

# Starting Lines

published by the Greater Lowell Roadrunners

April 1987



Congratulations to the Greater Lowell Road Runners of the Year Phil Riley and Susan Trudel.

## Upcoming Events



### SATURDAY MORNING RUNS

Starting the first Saturday in June the GLRR will be hosting a new runners program. This program is designed to attract new runners to the GLRR but all members of the GLRR are welcomed to participate and help. Routes ranging from 1 mile to 5K will be setup starting and finishing at the Lowell Boathouse on Pawtucket Boulevard. The first run is scheduled for June 6 at 8:00 AM. Hope to see you there.

### GLRR YOUTH RUNNING PROGRAM

This summer the GLRR will be conducting a youth running program. The program, open to area youths, will be headed by Coach Davis. Volunteers are needed to help run the program. Volunteers should contact Jay McCarthy 957-4456.

### GLRR COACHING PROGRAM

Coach George Davis and Coach Bob Hodge will once again be conducting a spring/summer coaching program. The sessions will begin on April 29th and continues every Wednesday through July 1st. Starting time will be 6:00 PM. The cost is \$10 for the entire session. As of this printing date, the site of the program has not been determined. Additional information and registration forms will be mailed to all club members.

### CLUB ELECTIONS

Nominations for club officers and board-of-director members will be accepted at the April club meeting. Elections will be held at the June club meeting.

### MEETING CHANGE

Due to the Memorial Day holiday, the May club meeting is rescheduled to Tuesday May 26th.

### GLRR MEMBERSHIP DRIVE

The 1987 GLRR Membership Drive is off to a fast and furious start. GLRR members were seen working the field at the recent Hynes Road Race for new members. In case you have not heard, the drive started March 10th and includes cash prizes and possibly the GLRR Gold Card for the top recruiters.

The drive will continue through June 30th, so it is not too late to participate in this event! Let's show everyone what the GLRR has to offer area runners, get them to join the GLRR and make this the most successful membership drive ever! Ask GLRR officers for further details.

### RACING TEAM MEETING

The next team meeting is scheduled at 6:45 PM just before the April general club meeting.

# President's Message



## DETERMINING WHO IS TO RECEIVE

John Aegerter

Giving out the annual recognition awards is the toughest and most enjoyable part of my position of president.

It is the toughest because I must sift through all sorts of papers in search of information on who did what when and who ran where and how well. This is taxing on my failing memory. So, I search for those scraps of paper on which I had made notes to be reviewed when I finally do sit down to begin the process. I also ask for lists of candidates from all board members. Lastly, I sit down, read through it all and begin the selection process.

I make my selections very carefully, thus producing more sweat than a five miler in July. I want the awards to be taken seriously. I feel that the general membership should be made aware of compatriots who are doing good things for the club. I hope that they are seen this way.

I realize all too clearly how limited this process is. I would

like to recognize all who have done good things for the club in the past year. However, I don't always find out about all who have, or, my memory simply does not serve me as well as it ought to. For these two reasons, I would like to invite information from all of you about anyone who you feel should receive recognition. This year, I was made aware of two people who were doing quite a lot of work for the GLRR whose contributions were not apparent to me.

And so, for those who were not at the January General Meeting, or have yet to hear, following are those I recognized this year.

**Preeminent Volunteers** -- these people seemed to be everywhere when help was needed to put on our races and social events: Jeff Mann, Bob Lordan, Ann Craven, George Howe, Grant Whiteway, and Ken Whitecomb (and family).

**Rookie-of-the-Year** -- This award is for taking on a task for the first time and doing a remarkable job at it: Eileen Curley for her work on this year's Mill Cities Relay and Kevin Crispell for being race director of the Grab Bag Race.

**Seldom Seen, Behind the Scenes** -- These two guys have been working behind the scenes doing some very important work: Craig Lordan lays out the Calendar of Events on his computer every six weeks and John Koumantzelis has gotten Starting Lines printed (giving a considerable monetary savings to the club). John also assists in editing Starting Lines.

