

Starting Lines

April 1989, Volume 09, Number 02

Future Events

GLRR Coaching Sessions

The popular GLRR Spring Coaching session begins on April 26, at 6:00 PM at Cawley Stadium. These sessions provide excellent coaching in a group environment by GLRR coaches George Davis and Bob Hodge. For more information and signup information, contact Bill Mahoney 957-5910.

Club Elections

At the April and May club meetings, nominations for club officers and board members will be accepted. The election for the GLRR board will be held at the June meeting.

Meeting Changed

The May club meeting will be held on Tuesday May 30th. The meeting has been rescheduled due to the Memorial Day holiday. Please plan on joining us for an interesting night.

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GLRR Selects Senatore and Hodge

Runners of the Year

by Jay McCarthy

At the January meeting, GLRR president John Aegerter presented his annual "President's Awards" for exceptional contributions to running in 1988.

Heading the award winners were Lisa Senatore and Bob Hodge as GLRR Female and Male Runners of the Year. Lisa capped off a brilliant season by topping all other females in the N.E.A.C. Grand Prix point system. As a result, Lisa has earned an all expense paid trip to TAC National 5KM Championship

in Albany, NY.

Bob distinguished himself in 1988 by qualifying for, and running in the men's Olympic Marathon Trials held in New Jersey. Bob proved that a grass roots running organization can produce quality runners as he led the pack of Reebok and Adidas clad runners for a good portion of the race. Bob also exhibited wise judgement as he proudly wore the green and gold GLRR uniform, thus avoiding a heavy fine at the hands of Dave Camire.

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Lisa Senatore and Bob Hodge GLRR Runners of the Year.

Runners of Year continued

Other award recipients:

Seldom Seen Behind the Scenes
Dennis McCarthy, George Rawn-
sley, Pat Fudge, Shirley Nadeau,
Kathryn Harrington

Rookies of the Year

Deb Cole (Social Functions),
Kristina Bellinger (Fudgical Se-
ries), Jean Boswell (Great Legs
Road Race)

Timely Contributions

Jay McCarthy (Two Mile Series/
Starting Lines), John Sutherland
(Two Mile Series/Uniform Sales)

Pre-Eminent Volunteers

Millie Keohane, Cookie Graves,
Tim Tiches, Elihu Rozen, Rich
Lamontagne

Team Spirit Award

Karen Rapallo (Women's Team
Captain)



Shirley Nadeau (left) and Pat Fudge (right) accept their "Seldom Seen behind the Scenes" award from GLRR President John Aegerter.

GLRR Dominates Female Division

New England 30 Kilometer Championship

At this year's NEAC 30 KM Championship, the GLRR women swept both the team and individual categories. The female open team, led by overall first place finisher Peg Donovan, outdistanced the Central Mass Striders and the Greater Springfield Harriers to take home the gold. In the female masters' division, Nancy Chapman led all runners to win the gold and to lead her team to a gold medal over the Greater Framingham Track Club and Liberty. Berna Finley completed the sweep by winning the gold medal in the female seniors' division.

In the male divisions, it was silver medals across the board as the GLRR male open, masters', and seniors' team all finished second. The male open team, led by second place finisher Dave Dunham, finished just 55 second behind CMS. The male masters, led by Stoddard Melhado, placed second

behind a strong CMS team and the male seniors team, led by Nathan Lake, placed second to a strong North Medford Club team.

Overall, the club garnered 22 grand prix points and had a very strong showing as 61 club members finished the race.



In true GLRR tradition, the tailgate party after the NEAC 30KM was lots of fun.

2 Starting Lines

Who's Who in Green?

Meet Steve Peterson

Residence: Lowell. **Age:** 22.
Occupation: Graduate Student in Nuclear Engineering. **Years In Club:** 3. **Favorite Road Race:** Mt. Washington. **Most Memorable Running Achievement:** Tenth place at Mt. Washington. **What You Like Best About GLRR:** "The friendship. Everyone is so different, but one thing everyone has in common is their friendship with other members." **What are Some of the Things You Would Like to See the Club Do in the Future:** "Maybe organize a trip to the White Mountains for a day. Some of the members really know interesting places to go. We could go for a run, swim, pack a feast, etc. I know from experience that some trails up there are as nice to run on as the roads. A change of pace would be nice."



GLRR NEAC Registration Up

GLRR members are registering with TAC in record numbers. At the end of March, 144 members had already applied for their TAC cards. This pace puts us far ahead of all other New England running clubs and it assures us of four votes at New England Athletic Congress meetings. If GLRR registration should reach 200 this year, we will be the first club in NEAC history to reach this mark and we will have five powerful votes at NEAC meetings. If you haven't yet registered, please consider doing so. Registration forms are available at all GLRR club meetings.

Mary's-Go-Round #1

Editor's Note: Recently, Mary Bourret, a member in good standing of our fair club, took a six month leave of absence from her job, grabbed her husband, Jeff and her dog, Louie, (not necessarily in that order) and headed across this fair land of ours. Along the way, they visited such meccas as Alamogordo, NM; Hershey, PA; and Mule Ears Peaks in Texas. From time to time, excerpts from Mary's diary will appear in these pages. Better us than "People Magazine".

