

# Starting Lines

April, 1990, Volume 10, Number 01

1400 Irish Feet Compete

## Hynes'/Budweiser Road Race

by Jay McCarthy

Sunshine -- how we take it for granted. But to a race director, the lack of it, or worse, the liquid kind can be the worst kind of luck that can happen on the day of a road race. The weather surrounding the St. Patrick's Day timeframe can be tough to call. But this year, the "Luck O' The Irish" was with us all, for the annual running of the Hynes'/Budweiser Road Race was blessed with a beautiful day; sunny skies and temperatures in the 60's.

I'd like to take this opportunity to recognize some key individuals who were a tremendous help to me in organizing this year's race. Two folks did an outstanding job handling the registration area as well as general all-around troubleshooting. Their hard work helping both pre and post registrants enabled the race to start exactly at 1:00 P.M.



### Team Night '90

Bob Hall (right) shown receiving the "Bob Hodge Award" for excellence in team competition from Bob Hodge.

without any glitches. Thanks go to our club president, Mary Bourret, and Dave Crocker.

I'd like to single out three individuals who really did a dyna-

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## Tenth Anniversary Edition

This coming May will mark the tenth anniversary of the GLRR. To recognize this grand event, we are planning a special commemorative edition of *Starting Lines*. This "commemorative edition" will be expanded to include photos, race results, and stories from the past decade. If you have any special moments, experiences, trivia, photos, or stories from the past ten years, why not share them with your fellow GLRR members? This is a once in a decade occurrence, so rush your information to: Jay McCarthy, 57 Arkansas Drive, Dracut, MA 01826 or Dave Camire, 22 Winsor Drive, Dracut, MA 01826.

## President's Message

Runners Exchange

by Mary Bourret

Wanted: Housing for the Boston Marathon Weekend for a runner and spouse. In exchange, equal housing for the run of your choice in the San Francisco area.

Would you respond to an ad like this? I have and it was a great experience. For several years employees from my company's offices



worldwide were invited to run the BAA Marathon and were housed at employees homes. In 1985, a women from New Zealand spent almost a week with me. Though I've yet to travel to New Zealand, I have a friend on the North Island.

*Continued on Page 3*

### Male Masters Run Whale of a Race

## New Bedford Half Marathon

If you took Lowell and put it on the ocean you would probably have a city like New Bedford. Maybe that's why the GLRR felt so much at home for the first Grand Prix race of 1990, the New Bedford Half-Marathon.

For the GLRR men's teams, the masters led by Tom Carroll, Bob Hall, Gary Wallace, Tom Amiro, and Colin Gouldson combined for a time of 6:07:49 to win the gold medal. The open team of Dave Dunham (15th overall), Phil Riley, Don Alvey, John Cotter, and Dave Camire won the bronze medal with a combined time of 5:52:43. The seniors led by Don Lambert, John Saarinen, Ben Fudge, Walter Kane and Nils Grandquist brought home the bronze medal with a time of 8:04:05

On the female side, Peg Donovan, Karen Rapallo, and Mary Jane

Boyd led the open team to a third place finish and a bronze medal with a combined time of 4:03:19. The masters were led by Nancy Chapman, Pippa Davis, and Jean Boswell. They finished forth with a combined time of 4:53:06. Congratulations to all who competed.

## Missing Equipment

If any members of the GLRR have equipment that they may have borrowed in the past and still have in their garages, cellars or bedrooms, please contact Jay McCarthy at (508) 957-4456. This would include rope, stanchions, barrels, cones, tables, start/finish banners and, most importantly, megaphones (three have mysteriously disappeared).

## Locals Impress In Youth Meet

Chelmsford - Several local youngsters won their respective age groups as the Greater Lowell Road Runners held their annual Youth Pentathlon at the Chelmsford High gym Sunday.

In the boys' divisions, Westford's Dave Evans was the 8-Under winner. Ryan Callahan of Somerville came in second.

Jeff Roy of Littleton finished first in the 9-10 Division. Nathan Hoisington (Chelmsford) was second followed by Kevin Curtin (Chelmsford).

Somerville's Mike Callahan took the top spot in the 11-12 Division. Chris Klick (Chelmsford) was second and Mike Perkins (Tewksbury) third.

Lowell's Scott Foreman came in first in the 13-14 Division. Nakia Lucas of Lowell was second, while Gary Duarte of Chelmsford was third.

In the girls' divisions, Bo Bevis of Chelmsford was the 8-Under winner.

Chelmsford's Caitlin Klick outdistanced the rest of the field in the 9-10 division. Katie Walsh (Chelmsford) came in second.

January Willis (Chelmsford) was the winner in the 11-12 Division. Meredith Schmidt (Concord) was second followed by Lauren Travers of Tyngsboro.