**Timely Contributions** -- At a time in need, someone came through with that contribution which was exactly what was needed. Jean Boswell, besides innumerable contributions to women's running, accepted the task of the 2-mile series last summer and did an excellent job.

**Runners of the Year** -- The male and female runners who did their best that year: Phil Riley and Sue Trudel.

**And lastly, the Club Spirit Award** -- The individual who supplied spirit when it was needed, lifted it when it was low, or helped to keep it up -- Dan Wasileuskas.

I want to thank also all of you who have worked for the club at anytime. It was always appreciated.



## Running with Greater Lowell

### THE DOG BITE

Mike Fitzgerald

Well, it finally happened . . . "the dog bite." After all these years of running and out running thousands of dogs, I have to ask myself "Why did my luck run out. Was I just in the right place at the wrong time?" (Fido's Place at breakfast time.)

In the past, I've been chased by birds, ducks, dogs, and yes, even a motorcycle. But I have always been able to out-run, out-dodge, out-duck them all, until those pearly white fangs scarred my record and my arm.

So how did the dog pick me? I read Runner Magazine and I know which dogs are "man's best friend" and which ones haven't eaten in three

full moons. Basically I try to avoid all dogs -- except this time!

It is 6:15 AM, a cold, clear morning which has me running at a good pace. I am deep in thought about why I consumed more beer than the Surgeon General's recommendations the night before at the GLRR meeting. I make a "next morning" promise that I will not drink until the next GLRR meeting or road race.

Suddenly, I hear angry barking from the darkness to my left. I look around and observe, as usual, I am the only runner on the road, but then, who else is crazy enough to run in below zero weather with a hangover at 6:15 AM? Now my heart rate is picking-up and quicker than I would have planned, I begin to experience mild panic.

Where is the creature of darkness? How fast can it run? What is its PR? Will it listen to reason or accept gracefully a snoot full of snow?

A large black creature runs out from a driveway and comes towards me. It is approaching at an angle, and comes towards me. It is approaching at an angle, so my routes of escape are limited. My first thought: "Will I ever see the Knickerbocker Club again? My Wife and kids" Who will enter today's distance into my log?"

The creature (a black labador) comes closer. I immediately stop my watch and resign to the fact that I will have to walk away from this. Unfortunately, the creature doesn't care that I am Pepperell's most famous runner, and leaps up

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for my face. I block him with my left arm and yell "down pup" as the creature snacks on me. Luckily, he only wanted to sample my flesh and walked away with a dissatisfied expression. I'm insulted and wounded, he's bored! My second thought: "When do I begin changing into a werewolf? Is this how Lon Chaney got started?"

As the creature walks away I sprint from the area with the speed that would make Carl Lewis quiver. I am now scarred for life and although survival is evident, I notice two things -- I can't help but stop at fire hydrants and I drool watching Alpo commercials.

## GRAY MATTER

"The Day I Pooped My Pants"

Will Mason

Jesus, I felt sorry for him. There we were, in the middle of a New York street, in the middle of thousands of New Yorkers, in the middle of the New York Marathon. And there he was, in the middle of us, running along the middle of the road, with it running down the middle of the back of his legs. His eyes searching every shop door, furtively looking for the sign "Men" or an alley. He did not go unnoticed. The uncouth jeered; the sophisticated ignored; the faint stomachached made wide curves around him. The rest thanked god we were not he.

They keep no statistics on it, but certainly it happens many times in many races and many more times in millions of training runs. It happened not only in New York. I have seen it in Boston. I saw it on television in Hawaii. I heard about it in Buffalo. Ah, Buffalo. There was a real story. It seems this poor fellow decided to load up with a half gallon of apple cider. A friend of mine saw the result. He reported: "Man, at 17 miles his ass exploded. Blammo!" Youch! Imagine your ass exploding!