On the third day of a 12 day raft trip through the Grand Canyon on the Colorado River. There are 3 rafts, 4 river guides, and 19 passengers. Three out of the four river guides are thin and wiry. The fourth, Pat, is heavy, with bulging muscles in his arms, legs that look

like tree trunks, and a spare tire around the middle. Passengers in Pat's raft had nothing to fear while going through the rapids. He could row his one and a half ton raft up a water fall if necessary.

Pat: Mary, did you run the Boston Marathon or did you just buy that shirt? (I'm wearing my gray Boston Marathon tee shirt.)

Me: Hey; don't slime me! I ran it twice and I've run two others.

Pat: So, you run a lot?

Me: I did before I started this 6 month trip. I haven't done much since I left New Hampshire.

Pat: I've been thinking I should run Boston. Maybe next April. (A clue: he knows the time of year Boston is

run.)

Me: So, you've run other marathons?

Pat: Yeah; I ran Phoenix twice and L.A. once and the one and only Flagstaff.

Me: How did you do?

Pat: Well, I've run under three hours every time, except for once in Phoenix. I had to take a dump and it was on a long, flat, straight road in the middle of the desert with no place to hide. I was hoping the urge would pass, but it didn't, so I found a cactus clump I could kinda hide behind. But I figured I lost over 5 minutes and I finished in 3:03

Me: Are you qualified to run Boston this year?

Continued on Next Page

Pat: No, but I'm sure I could because I've stayed in pretty good shape this summer compared to the last couple. Do you live close to Boston?

Me: Well, close enough. If you need a place to stay, we could put you up.

Pat: Yeah, that's good. I might. Let's keep in touch, because I've always wanted to run Boston.

Later, that same day.

Me: Jeff, I invited Pat to stay with us when he runs Boston this year.

Jeff: Who?

Me: Pat.

Jeff: Pat the cop?

Me: No.

Jeff: Pat the raft guide?

Me: Yup.

Jeff: I don't believe it.

Me: Well, it's true.

Jeff: How can such a big guy run fast enough to qualify for Boston?

Me: I don't know, but he does.

Jeff: I don't believe it. Hey! Pat! Come here!!



Maureen Sullivan at Hynes'.

Who's Who in Green?

Meet Bill Mahoney

Residence: Dracut **Age:** 29 **Occupation:** Scheduler/Analyst (Raytheon)

Years In Club: 4

Favorite Road Race: Fred Slavin Road Race

Most Memorable

Running Achievement: Remaining un-injured after the 10 week coaching session.

What You Like

Best About GLRR: The exposure to professional trainers and advisors.

What are Some of the Things You Would Like to See the Club Do in the Future: "I would like to see the youth program grow."



Camire's Comments

Kudos to those folks who wear their club uniform at local and away races.

With the demise of the Fred Brown P-to-P relay, the Mill Cities Relay becomes Massachusetts's oldest continual road relay (5 years).

Around and around she goes, where she stops . . . Well, the GLRR's own Pippa Davis stopped in at the Around the Track Marathon (105 laps around a 1/4 mile track) held in Worcester during March and qualified for the Boston Marathon.

Where were the Gate City Striders at this year's Nashua to Hynes Fun Run?

If you see a male master wearing a "Sporty Forty" t-shirt, chances are he just had a birthday. It seems there's a tradition of passing on this treasured shirt to GLRR male masters upon their fortieth birthday.

Dave Dunham represented team Massachusetts at this year's Ekiden Relay in NYC (April 9). Dave ran the fourth leg and recorded the second fastest time among state team runners. Team Massachusetts placed fourth overall behind California, Arizona, and Colorado.

Lisa Senatore and Nancy Chapman both won their respective divisions of the 1988 NEAC Grand Prix. For their efforts, both will receive a free

trip to compete in the TAC National 5KM Championship in Albany, NY.

Dave Dunham, who won the male open division of the NEAC Grand Prix, recieved an all expense paid trip to Japan to compete in the Ohm 30KM. Unfortunately, the trip had to be cancelled due to the death of the Emperor. Dave, however, will be invited back to Japan in 1990 to compete.

Congratulations to Scott Gleason (open), Kathy Norton (open), and Bob Hall (masters) for winning their divisions at this year's Hynes' Road Race.

Dave Dunham was ranked as the number two male road racer in New England for 1988 by *New England Runner* magazine. Not far behind, in the fourth position, was Bob Hodge.

How much does a GLRR save you? Well, if you consider that one of Boston's "oldest athletic [running] clubs" is charging \$25 for students, \$40 for individuals, and \$55 for families, a lot! The GLRR still charges only \$5 (youth), \$10 (individual), and \$15 (families) making us the only major Massachusetts running club not to have raised membership fees this decade.

Thanks to the 120-plus members who attended our March club meeting. This was the largest meeting so far this year.

Thanks to Tom Amiro and crew for the great job they did with the Marathon Bus and Hotel. This year, 97 people travelled to Hopkinton on the GLRR bus.

In the Mail



MASSAGE/MUSCLE THERAPY
Specializing in Swedish & Sports Massage

MICHAEL SCOTT & ASSOCIATES
Certified/Licensed Massage Therapists



Dear Fellow Members:

In the past, many questions have been asked regarding training/racing/workout related injuries and their prevention.

What I am proposing to the membership is the introduction of an advice and comment column dealing with these issues.

Questions to be answered by qualified professionals include Massage/Muscle Therapy, Physical Therapy, Chiropractic, Nutrition, Training Tips and other health related issues.

All questions will be answered either directly or in the newsletter in the space provided.

