



The Wicked Running Register

May 2010

Established Jan 2010

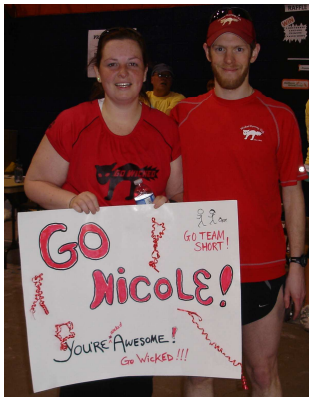
Priceless

QUOTE OF THE MONTH

“Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up.” -Amby Burfoot

WICKED KUDOS

Wicked congratulations to WRC co-founder **Mike Toomey** on being named **Girl's Cross Country Coach of the Year** by the Salem Evening News.



A big “first race ever” shout out to **Nicole Short** (Left with hubby and Prez Tim) who chose the Salem State College Wellness 5k as her debut to racing. It was great to see Nicole cross the finish line with her hubby Tim, to thunderous applause from WRC members.

Nicole was rocking her limited edition custom designed Wicked racing shirt with Team Short on the sleeve, and posted on Facebook after the race: “I took down Ketchup girl...hardcore!” Sounds like she got some competitive coaching from Tim!

A note from **Nicole Short**: “Thank you **Team Touchette** for being at every corner cheering me on at the Salem State College Wellness 5k!”

Stephanie Hagyard: A big thanks to **Shannon O'Donnell** for cheering me on towards the end of the SSC 5K on 4/11. It was just the boost I needed to finish the race.” (which was a 5k PR for her!)

Congrats to **Dave Long** who came in first overall in the Ring Around the Neck 5-mile race in Marblehead on Sunday, April 25th.

Did you ever wish you could try to outrun a Tornado? Neither did **Kathy Moskal**, but that's exactly what she ended up doing on April 25th at the Nashville, TN Rock & Roll Marathon. Kudos to her for surviving- literally- as the next morning we saw the devastation that was left behind on the news, including 11 deaths.

BOSTON MARATHON NEWS...



CONGRATS WICKED FINISHERS!

Tim Short 3:09:45, Mark Tuttle 3:17:49, Andrew Scherding 4:04:22, Melissa Shea 4:06:56, Annie Rose Willis 4:12:04, Chad O'Conner 4:15:27, Frank Lanzillo 4:22:10, Denise Murphy 4:24:28, Bruce Campbell 4:31:30, Mark Meche 4:53:32, Lester Friedberg 4:56:43 and Angel Green 5:25:24.

Thank you Wicked Volunteers: Julie Arrison, Christine Baron, Daniel Barrett, Robert Bevington, Doug Bollen, Michele Campbell, Gifford Campbell, Kristine Capua, Sarah Carrier, Henry Clarke, Tim Clarke, Maggie Delaney, Don Dunlop, Sue-ann Dunlop, Adam Fitch, Laurie Fontaine, Gail Gordon, Donna Greenberg, Robert Guay, Stephanie Hagyard, Brant Henne, Shari Hewson, Kenneth Hewson, Rachel Hunt, Melissa Jaynes, Darla Johnson, Susan Keezer, Frank Kilroy Jr., Robin Lermond, Julia Long, Colin Maclay, John Mahoney (Team Captain), Beverly Marra, Amy Maysa, John McDonough, Katherine Moskal, Mia Mountain, Melissa Murphy, Beth O'Grady, Alison Phelan, Rosemary Poppe, T.R. Ramsdell, Courtney Ramsdell, Denise Ramsdell, Cynthia Roberts, Allison Rourke, Debbie Shahidi, Billy Shea, Nicole Short, Ann Sousa, Deb Touchette, Stephen Touchette, Elizabeth Touchette, Jeanne Vural, Jacqueline Washburn, Rick Wilson, Amy Zolla, Christina Zolla and Kathleen Zolla.

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A huge **thank you** to **John Mahoney** for his masterful coordination of the Boston Marathon volunteer effort. With over 60 volunteers from WRC members, friends and family, we *owned* the gel stop. This meant John had to keep track of all of us, coordinate the set up and break down efforts with Power Bar and check in with BAA volunteer coordinator Elisabeth Worthington before and after the race. He also trekked into Boston to pick up our jackets and stopped for coffee and bagels for us race day. As Elisabeth said to John, **“Thanks for all that you do!”**

A note from **John Mahoney**: “Thank you all for volunteering at the gel stop this year! So many of you took the time to participate and to get friends and family to participate that I really cannot list all of the ways you helped. You did a great job and I know that the BAA and the Wicked Running Club all appreciate your effort. You were a great crew and it was easy to work with you. I hope you enjoyed the experience like I did!”

From **Melissa Jaynes**: “Kudos to all the **Wicked Runners who ran the Boston Marathon**. You are all wicked awesome!”



Not that we are competitive or anything, but there was some smack talk at the gel station regarding which flavors would be the most popular for the runners.

Julie Arrison said: “Double latte rocked the house!”

But pictured left is fan of Strawberry Banana 1x Caffeine **TR Ramsdell** showing how strongly he feels about his flavor... or is that how many packets he handed out because vanilla flavor kicked their butt?

Ha- when you edit the newsletter, you have the last word in smack talk ☺

Our youngest marathon volunteer was **Colin and Rachael’s daughter Hazel**, (right) who smiled and laughed all day from her vantage point in Rachael’s baby backpack. Or perhaps she was smiling at hearing the word CHOCOLATE yelled over and over again, which would make me smile, too. (See entire photo at end of newsletter).



