

The Wicked Weekly Update!

NEWSLETTER OF THE WICKED RUNNING CLUB



wickedrunningclub.com

November 6, 2009 Edition

CLUB NOTES... official club biz and reminders

Group Runs: Wicked offers 4 official organized runs during the week. If you are looking for a group of people to run with on different days or different times than the official Club runs, feel free to email the entire Club at wickedrunning@googlegroups.com. Please be aware that you will need to be a subscriber to the Google Groups before sending out email to the Club. If you have questions about this please email John Mahoney at john@wickedrunningclub.com.

Monday night slow starts from Lynch Park park in lot in Beverly MA at 6:15 pm. All are welcome, no place is too slow! For more info please email Sarah Carrier at sarahc@wickedrunningclub.com

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Dates to Remember

Wild Turkey	11/26/09
Mill Cities Relay	12/6/09
Wicked Frosty Four	1/1/10
2010 Salem Race Series App	1/1/10

2009 Club Officers

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At Large:

Shari Hewson

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Past President:

Rich Tomlins

rrtomlins@gmail.com

WRC Hotline:

info@wickedrunningclub.com

Tuesdays/Thursdays at 5:30 am starting at the Front Street Café.

Saturdays at 8 am at Forest River Park

Board Meeting: Our next Board meeting will be December 7, 2009 at the Salem Senior Center. All Club members are welcome to attend. If you would like to suggest an item for the agenda, please email Tim Short at tim.short1@gmail.com.

Wicked Grand Prix Race Series: The next Grand Prix Series Race will be the very famous Wild Turkey 5 miler! The WT 5miler will take place on November 26, 2009. For more information about the race please head on over to the salemroadraces.com website.

Mill Cities Relay: Will be held on December 6, 2009. And Wicked is looking for members who would like to run or be a volunteer in the 26th Annual Mill Cities Relay. Last year the Wicked Running Club participated for the first time in the Mill Cities Relay with great success. We had 8 teams, and one of our coed teams placed 3rd! This year's relay will take place on Sunday December 6th, 2009. The relay starts in Nashua NH and ends in Lawrence MA at the Calldagh Pub for post race festivities. Each team will have 5 runners and the mileage for each leg is: 5.6, 4.75, 2.5, 9.5, and 4.75 for a total of 27.1 miles. There are no killer hills like the Lake W. Relay, and you will get some great views of the scenic Merrimack River. Each team will be responsible for supporting each other and making sure each team member is ready for the hand off.

Wicked can enter as many teams as we want, but will need at least 5 or more people to step up and volunteer for race day duties as well. This part is very important as each club will be responsible for supplying volunteers on the course. We will set up the relay teams in November. More informational emails will be sent out over the next several weeks to keep people up to date about the relay. Oh and as a bonus, Wicked will be paying for each team's entry fee! The entry deadline is Dec 1st, 2009.

This is probably one of the best relays in New England and to have Wicked be part of this historical race is a huge honor. It was a fun day last year, and everyone that ran had a blast! Email Tim Short at tim.short1@gmail.com for more details!

Wicked Grand Prix Series Standings Updated with EBSB Challenge Results. Full standings can be viewed at [Wicked Grand Prix Race Series](#)

Men 1-19: Kyle Hewson 220, Kai Nalipinski 110, Matt Mahoney 110

Women 1-19: Kerry Phelan 110, Brittani Atkinson 104, Syeda Raji 98

Men 20-29: Tim Short 1393, James DeLuca 896, Doug Chick 550

Women 20-29: Annie Rose Willis 880, Karra Cheever 650, Melissa Jaynes 564

Men 30-39: Dave Long 1100, Matt Adams 791, Colin Doherty 472

Women 30-39: Gail Gordon 770, Angel Green 703, Kathey Moskal 556

Men 40-49: T.R. Ramsdell 1353, Peter Raymond 1022, Tim Clarke 798

Women 40-49: Shannon O'Donnell 1059, Beth O'Grady 829, Mellissa Shea 660

Men 50-59: Doug Bollen 873, Billy Shea 700 John Mahoney 607

Women 50-59: Marie Gesnaldo 801, Deb Touchette 515, Caron Weiner 202

Men 60-69: Billy Prentiss 330, Lester Friedberg 177, Gordon McFarland 110, Stan Cahill 110

Race Results

EBSB Challenge 11/1/09

5K

1 1/10 M2039 16:59 5:28 Doug Chick 30 M 104 Lynn MA (Set a new Course Record)

5 3/13 M4049 20:29 6:36 T R Ramsdell 46 M 85

20 5/5 M5059 24:46 7:59 Doug Bollen 51 M 53 Salem MA

11K

8 2/6 F2039 50:24 7:23 Gail Gordon 38 F 188 Lynn MA (Age Group Winner)