If you would like an answer to your question(s), please send them to the Massage/Muscle Therapy Center, 563 Great Road, Bolton, MA 01740.

Thanking you for your time,
Michael Scott Mst.

NEAC Grand Prix Standings (Includes 30 KM)

Female Open

1.	GLRR	6
2.	CMS	5
3.	GSH	4
4.	CSU	3
5.	GCS	2
6.	LSRC	1

Male Open

1.	CMS	6
2.	GLRR	5
3.	CSU	4
4.	GSH	3
5.	BAA	2
6.	SMAC	1

Female Masters

1.	GLRR	3
2.	GFTC	2
3.	LAC	1

Male Masters

1.	CMS	6
2.	GLRR	5
3.	GFTC	4
4.	TVFR	3
5.	NMC	2
6.	GSH	1

Male Seniors

1.	NMC	4
2.	GLRR	3

3.	CMS	2
4.	SMAC	1

Overall Grand Prix Points

1.	GLRR	22
2.	CMS	19
3.	CSU	7
	GSH	7
4.	GFTC	6
	NMC	6
5.	TVFR	3
6.	SMAC	2
	BAA	2
	GCS	2
7.	LSRC	1
	LAC	1

The Youth Team Needs You

by Jesse Harris

The GLRR Youth Team had a fantastic year in 1988. It will be very difficult to improve or even repeat the performance of last year, but with your help we can give it a good try.

This year we expect about twenty team members to qualify for national competitions being held in California, Texas, and the state of Washington. We plan to focus on the California meet which will be held at the University of California (Berkeley) from June 28 to July 2. In order to get the best rates we will have to pre-pay for the plane tickets by mid May. Our major fund raising activities will be in connection with our annual meet on Sunday, April 30, at the Lowell Voke High School.

It is critical that we have assistance from the adult GLRR members. We need all sorts of help for the meet such as timers, judges, etc.

We would also like you to be a youth team booster. All youth boosters who contribute \$10 or more will be listed in the next edition of *Starting Lines*.

For those members who need to get some experience as meet officials, we can provide an excellent opportunity at a series of developmental meets we will hold on Sunday afternoons at 2 PM at Chelmsford High School from

April 2nd thru May 7th. Even if you don't need the experience, we need your help. We also need additional youth team coaches and managers.

Please complete this form, cut out, and return to Coach Jesse Harris, 10 Cambridge St., Chelmsford, MA 01824.

Greater Lowell Road Runners Youth Team Contributions

Contributor's Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Amount enclosed \$ _____. Make checks payable to: GLRR

Send to: Jesse Y. Harris, 10 Cambridge St., Chelmsford, MA 01824

Become a GLRR Youth Booster

Mary's-Go-Round #2

At the Tower-Sudan Iron Mine in Hibbing, Minnesota, a diesel engine is used to raise and lower elevator cars in the mine shaft to 2,700 feet below the surface. A man wearing a Grandma's Marathon tee shirt and farmer jeans is at the controls.

Me: Did you run Grandma's Marathon last Sunday?

Him: You bet. Did you?

Me: No, I was canoeing in the BWCA all week. I thought about it, though. Maybe next year.
I'm from New Hampshire.

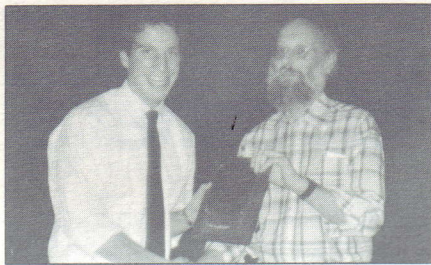
Him: Yeah, I see your shirt. (I'm

wearing my gray Boston Marathon tee shirt again.) I might run that one some day. It's the longest marathon in the country, right?

Me: Not exactly. It's the oldest marathon in the country. (A clue: he doesn't know that all marathons are the same distance.) I've done it twice; it's really a lot of fun (a blatant lie). Crowds of people the whole way. Uh, what was your time on Sunday?

Him: Just over 5 hours, but I had to make a pit stop and in the last 5 miles, my arches started hurting. (Small wonder his arches hurt. He was a red-headed Paul Bunyan. At least 6'5" and probably 275 pounds.) It was an hour faster than last year. Last year I trained for 5 weeks; this year I trained all year except maybe 5 weeks in the winter. And last year I stayed with my friend right to the end.

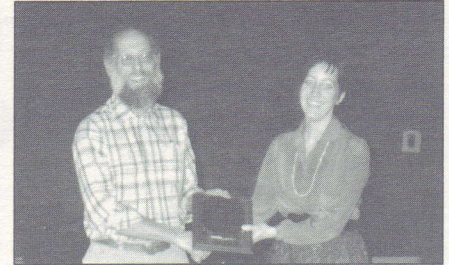
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Elie Rozen and John Aegerter