Thank you to **Kathey Moskal** for cooking up a batch of her famous cookies- almost better than the volunteer jacket!

Volunteer **Shari Hewson**: “It was totally awesome. We were also exhausted. Who knew handing out gel was such hard work?!?!?! Great day, great company and great event!”



The gel stop was also the WRC Hubby Stop, as **Dan Cooper** and **Patrick Smith** waited to cheer on their wives before the Newton hills. **Stephanie Cooper** put more mileage on her princess skirt as she showed up pretty in pink, and **Denise Murphy** flew by sporting a Steve’s Team singlet and a giant smile.

Annie Rosie (left) flew by the gel station with her signature smile and wave- literally, as she had angel wings outlined on the back of her singlet. Despite battling an injury during the last month of her training, in true Annie Rose fashion her goal was to finish Boston and have fun, and she did, so goal achieved!

From Annie: “Thanks to all of you who volunteered in Boston yesterday, you were amazing! Congrats to all who ran as well, you should definitely be proud.”

WRC Prez Tim Short high fived his way through the gel stop on his way to a 2011 Boston Marathon qualifying time, screaming **GO WICKED!**

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Congrats to **Angel Green** who made it through her 1st Boston Marathon unscathed aside from the expected aches and pains. Her only regret is that because it is a local race, she was back at her desk the next day instead of relaxing in the middle of a vacation.

Nicole Short on Facebook after the marathon: "Soooo exhausted. No one ever has sympathy for the volunteers! Tim got home an hour and a half before me!"



Mark Tuttle (left) on his way to a 3:17:49 finish... Nice!

Runner Denise Murphy (right): "The day literally was a dream come true for me. Seeing all of you at the Power Gel stop was the highlight of the race! I loved wearing the singlet, which by the way was extremely comfortable (no chafing!) and hearing "Go Steve's Team" the whole way. I was hoping that if all went well I would have a finish time of 4:30 but having 6 minutes to spare had me on cloud nine...and that included waiting in line for the port-o-johns 4 times! Would you believe I even had a negative split?! You were right, Heartbreak Hill was no big deal."



Overheard a volunteer saying they were going to give their **POWER BAR- POWER TO PUSH** T-shirt to their friend to wear when she delivered her baby ☺

Runner Mark Meche: "It was great to see you guys at mile 17. Apparently, the Wicked Gel Stop has become a motivational milestone for me. Knee problems essentially benched me for most of the winter and I wasn't really prepared for Boston this time around. It may actually be the first time I started a race wondering if I was up to finishing it. From the start, I kept thinking "if I can just make it to the Wicked Stop". Once I passed the halfway mark and started ticking off the backside miles, my confidence grew, as did my longing for some Wicked Gel. I spotted Colin and Rachel first, then the long Wicked line. The Wicked Stop definitely helped catapult me up that series of hills on Comm. Ave. that in years prior did not seem to me to be that big of a deal; I suspect the gel was helpful too. Thanks for saving me some chocolate."



Volunteer **TR Ramsdell:** "Did everybody else have as much fun as I did working at the gel stop? Wow, what an experience. I know most people would simply say that we held out stuff, and the runners took it. But no, it was much more than that. Sure we gave out a lot of gel, but wasn't it cool being that close to the "action"? We got to rub elbows, and wish some of the best runners in the world good luck, or nice job, etc. I even saw a few high fives and "knuckles of love". I couldn't see all the way down to the "raspberry station", or all the way up to the "vanilla station", but I know that the middle "strawberry banana/ tangerine area was having a blast. Of course it could've had something to do with the fact that we had the caffeine in our gels. Okay, I ate 4 tangerine and 2 strawberry gels. I wonder how many times I yelled "STRAWBERRY"? The coolest part of all, of course, was seeing our own Wicked crew come running by. It was very exciting to know somebody in the greatest race on the planet. And who would've thought that handing out gel could be so tiring? I was exhausted after, and I didn't even run. Well, I just hope you all enjoyed it as much as I did. It was a very rewarding and emotional experience that I won't forget. Count me in for next year! C'mon, who's in? :o)"

Volunteer **Darla Johnson:** "I got this awesome picture of **Ryan Hall** at our Mile 17 stop (above). He looks like he is flying. I think he is afraid **Tim Short** is going to catch him!" (Ryan Hall ran so close to us that I held out a vanilla gel, but later read in Competitor magazine he prefers to run close the crowds to feed off their energy!)

Even though many local runners participate in the Boston Marathon, information on the BAA website indicates over **80% of runners** are from out of state or out of country. Also interesting to note that the qualifying times for guaranteed entry into the New York City Marathon are much tougher than Boston, but you can also qualify with a half marathon time. See: http://www.ingnycmarathon.org/entrantinfo/guaranteed_entry.htm.

Volunteer Julie Arrison: “It was an incredible & inspirational experience to encourage runners to keep on going at the Power Gel station. I was amazed at the gratitude & good spirits from the marathoners. I was also told that I had the submit my blonde moment to 'heard along the course' so, embarrassingly, here goes: When we were walking along the gel area I was reading the flags...1x caffeine, 2x caffeine, & what I thought was OMG caffeine (as in OH MY GOD). When we were emptying the boxes, I realized it was zero mg caffeine...not OMG, which I shared aloud. My friends who joined Wicked for the day as well as Allison & Sarah got a great laugh.”