11 5/6 M4049 52:23 7:40 Daniel Barrett 47 M 199 Lynn MA

15 1/6 F4049 54:50 8:02 Beth O'Grady 49 F 180 Salem MA (Age Group Winner)

31 4/6 F2039 1:06:12 9:42 Ann Sousa 35 F 174 Salem MA

The Devil's Chase 10/31/2009

18 353 Annie Rose Willis 2/105 F2029 29 Danvers MA 43:49 6:35
41 93 T.R. Ramsdell 6/55 M4049 46 Beverly MA 45:35 6:51
44 394 Aaron Toleos 12/70 M3039 38 Boxford MA 46:15 6:57
65 107 Dan Sullivan 17/50 M2029 25 Revere MA 48:41 7:19
67 106 Steve Touchette 4/24 M5059 54 Salem MA 48:52 7:21
71 304 Kai Nalipinski 1/5 M0119 16 Salem MA 49:03 7:22
83 104 Elizabeth Touchette 9/105 F2029 26 Revere MA 49:45 7:29
86 105 Deb Touchette 1/13 F5059 54 Salem MA 49:52 7:30
90 203 Patrick Smith 13/55 M4049 47 Salem MA 50:02 7:31
112 218 Danny Leadvaro 16/55 M4049 43 Salem MA 50:50 7:38
144 214 Jay Curry 33/70 M3039 38 Lynn MA 52:59 7:58
198 462 Paul McCabe 31/50 M2029 23 Salem MA 55:50 8:23
206 196 Ken Hewson 34/55 M4049 41 Beverly MA 56:17 8:28
211 325 Amber Macione 33/105 F2029 28 Salem MA 56:28 8:29
212 504 Elaine Ambrozaitis 34/105 F2029 28 Swampscott MA 56:28 8:29
227 151 Allison Rourke 40/142 F3039 34 Salem MA 56:58 8:34
228 115 Melissa Jaynes 38/105 F2029 29 Salem MA 57:01 8:34
231 303 John McDonough 36/55 M4049 47 Nahant MA 57:05 8:35
244 16 Adam Fitch 46/70 M3039 38 Salem MA 57:41 8:40
251 453 Rick Johnson 48/70 M3039 37 Salem MA 57:53 8:42
256 195 Shari Hewson 14/73 F4049 47 Beverly MA 58:11 8:45
287 685 Billy Prentiss 4/7 M6069 62 Danvers MA 58:51 8:51
293 449 Stacey Adams 56/142 F3039 35 Beverly MA 59:05 8:53
301 357 Denise Murphy 23/73 F4049 45 Salem MA 59:21 8:55

303 137 Peter Raymond 39/55 M4049 48 Salem MA 59:23 8:55
307 136 Shannon Mary O'Donnell 26/73 F4049 46 Salem MA 59:33 8:57
316 138 Kathey Moskal 62/142 F3039 38 Danvers MA 59:45 8:59
402 124 Ann Sousa 89/142 F3039 35 Salem MA 1:03:24 9:32
406 333 Marisa Wagoner 73/105 F2029 28 Salem MA 1:03:43 9:35
427 548 Caron Weiner 11/13 F5059 51 Boston MA 1:04:47 9:44
428 452 Robin Lermond 98/142 F3039 38 Salem MA 1:04:47 9:44
456 133 Ruth Brediger 57/73 F4049 48 Lynn MA 1:06:30 10:00
489 44 Laurie Fontaine 66/73 F4049 47 Lynn MA 1:08:27 10:17
459 148 Michele Campbell 107/142 F3039 37 Salem MA 1:06:35 10:00
524 41 Susan Keezer 133/142 F3039 39 Salem MA 1:12:18 10:52
542 207 Maggie Delaney 104/105 F2029 20 Salem MA 1:20:18 12:04
548 519 Tricia Pini 73/73 F4049 40 Salem MA 1:23:42 12:34

Fall Marathon Survey

If you don't see your name up here and would like to let everyone in Wicked Nation know what race you will be doing, feel free to send the race info to the Wicked Weekly mail box at newsletter@wickedrunningclub.com

Bay State Marathon October 18th, 2009

Dan Barrett, Gail Gordon, Tim Short, Rich Tomlins Matt Adams, Miranda Morse, Mike Toomey, and T.R. Ramsdell