# In the Mail

1990 MCR Race Committee  
March 24, 1990



Dear Mill Cities Relay Participant,

It is with great pleasure that we report to you on our most successful Mill Cities Relay to date. We also want to suggest some ideas on how to ensure that the first relay of the nineties is an even more impressive event. First, however, let's take a look back on the success of last year's race.

For the first time, the event was totally funded one week prior to the race. This allowed the race committee the luxury of being able to plan and budget enough money for bricks, food, and liquid refreshments. Number and baton pickup was by far the smoothest ever in spite of smaller quarters and the weather. While on the topic of the weather, it is a testament to both the hardiness of the local running community and the race itself that 67 of the 72 registered teams finished. Even more amazing was that most of these people found their way to the British Club for the post race festivities. (Next year we plan on printing a map to the club on the race application.)

Some bows should be taken as a result of this year's organization. The great starting line coordination and early course safety was provided by the Gate City Striders, the finish area and showers were provided by the Andover Striders, that awesome sound system at the awards came via the Merrimack Valley Striders, and the fastest scoring to date was provided by the Greater Lowell Road Runners. Not to be overlooked is the warm welcome extended by the Lawrence British Club and the hard work put in by the caterers, Gary and Laura.

The race itself was one of the most competitive to date with new teams from each club scoring in all categories. For 1990 we will be requesting a planning/organization participant from each club. We will also be looking for new ideas to ensure the continued growth and success of the race. We have already come up with a few including the introduction of a commemorative Mill Cities long sleeve t-shirt. The shirt will be tastefully embossed with the logo of the race and logo of each of the participating clubs. The shirts will be sold at slightly above cost and any profits derived from the sale of the shirts will be applied to the following year's race.

Additionally, we would like to open the race to the concept of runners sharing with the less fortunate by setting up a collection canister. The proceeds will be divided equally by the Santa Fund's sponsored by the major three daily newspapers along the route -- the Nashua Telegraph, the Lowell Sun, and the Lawrence Eagle Tribune. If you have any ideas on enhancing the race, please contact one of the undersigned with your input. It will be given a full warm review.

In closing, we strongly encourage each club to use the Mill City Relay as a recruiting tool for attracting new members and as a perk for existing members. One way to accomplish this objective is to publish this letter in your club newsletter or make copies available to all of your membership. Remember the theme of the Mill Cities Relay is an event for runners organized and put on by runners. The 1990 date for the race is December 2nd.

Regards,

Dave Camire, Jack Pierce, Jim Parker, Warren Church

*PS From Jack Pierce -- if anyone needs bricks please contact me, as I have two tons in my basement.*

## President's Continued

The next year, it was Gary from Fresno who was here for the marathon. For years to follow, every time Gary was in Lowell for a class at my company's education center, we would get together for a local race or just a long run. We found we had many of the same interests. Besides running, we are both bird watchers and active members of conservation groups.

On our trip around the country two years ago, Jeff and I spent almost a week with Gary and his wife in Fresno. He was happy to be able to repay us for our hospitality and we were happy to have hot showers.

Running clubs across the country provide an excellent opportunity to meet people and participate in races. The Boston Marathon provides you with great bartering power especially since GLRR provides transportation to and from the race and rooms for post race activities.

If you travel a lot for work, wouldn't it be nice to hook up with some runners from the area for a run after work? Certainly they would know the best drinking spots in town. Maybe you're going to Florida for vacation and need a listing of races in the vicinity of Disneyland. Contact the local running club; I have found them to be extremely helpful and friendly. If this interests you, let me know. I have a national listing of running clubs and will be happy to help you get started. Next year at this time you may be awaiting the arrival of a fellow runner from Denver and looking forward to running the Boulder 10K in June.



# Greater Lowell Youth Calendar

April 8 & April 22 - GLRR Developmental Meets (Chelmsford HS); ages 14 & under.

April 29 - GLRR Youth Invitational (Chelmsford HS); 8:00 AM - 5:00 PM; ages 14 & under.

May through June - practice 2 days per week (to be announced); ages 14 and under.

May through July - numerous local meets; information will be announced later; ages 18 and under.

June TBA - Hershey Trials (Chelmsford HS); ages 14 and under.

July TBA - Hershey State Championships (Braintree).

ALL MEETS BELOW GO FROM SUB-BANTAM TO 17 & 18 GROUPS (\*HAS SUB-BANTAM)

June 23 - New England TAC Jr. Olympic Championship (site TBA).

June 30 - Region I TAC Jr. Olympic Championship (Brown Univ., Providence RI).

\*June 28 through July 1 - National Age Group Track & Field

Association of America Championship (Miami, FL).

July 6 through July 8 - TAC Youth Athletics National Championships (Spokane, WA).

July TBA - Waltham Jr. Invitational.

July TBA - NEAAU Jr. Olympics (Taunton HS).

