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# The L Street Newsletter

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A P R I L 2 0 0 6

Ten weeks till the running of the 19th Jim Kane Sugar Bowl 5 Miler hosted by the L Street Running Club. This is your race, we ask our members to volunteer and receive a colorful singlet. We will have a volunteer list posted on our web page so you can see the different areas where we need coverage. In this flyer is a copy of the race application, give it to a friend or make some copies if you're going to a road race. You can also distribute them at local gyms and athletic shoe stores. We're looking for someone from the North Shore who can distribute the applications to the local races in that area, also, on the South Shore. We are looking for raffle prizes and gift certificates from restaurants, health clubs etc. Major sponsors and corporations need to be approached to ask for their involvement as well. The success of this race depends on our members helping out so we can once again make this another great road race. Thanks.

Mac

## Mark Your Calendars

L Street Anniversary Party June 17th

Jim Kane Sugarbowl 5-Miler, July 20th  
(all members volunteer during this race)

# L STREET RUNNING CLUB IS NOW 20 YEARS OLD

(PART 2 OF 3) BY OWEN JUDGE

Finally, on May 1, 1986, Tom, Jocko, Mac and Ron Rumble decided to try starting a running club. With talk of the Quincy Flyers breaking up, this gave them more incentive to go ahead with their idea. The next thing that occurred was a meeting to lay the ground work to start the running club. Present were Tom Walsh, Jocko Charis, Ron Rumble, Peter and Joanne Dearden, Mary and Frank Hogan and Mac. (Bringing Mac to L Street from the Quincy Flyers was like the Yankees getting Babe Ruth from the Red Sox.) It was then decided they they would contact those that ran regularly out of the L to come to a first time meeting to sign up "new members."

After the kick off meeting, the following were elected officers: Ron Rumble, President, Mac – Vice President Tom Walsh – Treasurer

On June 1, 1986, a total of 32 runners joined the L Street Running Club, and during the first four or five years the club fun runs were led by "Salty" Walsh (Tom's golden retriever and official mascot.) Those who have had continuous membership, and are original members since day #1 in 1986, are: Mac, Tom Walsh, Jocko Charis, Mary Burke, Joanne and Peter Dearden, and "Hopkinton" Harry Dondero. Also included are Paul Duddy Sr., Harry Parsekian, Mary and Frank Hogan, and Joe Murray. Rounding out the list are Rhea and Josh Nemzer and Bryan Van Dorpe. Joining later that year were Herbie Greene and Tom O'Brien.



# HERE COMES SUMMER

As we finish up the Marathon program, things are just getting started at LSRC. Planning begins April 26th for the 19th Annual Jim Kane Sugarbowl 5 Miler. This years race like all the previous is an all-out effort by all the club members. The organizing committee is looking for some new members to step up and join in.

The race is still looking for some corporate sponsorship cost of which is \$1,000 or \$750, also we need sponsors for the course clocks at a sponsorship rate of \$100.00. Raffle prizes and food donations to help feed the runners are always welcome. Race applications will be available on-line and in this newsletter. Please take some with you get them in the hands of your friends and family or at your local gym or health club.

If you would like to get involved with the organizing committee please call Mike at 617-743-7961 or Josh at 617-696-3324. This is your race join in and give it what you got.

## REMINDER

L Street members, the Jim Kane Sugar Bowl Races is Thursday, July 20th and as always, it's the members of L Street that are important to making it the successful race that it has become. Please contact Jen DeSimone with your volunteer availability. She can be reached by either email or phone, [desimonej13@aol.com](mailto:desimonej13@aol.com) or 781.245.1198. Please watch the L Street web site ([lstreet.org](http://lstreet.org)) for the list of volunteer spots. Thank you.

## TRACK WORKOUTS- STAY TUNED

Our track coach, Chris Forti is working on securing a track for L Street to use. The workouts will be on Tuesday nights starting at 6:25 p.m. The workouts will vary every week, sometimes working on endurance and other times working on speed. Everyone is invited to come, whether you've done them before or never even run on a track. The goal of the workouts is to work on strength and speed, improving your cardiovascular and respiratory system for races from 5K to the marathon. Water and Gatorade will be provided. Folks can keep an eye on the forum for when the first workout would be along with any additional information they will need.

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## TRI-TIME

The nice weather is coming it's time to dust off your bikes and also head for the pool for some great cross-training and preparation for the up-coming tri season. Below are two upcoming races you may want to checkout.

Bourne Duathlon, Saturday, May 27th at 8:30am, two mile run, 12 mile bike, two mile run

Hyannis Sprint I, Saturday, June 10th at 7:30am, 1/4 mile ocean swim, 10 mile bike, 3.5 mile run

# L STREET ANNIVERSARY PARTY

BY ALMA McDERMOTT

In just a short month from now, we will be celebrating 20 years as a running club. Our honorary guests that night will be:

Mary Burke, Jocko Charis, Peter Dearden, Harry Dondero, Paul Duddy, Herbie Greene, Frank and Mary Hogan, Joanne LaMontagne, John "Mac" McDermott, Dave & Ellie McGough, Joe & Alice Murray, Josh & Rhea Nemzer, Tom O'Brien, Harry Parsekian, Bryan VanDorpe, and Tom Walsh.

Whenever you see any of these 20 people, be sure to give them a big "thank you" for being a member of L Street for the past 20 years. Tom Walsh & Jocko had the idea to form a club, and the result is the present day L Street. We owe them a great debt for their foresight in wanting to form a club that would train together and, best of all, have fun together.

Besides honoring our founding fathers and the '86 members, we will be enjoying great music from the '80's to dance away the night, and are also expected to warble on karaoke tunes from the same time frame. Relax and enjoy a great sit down meal with your fellow teammates (the menu is on the party form.) If you're a vegetarian, just choose from one of three meal choices (listed on the form) when you submit your application.

Specially designed, commemorative t-shirts will be given to the first 200 who sign up for the event. I have increased the sizes to include small and extra, extra Large. If you already signed up and want to change your t-shirt size to the new additional sizes, just drop me an e-mail at [sunshinealma@aol.com](mailto:sunshinealma@aol.com) and I will change it for you. Also, if you signed up and forgot to tell me you're a vegetarian, please let me know. **Sign ups will be accepted until one week before the party. The deadline will be June 12th, as the hall needs a final count by that time.** Don't miss out on the fun, but get your ticket form in as soon as you finish reading this article.

Door prizes will be announced during the evening, so be sure to hold onto the raffle ticket you will get when you enter. Club photos and memorabilia from the 1980's to the present will be on display, so get your drinks at the cash bar and wander the room. Everyone will be given a name tag, so you will be able to mix and mingle with the memorabilia as well as with your fellow runners. Like myself, you may have recognized the face and not know the name. Now, you will know both!

I am still accepting t-shirts from 1980 races to put on display, as well as any L Street apparel from the '80's and '90's. If you have anything to display, drop me an e-mail.

The party form is located elsewhere in this newsletter, so look for it and send it to me with your \$25 check, per person. It is also on the club's home page, and can be downloaded by former members you want to invite. I hope to see you there!