Marine Corps Marathon October 25, 2009

Kerry Gertz

Newport Amica Marathon October 28th, 2009

Darla Johnson and Frank Kilroy

Vermont 50 MT Bike or Ultra Run (50k) September 27, 2009

Karen Giroux and Steph Cooper

Indianapolis Monumental Marathon November 7th, 2009

Melissa Jaynes

Upcoming Running Clinic Announcement

WILD TURKEY RACE TUNEUP Running Clinic

Date: Thursdays, Oct. 29 to Nov. 26

Time: 6:30-7:30 p.m. Fee: \$60; \$50 for Wicked Running Club and North Shore Triathlon Club members This five-week program, held on Salem Common, will guide you through your training for the big five-mile race on Thanksgiving Day. The program is open to runners and walkers of all levels, and everyone will be placed in groups of athletes with similar abilities. **Fee includes entry into the Wild Turkey Race.** Those not participating in a race on Thanksgiving are still encouraged to attend, as this can establish a great base for runners heading into the winter months. Instructor: Mike Toomey, USATF certified coach and owner of The Sports Spa in Woburn MA. To sign up, email dbollen@salem.com or call 978-744-0180



Upcoming Races

Gabe's Run 2009

The second annual reunion run to benefit the Gabriel Pacione Memorial Scholarship Fund. A new Day-after Thanksgiving tradition.

Sponsored by Saucony and New England Running Company

Friday, November 27, 2009

Patton Park, Hamilton MA

- > 5K XC Trail Race
- > Separate Men's and Women's Races
- > Team competition
- > Runner's Care tent | Free Stuff | Food
- > Awards and prizes to the top three finishers in each race and top three by age group.
- > Full details at <http://www.gabesrun.org>

Race's Start at 10:00 am

Women's 5K at 10:30 am

Men's 5K at 11:15 am

This year's 5K course is a full 3.1 miles of trails that wind through the woods and practice fields of Myopia Hunt Club. All races start and end in Patton Park. Last year's race was 2.9 miles. There is also a 1-mile fun run that is suitable for all ages and abilities.

Runners can register online or by mail.

For more information about registration or running as a team please visit our website

<http://www.gabesrun.org>

From **Beth O'Grady**

Hi All,

Below is the link to the 3rd annual Somerville Jingle Bell run in Davis Square on Sunday, 12/13 at 11 a.m. Doug & I ran this race last year and it was alot of fun. Many pubs in the area are open

to runners for food & drink after the event. It's a little pricey (\$30) but it does benefit many charities listed on the web site.

I'm not sure how many runners they allow in (over 3,000 finishers last year), but they do shut it off when capacity is reached so if you are interested, sign up early!

hard to believe a xmas run is just 1 1/2 months away...

<http://www.baevents.com/jinglebell>



A new recipe each week! Check out www.runnersworld.com for more tasty ideas!

Creamy Onion-Pepper Dip

Here's a nutritious, low-fat way to enhance your favorite crudité's. You'll benefit from this dip's additions of vitamins A and C.

Ingredients: 1 - red onion, chopped
2 t olive oil,
3/4 c canned roasted red peppers, chopped
3 ounces fat-free cream cheese,
6 T nonfat plain yogurt,
2 T fat-free Italian dressing,

Directions: In a small nonstick skillet over medium-high heat, cook the onion in the oil until very tender, 6 to 8 minutes. In a food processor, process the onion, peppers, cream cheese, yogurt, and Italian dressing until smooth. Cover and refrigerate for at least 1 hour before serving.

Analysis: Servings: 8
(Nutritional data per serving) Calories: 41
Protein: 2 g
Carbs: 5 g
Fiber: 0 g
Cholesterol: 1 g
Sodium: 187 mg
Fat: 1 g

Wicked Running Club Classified Section



Please send all classified ads to newsletter@wickedrunningclub.com. Ads will run as long as the member wants, but it will be the responsibility of the member to let the Newsletter Editor know when he/she would like it removed.

Wicked busy runner looking for recommendations for a housekeeper or cleaning service as well as a handyman/painter for some work over the winter. Please e-mail suggestions to melissa.jaynes@gmail.com.

On The Run column: Taking pride in American runners

On The Run

Jay Kumar

It's a great week for the American long-distance running community.

Meb Keflezighi won the New York City Marathon on Sunday in 2:09:15, the first American to win the race since Alberto Salazar in 1982.

Cue the celebrations, right? Certainly, this is a big deal for everyone interested in American marathoning. After years of African runners winning the big events, an American finally broke through.

Well, some folks didn't quite see it that way.

Some writers and bloggers, most notably CNBC business writer Darren Rovell, felt Keflezighi's win wasn't really a win for the U.S. because he wasn't born here.

True enough, Meb was born in the African nation of Eritrea and became a naturalized citizen in 1998. It doesn't help that he has a funny sounding name and speaks with an accent.

Rovell compared the win to hiring a ringer to work a few hours in an office so he could play for the softball team.

As it turns out, Keflezighi moved to the U.S. in 1987 when he was 12, meaning all his training has been done here as a youth in San Diego, in college at UCLA and as an elite runner.

And besides, wasn't this country built by people who came from all over the world? How is a guy who's lived here 22 years any less of an American runner than Ryan Hall, the American runner who finished fourth in New York?

