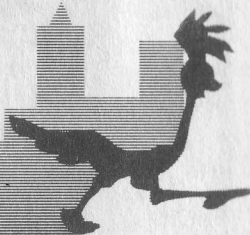


IRISH FEET PHOTOS

STARTING LINES

published by the Greater Lowell Roadrunners
April 1982



HAPPY RUNNING

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Dennis Conners

typesetting
WayneJustason

photography
Don Hogan,
Don Varley

technical assistance
Dan Trainor

advertizing
Jean Boswell

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president
John Burke
vice-presidents
Will Mason,
Dick Nadeau,
Dick Stackpole
treasurer
Dennis Conners
secretary
Carrie Steimen

FRONT COVER - from left
to right Tom Amiro,
Bill Rakip, and Mike
Hodge



Al Champagne Lowell's TALLEST runner, shown running in February's Cancer Society's ten-kilometer road race. Al has had an excellent running winter, placing high in many area road races.

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SPECIAL OFFER TO GLRR MEMBERS
FROM QUIET SPORTS: 25 % OFF ON
A PAIR OF NIKE SHOES WHEN YOU
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10 % DISCOUNT ON OTHER ITEMS.
-NEW BALANCE, SAUCONY, REEBOK
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-WATCHES AND PEDOMETERS

CONNERS'

Tom Mixon had the most competitive year of any GLRR in 1981. Too bad he doesn't own a GLRR singlet.

The GLRR women's team finished 2nd at the Foxboro Marathon. Trophies are supposed to be on the way. The team consisted of Sue Lamontagne, Margaret Doenges, Jean Boswell, and Carrie Steiman.

How many of you know that Pat McMahon, a teacher at Lowell's McAvinue School finished 2nd at Boston in 1971 and 10th at the Mexico Olympic Games? He's currently serving as race director for the Maynard Elks 10k on April 4th. This promises to be a good take for the runners.

Sean McCormack ran 2:42 at the Bermuda Marathon.

I couldn't tell if the "Most Improved Runners" section of March's Runners World was for real or a put on.

George Legrand is the only runner I know who will go on a thirty mile training run and insist on finishing the last four miles inside on a 28 lap to a mile track. It must build mental toughness.

One half of our Florida membership (soon to be San Diego), Dick Abodeely, was back in town for a visit recently and reports that only one runner in the county in which he was living qualified for Boston.

Speaking of Florida, the other half of our membership may be returning in July in the body of a shotputter.

While opening the entries to the Hynes Race, I was surprised at the number of people who fail to include a S.A.S.E. as requested. This effectively reduces the entry fee to \$2.75, because we have to supply the stamp and the envelope. The biggest offenders -- GLRR members.

On the same subject, the thing that bothers me the most is a runner entering a race I've worked on, without a number and still complaining.

The GLRR team came in 35th in the 1981 BAA. Two other teams were also entered.

Carrie Steiman did an outstanding job with the Pot Luck Supper in February. This is an example of the type of effort we need.

CONTINUED ON PAGE 5

STUARTS' PARAMOUNT CLEANERS

1 HOUR CLEANING

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FREE WINTER AND SUMMER BOX STORAGE

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CONNERS' cont.

George Prive volunteered to run the Tuesday night runs (see article in this edition). He could use a little help, it won't take much effort and might even be fun. Contact George.

Rick O'Malley is directing a Special Olympics at the Lowell Voke on Saturday April 17th. He could use some help and you'll probably be taking it easy that (BAA) weekend anyway.

The response to my solicitation for people to coordinate a Summer Outing was underwhelming. If four or five people don't come through it won't come off.

SUPER BOWL SIXER ALA "RAKIP" SKATING PARTY

by DENNIS CONNERS

TEWKSBURY, MA - Bill and Marcia Rakip hosted a skating party disguised as a six mile club race on Super Bowl Sunday. The race was the first in the GLRR Starting Lines Race Series.

In spite of bitterly cold weather and an overnight snow-ice storm, thirty hearty runners showed up. Bill had set up a hilly six mile course which may have been a little long -- better check your speedometer Bill.

Refreshments were served afterwards and everyone enjoyed the Rakip's hospitality.

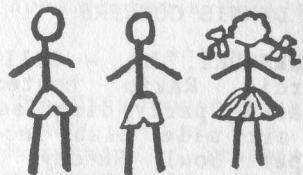


Tour Mates Travel

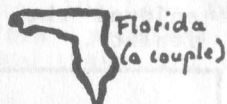
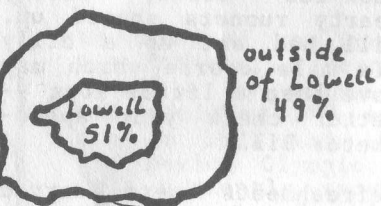
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Tel: 256-5500

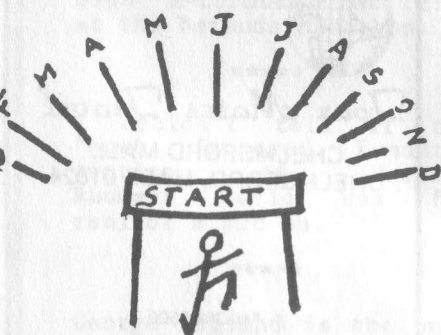
CLUB SURVEY



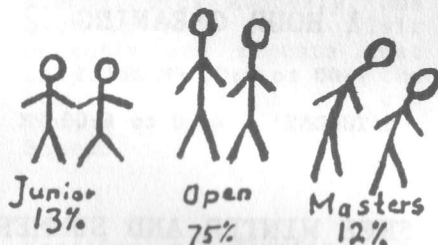
Over one third of the 300 GLRR members are female.



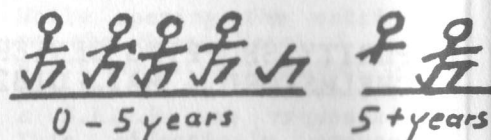
Not surprisingly, most of the members hail from Lowell proper.



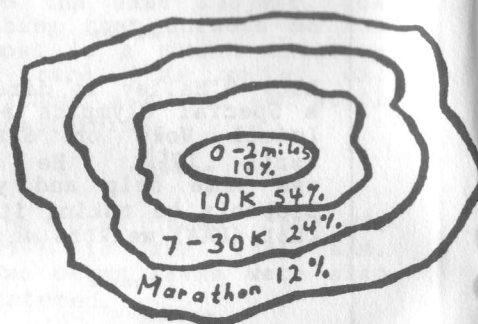
The competitive members average twelve races per year.



A majority of the members are in the 19-40 age group, but the junior and senior contingents are significant.



Approximately 85% have been running seriously for less than five years.

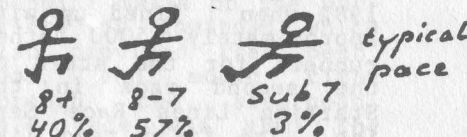
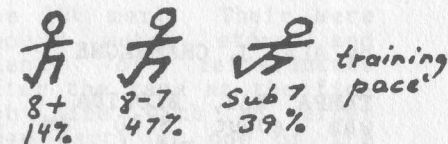


The most popular race distance is in the 10K range, but there are also track runners and marathoners.

training mileage 45 miles

typical mileage 34 miles

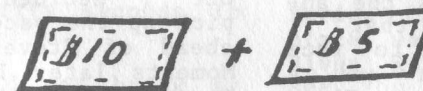
Training mileage jumps by 11 miles per week over the typical mileage.