Volunteer Debbie Shahidi: “I actually just started running last year, and had never experienced a marathon before, much less the Boston Marathon. Being right there in the middle of it all was such an amazing experience. I will never forget the excitement I felt when the "elites" ran by. However, one of our WRC members told me about the "wall of runners" that would soon be coming. It was absolutely amazing when they finally started coming. One of the things that struck me the most was how nice all the runners were. I can't tell you how many times I heard "thank you for volunteering", as they would run by. It was amazing. It was also very exciting to see our fellow WRC members running by. It is definitely a day I will never forget, and if I can, I will definitely do it again next year!”



WRC Member and John Hancock employee **Mara Mendelsohn** volunteered at the finish line giving out the medals, including **Tim Short's** (photo right). So nice to get some Wicked love at the finish line!

Photos from the 2010 Marathon posted at: <http://jimrhoades.com/10/boston> and more volunteer photos at the end of the newsletter.

RUNNING AROUND... UPCOMING RACES & OFFICIAL WRC EVENTS

Look for the Wicked Logo for official Wicked Events or Grand Prix Races.



Sunday, May 2, Bentley School 5k run and 2-mile walk, 9 a.m., Salem. It's not too late to participate in this local race for a good cause! Entry donation is \$20 post registration, or to be a WRC volunteer please be at the school cafeteria by 8 a.m. on race day.

Sunday, May 9, GAC Mother's Day 6 Hr Run @Bradley Palmer, Topsfield, 9 a.m. A fundraiser for breast cancer research, there is a \$20 entry and runners are encouraged to collect sponsor pledges. T-shirts for all runners. The event takes place a three-mile loop of trails, which you can run as many times as you choose. Food and drink provided at the start/finish area. Contact Jim Gilford at (978) 887-5921 for more info.



Monday, May 10, Wicked Board Meeting, 6:30 p.m. Salem Senior Center, Broad Street. All members are welcome to attend.



Saturday, May 15, Wicked Annual Spring Open House, 9 a.m., Forest River Park. Invite friends, family and other potential club members for a fun run, raffles, and refreshments. New members who join at the Open House will receive a Wicked Cool T-shirt! For more info contact: Shari Hewson shewson@cellsingal.com or Alison Phelan alphelan2@aol.com. Just like our group runs, this event is rain or shine.



Saturday, May 15 is also the deadline for **2010 WRC Scholarships**. The scholarship committee will be awarding (4) scholarships for \$1,000 each – pretty impressive! For more information or to download a scholarship application, see the Wicked website.

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Saturday, May 22, 1st Annual Spring Fling 5K, 10 am Great Woods Rd., Lynn. Contact Sharon Dobbyn at the Lynn YMCA: 781-581-3105 X 244 or sdobbyn@lynnymca.org.

Sunday, May 30: Boston's Run to Remember 5 Miler and Half Marathon. Popular with Wicked runners, this tribute to our fallen heroes benefits youth charities in the Greater Boston area. Great historic course in and around Boston regardless of which distance you choose. <http://www.bostonsruntoremember.com>.

Saturday, June 5: Emmanuel College 5k Walk/Run. Registration: \$15 before Friday, May 21. \$20 race day. Children under 12 free. The newly renovated Roberto Clemente Field will be the site of this inaugural event. All proceeds go towards a scholarship fund for Emmanuel students. Event will take place rain or shine. For info: http://www.emmanuel.edu/About_Emanuel/News_and_Events/Calendar_of_Events/Events/2010_Alumni_Week_end_5K_WalkRun.html



Saturday, June 12, SIXTH ANNUAL CLUB CHALLENGE CUP MARATHON RELAY, 8 am-11 am, Tufts University Track. CALLING ALL WICKED- Contact Tim Short at tim.short1@gmail.com to be part of this relay event. See Running Personals for details.

Wednesday, June 16, Louise Rosetti 5k for Women, 6:30 p.m. Lynch Park, Beverly. Proceeds benefit the Suzanne Maria Rosetti Scholarship Fund and Beverly Park and Recreation. Nice scenic neighborhood course in support of a local running icon. For info: Jill Page (978) 927-4203 or michael.page5@verizon.net.



Sunday, June 20, North Shore Cancer 5k Run, 11 a.m. This 1st annual race is a companion fundraiser to the North Shore Cancer Walk for North Shore Medical Center. Info available at <http://wickedrunningclub.com/north-shore-cancer-run> or <http://nsmcgiving.partners.org/Page.aspx?pid=391>. There will be a bag pick up at New England Running Company on June 19. We are looking for volunteers as well as runners- see Volunteer Opportunities later in this newsletter.

Sunday, June 27: New Charles River Run, 7.5 Miler & 5k, 9 a.m. Registration is open and usually sells out so sign up soon if interested- includes a great post race BBQ <http://www.newcharlesriverrun.com/register.html>.

Sunday, June 27: Inaugural 13.1 Boston Half Marathon & 5K. Entry fee for half marathon: \$55 until May 13, \$70 May 14- June 20 and \$90 race week- but registration will end when field limit is reached. There is a lot of buzz about this race, so sign up soon if interested at www.131Boston.com.

Sunday, July 4th, Harvard Pilgrim Independence Day 10k at Patriot's Place, Foxborough. From the website: "The Harvard Pilgrim 10K is a 6.2-mile course covering the most scenic, tree-lined roads that Foxborough, Mass. has to offer. You'll find this to be the easiest and flattest 10K course around with only one medium hill. The race finishes at the goal line inside Gillette Stadium at Patriot Place!" Check it out at www.patriotplacrace.com.