Dennis McCarthy & John Aegerter



Kathryn Harrington & John



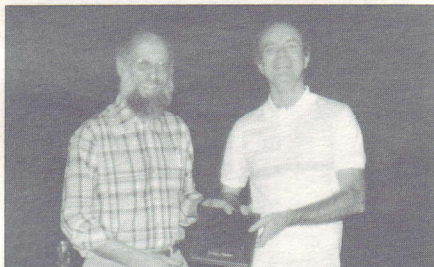
John and Christina Bellinger



Jean Boswell and John Aegerter



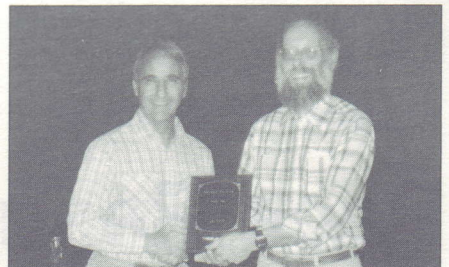
Cookie Graves and John Aegerter



Barry Keohane accepting for Millie Keohane



John Sutherland, John Aegerter, and Jay McCarthy



Tim Tiches and John Aegerter

Mary's Continued

- This year I left him walking at about 15 miles.
- Me:* Are you going to run another one?
- Him:* You bet.
- Me:* Which one?
- Him:* Same one.
- Me:* It must be a pretty good one?
- Him:* You bet.
- Me:* Who's Grandma? Why is it called Grandma's?
- Him:* It's named after the bar that sponsors it. They have a big party after, but by the time I get there, the beer is gone.
- Me:* Yeah, I've had that problem. Well, good luck.
- Him:* You bet. Good luck to you.



Central Mass. Health Classic



NEAC 10KM Championship

Nashua, NH

May 13th

Upcoming Grand Prix Races

The next two NEAC Grand Prix races are the Central Mass Health Classic 10 Miler in Worcester on May 7 and the Nashua Trust/Budweiser 10 KM in Nashua on May 13. Our goal is to field teams in all five team divisions at each race. Please put these races on your race calendar and be sure to enter as a GLRR. If you are not running, how about helping with a GLRR support team?

GLRR Welcomes New Members

Rodney Gallo, Jr. Acton
Theodore Payne Andover
Barbara Burgess Bedford
Ryan Phair Bedford, NH
Richard Kennedy Billerica
Jeffrey Stolz Bradford
E. Coolidge Stolz Bradford
Bill Hagel Chelmsford
Steve Kelts Chelmsford
Diane Barra Chelmsford
Robert Veth Chelmsford
Brian Veth Chelmsford
Jason Harris Chelmsford
John Often Chelmsford
Paul Gillette Chelmsford
Raj Prasad Chelmsford

Mark Asaro
Tracy Moriarty
Philip Jackson
Jim Dolan
Michael Doty
Kenneth Sawaya
Mark Fontaine
Joe Demetrick
Lance Granger
Margart Donoghue
Rob Greene
Robert Macaraeg
William Sweeny
Andrew St. Onge
Melissa Dudley
Walter Kane

Clinton
Danvers
Dracut
Dunstable
Haverhill
Haverhill
Leominster
Littleton
Lowell
Lowell
Lowell
Lowell
Lowell
Lowell
Lowell

David Watts
John Mulrey
Neil Rosenblatt
Ron D'Arcangelo
Janine Burnham
Glen Thomas
Steve Boudreau
Patty Girouard
Don Bongiovi
Dave Tyler
Laura Weymouth
Joseph Ryan
Jim McCarthy
Dana Bruno
John McCarthy

Manchester
Merrimack
Natick
Pelham
Pepperell
Salem
Shewsbury
Stowe, Vt
Tewksbury
Tewksbury
Wilmington
Wilmington
Windham
Worcester
Worcester

Race Results

FUDGICLE SERIES 1989

January 7, 1989

(1) Scott Gleason 16:47 (2) Frank Corsaro 16:54 (3) Bob Hall 17:00
(4) Dave Long 17:36 (5) Scott Graham 18:01 (6) Ricky Cruz 18:07
(7) Dan Dorazio 18:10 (8) Colin Gouldson 18:13
(9) Dan Foley 18:19 (10) Nancy Corsaro 18:45
(11) John Poisson 18:52 (12) Paul Fawcett 19:15
(13) Dave Camire 20:42 (14) Dave Crocker 20:54
(15) John Sutherland 20:56 (16) Dick Nadeau 20:59
(17) Tom Moran 22:40 (18) Jean Boswell 22:45
(19) Max Ward 22:51 (20) Michael Curtis 23:46
(21) Donna Deveau 23:55 (22) Dennis Connors 24:15
(23) Nils Grandquist 24:37 (24) George Rawnsley 24:45
(25) Dan Sullivan 24:49 (26) Mary Bourret 24:53
(27) Sue Lamontagne 24:58 (28) Ann Sartorelli 24:59

January 14, 1989

(1) Scott Gleason 16:49 (2) Bob Hall 17:24
(3) Barry Foster 17:39 (4) Bruce Brown 17:41
(5) Colin Gouldson 17:49 (6) Ricky Cruz 17:54
(7) Don Foley 18:05 (8) Dan Dorazio 18:13
(9) Paul Fawcett 18:22 (10) Scott Graham 18:39
(11) John Poisson 18:42 (12) Dave Camire 19:04
(13) Bob Soldani 19:06 (14) Jay McCarthy 19:44
(15) Bill Boyd 20:11 (16) Carl Reetz 20:44
(17) Dave Crocker 20:51 (18) Ben Fudge 21:25
(19) Jenni Long 21:29 (20) Dick Nadeau 21:30
(21) Tom Moran 21:41 (22) Fred Murphy 22:00
(23) David Tyler 22:53 (24) Mike Curtis 22:55
(25) Dennis Connors 23:04 (26) George Rawnsley 23:09
(27) Max Ward 23:14 (28) Tim Tiches 23:20
(29) Jean Boswell 23:24 (30) Grant Whiteway 24:03
(31) Nils Grandquist 24:07 (32) Chris Brennan 24:13
(33) Sue