July 27 through July 29 - TAC Jr. Olympics National Championships (Lincoln, NE).

July 27 through July 29 - AAU Jr. Olympic National Championship (Tampa, FL).

\*July 20 through July 22 - East Coast Invitational (Towson, MD).

August TBA - Hershey National Championships (Hershey, PA).



Members of the GLRR Youth Team (left to right) Kevin Curtin, Bo Bevis, Coach Harris, Breanne Stepherson and Gary Duarte.

**Send your articles, race results, stories, photos, announcements, and any other information on running to: Jay McCarthy, Starting Lines Editor, 57 Arkansas Drive, Dracut, MA 01826**

## Running Rhyme

*by Charles Patrick Joyce*

*I want to be a long distance runner  
over hill and dale;  
I want to be an all weather runner  
through heat and hale;  
I want to be a good runner  
on a track or road or trail  
I want to be a runner  
never known to fail.  
I want to be a marathoner  
whose will will prevail!  
We're near the finish now -*

*with one detail  
prompting a question  
causing some talk:  
Should a great runner  
ever even walk?*

Charles Patrick Joyce has been running since 1987. He is a member of the Greater Lowell Road Runners and makes his home in Clinton, MA.



# LOWER EXTREMITY FRACTURES

by Dr. Rodney R. Gallo, Jr., D.P.M.

**Stress:** An applied force that tends to strain a body; a mentally or emotionally disruptive or disquieting influence.

If you run regularly, chances are good that you'll experience an injury at some point in time. Many of these injuries fall into the general classification of overuse injuries which are the result of accumulated microtrauma secondary to repetitive impact as each foot and leg absorb two to three times body weight through some 1,500 foot strikes per mile. Stress injuries are the culmination of a process rather than the result of a single event, and exhibit themselves as tendinitis (inflammation of a tendon), periostitis (inflammation of the outer covering of the bone), and in the case of those individuals attempting to run through the pain, a stress fracture (separation of the bone).

Bone is a dynamic tissue which is constantly absorbing and deposited. Training errors or increased stress from biomechanical imbalances may result in an increase in the resorptive capacity of a particular bone with the end result being a stress fracture. The most common complaint with a stress fracture is pain, most prominent over the involved bone. There may also be a diffuse swelling in the soft tissues and mild redness over the involved site. A progressive worsening occurs to the point where not only running but slow walking may be uncomfortable. If these symptoms persist and especially if they occur after any dramatic increase in training, medical treatment should be sought out. Diagnosis will involve x-rays, though they may be

negative within the first two to three weeks after the initial onset of pain. In cases where the exact diagnosis must be known sooner, a bone scan is performed at the hospital and may be diagnostic within a couple of days.

The treatment of the fracture varies according to the involved bone but almost always involve rest and immobilization similar to that required for a traumatic fracture. Rest, ice, compression, elevation and in some cases a below-the-knee-cast are important in the treatment regime. NSAID's are used to decrease the pain and most importantly the inflammation. In recalcitrant cases, electrical stimulation has been found to be a useful adjunct. Orthoses may be required if a lower extremity biomechanical imbalance is involved. As in the case of many injuries, an ounce of prevention is worth a pound of cure. Avoid sudden dramatic increases in mileage especially after layoff periods. Pay careful attention to shoe gear with respect to wear and the specifics of a certain activity (are racing flats really meant to be worn at Boston?).

If minor problems keep popping up, undergo a biomechanical examination; you may need orthoses. Careful attention to these facets of your running will allow you to avoid the applied forces which may have a disquieting influence on your running.

*Dr. Gallo is a member of the Greater Lowell Road Runners. His practice is located at 321 Main Street in Acton.*

## NEAC Grand Prix

### STANDINGS

#### Male Open

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

#### Male Masters

1. GLRR 6
2. TVFR 5
3. CSU 4
4. CMS 3
5. BAA 2
6. GCS 1

#### Male Seniors

1. BAA 3
2. CMS 2
3. GLRR 1

#### Female Open

1. BAA 6
2. LAC 5
3. GLRR 4
4. CMS 3
5. TVFR 2
6. GSH 1

#### Female Masters

1. LAC 6
2. CSU 5
3. BAA 4
4. GLRR 3
5. CMS 2
6. GFTC 1

#### Overall NEAC Club Points

1. GLRR 18
- BAA 18
3. CMS 16
4. CSU 14
5. LAC 11
6. TVFR 7
7. GSH 3
8. GCS 1
- FB 1
- GFTC 1

### 1990 NEAC Grand Prix Schedule

May 06	10M	Worcester, MA
Jun 03	10KM	Attleboro, MA
Jun 17	8KM	Charlestown, MA
Aug 25	5KM	Greenwich, RI
Sep 23	15KM	Wilton, NH
Oct 27	26.2	Falmouth, MA