Tuesday, July 27, Yankee Homecoming 5k (6:25 pm) and 10 mile (6:35 pm), Newburyport. This is part of the WRC race series. For registration information, see: <http://www.yankeerace.com>.

Sunday, August 15, 2010, 37th Cigna Falmouth Road Race. 7-mile point-to-point course, Woods Hole to Falmouth Heights. *Mail in entries for the lottery must be received by May 5 so hurry up!* For more info, check out <http://www.falmouthroadrace.com/entry-information>.

Sunday, September 19, 4th Annual Lone Gull, 9 a.m. Good Harbor Beach, Gloucester. Applications are now available for this beautiful USATF certified 10k race directed by Wes Lassen of NE Running Company. The first 400 receive Nike Tech shirts so sign up soon at www.lonegull10k.com. Proceeds go to cancer related charities, and they serve the biggest and best race breakfast around!

Ongoing Wicked Group Runs:

Monday nights, 6:30 p.m. from Lynch Park, Beverly

Tuesday and Thursday mornings, 5:30 a.m. from Front Street, Salem

Thursday nights, Salem Common near Hawthorne Hotel, 6:45 p.m. with a post pizza party at the Engine House

Saturday mornings, 8 a.m. from Forest River Park, Salem

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Other local weekly runs, free or optional donation:

*Wednesday nights, 7 p.m., rain or shine: **D5k**, Danvers. Details: <http://danvers5k.com/about>.

5K Timed Fun Run, Every Wednesday Night, race starts at 7'ish (rain or shine). BYOB Post Party.

Starts at Sweet Williams Garden Center, 141 Pine Street, Danvers

*Wednesday nights, 6:45 p.m. Weekly 5K "**Run The Q**" (aka Wakefield Lake) Hosted by the Mystic Runners.

Starts at Lord Wakefield Hotel, 595 North Avenue, Wakefield.

* Yet another Wednesday night run starting soon ... it's almost official **Lynn Woods** time!

RELATED (and also unrelated) EVENTS AND SOCIAL ENGAGEMENTS

Spring Running Clinic, Presented by Toomey Sports & Salem Park, Recreation, and Community Services.

Thursdays, **May 6 – June 10** @6:30 p.m. Cost: \$65 (\$55 for WRC Members and Salem City Employees).

Bertram Field (Salem High Track). This clinic is ideal for all levels, beginner to expert, and will focus on 5k-10k training. Workouts will last approximately 60-75 minutes, and include track workouts, hill repeats, plyos, core strength training specific to running, and form drills. We typically get 40-50 runners for this clinic with ages ranging from 14-60. For info, contact **Mike Toomey** at mike@toomeysports.net, or Doug Bollen at dbollen@salem.com.

VOLUNTEER OPPORTUNITIES from Stephanie Hagyard

Hi Wicked! As you all are aware, Wicked is working with the North Shore Medical Center to do the first ever 5K Cancer Run this year, on the 20-year anniversary of the NSMC Cancer walk. The run is going to have a start time of 11a.m. on June 20th (Fathers Day!) and we need volunteers! We would love to have a strong Wicked Presence and so the co-volunteer coordinators (Tim Clarke, Alison Phelan & myself) are asking for your help. Assignments will vary from check in and registration to helping on the course to helping at the finish line, awards ceremony and break down of the event. Depending on your assignment, you could need to be there as early 9am and stay as late as about 1:30 p.m. So, please feel free to contact Tim, Alison and/or myself and let us know that you can help out. And as always, Go Wicked! Kind Regards, Stephanie Hagyard shagyard@yahoo.com, Tim Clarke TimFClarke@aol.com, Alison Phelan aphelan2@aol.com

RUNNING PERSONALS

Alison Phelan reports on the Tu/Th morning run crew:

"The T/Th. crew has been meeting regularly with the "usual suspects". We did lose 1 person for a while, **Shari Hewson**, who was recuperating from an Achilles tendonitis injury. But I'm happy to report that she is back on a training plan and resuming her goal towards her first marathon at Burlington, VT in late May.

I'm happy to report that on the "Boston marathon running" front, **Bruce Campbell, Stephanie Cooper and Denise Murphy** all succeeded in their running efforts at Boston! On the "volunteer front", representing the T/Th crew were **Shari Hewson, Allison Rourke, Tim Clarke, Rachel and Colin Mahoney and yours truly** handing out multi-flavored Power Bar gels and cheering all the runners on but especially the WRC! Yes, hard to believe, but Bruce showed up Tuesday morning and ran like he hadn't done a marathon less than 24 hours ago - unbelievable!! What a great April it's been thus far. Hope the weather continues to hold up for the rest of the month, esp. this week, for people like me on school vacation. I'll check in next month with more details about a fast approaching "special Cinco de Mayo" birthday, the GAC's Mother's Day run that some of the T/Th. is planning on running and some last thoughts on training before a Memorial Day Burlington VT marathon. Until then, see you bright and early on Tu/Th!!"

From Monday night run hostess **Sarah Carrier**: "Hello all you Wicked Runners, I hope you are basking in the glow of this precious sun- Spring has sprung! With the newly extended daylight hours, we are pushing our **Monday Night Run** start time to 6:30 p.m. We are still going to meet at Dane St. Beach in Beverly. Hope to see you there!"

Read in Women's Health: There is a 28% increase in muscle endurance after consuming caffeine. Hmm, maybe I should try the caffeinated gel next time instead of just wearing it all over my clothes at the volunteer station.