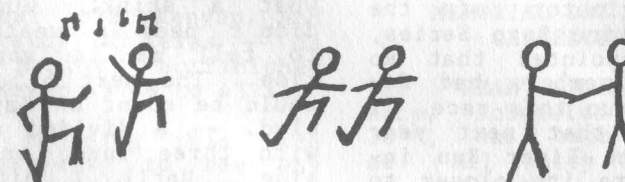
Training pace quickens too, but the 7-8 minute pace is the favorite.



Over three fourths of the GLRR runners participate actively in other sports.



Almost 100% are willing to pay at least \$10 for single, plus an additional \$5 for family membership.



The three most cited reasons for joining GLRR are social, training, and meeting other runners.

Will Mason

SECOND RACE IN GLRR RACE SERIES DRAWS TOP FIELD

by ALAN J. CHAMPAGNE

TAMPA BAY, FLORIDA - It was about 8:10 AM on Saturday, February 6th, 1982 when I lined up with approximately 5000 other runners for the start of the second race in the Starting Lines Race Series. The field read like a who's who in running with such names as Craig Virgin, Greg Meyers, Grete Waitz, Herb Lindsay, Jacqueline Gareau, Ric Rojas, Nancy Conz, and Steve Dion all thinking of a new record. At about quarter past eight the announcement came over the loud speaker that the race would start in fifteen minutes, the temperature had already surpassed 70 degrees, and that it was very humid as if the 5000 runners lining up didn't know. Maybe a new record for this fifteen kilometer affair would have to wait another year. As the announcement came that it was ten minutes to race time Steve Dion and a friend of his from Florida, Zeke Taylor lined up in back of me for the start of the race. Steve, the originator of the Starting Line Race Series, was disappointed that so few GLRR members had decided to run this race. I suggested that next year we add the River Run instead where its closer to home. We chatted for a few more minutes as to who each of us was picking to win when the announcement

came to get ready to start. As we wished each other luck the gun sounded and after three surges forward each ending in an abrupt stop we were finally on our way.

The first mile was slow as we were more intent on not running into other runners than we were on our pace. As we approached the first mile mark we encountered the only hill we would see on this out and back course -- a bridge about 150 feet long which rose a total of about three feet. Just after crossing the bridge was the first mile mark which we crossed with a 7:30 split. I commented to Steve and Zeke that I guess we didn't have to worry about going out too fast. With hopes of breaking one hour and the crowd starting to thin out I decided I better pick up the pace and moved ahead of Steve and Zeke. Moments later I could see Tampa Bay directly in front of me and a few seconds after that I could smell Tampa Bay -- boy what a stink! Guess I didn't need a weatherman to tell me it was low tide. The next 6.5 miles would be spent on Bayshore Blvd. -- a divided street with three lanes on each side. Until I hit the turnaround point Tampa Bay would be on my left with some very large, beautiful, older homes sprinkled

Second Race - cont.

with a few modern apartment buildings or condominiums on my right. As I approached the four mile mark the lead pack of four runners had already made the turn and were heading down the other side. Of the four the only runner I recognized was Greg Meyer.

A little while after making the turn I spotted Steve and Zeke and figured they were about 4-500 yards in back of me. I crossed the 10k mark in 41:37 and knew that in this heat and humidity my chances of breaking an hour was not going to be easy. At 46:45 I hit the seven mile mark and knew that any thoughts of breaking an hour would best be forgotten. I crossed the nine mile mark at 59:55 and with my parents cheering me on I put on a final burst of speed to finish in 1:01:45. In a strong finish Steve crossed the finish line exactly thirty seconds in back of me.

While I did not break my own personal record, the Gasparilla Distance Classic did produce a new record when Mike Musyoki, a 25 year old Kenyan and University of Texas -- El Paso senior, outfinished Greg Meyer 43:08 to 43:11.

After running this race it was easy to see why this race is rated so highly. The course is flat and fast, accurately marked with accurate splits at each mile and

the 10k mark. There were enough water stops and plenty of refreshments after the race at the finish line with an after race party at one of the shopping malls on the outskirts of downtown which also provided free beer, food, and music right through the afternoon. This race was also the quickest in which I received my official results. After running the race on Saturday I received my results with such statistics as my finish within my age group and the average finish time for my age group in the mail the following Tuesday following the race. If and when I ever become independently wealthy this is one race I'll be sure to put on my calendar every year.

P.S. Due to the low turnout of GLRR members this race has been dropped from the Starting Lines Race Series for 1983. In its place we are adding the River Run 15k. Hope to see you all in Jacksonville.

MEMORIAL DAY RACE CANCELLED

The "REAL" Memorial Day race, scheduled for May 30th, has been cancelled. All entry fees will be returned. The event was cancelled due to a schedule conflict with the Friends of Lowell High School Race.

FUDGICAL SERIES

01/02/82 RACE 1

1	Sean McCormack	17:48	1	Betsy Schumacker	24:55
2	Fred Whitehouse	18:09	2	Joan Camire	29:04
3	Will Mason	18:24	3	Tina Coco	29:05

1 Betsy Schumacker 24:30

01/09/82 RACE 2

1	Rick Bayko	17:12	1	Rick Bayko	16:48
2	Sean McCormack	17:24	2	Harvey Blonder	17:07
3	John Babington	18:10	3	Paul Molvar	18:19

1	Betsy Schumacker	24:31	1	Betsy Schumacker	23:50
2	Tina Coco	28:37	2	Marge McDermott	24:21
3	Joan Camire	28:38	3	Chris Brennan	24:58

02/13/82 RACE 7

1	Rick Bayko	16:48
2	Harvey Blonder	17:07
3	Paul Molvar	18:19

1	Betsy Schumacker	23:50
2	Marge McDermott	24:21
3	Chris Brennan	24:58

02/20/82 RACE 8

1	Rick Bayko	16:15
2	Sean McCormack	17:32
3	Kevin Kearns	17:42

1	Shelley Atkinson	23:25
2	Chris Brennan	23:46

01/16/82 RACE 3

1	Rick Bayko	17:02
2	Sean McCormack	17:48
3	Will Mason	17:59

01/23/82 RACE 4

1	Rick Bayko	17:13
2	Sean McCormack	18:13
3	Andy Chandonnet	18:41

1	Kathy Norton	20:25
2	Lisa Jacques	23:26
3	Shelly Mondou	23:47

01/30/82 RACE 5

1	Rick Bayko	16:26
2	Andy Chandonnet	17:37
3	Tom Amiro	18:08

1 Gail Gikas 26:59

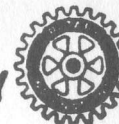
02/06/82 RACE 6

1	Tom Mixon	16:36
2	Rick Bayko	17:25
3	Wendell McDonald	18:09



Tom Mixon had the best race times of any GLRR in 1981.

— READING ROTARY



ROAD RACE —

ALL PROCEEDS TO BENEFIT THE READING SCHOLARSHIP FOUNDATION, INC.

• Sunday, April 25, 1982, starting and finishing at the Reading Y.M.C.A. (next to the Reading High School)

• **10k Race:** 10:30 A.M. Post registration and number pick-up 9:30 A.M. Trophies — 1st, 2nd, and 3rd — men's and women's — Medals — 1st, 2nd, and 3rd in four age divisions — men's and women's — \$4.00 entry fee before April 18th, \$5.00 after April 18th — T-shirts for the first 200 entries.