# Hynes/Budweiser Road Race

5 Miles -- March 11, 1990

(1) Brian Cann 25:03 (2) Eric Beauchesne 25:25  
 (3) Steve O'Connell 25:29  
 (4) Kevin Curtin 25:34 (5) John Goodwin 26:11  
 (6) Lance Burgess 26:28 (7) Ernesto Riano 26:30  
 (8) Tom Carroll 26:37 (9) Phil Riley 26:38  
 (10) Greg McGurin 26:49 (11) Bob Hall 26:56  
 (12) Brian Crane 27:35 (13) Paul Ducey 27:46  
 (14) George Fitzgerald 27:48 (15) John Mulligan 27:51  
 (16) Hank Gediman 27:56 (17) Donald Foley 28:15  
 (18) Mark Deschenes 28:27 (19) Michael Dubois 28:28  
 (20) Frank Kennedy 28:34 (21) Scott Graham 28:38  
 (22) Adam Chesler 28:41 (23) Lisa Senatore\* 28:44  
 (24) Bob Gage 29:02 (25) Brian O'Neill 29:06  
 (26) Joseph Collins 29:07 (27) David Audet 29:10  
 (28) Unknown Runner (29) Bob Monier 29:36  
 (30) Chris Moosey 29:39 (31) Michael Mawn 29:43  
 (32) Matt Crean 29:45 (33) Michael Fay 29:45  
 (34) Glen Thomas 29:46 (35) Glen Swanbon 29:47  
 (36) David Lapierre 29:50 (37) Joseph Madden 29:50  
 (38) Rene Beliveau 30:02 (39) Allan Rube 30:05  
 (40) Robert Clarizia 30:06 (41) Eddie DeJesus 30:09  
 (42) David Meier 30:16 (43) Ricky Cruz 30:17  
 (44) Dan Dorazio 30:19 (45) Kenneth Millette 30:21  
 (46) Bob Cavannah 30:30 (47) Paul Strauch 30:32  
 (48) Steve Marion 30:35 (49) John MacArthur 30:39  
 (50) Leo Cabrera 30:43 (51) Kevin Allison 30:49  
 (52) Edwin Matos 30:54 (53) Timothy Flynn 30:55  
 (54) Michael Barry 30:57 (55) Paul Johnson 31:01  
 (56) Bob Emerson 31:06 (57) Scott Spence 31:13  
 (58) Ray Lacroix 31:15 (59) John Ahern 31:21  
 (60) Richie Fong 31:22 (61) Richard Bagley 31:24  
 (62) Kevin Kearns 31:27 (63) James Kehoe 31:29  
 (64) John Poisson 31:31 (65) Gary Duarte 31:32  
 (66) Tom Carney 31:33 (67) John Webber 31:38  
 (68) Bob MacDougall 31:39 (69) Donald Cote 31:43  
 (70) Chip Nevins 31:47 (71) Jerome Luke 31:51  
 (72) Alan Champagne 31:52 (73) Scott Stevenson 31:57  
 (74) Dave Labrode 31:59 (75) Lee Lessard 32:03  
 (76) Mike Busnach 32:03 (77) Brian Suprenant 32:04  
 (78) Thomas Petrie 32:05 (79) David Baker 32:06  
 (80) Jennifer Long 32:07 (81) John Koumantzelis 32:14  
 (82) John Morrell 32:15 (83) David O'Connell 32:18  
 (84) Bob Seibel 32:21 (85) William Devlin 32:22  
 (86) Doug Grange 32:24 (87) William Schmidt 32:24  
 (88) Paul Dick 32:25 (89) Frank Riley 32:27  
 (90) Timothy Phelps 32:28 (91) David Campbell 32:29  
 (92) James Fitzgerald 32:30 (93) Unknown Runner (94) Stephen Sarro 32:35  
 (95) Bob Brady 32:36 (96) Carl Clarizia 32:36  
 (97) Sydney Barnes III 32:37 (98) Stew Campbell 32:37  
 (99) Martino Cardoza 32:38 (100) Jonathan McElvery 32:38  
 (101) Michael Gormley 32:29 (102) Joe Vail 32:40  
 (103) Robert Abraham 32:42 (104) Jim Barry 32:42  
 (105) Domenic D'Intino 32:48 (106) Jack Landers 32:49  
 (107) Andrew Sullivan 32:54 (108) Joseph O'Connor 32:56  
 (109) David Willey 32:59 (110) David Muldowney 33:07  
 (111) Barry Pearson 33:07 (112) Sean Keddie 33:11  
 (113) K.C. Grutchfield 33:13 (114) Don Ross 33:15  
 (115) Dave Jefska 33:16 (116) John

