

The Wicked Weekly Update!

NEWSLETTER OF THE WICKED RUNNING CLUB



wickedrunningclub.com

October 30, 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 6:30 pm. All are welcome, no place is too slow! For more info please email Sarah Carrier at sarahc@wickedrunningclub.com

In This Issue

Club Notes	1-3
Grand Prix Results	3
Race Results	3-5
Fall Marathon Survey	5-6
Toomey Running Clinic	6
Upcoming Races	6-7
Recipe from Runner's World	8
Classified Section	9

Dates to Remember

EBSB	11/1
Board Meeting	11/2
General Membership Meeting	11/2
Wild Turkey	11/26
Mill Cities Relay	12/6
Wicked Frosty Four	1/1/10

2009 Club Officers

President:

Tim Short

tim.short1@gmail.com

Vice President:

Doug Bollen

Dougbollen12@yahoo.com

Treasurer:

John Mahoney

reconfig@gmail.com

Secretary:

Alison Phelan

alphelan@aol.com

Membership Director:

Kerry Gertz

attorney.gertz@gmail.com

Clothing Director:

Kathy Moskal

kathayatc@aol.com

At Large:

Mike Toomey

mike@thesportspa.com

At Large:

Shari Hewson

shewson@cellsignal.com

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 November 2, 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.

General Membership Meeting: On November 2nd from 7-9 p.m. the Wicked Running Club will be holding its first General Membership meeting at the Salem Senior Center (5 Broad Street) and it promises to be a great time! Here are some of the highlights for the meeting:

-Free Pizza and Soda

-Meet and discuss ideas with Board members -Nomination Statements (yup, it's election time!) -Information about the Mill Cities Relay -Information about the Wicked Frosty Four road race. This is a club sponsored event and needs lots of volunteers to make it a success!

-Applications for Wild Turkey 5 Miler

-Applications for 3rd Annual Wicked Frosty Four (Frosty Four is part of the Salem Park and Rec Race Series. Doug Bollen has agreed that any runner from Wicked that signs up for the Frosty Four, volunteers at the race, and then runs the course after all race day activities are completed will get credit for the Race Series, if you have any questions about the Salem Park and Rec Race Series please email Doug Bollen at dougbollen12@yahoo.com.

Because the Club will be buying pizza and soda, please email Tim Short (tim.short1@gmail.com) if you will be attending so that I can get an accurate head count. I'm really excited about this event and think it will be a great opportunity for

all members of the Wicked Running Club. I hope to see many of you there that night!

Wicked Grand Prix Race Series: The next Grand Prix Series Race will be this weekend on November 1, 2009. The EBSB 5K/11K will take place in Peabody. For more information about the race please head on over to the [East Boston Savings Bank](http://www.eastboston.com) website.

Mill Cities Relay: Will be held on December 6, 2009. Email Tim Short at tim.short1@gmail.com for more details!

Wicked Grand Prix Series Standings Updated with Witch City 5k/Stone Tower Results. Full standings can be viewed at [Wicked Grand Prix Race Series](http://www.wickedrunningclub.com)

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: Angel Green 703, Gail Gordon 660, Kathey Moskal 556

Men 40-49: T.R. Ramsdell 1243, Peter Raymond 938, Tim Clarke 705

Women 40-49: Shannon O'Donnell 1059, Beth O'Grady 719, Mellissa Shea 660

Men 50-59: Doug Bollen 763, 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

Witch City 5K October 25, 2009

4 Dave Long 17:23

8 Tim Short 18:23

27 James DeLuca 20:25

26 Annie Rose Willis 20:25

29 Karra Cheever 20:31

28 Kevin Callahand 20:30

30 Matt Adams 20:40

52 Gail Gordon 22:02

63 Dan Barrett 22:25

114 Hedi Hoffman 24:38

145 Paul McCabe 25:49

192 Shannon O'Donnell 27:06

198 Mary Tuttle 27:15

246 Michelle Campbell 28:27

226 Peter Raymond 27:47

413 Kyle Hewson 33:16

414 Shari Hewson 3:19

415 Kenny Hewson 33:20

Stone Tower Trail Run

5K

1 Mike Toomey 22:05

16 Rachel Hunt 29:59

20 Doug Bollen 30:26
33 Sarah Coffey 31:54
34 Eileen Dunn 32:13
35 Jackie Hutchinson 32:37
42 Robin Lermond 35:00
50 Susan Keezer 47:19

