

## 2011 September GLRR Club Meeting

Monday September 26th, 2011  
Hookslide Kelly's  
Lowell, MA

### **New members**

It's great that we continue to get new members – Mike reports that 28 ahead of last year's new member pace... that's great – thank you to all you memebers.

Keith Thomasset  
Kim Bonner  
Maggie Brice

Allyson Casey  
Joe Fitzgerald

### **Race News**

#### **Grand Prix Races**

##### **Nothing the GP this month**

We have the Cape Cod Marathon at the end of next month –  
We'll have 20 runners there – should be fun – well sorta fun

#### **Run for the Hills XC – youth race**

Joe Ferris (our tireless youth man) took the kids to this race – we had: Allisa, David, Finn, Camron, Annabella, Devyn and new guys – Jason and Ryan.  
They all ran well against stiff competition.

#### **Stoneham 5K for Phil Riley**

I timed it – we had EJ, Andy C and Johanna Riley run it. All three topped their age groups, with EJ 4<sup>th</sup> and Andy 8<sup>th</sup> overall.

#### **Run for Ryan's Cup 5K**

I timed this too – it's a really nice local race – on a pretty fast course. Ben (in his RUN garb) took the top spot – but Eric B was top Master and second overall. Kara's husband (and is he a daddy yet???) Mike Haas took 4<sup>th</sup>. I know Ken Goodin was right up there! And Dan Dorazio took second Vet. In a battle of super vets – it was Rich Molloy – who probably won't lose again for the next several years. Johanna doubled for the weekend – and was barely edged out into 3<sup>rd</sup> Lady Vet – she didn't know the lady passing her was sixty.

#### **Kerouac 5K**

I was away this weekend – so I didn't see this race – but I was pleased to see Liam Skinner back in the results at 4<sup>th</sup> overall (even if they listed his name backwards) with a fine 18:17 – so he was the top GLRR runner. Then I see Rathana an outstanding 20:42 remember he's only 12. He was followed closely by new member Luis Escobar (23<sup>rd</sup> and 25<sup>th</sup>).

In the ladies Vet division – it was Johanna continuing to show the ladies what for – with a second place – and she just keeps getting better.... With Nancy Patch grabbing 4<sup>th</sup>. On the

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men's side of the vet division it was Dan D, Gunman Hildrith and Barry Person lined up behind my nemesis Will Meredith. In super vets it was GLRR 1-2 with Rich Molloy and George Bisson

### **Any Additional News from the gallery?**

#### **Upcoming**

**Developmental XC – Oct 2 (and 16)**  
**Grace Race 5 Miler – Oct 1**  
**Gregory Reeves Memorial Race – 4.6 Miles – Oct 8**  
**Wayland XC – Oct 9**  
**Bobby Bell – Oct 9**  
**Baystate – Oct 16**  
**Mayor's Cup XC – Oct 23**  
**Lemkin 5K – Nov 20**

### **Other races from the gallery?**

#### **Baystate**

We are in full swing on Baystate – we have been meeting weekly – after the Bad Times group runs.

Numbers are looking good – we set our caps this year at 1,500 in each race and it looks like we will hit them both. If you know anyone that is thinking about running – tell them to get registered now. BTW – the price goes up on Saturday.

Most of the big stuff is under control – thanks to Jessica, Nancy, Jim, Scott, Trina and Mike and a host of others. The big need now is volunteers – if you haven't volunteered yet please do so now at [www.baystatemarathon.com/volunteer.html](http://www.baystatemarathon.com/volunteer.html)

Checkout the race website – the personalized bibs are on there/

Also watch for me and Jessica on Friday Oct 7<sup>th</sup> on City Life on Lowell cable – also available on the web. And we'll be on WCAP a couple of times a day the week before the race. I don't think Jessica is too thrilled by this prospect.

#### **Youth Activities**

Joe has been shouldering most of the load here – give how busy Pat and I have been. He's been conducting the practices – twice a week at 6P AT Shedd Park. And from the reports – it's going great as the kids get ready for Mayor's Cup and then the Junior Olympics.

Next up for them is Wayland in two weeks.

#### **Track / Workouts**

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Only two weeks left in the outdoor track schedule... The last one (Oct 6) will be at 5:30 – due to darkness. Then there will be break – although you can always do WOs on your own. We'll resume group track work sometime in November, when the Lexington Field House opens for public use. We'll post that as soon as we get their schedule. Be advised – during the winter – Jim and I run – so you time yourself – and the field house charges \$5 per use (which goes to Lexington – not us).

As mentioned the kids are doing XC at Shedd at 6 on Mondays and Thursdays.

#### **Group Runs**

Saturday runs are going strong. Alex is doing his Baystate thing (last one is this weekend)– running out the Tdyngsboro bridge – so you can go long – or you can go short – we have plenty of folks doing 5 to 9 miles.

Bad Times is an even bigger hit this year – we've been consistently getting 20-25 runners. We'll be moving the fast group to 6P pretty soon (watch on Facebook). And we'll see who the real die-hards are when the snow starts to fly. This run went pretty much every Tuesday all last winter – until Good Times started back up.

#### **Misc.**

**Next Meeting** - Oct 31<sup>st</sup> here at Hookslide Kelly's