Every runner of any ability at all can sympathize with the victim, if not empathize, but hardly anyone talks about it. Almost no one admits it. There are not ever any good words for it. All the words are either pretentious, silly, gross, or all of the above. "Excuse me

while I stop here to eliminate." Now, who has ever said that with feeling? Or, "Gee, wait a minute chaps. Let us delay this run a bit. I wish to stop in the woods for a doodoo." That's good for a laugh on a long run. How about, "I got to take a dump?" Gross in mixed circles. The best explanation would be no explanation. "I'll catch up." Unfortunately only in America is it custom to voice the intent, usually obliquely ("powder my nose" being the ultimate absurdity, possibly except for "gotta see a man about a horse").

Planning will work 99.9 percent of the time. Runners are creatures of habit, and most can plan their movements to coincide with non-running or pre-running movements. However, some days even the best of plans...

We've all come very close. C'mon, admit it. Remember the day after the party? You had all kinds of goodies at that affair, staying up later and eating and drinking more than usual. You tried for the daily elimination the next morning before the run, but nothing happened. Probably the flu, you figured. However, you were dry, so you gulped down some juice and lit out on your long run as usual. One of four things probably happened: (1) you found a public convenience; (2) you found the bushes; (3) you bolted back home in time. But what if you were a victim of number (4)?

I remember how I felt. First, I thought that talking aloud would help. "Hmmm that was quite a rumblor down there. A little belch will fix that up. Well, maybe more than a little belch. Whooooosh! That feels better, at least a little."

Later, "Jeeze, this thing is really rolling around in my stomach. I wonder if I have some of that flu that is going around. Ohhh! Goddam that really hurts. I forgot what the biology teacher said about miles of colon in the human being, but I think it was an understatement. I have ten thousand miles of hurt. I wonder what those people looking at me from their lawns think of these facial contortions. It's gettin' tough to keep smiling."

Not much later, "Oh c'mon, let me get through this, just for 15 minutes no more, no less. Slow down and it will be longer than 15 minutes; speed up and it won't be

but 15 seconds. I wonder if this counts at time off from Purgatory."

A thought. A decision. Two choices here: duck behind the hedge by O'Malleys, hoping they are at church, or commit to the 1.5 mile, but heavily populated, non-stop stretch to home. A curtain moves at O'Malleys'. No choice here. Committed.

Another thought. The colon is elastic. I can control it from either end. I can hold back for another 11 minutes, if I can only locate the muscles that will do that trick.

Then, some indecision. Relax, relax. Run smooth. No, dammit don't relax. Get tight. Get tight. It'll pass. Hang tough. Stay loose. The hell with the stares from the lawns. Just keep running.

What if . . . ? A fart. A fart. Could I relieve it with a fart? Wouldn't that be funny? Suppose it were just a fart. Farts are inherently funny. Who hasn't laughed at a fart. ("Did you faahhhrrt, Faahhnsworth?" Okay, always good for laughs as kids.") "What if it is not just a fart? Risk it. Give it a shot."

A problem maybe -- do farts have lumps? Maybe that's just bunched up shorts. Let them stay bunched up. Only a couple of minutes to go. The ole colon is really rolling in timed waves now. Probably like timed labor pains. Oooooohh. There's one. How do you feel now honey? They are only 20 seconds apart now. No more jokes. Don't laugh. Just keep moving. Can't walk. Can't run. Keep moving.

Investigation. Man that seems to be pretty wet there. Probably just sweat. Sure would like to put my hand back there and check. No that won't change anything and it will make the hand useless if you-know-what has happened. That's right. There probably is nothing. I wish I could see me from behind. Please, Lord, don't let the neighbors be out. I wish I did not wear these light gray shorts today.

Introspection. Just shut out the world. What did Peter teach you in yoga lessons? Concentration. Seek the controlling muscle. Relax, but maintain the pressure. Now how the hell can I do that?

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# Running With Greater Lowell



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Can't run bow legged. That invites trouble. Can't run with legs together that chafes. Could spread, if there is anything to spread.

Hope springs eternal. There's the door; I see the door. Lessee, it's fifteen feet from the door to the bathroom. Why the hell do they call it the bathroom? The bathroom is upstairs. I can't get up any stairs. Head for the one below. Head for the head. Last joke.