• **1 1/2 mile fun run:** 9:30 A.M. — Post registration and number pick-up 9:00 A.M. Trophies — 1st place men's and women's in two age divisions — Medals — 2nd and 3rd place men's and women's in two age divisions — pre and post entry fee \$2.00 — Sorry, no T-shirts for the fun run.

• **Water Stations — Police Traffic Control — Split Times — Medical Assistance — Well marked Course — Refreshments — Y.M.C.A. facilities available — N.E.A.C. — sanctioned event (T.A.C. number not required to participate in this event).**

• **Get Sponsors —** Collect and turn in \$10.00 in sponsor money and pay **No Entry Fee.** The runner collecting the most sponsor money and mailing it to P.O. Box 61, Reading, or leaving it at Johnson True Value Hardware before April 19th will win a free dinner for four at Harrow's Restaurant, Reading.

• For more information and entry forms call Allan at 944-1141 or Dave at 944-7820 or write Reading Rotary Club, P.O. Box 61, Reading, MA 01867.

Name _____ Address _____

Town _____ Male _____ Female _____

10k Race

Check Age Division

12 to 19 _____

20 to 29 _____

30 to 39 _____

40 and over _____

1 1/2 mile Fun Run

Check Age Division

11 and under _____

12 and over _____



T.A.C. _____

Entry Fee \$ _____

Runner's Signature _____

Parent's Signature if Runner under 18 _____

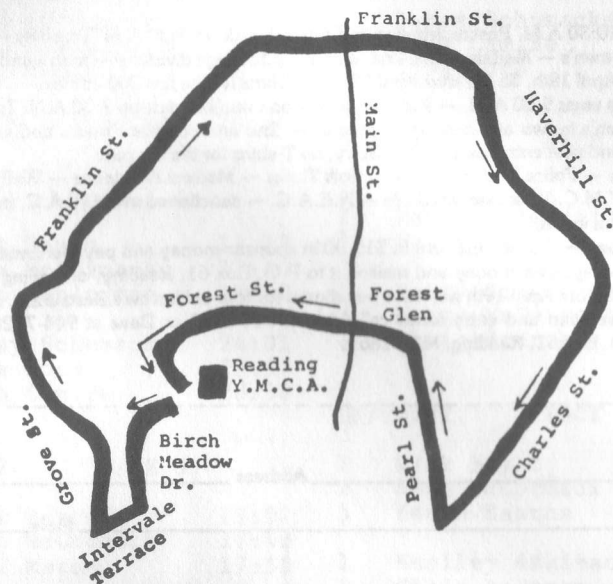
In consideration of the acceptance of this entry, I do hereby forever waive and release the Reading Rotary Club, All Sponsors, All Volunteers, Helpers, and the Town of Reading, and any other agents and representatives from all claims or causes or action which I at any time acquire as a result of the participation in this event. I hereby attest that I am physically fit and sufficiently trained for this event.

Mail To: Reading Rotary Club, P.O. Box 61, Reading, MA 01867

RACE COURSE

10 K

6.2 MILES



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ALL PROCEEDS TO BENEFIT THE READING SCHOLARSHIP FOUNDATION, INC.

RUNNERS SPONSORS

(Collect and Turn In \$10.00 in sponsor money and PAY NO ENTRY FEE)

NAME	ADDRESS	AMOUNT

FUN RUN CLINIC

by MIKE HODGE

LOWELL, MA - A FREE fun run clinic is being held by the Greater Lowell Road Runners Club. The clinic is open to the public and is designed primarily for beginners and people training for their first fun run race. It will provide people the opportunity to start running with people of equal ability.

The clinic begins on May 2, 1982 and continues on every consecutive Sunday through July 25, 1982. A pre-clinic meeting will be held before May 2nd to discuss the training schedule, running shoes, and health in general. In August, after the clinic is completed, a 2 to 3.1 mile fun run race will be held for all runners who participated in the clinic. T-shirts, certificates, and awards will be presented to all finishers.

Most of the training will be done on a track or field in the Lowell area. About eight weeks into the program we will begin taking runs on the roads to get used to the feeling of road and hill running. I will keep progress charts on everyone. My wife and daughter are already signed up. Anyone interested in joining or for more information contact me (Mike Hodge) at 452-1051. The best time to call is between 9:00 AM and 2:00 PM.

Some exercise and training may have to be done on your own during the week to accomplish these stated goals.

SCHEDULE (may change)

Sundays	Goal
May 2 - 30	1 mi. track
June 6 - 27	2 mi. track
July 4 - 25	3 mi. roads
Aug.	Fun Run

P.S. -- I'd like to thank the Lowell Road Runners organization for including the Lowell Elks Half-Marathon on their (Starting Line's) race schedule for 1982.

I'd like to also thank Dick Stackpole for the great job he did timing and measuring the course. He was out in the pouring rain most of the day. It's dedication like his that makes road running in this area what it is today.

Ed comment - Almost everyone had some sort of help or advice when they first started running. Here's your chance to pass on some of your running knowledge to a beginner. Mike could use some help, so why not put aside a few hours on a Sunday and lend a hand. DJC

STARTING LINES RACING SERIES



MEN'S DIVISION

19 & Under Division

pos.		pts
1	Brian Harrington	19

20-29 Division

pos.		pts
1	Tom Mixon	1
2	Sean McCormack	3
3	Dave Camire	6
3	Bernie Underwood	6
4	John Boutselis	7
4	Andy Chandonnet	7
5	Kevin Kearns	8
6	Doug Anderson	12
6	Rick Smith	12
7	Gary Bevis	15
8	Don Hogan	20
9	Billy Gikas	42

30-39 Division

pos.		pts
1	Steve Dion	7
2	Mike Hodge	9
2	Rick Lamontagne	9
3	Tom Amiro	13
4	Jim McKeon	14
4	Mike Lussier	14
5	Dennis Conners	15
6	Colin Gouldson	16
7	Bob Schultz	17
8	Al Champagne	18
8	Barry Pearson	18
9	Dennis McCarthy	22
10	Charles Pitsios	23
10	Dan Wasilouskas	23
11	Dennis Daly	24
12	Jack Sullivan	25
13	Bill Rakip	28
14	Phil Scannel	29
15	Albert Ferris	32
16	Alan Bissett	33
17	Charlie Gaffney	55

40-49 Division

Pos.		Pts
1	Will Mason	8
2	George Legrand	11
2	George Prive	11
3	Joe Vail	19
4	Dick Nadeau	27
5	Dan Trainor	36
5	Tim Tiches	36

50-59 Division

Pos.		Pts
1	Joe Craven	42
2	Jack Keefe	60

WOMEN'S DIVISION

19 & Under Division

Pos.		Pts
1	Rosa Cruz	1
2	Barbara Kelley	7

30-39 Division

Pos.		Pts
1	Sue Lamontagne	1
2	Chris Brennan	3
2	Carrie Steiman	3
3	Jean Boswell	4
3	Jackie O'Hare	4
4	Gail Gikas	8
5	Susan Schultz	9

40-49 Division

Pos.		Pts
1	Sandra Haynes	5
2	Mary Tiches	6

EDITORIAL

When the first few newsletters were published, they, like the GLRR, were small. But in time the club grew from a small local organization to one of the largest organizations in the Greater Lowell area. With this growth in membership many more people began submitting articles, stories, results, and ideas on a regular basis. We grew from a 16 page typed newsletter with a circulation of 265 to a 28 page typeset magazine with a circulation of 500.