Oh, and the last American male to win the NYC Marathon, Salazar, happened to be born in Havana, but nobody questions his credentials.

Keflezighi is no flash in the pan. He won the silver medal in the men's marathon in the 2004 Summer Olympics in Athens (similar opinions were raised then as well).

Part of the problem is American running has declined since the mid-1980s, when runners like Bill Rodgers and Alberto Salazar were among the elites. East African runners have dominated long-distance events since the 1990s. But in recent years, Americans like Keflezighi and Hall have begun to assert themselves, while on the women's side, Deena Kastor and Kara Goucher are among the elites.

I can relate to Keflezighi because I moved to the U.S. in 1981 from Canada and became a citizen in 1989. And while I'll always have a warm place in my heart for my hometown and birth country, I'm an American now and nobody can question that. The same should go for Keflezighi.

After catching serious heat on Monday, Rovell and others who questioned the validity of Keflezighi's win have apologized. And Meb went on to celebrate in a distinctly American fashion: He read a top 10 list on the "Late Show with David Letterman."

Starts and stops:

The Marine Corps JROTC at Beverly High School is holding a 5K race on Sunday, Nov. 15. It starts at Cooney Field and ends at Hurd Stadium in Beverly. For more information, contact Major T.G. Ellis (tellis@beverlyschools.org) or call 978-921-6132. First place wins a \$100 American Express gift certificate. A map of the race route can be viewed at www.mapmyrun.com. Key word: MCJROTC.

Not content to rest on the laurels of a successful 2009 race series, the Salem Park, Recreation and Community Services Department has announced its 2010 road races. Runners who complete all six races will receive a commemorative hooded sweatshirt with logos from the various events.

The races include: The Frosty Four New Year's Day race (Jan. 1, 4 miles); 5K Cross Country Run at Olde Salem Greens (March 21); Derby Street Mile (Aug. 20); Wicked Half Marathon (Sept.

25); Run with the Devil (Oct. 31, 6.66 miles); and the Wild Turkey 5-Mile Run (Nov. 25). Visit www.salemroadraces.com for more information.

On the Run is a biweekly column about the North Shore running scene. Send any questions, comments, or news to jay.kumar@gmail.com.

Upcoming races

Sunday, Nov. 8

*Brenda's Bosom Buddies 5K Cancer Run, Champions Pub, 114 Foster St., 10 a.m. All runners receive hydration back packs. Contact: Gary Leavitt (North Medford Club at 1-617-947-0351 or e-mail Gary.Leavitt@comcast.net).

Wednesday, Nov. 11, 18

*Danvers 5K Fun Run, Sweet William's Garden Center, 141 Pine St., Danvers, 7 p.m. Free, timed run. All welcome. These events are part of a weekly 52-race series. E-mail adam@danvers5k.com.

2010 Salem Park & Recreation Race Series

The 2008 and 2009 race series were both great successes!! Salem's Park, Recreation & Community Services Department is, once again, providing the opportunity for runners of all levels to experience a wide variety of Salem races. From the chill of January to the heat of August, from one mile to a half-marathon, and from a flat and fast course to cross country, this series is intended to encourage you to experience the best racing Salem has to offer. We are offering a new and unique race in the 2010 series on Halloween day to truly experience Salem at its wickedest. All races start and finish in Salem and support the City of Salem Recreation programs for all ages as well as many other charities. By participating in, and supporting, all six races, your versatility and hard work will be rewarded with a one of a kind commemorative hooded sweatshirt with race specific logos from all six events! The 2010 race series includes:

Friday, Jan. 1: Frosty Four New Year's Day Race ... 10 a.m., four miles, relatively flat course, some rolling hills. (In partnership with the Wicked Running Club.)

Sunday, March 21: 5K Cross-Country Run at Olde Salem Greens... 9 a.m., 5K, hilly and challenging course. (A portion of proceeds benefit Salem High School cross-country.)

Friday, Aug. 20: Derby Mile ... 7 p.m., one-mile flat and fast course; great family run.

Saturday, Sept. 25: Wicked Half Marathon ... 7 a.m., 13.1-mile loop through Salem and Marblehead. (In partnership with B&S Fitness.)

Sunday, October 31: Run with the Devil... 8 a.m., 6.66 miles, run with the Devil thru Salem starting at the Willows. (In partnership with B&S Fitness)

Thursday, Nov. 25: Wild Turkey 5 Mile Run ... 8 a.m., Thanksgiving Day; fairly flat course featuring scenic waterfront. (A portion of proceeds benefit the Boys & Girls Club of Salem.)

There is no extra fee to participate in the 2010 Race Series. Just fill out the [application](#) and return it by Jan. 1, 2010, and start training! Challenge yourself in 2010 and accomplish one amazing goal.