Lamontagne 24:19 (34) Eileen Curley 24:20
(35) Terry Harpster 24:25 (36) Ann Sartorelli 24:25
(37) Mary Tiches 24:36 (38) Shirley Nadeau 27:33

January 21, 1989

(1) Dave Long 17:01 (2) Bob Hall 17:20
(3) Paul Fawcett 17:39 (4) Don Foley 18:11
(5) Dan Dorazio 18:13 (6) Wendall MacDonald 18:41
(7) John Poisson 18:44 (8) Bob Soldani 19:20
(9) Dan Bowse 19:20 (10) Jay McCarthy 19:33
(11) Louis Aguiar 19:38 (12) Bill Boyd 21:12
(13) Dave Crocker 21:41 (14) John Sutherland 22:14
(15) Jean Boswell 22:29 (16) Tom Moran 22:34
(17) George Rawnsley 22:48 (18) Tim Tiches 22:58
(19) Donna Deveau 24:03 (20) Sue Lamontagne 24:08
(21) Chris Brennan 24:17 (22) Grant White-

Continued on Page 9

Results continued

way 24:26 (23) Ben Fudge 24:27
(24) Dick Nadeau 24:27 (25) Mary
Tiches 25:05 (26) Ann Sartorelli
26:29

January 28, 1989

(1) Bob Hall 16:36 (2) Dave Long
17:17 (3) Paul Fawcett 17:27 (4)
Bruce Brown 17:34 (5) Colin
Gouldson 17:40 (6) Don Foley
18:02 (7) John Poisson 18:33 (8)
Dave Camire 18:36 (9) William
Carvalho 18:41 (10) Wendall
MacDonald 18:56 (11) Dan Bowse
19:02 (12) Bob Soldani 19:02 (13)
Dennis McCarthy 19:33 (14) Carl
Reetz 20:24 (15) Kevin Curtis
20:26 (16) Bob Malieswski 20:37
(17) Ron D'Archangelo 20:45 (18)
Ben Fudge 20:57 (19) Fred
Murphy 21:29 (20) Dick Nadeau
21:32 (21) Michael Curtis 21:34
(22) Tom Moran 21:41 (23) Tim
Stronach 21:48 (24) Jean Boswell
22:09 (25) Marilyn Graves 22:22
(26) James Lightfoot 23:02 (27)
Grant Whiteway 23:07 (28) Donna
Deveau 23:30 (29) Christina
Bellinger 23:33 (30) Chris Bren-
nan 24:00

February 4, 1989

(1) Dave Long 17:02 (2) Bob Hall
17:23 (3) Bruce Brown 17:26 (4)
Scott Graham 17:48 (5) David
D'Archangelo 17:50 (6) Don Foley
18:00 (7) Dan Dorazio 18:18 (8)
Dennis Timmons 18:20 (9) Wen-
dall MacDonald 18:25 (10) Barry
Foster 18:34 (11) Dan Bowse
18:59 (12) William Carvalho 19:00
(13) Jay McCarthy 19:27 (14)
Dennis McCarthy 19:38 (15) Jenni
Long 21:08 (16) John Aegerter
21:20 (17) Dick Nadeau 21:46 (18)
Marilyn Graves 22:02 (19) Dave
Crocker 22:48 (20) John Suther-
land 23:02 (21) Ben Fudge 23:03
(22) Grant Whiteway 23:20 (23)
Donna Deveau 23:48 (24) Chris

Brennan 24:40

February 11, 1989

(1) Lance Burgess 16:52 (2) Bob
Jordan 17:42 (3) Dennis Timmons
17:54 (4) Don Foley 17:56 (5)
Scott Albis 18:07 (6) Wendall
MacDonald 18:12 (7) Dan Dorazio
18:34 (8) John Poisson 18:57 (9)
William Carvalho 19:09 (10) Jenni
Long 20:58 (11) James Sullivan
21:13 (12) Dave Crocker 21:36
(13) Marilyn Graves 21:39 (14)
George Rawnsley 22:42 (15)
David Tyler 22:48 (16) Robert
Macaraeg 23:56 (17) Chris Bren-
nan 24:02 (18) Nils Grandquist
24:42 (19) Tim Tiches 25:27 (20)
Norm Williams 26:50 (21) Jim
Marsh 27:53 (22) Margaret
Donoghue 27:56 (23) Ann Sar-
torelli 29:53 (24) Bob Bassett
29:53

February 18, 1989

(1) Dennis Timmons 17:57 (2)
Ricky Cruz 18:06 (3) Wendall
MacDonald 18:19 (4) Dan Dorazio

18:30 (5) Jay McCarthy 19:39 (6)
Dave Crocker 21:28 (7) Dick
Nadeau 21:39 (8) David Tyler
21:52 (9) George Rawnsley 22:50
(10) Dan Sullivan 23:26 (11)
Donna Deveau 23:41 (12) Nils
Grandquist 24:47 (13) Chris
Brennan 25:18 (14) Norm Wil-
liams 25:19 (15) Jean Boswell
27:56 (16) Mary Tiches 28:46 (17)
Ann Sartorelli 28:46 (18) Bob
Bassett 28:56