Unfortunately with this growth came problems, mostly financial. The GLRR was growing (from our initial 50 members two years ago to over 500 present members) and Starting Lines was growing right along with it. That meant an increase in our original printing cost of 62¢/issue to 92¢/issue (January '82 edition). Besides the printing cost we were paying 54¢/issue for postage, so each issue was costing the GLRR (that's you) \$1.46 (\$730 for our last mailing), minus what little advertising we had.

Our early problems of not getting enough newsletter material passed, but we usually received the majority of articles after the deadline. All this information had to be keyed into a wordprocessor and then had to be typeset, this took a lot of

time! As a result our publishing dates usually slipped. The time had come for a change and this edition is the result of that change.

First, through the efforts of Steve Dion, we were able to reduce our mailing cost from 54¢/issue to under 6¢/issue by switching to a non-profit bulk mailing. That alone will save us 48¢/issue (\$240 next mailing). Next time you run into Steve please give him a thanks.

Second, as a result of asking for help with the advertising, we got a little more advertising for this issue, \$210 worth. Still not enough, but it's a start. Also, Jean Boswell has volunteered to handle the advertising for the Chelmsford area and her efforts are already beginning to substantially reduce our cost. Next time you run into Jean please give her a thanks, or better yet offer some help with the advertising.

Third, we have changed our format to one which is smaller in size but bigger in content. The new format contains a combination of typeset and wordprocessor-typed material. Hopefully, this will reduce our printing cost and allow us to meet our publishing deadlines.

Finally, the problem of late article submittals.

CONTINUED ON PAGE 22

WRITING ON EMPTY

by JON LORWAY

You thought that Dave Camire (more on DC later) was the skinniest guy around. Not so. THE Mr. Thin is Chris Fox, from Auburn University. He makes Doug Sweazey look like Marlon Brando. His legs are no thicker than my forearms, maybe no thicker than my fingers. I saw him running around the Boston University track. All he did was run a four minute mile, so he's no bum of the month, but it's his astonishing body type that gets you. I doubt that he really exists.

Who did what? Dan Dillion, now of Marblehead, made the US cross country team (to compete at the World's, March 21) for the fifth consecutive year. Bob Hodge won his first marathon. Paul Gorman running 23:01 for five, 13:41 for 5000 meters and placing 17th at the Thrill in Gasparilla with a 15k time of 44:56 (29:40 ten k split). Greg Meyer running 43:11 (4:38/mile) in that same race. That's how long it takes me to run 6.2 miles. Are these guys mortal? Yes, so says Paul Gorman, "They're just a few seconds ahead of me. Running right there with them, they're human again."

Dave Camire? The noted 26 year old GLRRite ran a pb 2:40:08 at the 26 mile Sir Chimney boulevard bash at

Hampton Beach. Dave was quite serious, "I went the month of January without drinking a beer, training for this," and not confident, "I planned to run 20, if I ran 20 in under 2:10, I'd go for it," but successful, "I had a pr at the half and was under 6's for 20."

"At 17 I knew there was no way I wasn't going to break (two) 50," continues Dave. "I've been doing interval work for three or four weeks and I did two 26 milers. I think that helped stamina wise. I was running a 2:34 pace for 20, but Gil Emery, he just got me at the finish. When I finished, I must have jumped ten feet in the air and Emery ... he threw up."

All glasses team. Coach, Amby Burfoot. Starting five; Mike Slack, Phil Coppess, Dan Dillion, Mike Buhmann and Randy Wilson. Sixth man, shady J. Rome Drayton. Distinctive emissary, Edwin Moses. All body, Billy Olsen. Body contact, Bill Rogers and Herb Lindsay.

That really was Dave Severance behind all that facial hair, clocking 2:24:19 at Hampton Beach.

WRITING ON EMPTY cont.

It was a New Hampshire state standard and brings to mind Dave's other marathon win, his 2:18 at Lowell's great race in 1978 where he stonewalled Ray Currier and red Ed Sheehan. Severance's nearest pursuant in NH was Rick Bayko (2:27), running his first marathon since October, 1976. Sayeth the Yankee Runner, "I forgot how bad it hurts. You think you remember ... The sleeper in the marathon is being on your feet for over two hours. It just doesn't come to the number of miles you do a week. That's the benefit of the long runs. The discipline of being on your feet that long."

See you at the Shamrock Classick. Over 100 million runners will compete, including Steve Prefontaine and Jimi Hendrix. Why? First prize is Larry Bird. Last prize is Boston Garden. Each finisher gets a free pigeon. Bring back Why John Brown.

Should you have been there? At the NEAC Indoors. You would have seen Mark Lech, the man that nobody knows, run a 2:07 thousand yards. Lech, from Palmer, MA., was a top level NCAA competitor while at Northeastern. He is a Roger Daltrey lookalike and ran a 4 minute mile on January 10th at BU. Mark now runs for Athletics West and he always has and always will take the pace. Lech was the pace-

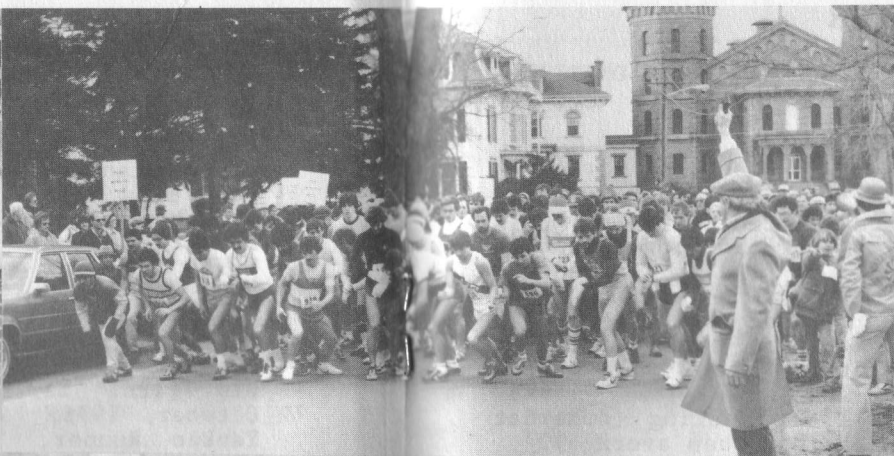
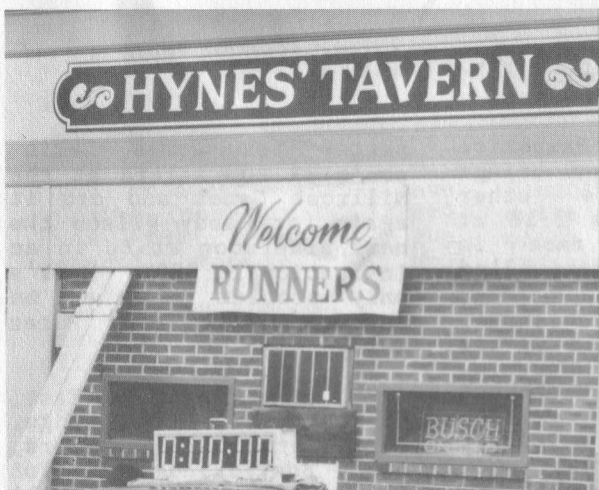
setter for James Robinson's AR 800 meters at the Millrose Games and did it again for Randy Wilson the next afternoon at BU in an invitational 880. Mark's only problem is that no one knows him from Peter Townsend.