Mako 33:16 (117) John Connors 33:18 (118) John Eriksson 33:19  
 (119) Michael Lappin 33:20 (120) John Goldsmith 33:20  
 (121) Ralph Asplund 33:21 (122) Joseph McHugh 33:22  
 (123) Dan Brennan 33:23 (124) Ray Everett 33:24  
 (125) Art Nadeau 33:27 (126) Mickey Ward 33:29  
 (127) Christopher Lyons 33:31 (128) Paul Martinage, Jr. 33:35  
 (129) David Taylor 33:37 (130) Richard Caron 33:41  
 (131) John McPhail 33:45 (132) Daniel Cahill 33:47  
 (133) Tom Peters 33:51 (134) Dante Varrasso 33:52  
 (135) Richard Nialez 33:52 (136) Ken Pitman 33:54  
 (137) Patrick Ryan 33:56 (138) Warren Hire 33:57  
 (139) Unknown Runner (140) Neil Magner 33:59  
 (141) Bill Berthoud 33:59 (142) Teresa Forsyth 34:00  
 (143) Peter Garrigan 34:00 (144) Richard Paulsen 34:02  
 (145) Jeffrey Stolz 34:03 (146) Dennis Moriarty 34:08  
 (147) Harry Halpern 34:09 (148) Bill Bingham 34:13  
 (149) Robert Macaraeg 34:13 (150) Unknown Runner (151) Unknown Runner  
 (152) Richard Marcotte 34:21 (153) Ken Freeman 34:24  
 (154) Diane Dexter 34:29 (155) Larry Godbout 34:33  
 (156) Phil Gallagher 34:36 (157) Gary Beris 34:37  
 (158) Dennis McCarthy 34:37 (159) Thomas Gildea 34:38  
 (160) John Wells 34:40 (161) John Clifford 34:42  
 (162) Brian Colcord 34:43 (163) Richard Labombard 34:44  
 (164) Nancy Spohdoro 34:45 (165) Dan Danecki 34:47  
 (166) John Parker 34:47 (167) Bob Provost 34:48  
 (168) James Kelly 34:49 (169) James Canino 34:49  
 (170) James Donovan 34:50 (171) Unknown Runner (172) Glen O'Connor 34:53  
 (173) Bill Christiansen 34:57 (174) Ken Welch 35:00  
 (175) Matt Sepe 35:05 (176) Keith Galvin 35:09  
 (177) Unknown Runner (178) Ben Fudge 35:10  
 (179) Michael Trull 35:10 (180) Unknown Runner (181) Mark Dussault 35:13  
 (182) Shaun Harrington 35:16 (183) Joe Burke 35:16  
 (184) Warren Gilbert 35:18 (185) Jim Dolan 35:21  
 (186) Gerry Whitney 35:22 (187) Erin Costello 35:23  
 (188) Bob Hansford 35:24 (189) Glenn Crowley 35:25  
 (190) Paul Wilder 35:26 (191) Steve Grande 35:27  
 (192) Ralph Castagno 35:28 (193) Rob Greene 35:28  
 (194) Hugh McNeil 35:29 (195) Joseph Tierney 35:30  
 (196) Greg Dillon 35:30 (197) David Fudge 35:31  
 (198) Gary Wallace 35:31 (199) John Hire 35:32  
 (200) Ray Dumont 35:33 (201) Melanie Hire 35:33  
 (202) Michael Linskey 35:37  
 (203) Jerry Rosa 35:38 (204) Liane Pancoast 35:42  
 (205) Ray Southworth 35:43 (206) Stephen Cox 35:45  
 (207) Richard Harvey 35:51 (208) Michael Goodness 35:52  
 (209) Kevin O'Sullivan 35:53 (210) Terry Stapleton 35:54  
 (211) Ronald Millette 35:55 (212) Bob Huntley 35:57  
 (213) Daniel Leclair 36:00 (214) Wilhelmina Murray 36:02  
 (215) Joe Callery 36:07 (216) Robert Demers 36:09  
 (217) Warren Draper 36:11 (218) James Marsh 36:12  
 (219) Randy Young 36:14 (220) Robert Abrahamson 36:14  
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 (223) Allen Beebe 36:19 (224) Robert Pispapan 36:20  
 (225) Lewis Trumbore