On the lawn now. Up the stoop. Running like a crab now, but could last nine or ten more seconds. It'll take only ten seconds to get to the bathroom door from here.

Ten-nine-eight! Hit the stairs lightly, don't jiggle. Seven-six! Last seconds. The colon rumbles, fueled all the way from the stomach, traceable back to the party, and maybe to the flu."

Five seconds! Does not make any difference, I can make it.

Four! The cool commode seat will grace my behind in a couple of seconds.

Three! When you make it, sit first. Look for paper second. There's never paper -- this bathroom is mostly used by the kids.

Two! THE KIDS!! Oh, no! Knock! Knock! Bang! Kick! Scream!

One! "I'll be done in a minute, Dad."

That was the day.



## New Members

### WELCOME TO THE GLRR

Kevin Melia	Acton
Bob Jordan	Concord
Judy Romvas	Dorchester
Bruce Brown	Dracut
Sean Burgess	Dracut
Kathryn Harrington	Dracut
Nancy Chapman	Hampstead, NH

Bob Hall	Hudson, NH
Charlie Pratt	Lexington
Mike Butler	Lowell
Sharon Francis	Lowell
Michael O'Donnell	Lowell
George O'Hare	Lowell
David Richard	Lowell
Debbie Richard	Lowell
Bob Worden	Lowell

Betsy Bacon	Marlboro
Susan Belden	Nashua, NH
Louis Aguiar	N. Chelmsford
Robert Zitzow	Reading
John Cahalane	Salem, NH
Daniel Browne	Tewksbury
William Devlin	Tewksbury
Christopher Kelly	Washington, NH



## Running Around New England

### MASTER PIECE

Colin Gouldson

A new feature in this newsletter is a special piece for master runners herein called "MASTER PIECE". Devoted to that category of runners too old to run with the young, but too young to run with the old.

Master Piece's main purpose is to provide race results from key races and in particular who were the leaders. After all, to be competitive you need to know your competition. Speaking of competition, did you read the last (I mean really the LAST) issue of The Runner. Check out the article called "Master Charged". It had the nations top 10 masters lined up at the Milrose Indoor Games in the first ever masters indoor mile. Larry Olsen from Massachusetts was 4th in 4:27:07. The event was won by Tracy Smith, 3 time world record holder for 3 mile in the world record time of 4:20:00, wow!

In case you have not noticed, we have a new speedster in our midst

by the name of Bob Hall. Bob is capable of jouncing with the young or old (welcome Bob, clap-clap-clap!). Formerly of Gate City Striders, Bob joins the GLRR with very respectable credentials (see following results).

Cape Ann Race - Sept 1, 1986  
GLRR male masters 1st in the  
NEAC 25k championships.

Name	Time	Team
1 Earl McGilvery	88:12	SRT
2 Tom Sadin	91:05	CMS
3 Ernie Dumas	91:52	CMS
4 Colin Gouldson	92:18	GLRR
5 Stoddard Melhado	92:56	WTC
6 Will Mason	93:07	GLRR
7 Gianone Giuseppe	97:49	NSS
8 Jim Concannon	97:30	GLRR
9 Dennis Leblanc	98:40	GLRR
Bob Ludwig	102:51	GLRR
John Sutherland	109:45	GLRR
Bill Boyd	111:07	GLRR

Couples Race Sept 13, 1986  
GLRR male masters 3rd in the  
NEAC 5k championships

Name	Time	Team
1 Bob Hall	15:40	GCS
2 Stodard Melhado	15:48	WTC
3 Tom Saddin	16:10	CMS

4 Jim Daley	16:22	CMS
5 Ernie Dumas	16:22	CMS
6 Art McAndrew	16:26	CMS
7 Will Mason	16:27	GLRR
8 Steve Prouty	16:34	CMS
9 Colin Gouldson	16:41	GLRR
10 Harrold Hatch	16:44	BAA
11 Jim Concannon	16:50	GLRR
12 Lloyd Slocum	16:59	UNK
13 John Burke	17:30	GLRR
Bob Ludwig	18:09	GLRR
Dave Weeks	18:43	GLRR
John Sutherland	18:52	GLRR