Greg Meyer, Malcolm East, Mick O'Shea, Bob Hodge, Paul Gorman, John Flora, Buddy Bostick, Dan Dillion and Charley Spedding. All in the same building at the same time in the same race. The NEAC 5000. Of course, Meyer triumphed in a real dogfight with Flora (13:36 to 13:38). It's very unusual to see that many world class numbers packed together in a 200 meter oval. Rarely do they climb in the ring against one another, almost never around these parts.

Two more items. Randy Wilson. He's tall (6'2"), wears glasses, looks like Clark Kent, has a 48 foot stride and once he gets rolling ... He ran a 1:47:97 electronically timed 880 yards at BU on February 13th. Fastest ever. Randy is a grad student at Kansas University and training under famed KU coach Bob Timmons. Hope you have a great summer, Randy.

Todd Harbour. Won a stiring mile duel, 3:57:12 to 3:57:17, against Tiny Kane at BU that same day as Wilson's epic. Todd is the world's least known 3:50 miler. The 22 year old Christian missionary

CONTINUED ON PAGE 21



GRAY MATTER

"Hey Running: BBBRRRAAAATTTTZZZZZ"

by WILL MASON

One day a running friend informed me that he had logged 1000 consecutive days running. I shuddered. Shortly thereafter, I read where English runner Ron Hill had a string close to ten times that of my friend. I felt queasy. Then, in an article contained in one of those airline magazines, I read that some "positively addicted" man has not missed a day in over 15 years. I barfed.

No wonder that people wonder about us. Thank god this mental one-sidedness that permits to gain and maintain control over a human is not characteristic of you or me. I am sure that you have noticed, however, that such an affliction has caught some of our friends with weaker wills (no pun here). You recognize the signs: running in the rain, snow, traffic; running when tired, sick, injured; running before, after, and instead of working; running instead of, ... well, you know.

We cannot afford to let running dominate our lives. If for no other reason, time does not permit it. Consider the following:

There are only 168 hours in a week (all the fingers of 17 people, take away two fingers, if you are checking this calculation). The following

activities have to be accommodated within this 168 hour time constraint:

- 56 hours for sleep and related activities.
- 40 for work (stick by this story no matter what).
- 15 for eating (somewhat higher than average).
- 10 for driving (add 10 if you have teens in sports).
- 8 for TV (news each day plus Hill Street Blues).
- 7 outside chores (shovel, mow, pick up dog crap).
- 4 entertainment (including placing bets with bookies).
- 4 family conversations (or just listening).
- 4 reading and junk mail.
- 4 bathroom activities (deduct 3 if you have kids).
- 3 non-running hobbies
- 2 telling jokes and having lewd thoughts.
- 2 religious experiences (unless included above).
- 2 doing something you can't stand to do.

Now if the math and the typing is right, this leaves only 7 hours per week for running. If you count the time changing and showering (this will not count for some), you are left with about 3.5 hours. If you stretch, you are down to 2 hours of running. In conclusion, if you run more than 2 hours per week you are cutting into something else. In short, you cannot let running run you.

CONTINUED ON PAGE 21

WRITING ON EMPTY cont.

from Waco, Texas ran 3:50:34 last July 11 at the Oslo Dream Mile. Blink your eyes five times, that's what separated Steve Ovett from Harbour that evening. A scant nothing.

Vacuous and sundry palaver: spring beckons, musn't Boston be far behind. No clear out favorites at Boston this year, unless King Alberto participates. I like the Finn, Jukka Toivola, Long John Lodwick and Kirk Pfeffer. Julie Shea, maybe.

Dan Dillion to win my favorite 10k race, the Lechmere/Peabody rite of spring TV run. Looking for a Shamrock alternative, run the 99 Pub Restaurant 10k in Rockland, flat, fast, accurate course. Low key runners' race.

Always knew 'r' stood for running, Jerry Jeff.

GRAY MATTER cont.

What can you do? You have to take some overt actions to show the world that running does not dominate your being. You have to counter the suggestions of slick mags such as this one and baiting by your running friends. You have to learn to give running a mental finger. Here are some suggestions:

Buy a t-shirt with nothing on it; wear it. Take a smoker to lunch; ask about grass.

Invite the Avon lady in. Skip the Globe race results. Sign up for adult touch dancing lessons. Eat chile and prune juice early weekend mornings. Go fishing on Patriot's day. Ask Ellen Rodgers to be your pen pal. Take home office work (Ed.: delete this horrible thought). Wear real, old-time sneakers. Insist a marathon is 24 miles long or more.

Get the picture? You have to show running who is in charge. If all else fails, you can call "Running Anonymous" and they will send someone over to drink with you until the urge passes.

I was going to offer more suggestions on how to avoid being taken over by running fever, but I am running (heh, heh!) out of time. I need five more miles this week. Boston's coming you know.

FEBRUARY FUN RUN

For the second consecutive year Jean Boswell and assistant Mike Boswell, staged another fine 6.7 mile fun run at the Carlisle Great Brook Farms State Park.

IS OUR CLUB A CLIQUE

Rumor has it that the club is run by a "clique". Careful investigation would show that this is true. Furthermore, you will find that the clique is composed of faithful members who are present at all meetings, who do all the work, who give willingly of their time, energies, and efforts and who sincerely believe that the more they put into the club, the more they will get out of it. There is no question that the enthusiasm, responsibility, and efforts of those members are of inestimable value to the club. And it is suggested, therefore, that you join this clique. It is not a difficult matter to do so -- in fact, it is very easy.

Begin by attending your club meetings regularly; take a lively interest in its activities; accept responsibilities in the work; never refuse a place of service. Show a continual interest in all affairs pertaining to your club. Before you realize it, you will become a member of the clique and you will be surprised to know how anxious they are to have you. Don't criticize the clique. Join it.

ed comment - The above was taken from the Huntsville Track Club's newsletter, "HTC News". They copied it from the Atlanta Track Club's newsletter, "The Wingfoot". The Atlanta Track Club copied from the

Chattahoochee Sierran, the newsletter of the local Sierra Club.

PRESIDENTS' COLUMN cont.

has enjoyed me being a husband and being a daddy. Injury does offer time for reflection (I had to put it in writing to remind me after I get back to my regular fanatic training schedule).

One last thought for those whose injuries might permanently halt their running. "It's better to have run and lost than to have never run at all!" -- Oh, how I enjoy philosophy.

EDITORIAL cont.

We have no solutions for this problem. This club seems to have many excellent writers and we don't want to discourage your writing efforts. Let us offer some advice, treat your articles like you would a race application by not procrastinating to race day. (I certainly hope you don't wait until the deadline with races too!) Write your stories immediately following an event or race while the facts are fresh in your mind. Send us the article as soon as you have finished writing it.

In closing, let us say that we hope that these actions will enable us to keep producing a quality magazine, but at a much lower cost to the club.

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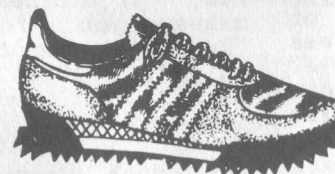
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PRESIDENT'S COLUMN

On Running and Being

by JOHN BURKE

To run or not to run ... That is the question. What is the correct role for running to assume in a proper philosophy of life. Ah, to ponder such weighty problems truly stimulates the mind. Unfortunately most of us have little or no time to consider such lofty thoughts. Actually the title refers to a different kind of being -- i.e. the act of rather than the state of. The courageous may read on.

