	READING
LISA HODGE	28:36 (2 <sup>nd</sup> )	MELROSE
AMY BROGNA	30:25	WAKEFIELD
ALICIA BOCHNAK	32:37	STONEHAM
SHARON MC KENNA	32:59	WAKEFIELD
DANIEL DODSON	33:29	METHUEN
LOU PETERS	37:45 (1 <sup>st</sup> )	METHUEN
MARGARITA BANCY	41:06	MALDEN



## *Swimsuit Classic 2011 Awards*



### ***Overall Male***

1. Ryan Hayes – 17:42
2. Masuzyo Mhango – 18:14
3. Joseph Dussault – 18:18

### ***Overall Female***

1. Melissa Henry – 18:45
2. Kaitlin Sheedy – 18:47
3. Taylor Krajewski – 20:51

### ***Male 1 – 18***

1. Temwani Mhango – 21:07
2. Duncan Locke – 23:57
3. Noah Singer – 24:11

### ***Female 1 – 18***

1. Emma Johnson – 27:52
2. Emily Oliver – 28:54
3. Danielle Hounam – 32:01

### ***Male 19 – 29***

1. Matthew Lamothe – 19:49
2. Theodore Anzalone – 20:44
3. Mark Cox – 21:37

### ***Female 19 – 29***

1. Marbeth McLaughlin – 21:19
2. Jackie Burgoyne – 23:51
3. Dana Kelly – 26:34

### ***Male 30 – 39***

1. Gregory Czuczman – 18:33
2. Timur Zambalayev – 19:00
3. James Moberg – 20:01

### ***Female 30 – 39***

1. Cheryl Priplata – 21:23
2. Constance Bethell – 23:38
3. Jaimee Carleton – 24:11

### ***Male 40 – 49***

1. Jeff Ferreira – 18:33
2. Michael Formichella – 19:17
3. Edward Bradford – 19:45

***Female 40 – 49***

1. [Beth Singer – 22:22](#)
2. Wendy Calareso – 23:55
3. Lisa Fortuna – 24:36

***Male 50 – 59***

1. Mark Rosenblum – 20:33
2. Jim Lanteigne – 21:28
3. Joe Sarmiento – 21:56

***Female 50 – 59***

1. Kristina Carrick – 27:55
2. [Lisa Hodge – 28:36](#)
3. Kim Girard – 30:09

***Male 60 – 69***

1. Michael Menovich – 21:52
2. [Takayuki Nakano – 22:52](#)
3. Tom Abbott – 23:39

***Female 60 – 69***

1. Sharon Dobbyn – 30:08
2. Betsy Knapp – 35:18
3. Susan Weddig – 36:42

***Male 70 – 79***

1. Ted Tyler – 34:12
2. David Scherer – 36:27
3. David Mayall – 41:17

***Female 70 – 79***

No Runners

***Male 80 and over***

1. [Lou Peters – 37:45](#)

***Female 80 and over***

1. Esther Pelletier – 48:41



*Please send your race results and all other news to Alan at [alan@foulds.org](mailto: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**