Chubb Life Run - Sept 21, 1986  
GLRR male masters 1st in the  
RRCA 10m National Championships

Name	Time	Team
1 Bob Hall	53:44	GCS
2 Colin Gouldson	57:41	GLRR
3 Danial Ellison	59:35	UNK
4 Donald Shaw	61:23	UNK
5 Bob Ludwig	62:23	GLRR
11 John Sutherland	66:08	GLRR

Newport RI - October 26, 1986  
GLRR males masters 1st in the  
NEAC Marathon Championships

Name	Time	Team
1 Will Mason	2:43:31	GLRR
Dennis Leblanc	3:05:28	GLRR
John Sutherland	3:09:28	GLRR



# Running Around New England



Tewksbury - November 23, 1986  
GLRR male masters 2nd in the  
NEAC 15K Championships

Name	Time	Team
2 Jim Concannon	55:44	GLRR
Dennis Leblanc	56:54	GLRR
Dave Weeks	60:29	GLRR
Bob Ludwig	61:05	GLRR
Tom Moran	65:06	GLRR
George Rawnsley	68:51	GLRR

Mill City Relays - Dec 1, 1986  
GLRR male Masters, 2nd & 3rd

Name	Time
1 Winners Circle	2:43:50
2 GLRR	2:50:04
3 GLRR	2:51:00



Members of the GLRR female masters team plan strategy prior to the NEAC 30K Championship.

## Announcements



### GLRR HOTLINE

You can get up-to-date running news by calling the GLRR Hotline at 452-9426. A prerecorded message will update you on all the latest running action. Call right now!

### CLUB MAILINGS

Starting Lines, the GLRR Calendar of Events, and Footnotes are mailed third class by bulk mail permit. This class is not forwarded or returned to the sender and is delivered only if the address is complete and correct. Notify Mary Tiches of (256-2446) of any changes or corrections.

### CLUB MEETINGS

Club meetings are held on the last Monday of the month at the Knickerbocker Club unless otherwise announced. The meetings begin at about 7:30 PM. Typically, over 70 running enthusiast attend these business, social, information affairs. Come join us and catch-up on the latest running news.

### CLUB UNIFORMS

GLRR singlet/shorts are available through Top Of the Line Sports located on Rt 38 in Pelham, NH. GLRR all weather running suits are available through Top of the Line by order only.

### TEAM RAFFLE

The racing team will be conducting a raffle. We will be raffling a 19-inch color television. We would like to get club members to help with selling the raffle tickets. As an incentive for selling tickets, you have a chance to win a 13-inch color television if you sell the winning ticket. So, the more tickets you sell the greater your chances are to win. The cost is \$1 per ticket, \$5 per book. For raffle ticket books contact: Jay McCarthy (957-4456), John Sutherland (851-6783), Tom Amiro (256-4811), or Ken Whitcomb (263-3860).

### TAC REGISTRATION

Have you registered with the The Athletic Congress (TAC)? To count in the Grand Prix Series or the run the Boston Marathon you must register with TAC. TAC is the governing body of our sport. The number of votes afforded to the GLRR in the New England Athletic Congress (NEAC) is determined by the number of GLRR runners registered with TAC. The cost is \$10. Contact: NEAC, Box 177, Boston, MA 02113 for an application. The GLRR club number is 068.

### FOR SALE

Club owned Panasonic Daisy Wheel Printer (model KX-P3131) excellent condition. Contact John Aegerter at 667-4939.

### RESULTS STATISTICIAN NEEDED

The GLRR is growing at a such fast rate it has become increasing difficult for me to keep track of who is who. I need help! Whenever I search race results for GLRR members, I always seem to miss someone. This, unfortunately, will become obvious to some of you when you read the Hynes' results. I am looking for someone to help me scout the results of local races for GLRR members. My goal is to get the name of every club member who races into print. If you are interested, contact Dave Camire 957-4230. If I missed you at Hynes', don't complain -- take the job.