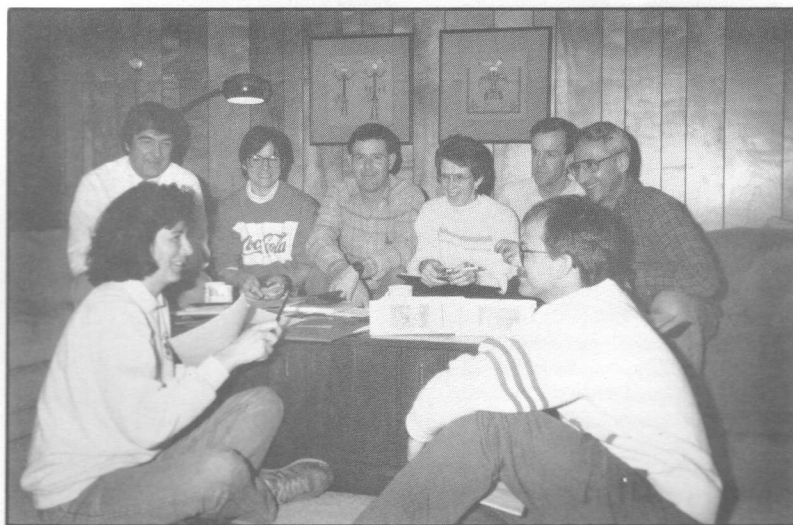
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 (247) Stephen Jacobs 37:04 (248) Edward Hill 37:04  
 (249) James Kilmartin 37:06 (250) Jorge Paz 37:07  
 (251) Fred Burbridge, Jr. 37:09 (252) Mike D'Aquila 37:10  
 (253) D. Peter Grutchfield 37:11  
 (254) Cesar Umali, Jr. 37:11 (255) Dave Spurr 37:12  
 (256) Kevin Stott 37:13 (257) Carl O'Connor 37:15  
 (258) Joe Regan 37:18 (259) Wink McCarty 37:18  
 (260) Jesse Couillard 37:20  
 (261) Vic Bumil 37:20 (262) James Palladino 37:21  
 (263) Stephen Lucius 37:21 (264) Andre Menard 37:22  
 (265) David Costa 37:24 (266) James Miller 37:25  
 (267) Tony Payne 37:25 (268) Terry Oberdank 37:26  
 (269) David Tessier 37:26 (270) Chris Langathianos 37:26  
 (271) Al Ocasio 37:27 (272) William Alexander 37:28  
 (273) Brett Dowling 37:28 (274) Matt Hassett 37:30  
 (275) Henri Soucy 37:33 (276) Leslie Weise 37:34  
 (277) Karlene Eaton 37:34 (278) Kathie O'Neil 37:35  
 (279) Kevin Curtis 37:36 (280) Richard Gabaubs 37:38  
 (281) Kevin Butterough 37:39 (282) John Kimball 37:41  
 (283) Richard Mathias 37:41 (284) Tom Conley 37:42  
 (285) Jack Hynan 37:42 (286) Michael Corbett 37:43  
 (287) David Fawcett 37:43 (288) Brian Chapman 37:43  
 (289) Anne Gauigan 37:45 (290) Amy Sullivan 37:46  
 (291) Rima Moussa 37:47 (292) Donna Deveau 37:48  
 (293) Brian Shaughnessy 37:50 (294) Bill McQuaide 37:51  
 (295) Jim O'Hare 37:51 (296) Jack Finn 37:53  
 (297) Michael Dowe, Jr. 37:56 (298) Alan Narbonne 37:57  
 (299) Tina Clarizia 37:57 (300) Jeeey Digrezio 37:58  
 (301) Kassie Burgess 37:59 (302) David McCullough 37:59  
 (303) Leo Hausmann 37:59 (304) James Ben-Aaron 37:59  
 (305) Kerry Craven 38:00 (306) Charles Bowse 38:00  
 (307) John Rawson 38:00 (308) David Heath 38:02  
 (309) Dean Clevesy 38:04 (310) James Connors 38:04  
 (311) Bill Biblin 38:06 (312) Denis Degulis 38:07  
 (313) Michael Giblin 38:07 (314) Richard Jones 38:08  
 (315) Darren Marsh 38:08 (316) Jack Heffernan 38:09  
 (317) Earl Mason 38:09 (318) Darnell Curetan 38:10  
 (319) Paul Hamilton 38:10 (320) Paul Zimmer 38:10  
 (321) Maureen Bruky 38:11 (322) Bo Bevis 38:11  
 (323) Thomas Piekarski 38:12 (324) Tricia Neary 38:20  
 (325) Harry Silverstone 38:23 (326) Gerald Buono 38:23  
 (327) Paul St. Jean 38:24 (328) Greg McDowell 38:25  
 (329) Bill Reilly 38:25 (330) Fred Brown 38:27  
 (331) Michael Podanoffsky 38:27 (332) Bob Maldonis 38:32  
 (333) John Wiklanski 38:25 (334) Stephen