*Average Number of Runners Per
Week: 27*

*Best Course Time (Male): 16:36
(Bob Hall)*

*Best Course Time (Female): 18:45
(Nancy Corsaro)*

*Results courtesy of Race Director,
Christina Bellinger.*

**TEWKSBURY TWOSOME
RELAY
March 4, 1989**

Boyfriend/Girlfriend Category

(1) Lance Burgess & Peg Donovan
34:54 (2) Tom Foltz & Patty

Continued on Page 10



*Karen Rapallo accepts the "Bob Hodge Award" for excellence in team
spirit from Bob Hodge.*

Results Continued

Girund 40:09 (3) Jim Marsh & Peg Donahue 49:39

Male/Female Category

(1) Karen Rapallo & Brad Hurst 35:05 (2) Colin Gouldson & Sue Lamontagne 41:51 (3) Bob Malieswski & Jean Boswell 42:36 (4) Marilyn Graves & Max Ward 44:36 (5) Tim Tiches & Chris Bellinger 47:11

Father/Daughter Category

(1) Jennifer & David Long 36:32

Male/Male Category

(1) Martin McIntosh & Elie Rozen 36:36 (2) Bob Soldani & Dan Bowse 37:49 (3) Jay McCarthy & John Sutherland 39:03 (4) Jim Lightfoot & Nils Grandquist 45:55 (5) Ed York & Ed Cantin 47:12

Father/Son Category

(1) Ron & David D'Archangelo 37:38 (2) Jerry & John Carr 46:57

Brother/Brother Category

(1) Will Bigelow & John McElvenly 39:34 (2) Bill & Bob Bradford 39:58 (3) Kevin & Mike Curtis 43:21 (4) Jeff & Jim Carr 46:42

Female/Female Category

(1) Debra Cole & Becky Payton 42:35 (2) Donna Deveau & Chris Brennan 46:48

Husband/Wife Category

(1) Dick & Shirley Nadeau 47:57 (2) Sue & Dan Sullivan 54:51

WINTER CLASSIC FEBRUARY 19, 1989 TEWKSBURY, MA

10 Miles

(1) Dave Dunham 50:03 (2) *Tom Mixon 53:44 (3) *Joe Banas 53:50 (6) Don Alvey 54:00 (10) Phil

10 Starting Lines

Who's Who in Green?

Meet Kathryn Harrington

Residence: Dracut. **Age:** 29.

Years In Club: 2. **Why I Joined**

GLRR: "Because of the Great Legs Road Race - a marvelous local all women road race!"

Most Memorable Running

Achievement: "Increasing my mileage last summer to run the Newburyport 10 Mile Road Race - finished in 1:16:21."

What You Like Best About GLRR: "The coaching series - the only speed work that I do (two years of workouts and I'm still in the slowest heat - what's wrong?)." **Why Do I Run :** "Certainly not because I enjoy it! I run to keep myself in shape for all of the other activities that I like to do - bicycling, hiking and cross country skiing."



Riley 55:33 (11) Fred Whitehouse 55:45 (15) Bob Hall 56:23 (23) Lance Burgess 59:03 (35) Barry Foster 61:06 (39) Denny LeBlanc 61:39 (45) Lisa Senatore 62:45 (48) Tom Hines 63:08 (49) Mark Sartanowicz 63:12 (57) Bob Soldani 64:08 (58) John Poisson 64:14 (61) Nathan Lake 64:41 (63) Joe Vail 64:54 (67) William Carvalho 65:22 (76) Carl Reetz 67:13 (77) Susan Trudel 67:13 (86) John Koumantzelis 68:37 (96) Bob Malieswski 69:25 (99) Dave Weeks 69:35 (106) Brenda Burgess 70:07 (112) Barry Pearson 70:40 (115) Jean Boswell 71:16 (133) Barbara Kimball 73:44 (134) Marilyn Graves 73:45 (136) Debra Cole 73:58 (161) James Fitzgerald 76:45 (174) Mike Scott 77:50 (175) Allan Bissett 77:55 (186) Mike Hodge 79:15 (199) Tim Tiches 81:11 (207) Bob Lordan 82:16 (214) Jack Keefe 83:16 (218) Mary Tiches 84:23 (252) Martha Logan 1:45:28

5 Miles

(1) *Bob Wannamaker 26:47 (2)

Bob Bradford 27:03 (3) Stoddard Melhado 27:26 (5) David D'Archangelo 28:40 (13) Kathy Norton 30:13 (24) John Morrison 32:40 (29) Robert Ryan 33:40 (30) Barry Keohane 33:50 (39) Peter Garrigan 34:38 (47) James Lightfoot 35:36 (58) Tom Gorman 36:38 (68) Chris Brennan 37:45 (74) Donna Deveau 38:23 (78) Sue Lamontagne 38:51 (101) Norm Williams 42:09 (124) John Carr 47:06 (140) Allene Liggett 53:53

HYNES ROAD RACE Lowell, MA March 12, 1989 5 Miles

(1) Scott Gleason 25:38 (2) Brad Hurst 25:51 (3) *Tom Mixon 26:13 (7) Mark Asaro 26:42 (9) Bob Hall 26:46 (10) Phil Riley 26:47 (11) Bob Bradford 27:16 (12) Tom Carroll 27:25 (13) Stoddard Melhado 27:34 (14) Bruce Brown 27:42 (19) Dave Long 28:00 (22) Dan Daley 28:30