RUNNERS WANTED FOR THE 6th ANNUAL CLUB CHALLENGE CUP MARATHON RELAY

8 am-11 am, Tufts University Track. This is a unique running club relay event, which allows 26 members to run one mile of a team marathon. Runners of all experiences, ages and abilities and welcome and encouraged to be part of this event! As with many of our first time experiences- our goal is to involve as many members as possible, bond as a club and **HAVE FUN!** We are currently short two members to make one complete team of 26. If you are interested, please drop a note ASAP to Tim Short at tim.short1@gmail.com. The rules are as follows:

1. 26 one-mile legs preceded by a speed leg (to be run by any participating team member)
2. 10 legs must be run by women
3. All runners must be bona fide members of the participating club.
4. All runners must be at least 18 years old.
5. All runners must sign release form to participate.
6. Teams can place runners in any order.
7. Teams must have a minimum of 24 runners.
8. Teams short of 26 runners can double up on the necessary legs. However to prevent an unfair advantage, the runners doubling up must be one of the team's slowest runners. (to be agreed upon by the team captain and race director on race day) :)
9. Baton must be passed from runner to runner.
10. Each team will be responsible for timing the legs of their own team and reporting them to the nearby scorer's table for placement on the leader board. This can best be done by having two members record alternating legs.
11. Each team will elect a team captain who is responsible for gathering entries, positioning the runners, and assigning timekeepers for their team. The captains are crucial to this race – and do a great job every year!

A note from **Tim Short**: “If you have any questions about membership dues or you are not sure of your renewal status please email either Annie (annika729@aol.com) or myself (tim.short1@gmail.com) and we will be happy to help you out. The membership dues are very important to the club as it allows us to do some really amazing things for the membership!”

When **Kyle Hewson** (son of **Ken and Shari** and “dancing machine”) was asked to write about a goal he wanted to reach, this is what he wrote: “I can think of a goal I want to reach. The goal is to run a full marathon. I hope to get first place in my age group. My mom is going to run one at the end of May in Vermont. My dad and I are going to cheer her on. It is her first one. If I accomplish my goal I will be so proud of myself. I would celebrate by going out to dinner. I know I will feel awesome when I reach this goal.”

SEEN & HEARD “ON THE RUN”

Thank you to the Disney fan **TR Ramsdell**, who made some very special princess Euro stickers for this year’s Disney Princesses’ cars. When you see them rockin’ our car bumpers, you’ll want one too!

Said by **Doug Bollen** as he glanced at my Disney Princess Half Marathon photos showing us posing with all the Disney characters: “These weren’t taken *during* the race, right?” Umm...

John McDonough completed the Montreal Half Marathon on April 18, jumped in his car with his family, and came back home to volunteer at the Boston Marathon the next day.

Scott Carrier with an impressive 3rd place overall finish at the SSC Wellness 5k.

It was great to see Wicked scholarship recipient **Syeda Raji** volunteering at the Olde Salem Greens 5k race.

Ever wonder what a peanut butter burger might taste like? Ask **Tim Clarke** and he’ll tell you!

At the bottom of **Denise Murphy**’s emails is this inspirational quote from runner Steve Prefontaine:
"To give anything less than your best is to sacrifice the Gift"

Stephanie Cooper got accepted into the New York City Marathon lottery, and says “Yahoo!”

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Doug Bollen tried (unsuccessfully) to stump **Rich Tabbut** at a Saturday morning run by quizzing him on old time road races that are now gone. These included: Pickering Wharf, Heritage Days, Piccadilly Pub, Lechmere 10k, Bennie's 10K in Lynn, WELX 5 mile in Salem, LEO race in Lynn, Jordan Marsh Thanksgiving Race, Freedom Trail in Boston, Shamrock Classic in Boston put on by the Celtics- and even run by several of them right in the middle of their season!

Team Touchette reported one of their dogs almost got abducted by a swooping hawk, which aborted at the last minute. Deb thinks it was because the hawk saw her chubby dog and realized it was more than he could handle- thank goodness! All kidding aside, Salem is being overrun by hawks and foxes, so keep your small pets safe!

Speaking of **Team Touchette**, they were the only Wicked members who reported that they successfully ran all six **Thanksgiving Day 5-Mile Wild Turkey** runs. No one responded that they have done every Olde Salem Greens race. Perhaps because we didn't 'have to' until Doug started his race series ☺

Retired WRC member **Billy Shea** spent the month of March in Florida. Jealous much?!

Karen Giroux spotted hard to find gel blocks at Tedeschi's on the corner of Jefferson Ave...of all places!

Beth O'Grady ran with **Jacque Washburn** almost every Saturday morning, and didn't even recognize her all dressed up at the Stephen O'Grady Foundation dance, where Jacque transformed from super runner to super model!



Thank you to my many WRC friends who joined us at the 11th Annual Spring Dance to benefit the Stephen M. O'Grady Scholarship Foundation, and to pay tribute to Denise Murphy who ran the Boston Marathon for Steve's Team.

Pictured left is **Sally Holtzman** holding the Runners Basket that she won at the dance, which was donated by the WRC. It included goodies such as a free 1-year membership to Wicked, entry to North Shore Cancer RUN, current issues of Runners World/New England Runner Magazine, Bear Naked granola, Gatorade and some GU. Congratulations Sally and thank you Wicked for the donation!