We all have different roles in life, different acts of being. Obviously we are all very busy being runners. But we most certainly spend some time being something else. We can be lovers or spouses, sometimes at the same time. We can be children or parents, employees, employers, business persons, or buspersons (that's a bus boy that has been neutered). Well, I'm sure you get the point. What we have to ask ourselves is running one of our acts of being or does it become a state of being? Let's not lose sight of the place running deserves in our lives. Even world class runners should not place running as their first and foremost priority in life. Now I know that 85% of the GLRR will say -- heresy! But ask yourself if you had to choose between someone you love and running what would you

do? Don't decide too hastily. Off course you would choose the person you love over running. (Especially if she's the one who cleans all your smelly running clothes.)

To find the place running has in your life just keep choosing -- running vs. health, career, friends, family, etc etc. This may seem absurd to many but I think if we really find the position running should take in our lives, we may be surprised to find that we don't always act accordingly. Believe it or not I know some people who place running above all else. They are either thinking about their next run or race or pondering their training schedule, or reflecting on their last run or race or if they are not thinking about running they're actually running. Really, I know people like that. Remember run because it's fun, it's healthy, it makes you feel good. "Running isn't everything", I think there's a second half to that expression.

For those of you who may be concerned, I have not finally gone completely mad. I'm just injured. See, even when runners aren't running at all they can't stop thinking about running. At least while I haven't been being a runner, I know my family

CONTINUED ON PAGE 22

RESULTS PAGE

FRIGID FIVER 1/17/82

21	David Camire	29:19
24	Steve Dion	29:25
36	Alan Champagne	30:13
54	Dennis Conners	31:01
67	Phil Scannel	32:00
71	Mike Hodge	32:23

FOXBORO MARATHON NERRCA MARATHON CHAMPIONSHIP 11-22-81

OPEN

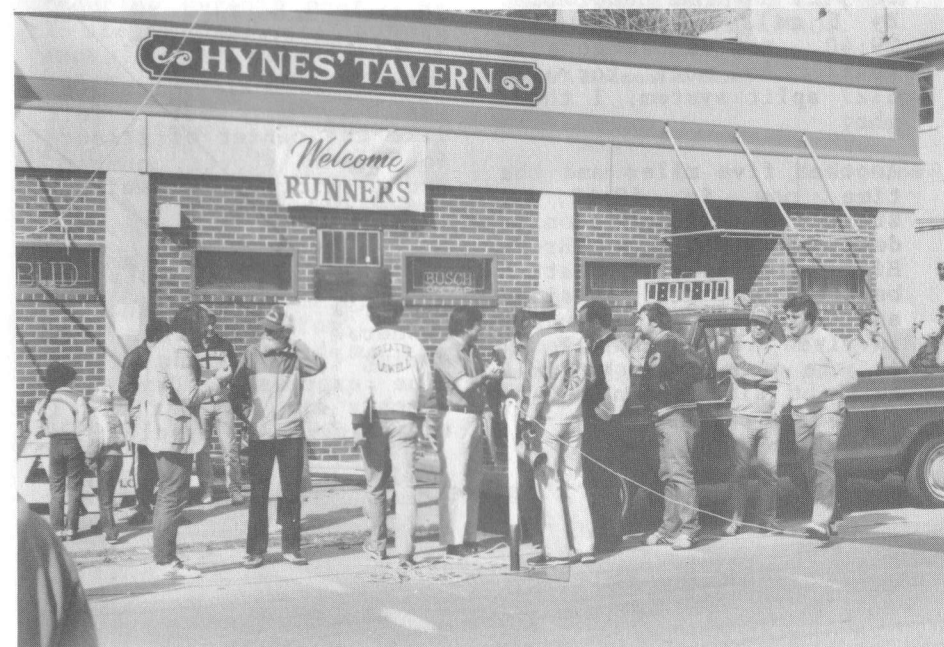
1	Middlesex Striders	298
2	Central VT Runners	591
3	Sugarloaf AC	912
4	Shelton RRC	1111
5	Sharon RRC	1276
6	GREATER LOWELL RRC	1414

WOMEN

1	Geater Boston TC	883
2	GREATER LOWELL RRC	1894

FEBRUARY FUN RUN

1	Tom Amiro	40:15
2	Bill Lynch	40:22
3	Kevin Kearns	40:23
4	Jim McKeon	40:54
5	Rich Lamontagne	45:07
6	Dave Weeks	45:11
7	Bill Rakip	45:21
8	Al Champagne	45:26
9	Bob Schultz	45:37
10	Dave Sousa	45:47
11	Barry Pearson	45:51
12	Don McHugh	45:58
13	Dave Corsetti	45:17
14	George Prive	46:28
15	Dennis Conners	47:37
16	Sue Lamontagne	48:18
17	Dennis McCarthy	48:26
18	Rick O'Malley	48:33
19	Dan Wasileuskas	51:24
20	Jack Keefe	51:41
21	Carrie Stiemann	55:57
22	Adam Young	55:57
23	Sandy Hayes	57:50
24	Jackie O'Hare	58:48
25	Tim Tiches	59:35
26	Gail Musson	59:37
27	Mary Tiches	59:38
28	Albert Farris Jr	



DISASTER DAY

by JAMES McKeon

I should have known that today March 7, 1982 wasn't going to be a good day for me. Awakening from a sound sleep to the aggravating noise my alarm clock was making, I could hear the local D.J. reporting the weather forecast, cold, windy, and rainy. Tough day to qualify for Boston.

Arriving at the Newton Marathon starting line with Tom Amiro and Kevin Kearns, Tom is giving the last run down on the 6:27 splits we were to follow.

The race director finished his speech thanking the sponsors and warning the runners to stay on the right of the road or be shot on sight.

One last deep breath and we're off! Our first 6:40 mile behind us we decided to pick up the pace some. By 5 miles the time was 29:40. Now we had gone to fast! So much for the 6:27 split system, I thought.

Another five miles and the time now is 59:42, I started to feel confident. We took Heart Break Hill quietly, that chatter between us had subsided and everyone is deeply involved in his own race. At the crest of the hill my left side groin muscle begins to protest.

I've decided to drop back from the pace a little and take a 1:20:40 half marathon. A good cushion I thought while beginning to daydream of running Boston.

The pain begins to worsen with each mile. The nineteenth split is under two hours but by the twentieth mile the muscle is gone. I've broken stride bitterly disappointed, wondering how long it would take to walk six miles. Within a quarter mile my leg feels like lead and I'm freezing in my own sweat. Up ahead in the distance I could see a Red Cross Disaster unit. How appropriate I thought as I climbed aboard to seek help.

The van was large and comfortable. I was wrapped in a blanket and given some hot chocolate to drink to warm me up. I was driven to the Newton Wellesley Hospital to await another ambulance to take me to the finish line.

Newton Wellesley Hospital was very busy but I felt like the center of attention in my shorts, number, and t-shirt, while waiting in the lobby.

I boarded the other ambulance occupied by three E.M.T.'s and another runner. The driver was saying "this is the finish line express." Dry warm clothes are not far off I was thinking to myself.

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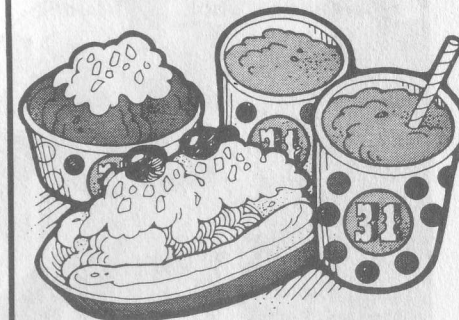
DISASTER DAY cont.