### WOMEN RUNNING

Women participate at all levels of running with the GLRR from fitness level to competitive team races. In July as part of the Road Runner's Club of America (RRCA) Women's Distance Festival, the GLRR sponsors the Greater Legs Road Race, the largest women's race in the Merrimack Valley. GLRR women take an active part in all the competitive, organizational, and social activities the club has to offer. Women of all ages join the GLRR. We have members from 6 to 65 running with the club.

# Team Competitions



NEAC 30K Gold Medal winners in the male masters division from left to right — Colin Gouldson (1st), Will Mason (3rd), and Bob Hall (2nd).



NEAC 30K Silver Medal winners in the female masters division from left to right — Nancy Chapman (1st), Jean Boswell (2nd), and Ann Sartorelli (3rd).



NEAC 30K Silver Medal winners in the female seniors division from left to right — Judy Rovas (2nd), Sue Lamontagne (3rd), and Sue Trudel (1st).

## BOYLSTON -- A LOWLY RACE

Dave Camire

Boylston, MA -- This year's NEAC 30K proved to be one of our club's finest performances in NEAC Grand Prix competition. A total of 52 GLRRs, 14-percent of the total race, journeyed to Boylston to run race #1 of this year's grand prix.

For the second consecutive year, our male masters won the NEAC 30K championship. The team of Colin Gouldson, Bob Hall, and Will Mason out paced a tough CMS team for the victory. The team's winning time of 5:28:36 broke the previous course record of 5:33:02 set by the North Medford Club in 1980. Incredibly, the male masters bettered their 1986 winning performance by 13:22.

Our female masters, led by Nancy Chapman, Jean Boswell, and Ann Sartorelli placed second overall with a time of 7:02:59. If the GLRR female masters had run this time in 1986 they would have beaten the winning female open team. All total, they improved their time by an amazing 37:04! Congratulations for a job well done.

Our female open team, led by Sue Trudel, Judy Rovas, and Sue Lamontagne, placed second overall with a time of 6:45:39. An improvement of 17:35 over 1986. The female division unfortunately was marred with controversy. The Granite State Racing Team, which actually won the female division, was disqualified because one of their athletes was paced. GSRT is appealing the disqualification with the NEAC.

The surprise of the day came from our male open team who placed second with a time of 5:14:08. This is an improvement of 17:56 over 1986 and a jump from last place to second in just one year!

Oh, you are probably wondering about the title of this article. Well, the following conversation, overheard during the 30K race, should explain. Runner 1: "This is a lowly race." Runner 2: "You mean rolly, don't you." Runner 1: "No, lowly, everywhere I look I see Lowell."



# Team Competitions



NEAC 30K Silver Medal winners in the male seniors division from left to right — Phil Riley (3rd) and Tom Amiro (1st). Absent from the picture is Tom Carroll who finished second on the team.

## THE B-H CONNECTION

Kevin Crispell

Worcester, MA -- Surrounded by reporters, team coordinator Dave Camire revealed his brilliant pre-race strategy that saw GLRR take first male open and first male masters at the I Love Henry's 5-Miler. According to Camire, "I discovered the psychic energy in the letters 'B' and 'H'. I saw an ad in the National Perspiner that

said I could discover the secret to success if I sent in \$19.95 -- so I took a gamble and boy did it pay off!"

Camire's gamble resulted in Bob Hodge and Bob Hall joining the GLRR's Racing Team and easily winning their respective age divisions. However, some changes are now going to affect the future of the team. Camire listed some of these upcoming changes:

- o Runs and running will now be renamed buns and bunning (or hunning if you are of German ancestry).
- o The team will be renamed the Greater Bowell Road Runners.
- o Cawley Stadium will be renamed Hawley Stadium and in the summer, there will be the Buddy Hawley 2-Mile Series.
- o The Wang Race will be renamed the Bang Race with other appropriate modifications.
- o The Plymouth to Provincetown Relay will become the Boston to Hyannis Relay.