WICKED GRAND PRIX SERIES UPDATED by TR Ramsdell

Congrats to all those who "Chased the Gorilla Down Argilla". We had 22 members of Wicked complete the third race in the Grand Prix series in Ipswich. This is a very strange and fast course, primarily because, although you start and stop at the same place, it only seems to go downhill. There are 3 or 4 nice little "drops", but the gain in elevation is so gradual as to be barely noticeable. Dave Long was Wicked's top guy, and Elaine Ambrozaitis was the top gal.

We've got some time until the next race in our series. The next one will be the Yankee Homecoming 10 miler on July 27 in Newburyport. This is historically a very hot race. There is a shorter race, but you have to run the 10 miler to count towards the series. And speaking of counting, I see on the results page that some of you have already missed a race or 2. I just want to remind you that you **MUST** complete any 6 of the 8 races to be a contender in the series. If you drop below the curve during the year, your name gets dropped from the results page. This is the best running club anywhere, so let's get out there and represent! I want to see a whole bunch of Wicked runners at the next race in July. You've got 12 weeks to get ready for this one. C'mon, who's in?

COMEBACK CORNER

Tip for Plantar Fasciitis sufferers: If you have not already tried sleeping with a **strassburg sock or a boot** to keep your foot flexed at night, it is worth a shot and has been helpful to many sufferers in the early stages.

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If you are feeling stiff and achy after your runs, try a **foam roller**, which uses your own body weight to apply pressure to sore aches and roll the knots away.

RUN PAST YOUR MENTAL BLOCKS

Following are some excerpts from an article on active.com about overcoming our mental barriers. Some of these sound awfully familiar...

- 1) **THE CRITIC:** "I was up all night with a sick kid. But I still have to race hard."
THE COMEBACK: "It's okay to adjust my plans."
- 2) **THE CRITIC:** "I can't keep up with the frontrunners in my running group- I must not be a good runner."
THE COMEBACK: "It doesn't always make sense to compare myself to others."
- 3) **THE CRITIC:** "My foot hurts, but I'll run through the pain so I don't get out of shape."
THE COMEBACK: "If I listen to my body, I'll recover faster from minor injuries & have fewer serious ones."
- 4) **THE CRITIC:** "I'm a lazy bum because I took a day off."
THE COMEBACK: "If I allow myself to rest, I'll stay healthy."
- 5) **THE CRITIC:** "To set a PR I have to do an interval workout, tempo run, hill repeats & weekly long run."
THE COMEBACK: "It's healthy and smart to allow myself to occasionally run for fun."

The full article can be read at: <http://www.active.com/running/Articles/5-Ways-to-Run-Past-Your-Mental-Blocks.htm>

REVIEW YOUR RUN

Chase the Gorilla down Argilla, 4/17/10, by Elaine Ambrozaitis

"This past April 17 was my first time running the **Chase the Gorilla Down Argilla** race in Ipswich. It was also my first race of 2010. I did not specifically train for this race, but wanted to use it as a baseline for the rest of my races this year. I was definitely NOT expecting a PR. I have participated in many other YMCA of the North Shore Series races, so I had high expectations that this would be a good racecourse and an overall well organized race.

The weather that morning didn't look very promising. Temperatures in the lower 40s and a light mist made me question my motivations for running, but I decided to brave the elements. I dragged my husband along (who would not consider himself a runner) and to my surprise he decided to run with me!

After making 2 wrong turns on the way there (1 was my fault and 1 was my husband's fault), we ended up at the Ipswich YMCA around 8 AM. This was about a 45-minute trip from Swampscott, including the extra time for the 2 wrong turns. The race didn't start until 9 AM, so we had time to park, register, warm-up and stretch. The people who work the registration tables at the YMCA races are always very friendly and efficient! The T-shirts this year were blue with a gorilla on them, very cute, but the smallest that they had was a medium.

There were quite a few more runners than I expected at the starting line, which added a little to my first race of the season jitters. As soon as the race started, my husband and I started weaving through people to get to our preferred pace. He said that he was going to try to "keep up with me" (haha).

The racecourse was uphill for the first ½ mile followed by a gradual downhill and then mostly flat with slightly rolling hills for the rest of the race. I felt pretty strong throughout the entire race and felt like I could up the pace a little bit, but I didn't want to crash and burn in the last ½ mile so I kept myself in check. There were fairly visible



mile markers, but only a split-time at mile 1. As usual, I forgot my watch, so I really had no idea what my pace was for most of the race.

When I had the finish line in site, I saw that the time-clock began with a 20. Knowing that I had never finished a 5k with a 20 at the beginning of the time, I sprinted, full out, for the last several hundred yards. I finished with a time of 21:03. So close to 20:something, but still a PR, by almost a minute! My husband finished less than a minute behind me in 21:51 (a PR by 4 minutes for him!). The winning male finished with a time of 15:42 and the winning female finished with a time of 18:56.

After the race there was a pretty decent spread of food located in the YMCA building (due to the weather). There were bagels, oranges, bananas, muffins, water, etc. The race organizer read the results to the group that had gathered, but it was a little hard to hear due to the fact that the kid's 1-mile race was set to start at 10 AM and there were quite a few people in that tiny space. Overall, I'd say this race was a good one and I would definitely run it again next year. Congrats to all the Wicked runners who participated! *I'd give it 4 cats*!"