15K

9 Bruce Campbell 1:11:48
15 Jay Curry 1:14:48
27 Chip Tuttle 1:18:14
35 Liz Touchette 1:22:21
34 Bill Morse 1:22:21
43 Dan Cooper 1:24:50
49 Deb Touchette 1:29:32
50 Stephen Touchette 1:29:32
52 Colin Maclay 1:31:07
53 Tim Clarke 1:31:08
55 Dan Sullivan 1:32:05
56 Chris Anderson 1:32:05
58 Billy Shea 1:33:06
60 Chip Bott 1:33:53
61 Beth O'Grady 1:34:37
79 Allison Rourke 1:39:02
80 Alison Phelan 1:39:02
95 Karen Giroux 1:45:02
97 Ann Hudson 1:45:09
103 Steph Cooper 1:49:15
108 Patrick Smith 1:53:42
107 Denise Murphy 1:53:42
110 Billy Prentiss 1:55:35
114 Angel Green 2:08:26

Ravenswood Trail Race October 18, 2009

2 Dave Long 30:55 1st in age group
31 Mark Mahoney 38:34 2nd in age group
34 John Mahoney 39:13 3rd in age group
35 Liz Touchette 39:24 3rd in age group
36 Steve Touchette 39:24
40 Deb Touchette 39:44 2nd in age group

Baystate Marathon

81 Mike Toomey 3:00:46 qualified for Boston 2010
87 Tim Short 3:02:57 qualified for Boston 2010
445 Annie Rose Willis 3:32:12 qualified for Boston 2010
596 Rick Johnson 3:40:40
854 T.R. Ramsdell 3:53:44
855 Matt Adams 3:53:45
997 Robert Guay 4:01:21

Lowell Sun 1/2 Marathon

30 Scott Carrier 1:26:34
957 Nicole Parsons 2:15:01
1037 Marie Gesnaldo 2:19:41

Tuffs 10k for Women October 12, 2009

Annie Rose Willis 98 61/1465 F2029 41:09 6:38 29 F 5080 Danvers MA
Stacy Adams 1232 383/1835 F3039 55:18 8:46 35 F 468 Beverly MA
Angel Green 3229 1026/1841 F3039 1:06:18 1:02:33 10:04 31 F 2192 Lynn MA
Marie Gesnaldo 3129 282/ 735 F5059 1:05:51 1:02:07 10:00 58 F 2075 Pelham NH
Shari Hewson 1738 410/1437 F4049 57:45 56:50 9:09 47 F 5881 Beverly MA
Robin Lermond 3295 1043/1841 F3039 1:06:41 1:02:57 10:08 38 F 6021 Salem MA
Ann Sousa 3296 1044/1841 F3039 1:06:41 1:02:57 10:08 35 F 4607 Salem MA
Sarah Carrier 1817 587/1841 F3039 58:07 57:12 9:13 34 F 1087 Beverly MA

BAA 1/2 Marathon October 11, 2009

John McDonough 2417 159/203 M4549 56:41 9:08 2:04:54 2:02:30 9:21 47 M 1812 Nahant MA

Hampton 1/2 Marathon October 11, 2009

447 Melissa Jaynes 50/157 F2529 29 F 624 SALEM MA 1:58:01 9:01
752 Sarah Carrier 66/108 F3034 34 F 177 BEVERLY MA 2:12:57 10:09
611 Jackie Hutchinson 34/70 F4549 46 F 601 DANVERS MA 2:07:10 9:43