## Results

### I LOVE HENRY'S 5-MILER

02/08/87 -- Worcester, MA

1.	Bob Hodge	23:56
2.	Frank Ritchie*	24:09
3.	Bart Petracca*	24:16
15.	Lance Burgess	26:08
22.	Bob Hall	26:26
25.	Phil Riley	26:34
32.	Dave Camire	27:11
36.	Tom Amiro	27:22
43.	Tom Carroll	27:53
46.	Will Mason	27:59
54.	Colin Gouldson	28:29
55.	Jim Concannon	28:30
69.	Mike Fitzgerald	29:27
94.	Kevin Crispell	30:27
117.	Dave Weeks	31:28
135.	John Sutherland	32:10
144.	Don McHugh	32:24
147.	Susan Trudel	32:29
202.	Susan Taylor	35:02
236.	Jean Boswell	37:21
262.	Debra Cole	38:30

### Team Results

1.	CMS	3:39:36
2.	JWAC	3:46:59
3.	BAA	3:47:23
4.	GLRR	3:55:07
5.	GFTC	4:36:13

Team scoring consisted of 4 male open, 2 female open, 1 female master, and 1 male master runner.

Results courtesy of Don Drewniak of CMS

### Irish Feet are Runnin' 5-mile

03/15/87 -- Lowell

1.	Denis Simonaitis*	23:45
2.	Tom Anderson*	23:56
3.	Bill Nichols*	25:30
6.	Lance Burgess	25:45
8.	Dan Berkowitz	25:53
11.	Bob Hall	26:13
14.	Tom Carroll	26:23
20.	Phil Riley	26:45
21.	Tom Amiro	26:51

26.	Steve Desisto	27:11
29.	Dave Cremin	27:21
37.	Colin Gouldson	27:53
46.	Ken Whitcomb	28:25
54.	Scott Graham	28:57
66.	Kevin Malia	29:28
75.	Bryan Patnaude	29:48
91.	Dan Dorazio	30:16
107.	Bill Plaistek	30:50
113.	Bill Devlin	30:59
121.	Denis Beaudry	31:17
127.	Betsy Bacon	31:31
140.	Jim Holt	32:00
143.	Barry Pearson	32:01
146.	Bob Milholland	32:11
152.	Steve Pepe	32:22
167.	Sean Burgess	33:09
205.	Joe Morgida	34:19
213.	Jim Dolan	34:35
216.	Jack Murphy	34:42
217.	Patty Tobin	34:44
219.	Billy Florence	34:45
223.	David Crocker	34:46
232.	Wink McCarthy	34:54
237.	Barry Sheehan	35:09
241.	Dan Trainor	35:14
242.	Roger Desrosiers	35:15
261.	Wayne White	35:39