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Results Continued

(24) Will Mason 28:43 (25) Jim Dolan 28:47 (28) Don Foley 29:00 (31) Barry Foster 29:08 (33) Ricky Cruz 29:14 (35) William Carvalho 29:20 (38) Tom Fleming 29:31 (39) Leo Kashian 29:35 (40) Dan Dorazio 29:39 (44) Mike Hurton 29:58 (55) Kathy Norton 30:26 (60) Maureen Sullivan 30:50 (64) Jim Holt 31:00 (68) Karen Rapallo 31:09 (98) Shawn Lessieur 32:20 (109) Jim Fitzgerald 32:36 (127) Barry Pearson 33:10 (130) Sue Maslowski 33:18 (145) Sean Keddie 33:46 (149) Bobby Kearns 33:53 (150) Jim Trudel 33:55 (200) Jim Dolan 35:25 (217) Dan Trainor 35:56 (244) Jim Lightfoot 36:40 (256) Fern Piper 36:52 (258) Louise Lemaire 36:54 (259) Max Ward 36:55 (278) Nancy Vail 37:29 (285) Ed Moloney 37:39 (288) Joe Craven 37:44 (297) Donna Deveau 37:59 (320) Chris Brennan 38:32 (340) George Marsh 39:02 (354) Nils Grandquist 39:31 (365) Gail Gikas 39:55 (436) Pam Hodge 41:51 (437) Mike Hodge 41:53 (507) Jim Marsh 44:17 (509) Peggy Donoghue 44:21 (528) Shirley Nadeau 45:17 (549) George O'Hare 46:28 (565) Bill Gikas 47:48 (581) Terri Long 49:17 (599) Ann Craven 51:40 (608) Nicole Kanaracus 1:02:40

608 Finishers

Results Courtesy of Splitler Race Results

NEAC 30KM CHAMPIONSHIP

Boylston, MA
March 19, 1989

1. Scott Bagley 1:37:12 (CMS), 2. Dave Dunham 1:37:54, 3. Reno Stirrat 1:42:16 (CMS), 5. Don Alvey 1:43:34, 7. Phil Riley 1:44:53, 14. Tom Amiro 1:48:31, 21. Tom Carroll 1:49:37, 25. Bob Bradford 1:50:14, 30. Brad Hurst

1:51:17, 31. Stoddard Melhado 1:51:17, 35. Peg Donovan 1:51:59, 36. Bob Hall 1:52:14, 38. Colin Gouldson 1:52:37, 41. Rick Larnard 1:54:22, 58. Dan Daley 1:57:06, 64. Will Mason 1:58:02, 70. John Burke 1:59:26, 73. Dave Camire 1:59:50, 80. Richard Keane

Ron D'Arcangelo 2:23:57, 296. Dick Nadeau 2:24:22, 298. George Carpenter 2:24:41, 300. Fred Messina 2:25:13, 312. Robert Hookway 2:26:38, 319. John Morrison 2:27:21, 333. Pippa Davis 2:28:56, 340. Judy Romvas 2:29:44, 365. David Tyler 2:32:22,



Scott Gleason winner of this year's Hynes' Road Race.

2:00:36, 81. Dick Marchand 2:00:46, 85. Mark Fontaine 2:01:05, 91. Ken Whitcomb 2:01:53, 94. Dennis Leblanc 2:02:28, 104. Tom Foltz 2:03:45, 110. Tom Hines 2:05:07, 118. Don Slovenkai 2:05:45, 129. Nancy Chapman 2:06:20, 133. Nathan Lake 2:06:49, 135. Maureen Sullivan 2:07:09, 142. Bob Soldani 2:08:32, 144. Karen Rapallo 2:08:52, 145. James Holt 2:08:57, 157. John Sutherland 2:10:35, 183. Daniel Morse 2:13:20, 194. Dennis McCarthy 2:14:24, 195. Mark Sartanowicz 2:14:16, 197. George Demetriou 2:14:20, 214. Don Lambert 2:15:47, 216. Bill Boyd 2:15:58, 217. Ben Fudge 2:16:00, 233. Steve Kanaracus 2:17:45, 234. James Fitzgerald 2:17:46, Bill Gibney 2:19:40, Robert Malleswski 2:19:43, 267. Jean Boswell 2:21:40, 277. Dave Weeks 2:22:26, 278. John Aegerter 2:22:27, 291.

388. Dave Crocker 2:35:18, 405. Tom Moran 2:39:24, 413. Frank Gallo, 2:40:49, 416. Max Ward 2:41:03, 419. Bema Finley 2:41:23, 424. Christina Bellinger 2:42:36, 511. Robert Macaraeg 3:12:42

NEAC 30KM Team Results

Female Open 1. GLRR 6:08:00, 2. CMS 6:15:23, 3. GSH 6:38:31, 4. CSU 6:54:29, 5. GCS 8:12:17,
Male Open 1. CMS 5:05:26, 2. GLRR 5:06:21, 3. CSU 5:16:25, 4. GSH 5:30:40, 5. BAA 5:34:06, 6. SMAC 5:56:46, 7. EORC 6:22:23, 8. GCS 6:43:27, **Female Masters** 1. GLRR 6:56:56, 2. GFTC 7:39:47, 3. LAC 7:52:35, **Male Masters** 1. CMS 5:32:07, 2. GLRR 5:36:10, 3. GFTC 6:12:53, 4. TVFR 6:19:50, 5. NMC 6:27:35,