Salem State College Wellness 5k and Health Fair, 4/11/10, by Colin Doherty

(via his 'secretary'/wife Terri) "The Health & Wellness 5K Road Race is a great little race that takes place at Salem State College in April. What separates this 5K race from many others is it showcases local companies and offices that take care of runners and their physical needs. They offer many screening stations you can pick up pamphlets detailing the different services each office has. The Wicked Running Club also has a booth at the race and it appeared to be getting a lot of traffic. It is important to run local races and showcase what a wonderful club we are to help keep the club growing. The race itself is fairly flat and fast (the term fast is a relative term as no race I run is ever considered fast). The only complaint I have is the mile marker was off by a good distance. In review, this is a great race to run because Wicked gets a lot of exposure. It is run to go to all the booths and see local runners. *This race gets 4 out of 5 cats.*"



WICKED REVIEWS

Beth O'Grady: "*GLEE* is my favorite show on TV! *5 Cats*- Meow!

And my new favorite Thai restaurant is Sawasdee in Danvers Square, across the street from brewpub D5K use to start from. Excellent food, nice atmosphere, very affordable. *4.5 cats* because only beer and wine served."

I'M ALSO A STUDENT, GETTING MY MBA AT SALEM STATE



It wasn't easy, but I caught up with the very busy WRC member Stephanie Cooper to ask her a few questions so we could get to know her better.

Can you give us a bit of background info about yourself? I grew up in Holliston Mass, out near the marathon start. I stayed in Boston for college and in the area after and moved to Colorado in 1994 to see what it was like to live somewhere else. While I was out there I was a National Park ranger and hiked and camped all over the West. I met some friends who thought I would like Seattle and they were right! I lived there for 9 years and that is where I met Dan. After my sister had her second child, my niece Daisy, we decided it was too hard to live so far away so moved back in 2004. After house sitting for a co-worker in Nahant, we decided the North Shore was for us, lived in Nahant for a year and then bought our place in Salem. We absolutely love living here and have met so many great people through Wicked Running, Lynn Woods and Comprehensive Racing, the Tri Club we belong to.

I know from running with you that you have a very responsible position at Mass General Hospital, yet you describe yourself as a student- is that where most of your energy is going now? Actually my energy is pretty divided between work and school these days. It is an interesting question. Although I like my job and spend a lot of time and energy on it, I don't identify myself by it. I try hard not to take any work home with me. I identify myself

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much more as an aunt, runner, student, friend, than by work. Despite this I would say I spend most of my time working, school and running.

What made you decide to go back to school and when will you graduate? I had been thinking about school for a long time and between the tuition remission we get because Dan works for the State and the tuition reimbursement from MGH, I could not pass up the opportunity. I am about half way through the program. I plan to take 3 courses this summer and then will have about a year left if all goes well.

How does it feel to have homework again? Although it is a drag to have homework to do, I like to learn and feel like my classes are very relevant to my career. Business is a whole new world to me, so it is a struggle and an adventure

You always seem to enjoy running- can you share your secret with us? After missing my half-marathon time goal by a few minutes (it was still by far my PR) and being so annoyed with myself that I kicked my goody bag across the field, and then later being injured and unable to run for over a year, I decided that I was going to enjoy every step of running and not place pressure and time goals on myself. Now I go out there to burn off stress, so I can eat ice cream and to socialize. I have been having a great time ever since! I especially love the Tuesday and Thursday morning runs and any time I spend trail running.

Did someone say ice cream? What's your favorite ice cream joint and flavor? Richardson's is my favorite ice cream place and their Mint Patty yogurt is my favorite flavor!

You are also involved in Dungeon Rock Racing- can you tell us a bit about that group? DRR was started a few years ago as an informal snowshoe team. Our friend Bill Morse got a group of us into snowshoe racing and we realized we were running for several different teams. DRR was a way to combine the North Shore folks into one group and not take alliances away from Wicked and any others. It is named after Dungeon Rock in Lynn Woods, because that is where most of us met and where we like to run. There are no dues, you just have to agree to run a race, be an excellent sportsman or woman and represent the team well.

What is your favorite race and why? I think Stone Cat Marathon is my favorite race. I love the trails, the GAC and the awesome aid stations. Monroe Dunbar Brook trail race and the Vermont 50K are others I love. Naturally I have a soft spot for the Frosty Four as I was involved in planning the first race and the club is doing an awesome job with it!

What might the club be surprised to know about you? I was never an athlete in high school and did not start running until I was 30. (Hard to believe looking at me run now, right ~ ha ha ha) Now I can't imagine my life without running. Dan still teases me about my first flat 3 mile run around Green Lake in Seattle. I had on way too many layers (he warned me) and had to stop a few times to get a drink. A few months later I signed up for my first 5K, the St. Patrick's Day Dash, and was so nervous the night before I could barely sleep. After that I was hooked. I dragged Dan to every local 5 and 10K I could find. I still have the bags of race shirts to prove it!

Who will be profiled next month? Check back and see!

Question of the Month –What is your running/racing pet peeve?"

Doug Bollen: "People who place themselves right up front when they are not fast, and bandit runners."

Beth O'Grady: "Don't be a hater, but I don't think dogs and strollers belong in road races (fun runs sure, but not competitive races). Its frustrating when a dog on a leash blocks you from passing or growls at you, or when you get clipped in the heels by someone pushing stroller up your butt using its momentum to pass you. In marathons, the worst thing is when you are tired and have to use extra energy to navigate through rows of walkers who block the road as they march and chat. Another pet peeve is not having women's sizes for shirts."

David Long: "When the start line is unmarked -- then they have to delay things while someone on a bullhorn is telling all the runners to back up."