Apple Harvest 5 Miler & 5 K October, 4 2009

5Miler

10 Aaron Toleos 378 4/21 10/109 38 M Boxford MA 33:49 6:46
28 Gail Gordon 281 4/29 6/112 38 F Lynn MA 36:21 7:17
29 Daniel Barrett 233 10/38 23/109 47 M Lynn MA 36:31 7:19
46 Dan Sullivan 375 7/10 33/109 25 M Revere MA 38:15 7:39
48 Elizabeth Touchette 382 3/27 14/112 26 F Revere MA 38:17 7:40
49 Stephen Touchette 381 4/24 35/109 54 M Salem MA 38:29 7:42
50 Billy Shea 465 5/24 36/109 58 M Danvers MA 38:32 7:43

5K

3 T.R. Ramsdell 741 3/23 3/81 46 M Beverly MA 20:49 6:43

Down and Dirty Duathlon October 3, 2009

2 Scott carrier 108 M 35 BEVERLY MA 56:30

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

From **Tim Short**

What: The Devil's Chase 6.66 Miler

Date: October 31, 2009

Time: 8am start time - 6:30am registration.

Location: Salem Willows, Salem, Ma.

Cost: Pre-Reg through Sept 30th- \$20 - Plummer Participants \$30 Pre-Reg Oct 1- October 30th \$30- Plummer Participants \$40 Race Day Reg. \$35 - Plummer Home \$45. **Packet Pick-up and post Registration:** Salem Park, Recreation and Community Services Department - 5 Broad St., Salem, Ma - Friday October 30th - 9am-7pm ***TECH Shirts limited to first 200 runners!!*** **Course:** The course is going to be one of the best around! We will start down at Salem Willows and head up Memorial Drive until you get to the walking path toward Collins Cove Beach, take that right and follow the path until you see the exit to cross Webb St. onto Andrews St., follow to end and cross into the Salem Common, run around the common exit onto Washington St. down by the basketball court and head to Essex St. and take a right. Follow

Essex St. up to the Essex Museum and follow until you take that left heading to Red's Sandwich Shop heading back toward Derby St., follow Derby until you get to the home of the Friendship at Pickering Wharf and run out to the lighthouse and back taking a right back onto Derby Street. Follow Derby to Fort and go up to Winter Island around welcome booth and back to Willows neighborhood through the neighborhood and back up Columbus to get back to Fort and heading into Willows Park for the finish.

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. Its 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>

THE RUNNER'S WORLD

RECIPE FINDER

FIND HEALTHY RECIPES FOR RUNNERS



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

Apricot Squares

Apricot preserves atop a buttery, rich crust balance the sweet topping of these tender bars. Not quite a cookie, not quite a cake, enjoy them whenever you yearn for a treat.

Ingredients: 2 1/2 c flour, unbleached all-purpose
1/2 t baking powder,
1/2 t salt,
3/4 c butter,
1 1/2 c brown sugar, packed
1 jar (12 oz) apricot preserves ,
2 - eggs,
1 t vanilla extract,
1 T confectioners' sugar,

Directions: Preheat the oven to 325°F (160°C). Grease a 13" x 9" (32.5 x 23-cm) baking pan. In a small bowl, combine 1/2 cup (120 mL) of the flour, the baking powder, and salt. Set aside. In a medium bowl, with an electric mixer on medium speed, beat the butter and 1/2 cup (120 mL) of the brown sugar until light and creamy. Gradually add the remaining 2 cups (480 mL) of flour, beating with the mixer on low speed, just until the mixture resembles coarse crumbs. Press into the prepared pan. Spread the preserves over the butter mixture. In another medium bowl, with an electric mixer on high speed, beat the eggs and remaining 1 cup (240 mL) of brown sugar until thick. Beat in the vanilla extract. Gradually add the flour mixture, beating on low speed until just combined. Spread over the preserves. Bake for 40 minutes, or until lightly browned. Place on a rack to cool completely. Dust with the confectioners' sugar before serving.

Analysis: Servings: 24
(Nutritional data per serving) Calories: 195
Protein: 2 g
Carbs: 33 g
Fiber: 0 g
Cholesterol: 33 g
Sodium: 134 mg
Fat: 6 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.