The ride seemed slow and bumpy and with each minute my stomach became more upset. Sensing the hot chocolate was on its' return trip, I asked quickly for a bag. The E.M.T. passed me a bowl just in time. One quick glance and the E.M.T. thought I was hemorrhaging. Before I could say a word the ambulance was on its way back to the hospital at about 90 mph!! "Oh my God, they think I'm dying!" Trying to compose myself wasn't easy. The other runner was staring at me, his face white with shock. The E.M.T. was working quickly gathering the necessary supplies. Finally, I was able to blurt out, "it's hot chocolate!" With a large sigh of relief everything turns to laughter and one question, "where did you ever get hot chocolate?"

At the finish line my troubles weren't over. As I stepped off the ambulance, I was grabbed by a nurse and doctor and whisked off to the temporary clinic for observation. In the clinic I confided to the nurse the nature of my original injury. She really wanted to help and check things out but due to my shyness I refused treatment. "I never get any fun", she said as she handed me the form.

Free at last I thought as I hobbled to my car, this marathon is one I'll remember for quite some time!!!

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Steve Dion accepts the Race Director's trophy from "Irish Feet are Runnin'" race director Dennis Connors. The trophy was awarded to Steve for his outstanding efforts in helping make the race a success.

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THOUGHTS & TIPS ON A FIRST ULTRA

by DENNIS CONNERS

As confident and cocky as you are in January, when you make the commitment to run, your attitude will change 100% in the week before the race.

The best training method I know of, in order to make sure you show up, is to begin each conversation in the preceeding four months with "you know I'm going to run fifty miles!" This limits further meaningful conversation, but is a great motivational factor.

Total training mileage is not as great of an indicator to final performance, as are long runs. Running up to 35 miles at some time before the race is great for the mind.

A slow marathon per month for the preceeding three months should take care of the other long runs.

Invest ten bucks in Tom Olsen's book: **ULTRA-MARATHONING**. It is a good help concerning pacing, drinks, and mental preparation. Tom Olsen also has a very interesting history on the six day runs of the past.

A thirty mile or four hour run by yourself is a help. A lot of the ultra will be run alone.

Having an experienced ultra-runner with you for

the first thirty miles helps with confidence and pace. The last twenty should be done alone.

A large cooler of beer at the finish line is all important.

An ultra will be less painful than most marathons you have run; the recovery will also be easier than that from a hard marathon.

Any injury you had in the previous year will crop up, just to warn you to be careful with your body.

The mind is at least as important as the body. One hour after I finished fifty miles, my mind had my body convinced that I should have gone to 100k.

Expect family, friends, and fellow workers to treat you like a convicted rapist or a carrier of V.D. for the next month. It's best not to tell anyone with any influence on your career about the race.

Lake Waramaug is as good a place as any to start. Its timeliness (Sunday May 2, this year) is good, it's low key, and well run. They offer a 50 mile race and a 100 kilometer race. The race course, around Lake Waramaug is a 7.66 mile paved route with multiple aid stations. All finishers receive a t-shirt.

BARGAINS AND STUFF

Well, here it is **BARGAINS AND STUFF**, an informative list of bargains and selections on running equipment in the local area:

local

Full & Hartford

Kearney Sq., Lowell - Good selection. Some specialty shoes and bargains.

Lowell Pro Shop

Rte 38, Lowell - Fair selection. Club wear, uniforms, rainsuits, sweatsuits & a 10% discount with club ID.

Shoe Box

Fletcher Rd, Chelmsford
Good selection. Nice environment, they will spend time with you. 15% discount.

Chelmsford Sport Store

Summer St., Chelmsford - Fair selection. 10% discount.

Ski Barn

Daniel Webster Hwy, Nashua - Lots of ski stuff, but in warmer months pretty good selection. 10% off retail. Friendly atmosphere.

a hop, skip, and jump away

Athletic Attic

Methuen Mall - Good selection. Manager knows his stuff. 10% discount and a good information board.

Mickeys

Essex St. Lawrence - Better than average selection. Crazy people. Sometimes worth a visit.

Wentworth

Essex St. Lawrence - Good selection. Stop in if you're across the street at Mickeys.

New Balance

300 Canal St. Lawrence - Open on occasion?

Mercury Systems

Greene St. No. Andover - Great selection of almost any type of sport shoe. You might even find super bargain or at least below average price. Good place to poke around.

long jump away

New Balance

Everett St. Allston - Regular Hours. Good selection. Fair discount.

Bill Rogers Running Center

Faneuil Hall, Cleveland Circle, Worcester - Great selection. Good service. Faneuil Hall store is to disco, but Cleveland Circle is terrific. 10% discount. Good info.

Marathon Sports

Cambridge - Runners store. Excellent selection with good people. Plenty of information available.

George & Phillips

Water St. Exeter, NH - Nike, Nike, Nike. Excellent prices on good selection of seconds. Crowded, but worth the trip. Stop at Leaf and Laddle for a bite while you're there.

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SRI CHINMOY MARATHON

by DENNIS CONNERS

HAMPTON, NH - "The Sun that brief February day rose cheerless over the Atlantic Ocean" -- John Greenleaf Whittier did a better job with this line in "Snowbound", but he had a better month with which to work.

If you don't understand that opening paragraph or the title of this article, I'll start again.

This year's edition of the Sri Chinmoy Marathon was a lesson in race directing, of course they have all the ingredients necessary for a successful race -- people, money, and a fast course.

These people put on as good of a race as you'll find anywhere. The double or triple loop, depending on how you count, is as flat as a , oops no cliches. They also have been blessed with good weather the last two years. You get a split at each mile and water and ERG are abundant. They provide you with an excellent lunch afterwards, so who cares if one of the assistant guru's wouldn't let us drink our post-race Lite in the school.

One of the best aspects of this race is that you can run a serious hard race or take a training run and be able to observe the leaders as they come back at you.

A group of about ten GLRR showed up with various goals in mind. Dave Camire, who trained hard during December and January while the rest of us were getting fat, expressed a desire to run at a sub 2:50 pace for twenty miles and then qualify for Boston at Newton in March. After a 5:40 first mile and a sub-six minute pace at the half-marathon he decided that he felt pretty good and ended up placing 14th in 2:40:08 -- a 15 minute pr.

Mike Lussier, completed his first marathon in spite of running and listening to me ramble for the first eight miles. Mike is a good example of what running can do. He's lost over 60 pounds in the year he's been running and has completely changed his lifestyle.

I think I'll make sure to train hard next December, because if Dave can run 2:40 on this course, I can go sub 2:30. See you there. Club results on result's page.

RUNS A PR

Congratulations are in order for Tom Amiro who finished the Newton Marathon in a time of 2:46, qualifying him for his first Boston Marathon.

NEW MEMBERS

lowell

WILLIAM LIPCHITZ
106 FAIRMOUNT ST

REBECCA JONES
1207 MIDDLESEX ST

SUZANNE DION
5 SLADEN ST

MICHAEL NEPTUNE
C.G. NEPTUNE
454 PINE ST

MARJORIE R. MILLER
791 ANDOVER ST

ANDRE CHANDONNET
407 HIGH ST

DANIEL CAHILL
977 WESTFORD ST

SEAN C. BOUTSELIS
1461 PAWTUCKET BLVD

andover

ART DEMOULAS
4 WISPERING PINES CIRCLE

tewksbury

KEITH KOWALCZYK
150 NORTH ST

ALAN C. BISSITT
820 CHANDLER ST

JIM DEBAY
10 DAVIS RD

WENDALL MACDONALD
71 SHAWSHEEN ST

CHARLES GAFFNEY
60 EAST ST

westford

FRANK ELLIOTT
87 PLEASANT ST

dracut

LANCE M. BURGESS
17 STEWART ST

LLOYD'S LLAWS (continued)

—Devoted to Excellence in Mediocrity—

26. Running does not prevent colds.
27. Vegetarians do not run better than meat eaters.
28. Black is most beautiful hurdling.
29. The Biblical proverb "Pride goeth before destruction, and an haughty spirit before a fall" is particularly appropriate for some of this nation's top road runners.
30. Running clubs are comprised of 5% who do 90% of the work, 90% who are satisfied to belong and participate now and then, and 5% who complain about the other two groups.