Thibodeau 38:36 (335) David Smolinski 38:37 (336) John Vallone 38:38 (337) Denise Wagner 38:39 (338) Andrew Adelson 38:40 (339) Robert Thornton 38:41 (340) James Dangora, Sr. 38:42 (341) Kathy Vail 38:42 (342) Jorge Paz 38:43 (343) Arthur Poitras 38:45 (344) Robert Casaletto 38:45 (345) Rick McDonnell 38:48 (346) David Desjardins 38:49 (347) Vinny Couture 38:50 (348) Fern Piper 38:51 (349) Eugene Boeglin 38:53 (350) Rebecca Guidoboni 38:54 (351) Richard Fong 38:55 (352) Matthew Rockett 38:56 (353) Cindy Szubzda 38:57 (354) Mike Dowe 38:57 (355) Judy Liv 38:58 (356) David St. Angelo 38:58 (357) Bill Florence 39:00 (358) Vince Kelley 39:06 (359) David Ferry 39:06 (360) Douglas Crockett 39:09 (361) Rick Morris 39:10 (362) Patricia Rawsley 39:12 (363) Frank Georges 39:15 (364) Christopher Linskey 39:16 (365) Robert Valorose 39:22 (366) Michael Maniscalco 39:22 (367) Barry Finnegan 39:23 (368) George Marsh 39:25 (369) Julie Hussni 39:25 (370) James Buckley 39:27 (371) Stephen Bulawka 39:29 (372) Deborah Currie 39:29 (373) Dave Gilday 39:30 (374) Nancy Rehak 39:30 (375) Bill Collura 39:30 (376) Ken Goodin 39:31 (377) Douglas Dimond 39:31 (378) John Sullivan 39:39 (379) George Kilmartin 39:40 (380) Stephen Coupe 39:43 (381) Ken Sirois 39:44 (382) Mary Tyner 39:45 (383) Bob Mitchell 39:47 (384) Donna Hairston 39:47 (385) Charles Maguire 39:51 (386) David Hourihais 39:52 (387) Bren Cardoza 39:53 (388) Nehpets Noid 39:54 (389) Willaim Crennan 39:55 (390) Tom Hairston 39:57 (391) John McDonald 39:58 (392) Donald Coombs 39:58 (393) Steve Sousa 39:59 (394) Peter Carbone 40:00 (395) Robyn Allen 40:02 (396) Michael Boulanger 40:04 (397) Linda Gallagher 40:07 (398) Ken Chutchian 40:09 (399) Doug Grutchfield 40:09 (400) John Colby 40:10 (401) Tony Martinez 40:11 (402) Maureen Corbett 40:12 (403) John McCarthy 40:12 (404) Tim Boyle 40:15 (405) Bob McKillop 40:16 (406) Steven Alliette 40:16 (407) Chris Toppin 40:18 (408) Brian Murphy 40:20 (409) Tom Pazyra 40:22 (410) Nancy Vail 40:23 (411) Karen Rodwell 40:23 (412) Chet Kalish 40:23 (413) Sharon Coughlin 40:24 (414) Flavio Rivas 40:27 (415) Guillermo Hernandez 40:27 (416) Brian Martin 40:30 (417) Nancy Grabow 40:30 (418) Elizabeth Long 40:32 (419) Edmund Treciewski 40:35 (420) Fred Perry 40:37 (421) Tim Mullen 40:38 (422) Donald Domingos 40:40 (423) Unknown Runner 424) Jeffrey Gwiazda 40:41 (425) Michael Murphy 40:42 (426) Bob Foley 40:43 (427) Thomas McGinty 40:44 (428) Fred Cahill 40:51 (429) Frank Wezdt 40:55 (430) David Desmond 40:57 (431) Bill Barrows 40:57 (432) Dick Arnold 40:59 (433) Sharon Gonzales 41:04 (434) Edward Morgan 41:04 (435) Peter Smith 41:05 (436) William Kulis 41:07 (437) Glenn Meyers 41:07 (438) John Smith 41:10 (439) Tom Johnson 41:10 (440) Dan L'Hevreux 41:11 (441) Terry Ricci 41:12 (442) Carolyn Benoit 41:14 (443) Rosemary Quinlan 41:20 (444) Fran Martin 41:21 (445) John Halligan 41:22 (446) John