# Results



290. Jim Lightfoot	36:26	24. Colin Gouldson	1:48:42
316. Carrie Maille	36:53	25. Stephen Desisto	1:48:42
317. Dave Maille	36:54	27. Bob Hall	1:49:25
321. Richard Stackpole	36:58	33. Will Mason	1:50:29
323. James Kilmartin	37:00	35. Dave Camire	1:50:36
327. Jim Dangora	37:04	45. Fran Maycock	1:52:29
329. Dan Sullivan	37:06	55. Ken Whitcomb	1:55:33
342. Ralph Steere	37:20	56. Jim Concannon	1:55:46
361. Gail Gikas	37:42	64. John Burke	1:58:04
364. Joe Craven	37:44	67. Bob Ludwig	1:58:40
376. Dennis Connors	37:59	73. Dennis Leblanc	1:59:19
387. Fern Piper	38:12	78. Don Foley	2:00:08
394. Debra Cole	38:20	90. Bill Devlin	2:03:32
395. John Sullivan	38:22	91. John Poisson	2:03:35
402. Brian Friberg	38:28	105. Kevin Melia	2:05:22
420. Max Ward	38:50	110. Kevin Crispell	2:05:39
428. Brian Barry	39:03	116. Barry Foster	2:06:12
432. Jim Connors	39:09	128. Tom Hines	2:07:50
434. Don Hogan	39:10	144. Bill Boyd	2:09:43
447. Jim Marsh	39:29	145. Susan Trudel	2:09:59
456. Barbara Ware	39:40	148. John Sutherland	2:10:15
483. Ron Quellet	40:20	162. Nancy Chapman	2:11:37
485. Walter Nutter	40:22	167. James Holt	2:12:28
497. Nils Granquist	40:42	184. Mike Fitzgerald	2:15:10
505. Bill MacDonald	40:51	190. David Bowse	2:15:35
519. Roger Montbleau	41:14	195. Dennis McCarthy	2:16:29
532. Bob Bassett	41:41	212. Ben Fudge	2:18:58
573. John Smith	43:13	244. Judy Romvos	2:24:03
587. Bill Tarmey	43:38	249. Sue Lamontagne	2:24:48
614. Denean Imbimbo	44:25	255. Jean Boswell	2:25:40
640. Candy Wasileuskas	45:27	257. Ann Sartorelli	2:25:42
641. CJ Smith	45:32	258. Barbara Kimball	2:25:43
645. Bill Gikas	45:47	259. Bob Hookway	2:25:57
646. Irene Texeira	45:53	274. Pippa Davis	2:27:56
680. Nancy MacDonald	48:15	275. George Carpenter	2:28:14
709. Joe Labella	51:17	278. Marilyn Graves	2:28:59
712. Ann Craven	51:45	287. Mary Bourret	2:30:57
732. James MacDonald	62:22	299. Berna Finley	2:34:33
		304. George Rawnsley	2:35:24
		309. Richard Nadeau	2:36:18
		312. Tim Tiches	2:36:24
		314. Frank Gallo	2:36:58
		316. Mary Tiches	2:37:07
		335. Donna Shanahan	2:42:30
		340. Norm Williams	2:44:47
		355. Max Ward	2:48:38
		360. Bob Lordan	2:49:38
		363. Bob Bassett	2:52:25
		384. Eileen Curley	3:08:04

Results courtesy of Dennis McCarthy and Jay McCarthy

## NEAC 30K CHAMPIONSHIP 03/22/87 -- Boylston, MA

1. Steve O'Connell*	1:37:08
2. Allen Zetterlund*	1:37:14
3. Michael DeChane*	1:40:39
11. Tom Amiro	1:43:04
17. Tom Carroll	1:45:24
18. Phil Riley	1:45:40

## Team Results

### Male Open

1. CMS	5:01:16
2. GLRR	5:14:08
3. BAA	5:17:14
4. CSU	5:19:09
5. GSH	5:25:03
6. GNBTC	5:32:49

### Male Masters

1. GLRR	5:28:36
2. CMS	5:31:57
3. GSRT	6:54:25

### Female Open

1. CMS	6:30:45
2. GLRR	6:45:39
3. WRT	7:07:22

### Female Masters

1. CMS	6:50:00
2. GLRR	7:02:59

Results courtesy of Don Drewniak of CMS

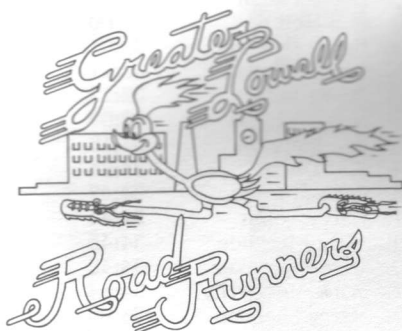
## CLUB LEGEND

BAA	Boston Athletic Assoc.
CMS	Central Mass Strds
CSU	Cambridge Sports Union
GLRR	Grt Lowell Road Runners
GNBTC	Grt New Bedford TC
GRTC	Grt Framingham TC
GSH	Grt Springfield Harriers
JWAC	Johnson & Wales AC
UNK	Unknown
WRT	Whirlaway Racing Team

\* Denotes non GLRR

Our next NEAC race is the Pepsi Free 10K in Nashua, NH on May 16. This is perhaps the best organized race on the Grand Prix. The course is lightning fast and extremely well monitored by the Gate City Striders. Please put this race on your calendar.

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



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