RACE SCHEDULE

- 04/04/82-12:00AM "Mayor's Cup Challenge", 10k, Gate City Striders, YMCA Nashua NH -- STARTING LINES SERIES RACE
- 04/04/82-11:00AM "The Warren Five", Peabody, MA, North Shore Striders -- Good Prizes & Field
- 04/04/82-12:00AM "The Milk Run", TAC National 10k -- Looks interesting
- 04/04/82-11:00AM "Maynard Elks", 10k, Maynard High School, Maynard MA -- Looks good
- 04/04/82-11:00AM "MEC CHALLENGE FOOTRACE", 10k & 2.8 miles, Andover High Gym, Shawsheen Rd, Andover -- 1st year
- 04/18/82-10:30AM "Elizabeth Grady Classic", 10k, Boston Common, Boston MA -- 2nd year
- 04/25/82-1:00 PM "Lawrence Academy Road Race", Rt 40 (Lowell Rd.), Groton, MA -- Good reviews
- 04/25/82-10:30AM "Reading Rotary", 10k, Reading YMCA, Reading MA -- Application in Newsletter, promising race
- 05/02/82-1:30 PM "10-Mile Challenge", 10 miles, Merrimack Valley Striders, Lawrence -- STARTING LINES SERIES RACE
- 05/02/82-8:00 AM "Lake Waramaug", 50 mile & 100k, Inn on Lake Waramaug, New Preston CT -- Excellent
- 05/23/82-9:00 AM "Derry News", 1,4 & 10 miles, Westside Community Center, Derry NH -- 3rd year
- 05/23/82-10:00AM "3rd Annual Knights of Vartan", 10k, West Jr High, Andover MA -- Got to be good it's a Ben Fudge (851-3272) race
- 05/23/82-11:30AM "The Race of Champions", 26.2, Mountain Park Holyoke MA -- '83 Boston qualifier
- 05/23/82-11:00AM "Six Mile Run", 10k, Newton MA -- Rogers, Catalano, Meyers will be there
- 06/06/82-12:30PM "4th Annual Lowell Fair Share Health and Safety Fund Run", 4.5 miles plus "The Merrimack Mile", Lucy Larkham Park Merrimack St., Lowell -- STARTING LINES SERIES RACE
- 08/22/82-10:30AM "2nd Annual GRAB BAG FOOT RACE", hosted by the GLRR, 7.4 miles & 1.4 mile fun run, Lowell Elk Lodge, Old Ferry Rd., Lowell MA. -- a classic

ANNOUNCEMENTS

SPECIAL OLYMPICS

Rick O'Malley needs help with the Eastern Mass. Special Olympics to be held at the Lowell Voke on April 17th between the hours of 10:30 AM to 5:30 PM. All GLRR members are invited to help with the track events (50, 100, 200, 1500 meters), field events (high and long jump, softball throw, frisbee throw), and relay events (400m and wheelchair obstacle course). For further details and to volunteer call Rick at 459-6091. Be sure to wear your GLRR jackets.

WOMEN'S RECORDS

Jean Boswell is setting up the club records for the women's division ages 18 - 39. Please send your pr for any race (excluding fun runs) since you have been a member of the GLRR to Jean Boswell, 17 Belmont Dr, Chelmsford, MA, or call 256-5095. Races 1, 2, 5, 10, 20 miles, half marathon, and marathon, also 5, 10, 15, 20, 25, 30, and 50 kilometers. Records will be printed in a future edition of Starting Lines.

TEAM RACES

Will Mason is coordinating team races, if you hear of a race which has a team competition contact Will at 257-7171.

TUESDAY NIGHT RUNS

The GLRR Tuesday Night Fun Runs will begin on April 6th and continue through Sept 28th. This year's runs will be under the direction of George Prive. See related article in newsletter.

ADVERTISING MANAGERS

Jean Boswell will be taking over the duties of advertising manager for the Chelmsford area. Thanks Jean. We still need people to take the Lowell, Tewksbury, Billerica, Dracut, and other surrounding areas. If you are interested contact Dave Camire tel: 957-4230.

STARTING LINES RACE SERIES

If you want to be included in the series make sure you report your results to Steve Dion or report them to the club information line 452-9426. For an update on the next race in the series call the information line -- CALL IT WEEKLY!

STARTING LINES NEXT ISSUE

The next Starting Lines will be published at the end of June. The deadline for articles is May 15, 1982. No exceptions!

paintings in oil
& watercolour

by

MARGRIT MASON

viewing by appointment

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ANNOUNCEMENTS

GREATER LOWELL - CENTRAL MASS STRIDERS DUAL MEET SERIES

The GLRR will field teams in the CMS hosted 5.5 mile race on Saturday, July 17, 6:00 PM. While the first five open, first five masters, and first five women will count for team score, any GLRR runner may participate and is hereby invited. Next year the GLRR will host the race. Put this on your list.

BAA MARATHON TEAM(S)

Teams are limited to five members. GLRR will put in a 5-man team, best qualified.

MOUNT WASHINGTON RACE WEEKEND DISCOUNT

Planning to run Mt. Washington, but have no place to stay? Your problems are solved. Dave Camire has arranged through Phil Kay of the North Shore Striders for members and family of the GLRR to stay at the beautiful Red Apple Inn at a reduced rate. The Inn, located in Bartlett NH, is just 5 miles from the start of the Mt. Washington Road Race. The rate is \$18/night per person double occupancy, this includes breakfast. For more information and discount tickets contact Dave Camire tel: 957-4230.

YES!

**I WANT TO JOIN THE GREATER LOWELL
ROAD RUNNERS CLUB**

NEW MEMBER ☐

RENEWAL ☐

ADDRESS CORRECTION ☐

NAME _____ SEX _____ BIRTHDATE _____

ADDRESS _____ OCCUPATION _____

CITY _____ STATE _____ ZIP _____ PHONE _____

TYPE OF MEMBERSHIP DESIRED (check one):

REGULAR (\$10.00) ☐

STUDENT (\$5.00) ☐

FAMILY (\$15.00) ☐
(list family members below)

MAIL APPLICATIONS TO:

GREATER LOWELL ROAD RUNNERS
P.O. BOX 864
LOWELL MA 01853

MAKE CHECKS PAYABLE TO:

GREATER LOWELL ROAD RUNNERS

IN CASE OF INJURY WHILE TRAVELING OR COMPETING, I WAIVE ALL RIGHTS AND CLAIMS FOR DAMAGES OR INJURIES
AGAINST THE GREATER LOWELL ROAD RUNNERS CLUB INC. AND ITS MEMBERS.

SIGNATURE OF MEMBER(S) _____

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

☐ I AM INTERESTED IN BECOMING MORE ACTIVELY INVOLVED IN THE CLUB.

GREATER LOWELL ROAD RUNNERS
P.O. BOX 864
LOWELL MA 01853