Rich Tabbut: "Salem News lack of road race coverage, and all runners called "joggers".

Melissa Jaynes: "I didn't think I had a running pet peeve until the Chase the Gorilla race on April 17th. My question for the Gorilla race . . . how do you have a race involving a gorilla and NOT offer people bananas at the end. All right, I admit it; I do have one other pet peeve, T-shirts at races that come in Gorilla sizes. Medium is NOT the new small and I shouldn't have to spend an hour at the sewing machine so that you can have a walking advertisement for your race! Done, really, I am done☺ Back to smiling☺ "

Shari Hewson:

1. **Bandits** - if you want to run the race suck it up and pay the registration fee. The rest of us did.
2. **Bandits that take water and gels:** If you are going to run bandit, bring your own water and supplies.
3. **Spectators that take water and food** - really, what do you think this is, a restaurant?!?!?! The water and refreshments at the end of a race are for the runners. If you want to partake, pay the registration fee, run the race and then help yourself (See #1 - "Bandits" above)

June's Question of the Month: *What was your first race; and what was the experience like?*

WHERE IN THE WORLD IS WICKED?



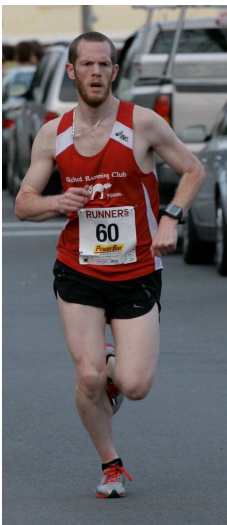
Miles Fartlek had a busy month representing Wicked around town.

In the photo left he mans the table for Salem Park & Rec at the SSC Wellness race after finding out they didn't have a fierce feline category, and at right he proves cats and dogs can get along as he hangs with **Otis Jaynes** at the Wicked movie night.



Have you worn your Wicked pride someplace exotic or exciting? Send a photo along to bethogrady@yahoo.com.

PRESIDENTIAL PERSPECTIVE by Tim Short



Wicked Runners, welcome to May! The days are getting longer and there are even more races to pick from on coolrunning.com. In a recent President Perspective, I talked about our Saturday morning group runs from Forest River Park and how the first one I went to was the 2007 Spring Open House.

This year's Spring Open House will take place on May 15, 2010, 9 am at Forest River Park. I would like to take this opportunity to invite not only current members of Wicked, but also family members and friends of Wicked Runners who are looking to either start running or maybe find a training partner for the next big race.

Each spring Wicked holds an Open House to invite club members back to our weekly Saturday Morning group run. It's a great chance to meet old running friends that you might not have seen in a while from Wicked and to welcome the upcoming summer racing season that is right around the corner.

There will be snacks, drinks, a fun raffle and an easy run. Information about upcoming events and activities will also be given. We also do a club photo, which is always a hit!

Though the Open House might sound like something geared more towards current members, it also a great opportunity for residents of the north shore to check out the Wicked Running Club and see if it's a fit for them.

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New members who sign up receive a very fashionable Wicked T-Shirt, car sticker, and membership card. Membership does have its rewards! Here is just a sample:

- 10% discount at New England Running Company
- 20% discount at The Sports Spa
- Weekly runs: Monday 6:15 pm, Tuesday/Thursday 5:30 am, Thursday 6:45 pm, Saturday 8 am starting at Forest River Park.
- Discounts on Clinics coached by Mike Toomey
- Social events
- “Club Nights” at New England Running Company
- Scholarships: Given out to local High School runners
- Team relays: Paid entry to Lynn Woods/Lake Winnepesaukee/Mill Cities Relays
- Team banquet(s)
- Grand prix racing series
- Connect with other members: website, newsletter, Facebook and Twitter
- Charity opportunities
- Team Clothing

So come to Forest River Park on Saturday May 15, 2010 at 9 am. Bring a friend along for the fun! I promise you that you won't be disappointed. Keep on Running Wicked Nation!

Tim Short, President

WICKED CONTACT INFORMATION:

There are about a gazillion ways to stay in touch with Wicked, just a few options are below:

Got a question? You can e-mail the Board at:

BOARD MEMBERS:

President: Tim Short, tim.short1@gmail.com

Vice President: Rich Tomlins, rrtomlins@gmail.com

Secretary: Alison Phelan, alphelan2@aol.com

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Membership Coordinator: Annie Rose Willis, Annika729@aol.com

Clothing Coordinator: Michele Campbell, michelejcampbell@yahoo.com

At Large: TR Ramsdell, mopartr@comcast.net, Shari Hewson, shewson@cellsignal.com, Peter Raymond, pote259@yahoo.com.

WRC VOLUNTEERS:

Volunteer Coordinators: Kathey Moskal, katheyatc@aol.com and Paul McCabe, pmccabe1234@yahoo.com

Wicked Grand Prix: TR Ramsdell, mopartr@comcast.net or Dan Barrett, Daniel.J.Barrett@Comcast.net

Social Director: Shannon O'Donnell, shannonmaryod@gmail.com

Newsletter Contributions: Beth O'Grady, bethogrady@yahoo.com

Wicked Website: http://wickedrunningclub.com.

Website Questions or Problems: webmaster@wickedrunningclub.com

Wicked is also on Twitter and Facebook!

NOTE: I speak only for myself, not for the Club and anything written here can and will be held against me. B.

MORE 2010 BOSTON MARATHON VOLUNTEER PHOTOS:

