

NEWSPRINT

WWW.MYSTICRUNNERS.COM

September 4, 2011

In This Issue

Trial USATF Membership

Coasties and Ghosties

5K Adventure in Rehoboth

Keep the Date Open

Words to Live By

This Week's Winners

Results

Trial USATF Membership

If you have never been a USATF member or have not renewed your previous membership, you can try it out for only \$10.

Join today and receive a USATF Membership for the remainder of 2011. With the purchase of a membership during this trial period, you will receive access to all the benefits received by full-year members, plus access to a soon to be announced members-only promotion where you can receive up to 30% off USATF Store purchases during the upcoming IAAF World Athletics Championships.



For more information, contact Steve Viegas at stephenviegas@hotmail.com or write directly to membership@usاتف.org.

Next Board Meeting

The next directors meeting has been scheduled for Thursday, Sept 7, 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.*

Coasties and Ghosties

With the confluence of an online fitness community and one of the most famous relays, one of our club members took part in a unique cross-continent running event.



As reported in last week's *NewSprint*, Ace Foulds was a member of the "Coasties and

Ghosties" team in the Hood to Coast Relay, held in Oregon. The race begins at the Timberline Lodge at Mount Hood, the highest point in the state, and traverses 197 miles, passing such sites as Mt. St. Helens, Portland, Scappoose, and Jewel, ending in the town of Seaside, on the Pacific Ocean. Teams are made up of 12 people - normally.

This year, however, there was a twist. Ace belongs to a group called "Spark People," an online fitness community. Several West Coast members of the organization formed a team for the relay, called "Coasties and Ghosties."

Each runner teamed up with a "ghost runner" from Spark People - one living in another part of the world. The ghost runner (in our case, Ace)



was assigned a leg corresponding with one being run in Oregon. The idea was to have the ghost runner on the roads at the same time and distance as her partner. Ace took three legs and had two different partners. Her total distance was 17.96 miles.



Nice going, Ace. Now, if only you could get the rest of your team to join the Mystics we could have colored in another state on the Mystic Map.

For more on the Hood to Coast Relay (one we should consider entering some year) visit www.hoodtocoast.com. You can even watch a short film. For more information on Spark People, visit

www.sparkpeople.com.

5K Adventure in Rehoboth

The "Tuff Scramblers of Rehoboth are hosting their second 5K on October 1st. It consists of one mile on a trail in the Rehoboth State Forest, followed by two miles on an off-road course with obstacles throughout. You can register either as an individual or as part of a team. For more information, contact Carinda Ferrini at tuffscramblers@gmail.com.

Keep the Date Open

Remember – our annual awards banquet is scheduled for Friday, December 2nd at the Knights of Columbus Hall in Wakefield. Watch for details.

Words to live by:

"Often I visualize a quicker, ghost runner, ahead of me with a quicker stride."

Gabe Jennings



This Week's Schedule

Tuesday 09/06/2011 – Track this week at Reading High School. Any questions, call Steve at (781) 944-3390 or email him [stephenviegas@hotmail.com]

Wednesday 09/07/2011 – 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 09/11/2011– 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.

This Week's Winners

Congratulations to Rob Mirabile (3rd), Naomi Laing (1st), and Jen Dodge (3rd) at the lake. Congratulations to John Kelly for a 2nd place finish in Magnolia. Congratulations to Lou Peters for a 3rd place finish in Atkinson.

Recent Race Results

Puma 5-Miler, Westford, Sat Aug 20 (Grand Prix) (Additional)

JANET NELSON 43:04 BROOKLINE

Mystics at the Lake Q 5K, Wakefield, Wed Aug 24

ROB MIRABILE	19:32 (3 rd)	STONEHAM
GREG MASTRANGELO	20:39	MIDDLETON
NATHANIEL SMITH	20:52	LYNNFIELD
CHAS GALLANT	21:32	NORTH READING
NAOMI LAING	22:08 (1 st)	STONEHAM
PAT DOOLING	22:10	WAKEFIELD
JEN DODGE	22:25 (3 rd)	STOW
RICH FORTUNA	22:25	STONEHAM
KRISSY NOWELL	22:56	WAKEFIELD
ANDY PANACOPOULOS	24:11	READING
PAULA MARRONI	24 13	WAKEFIELD
MARK HEMENWAY	24:14	NORTH READING
MIKE HARTIN	25:40	READING
JOSE VIVEIROS	26:02	MALDEN
MEG MICHAELS	28:48	WAKEFIELD
MARY DI MARIA	29:47	WAKEFIELD
DAVE QUINN	30:29	LYNN
STEPHEN SMITH	31:32	LYNNFIELD
DANA BEGIN	31:52	STONEHAM
ALICIA BOCHNAK	31:52	STONEHAM

Magnolia 5K, Magnolia, Thu Sep 1

JOHN KELLY 19:57 (2nd) ARLINGTON

Atkinson Road Race 5K, Atkinson, NH, Thu Sep 1

LOU PETERS 35:11 (3rd) METHUEN

NH Ten Miler, Auburn, NH, Sat Sep 3

BILL PETERS 1:23:15 MANCHESTER, NH





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**