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Results Continued

6. GSH 6:29:45, 7. GCS 6:31:01, 8. SMAC 6:34:31, 9. CSU 6:43:43, **Male Seniors** 1. NMC 5:57:36, 2. GLRR 6:38:36, 3. CMS 6:51:57, 4. SMAC 6:53:32

511 Finishers. Results courtesy of Don Drewniak (CMS)

Dan Bowse 30:06, 45. Rodger Kram 30:20, 51. Bob Soldani 30:46, 57. Bill Devlin 31:07, 58. Edwin Matos 31:10, 67. Dennis McCarthy 31:34, 77. James Fitzgerald 31:49, 78. John Meehan 31:51, 82. Jeffrey Stolz 31:54, 84. John Wells 32:00, 86. Ben Fudge 32:03, 100. Steve Kanaracus 32:14, 91. Dave Weeks 32:19, 92. Bill Boyd

David Jones 44:44, 317. Edward Sheehan 45:10, 342. Joseph Regan 53:18, 344. Nicole Kanaracus 53:40.

Results courtesy of Dave Camire

BAA Boston Marathon Hopkinton, MA April 17, 1989

1. Abebe Mekonnen 2:09:06, 2. Juma Ikangaa 2:09:56, 3. John Treacy 2:10:24, 17. Dave Dunham 2:22:03, 59. Tom Carroll 2:31:11, 105. Tom Amiro 2:35:47, 285. Colin Gouldson 2:45:21, 306. Rick Larnard 2:46:20, 338. Bill Smith 2:47:20, 343. Phil Riley 2:47:33, 387. John Burke 2:48:43, 432. Bob Hall 2:48:43, 509. Peg Donovan 2:51:27, 695. Doug Anderson 2:55:11, 768. Scott Graham 2:56:35, 778. Rich Keane 2:56:40, 933. Dave Camire 2:59:05, 998. Martin McIntosh 2:59:59, 1114. Dennis LeBlanc 3:02:12, 1441. Dick Marchand 3:07:31, 1577. Ken Whitcomb 3:09:32, 1622. James Holt 3:10:09, 1651. Lisa Senatore 3:10:41, 1725. Maureen Sullivan 3:11:47, 2142. John Poisson 3:17:53, 2183. Jim Crawford 3:18:35, 2219. Bob Ludwig 3:19:04, 2255. Bob Demoura 3:19:31, 2257. Gerard Ottaviano 3:19:33, 3021. Joe Vail 3:29:39, 3280. Jean Boswell 3:34:21, 3359. Debora Cole 3:35:56, 3730. John Koumantzelis 3:42:06, 3746. Mary Jane Boyd 3:42:31, 3759. Phil Kay 3:42:45, 3941. Clifford Piper 3:46:05, 3950. Pippa Davis 3:46:15, 4354. James Trudel 3:55:55, 4503. Joe Craven 4:00:48, 4530. Berna Finley 4:01:33.

Who's Who in Green?

Meet Dave Dunham

Residence: Lowell. **Age:** 24. **Occupation:** Accountant for the IRS.

Years In Club: 3. **Favorite**

Road Race: Mt. Washington

("The most scenic course in New England"). **Most Memorable**

Running Achievement: "Fourth place finish at the Division II

Cross Country Nationals, being out-kicked by three sub-4 minute milers in the last mile."

What You Like Best About GLRR: "The team long runs on Sundays. Now that I'm married, I understand what these runs are 'really' all about". **What are Some of the Things You Would Like to See the Club Do in the Future:** "I would like to see the club become more involved in cross country races, fielding a team in some of the open cross country races (like the B.A.A. and Nike/Boston, the "professional teams"). In addition, long training runs, as a group, on the wilderness trail - the ideal place to run."



Wang 8KM Heart Run Lowell, MA April 2, 1989

1. Joe Molloy (CMS) 25:10, 2. Ernesto Riano (WRT) 25:25, 3. Eric Beauchesne 25:47, 4. Don Alvey 26:01, 7. Jim Quadros 26:38, 9. Dave Long 26:56, 10. Dave Quintal 27:08, 12. Will Mason 27:16, 14. Bruce Brown 27:23, 15. Colin Gouldson 27:24, 16. Dan Daley 27:26, 21. Don Slovenkai 27:52, 25. Wendell MacDonald 28:20, 31. Rick Kennedy 28:45, 32. William Carvalho 28:57, 33. John Boutselis 28:59, 35. Dan Dorazio 29:32, 39. Eli Rozen 29:42, 41.

32:20, 94. Barry Pearson 32:31, 97. MaryJane Boyd 32:36, 100. John Morrison 32:46, 102. Linda Rose Haley 33:03, 105. Helder Duarte 33:16, 108. Ron D'Arcangelo 33:31, 124. Bob Mitchell 34:30, 127. Becky Payton 34:33, 131. Dick Nadeau 34:41, 140. Kathryn Harrington 35:01, 154. George Howe 36:00, 165. Donna Deveau 36:34, 183. Max Ward 37:14, 207. Christina Brennan 38:04, 209. Christina Bellinger 38:06, 213. Gail Gikas 38:17, 217. George Marsh 38:24, 243. Jack Keefe 39:41, 251. David Heron 40:10, 254. Fred O'Niel 40:15, 292. Shirley Nadeau 43:09, 301. John Carr 43:49, 312.

Send your articles, race results, and information to: Jay McCarthy, *Starting Lines* Editor, 57 Arkansas Drive, Dracut, MA 01826