Norris 41:23 (447) Toni Fong 41:23 (448) Julie Veilleux 41:26 (449) Catherine Hadley 41:28 (450) Christina Nikitopoulos 41:29 (451) George Garabedian 41:30 (452) Lisa Doyle 41:32 (453) Donna Fragale 41:33 (454) Kerry White 41:35 (455) Michael Zaim 41:36 (456) Bob Gallant 41:37 (457) Leo Coutu 41:39 (458) Dolly Lemoine 41:45 (459) Joe Ryan 41:46 (460) Dana Singleton 41:47 (461) Mary Sevigney 41:47 (462) William Lewis 41:48 (463) David Gwiazda 41:48 (464) Sean Ryan 41:49 (465) John Cordio 41:50 (466) Unknown Runner (467) Russell Burlington 41:52 (468) Tracey Corrigan 41:52 (469) Donald Doubleday 41:52 (470) Tracy Martin 41:52 (471) Rab Gavin 41:53 (472) Manousos Chick 41:55 (473) Unknown Runner (474) Eileen Scondras 41:59 (475) Michael Hannafin 42:01 (476) James McLeod 42:01 (477) Bruce Leigh 42:02 (478) Robert Wyman 42:04 (479) Lawrence Durfee 42:04 (480) Ron Golini 42:04 (481) John Winters 42:05 (482) Lisa Milinazzo 42:05 (483) Thomas Cappelluzzo 42:06 (484) George Simes 42:08 (485) Nancy Tichanuk 42:09 (486) Tony Dacosta 42:09 (487) Jack Martin 42:10 (488) Paula Glennon 42:10 (489) Charles Walsh 42:11 (490) Tom Micka 42:13 (491) Gail Gikas 42:19 (492) Bela Csikerz 42:20 (493) Lou Marcello 42:20 (494) Tom Scanlon 42:21 (495) Peter Fraser 42:23 (496) Michael Curtis 42:24 (497) Arthur Liakos 42:25 (498) Dana Hagan 42:26 (499) Kathy Pagones 42:26 (500) Peter Tokarz 42:27 (501) Dick Leigh 42:28 (502) Edgar Montmarquet 42:28 (503) Joseph Morgida 42:29 (504) Jayne Wilson 42:29 (505) Phillip Thomas II 42:31 (506) Thomas Howe 42:37 (507) James MacLaughlan 42:37 (508) Unknown Runner (509) Keith Canenry 42:38

(510) Susan Copeland 42:39 (511) James Phillips 42:43 (512) Jeff Halloran 42:49 (513) Jeanne Morrison 42:49 (514) Paul Gauthier 42:49 (515) Paul Donaghue 42:51 (516) Unknown Runner (517) Christina Brennan 42:55 (518) Catherine Suffern 42:55 (519) Gregg Myers 42:57 (520) Doreen Weber 42:57 (521) Karen Butler 42:57 (522) Unknown Runner (523) Edward Dymont 42:58 (524) Kerry Quinlan 43:00 (525) Karen Chenette 43:02 (526) Robert D'Amato 43:03 (527) Liz McNamara 43:03 (528) Paul Marchand 43:04 (529) Richard Terrio 43:05 (530) Michael Dionne 43:09 (531) Andrew St. Onge, Jr. 43:09 (532) Peter Kavanagh 43:14 (533) Bill Bancroft 43:14 (534) Ruth Holland 43:15 (535) Kevin Mullin 43:16 (536) Marybeth McKenney 43:17 (537) Martha Flynn 43:18 (538) Randy Hinds 43:22 (539) Michael Faria 43:22 (540) Peter Koutroubas 43:23 (541) Danny Graham 43:24 (542) Ralph Steere 43:30 (543) Paul Smyth 43:32 (544) Michael Lapointe 43:37 (545) Philip Gibson 43:41 (546) Joe Bernard 43:43 (547) Joan Veilleux 43:45 (548) Wayne Wyman 43:47 (549) Sean Grady 43:48 (550) Ray Silva (551) Walter Nutter 43:57 (552) Mark West, Jr. 44:44 (553) Rob Ahern 44:45 (554) Ann Kilmartin 44:48 (555) Chris Zarza 44:55 (556) Unknown Runner (557) Judy Sullivan 44:59 (558) John Abruzzi 44:01 (559) Unknown Runner (560) Lorraine Joubert 44:03 (561) Jack Kiernan 44:09 (562) Gregg Myers 44:11 (563) Paul Schild 44:11 (564) Patrick White 44:13 (565) William Early 44:13 (566) Jim Sousa 44:17 (567) Mary-Jo MacPhail 44:18 (568) Michael Donelan 44:19 (569) Tom Clarke 44:21 (570) Dan Yackel 44:24 (571) David Friel 44:29 (572) David Hardy 44:31 (573) Lois



*What are these people up to? Members of the GLRR Board-of-Directors (left to right) Mary Bourret, Nils Grandquist, Christine Bellinger, Bob Lordan, Eileen Curley, Bill Mahoney, Tim Tiches, and Dave Camire. Not shown Jay McCarthy (taking picture) and Deb Cole.*



Kresien 44:38 (574) Jerry Doucette 44:40 (575) Michael Gacek 44:44 (576) Paula Tedesco 44:44 (577) Walter Milinazzo 44:45 (578) Judy Connors 44:45 (579) Russ Keith 44:46 (580) Unknown Runner (581) Unknown Runner (582) James Mahoney 44:55 (583) Bette Gatton 44:57 (584) Robin Shrigley 44:45 (585) George Hebert 45:00 (586) Jeanne Fleming 45:00 (587) Sylvain Grenier 45:01 (588) Steve Atencio 45:04 (589) Ann Teye 45:05 (590) Timothy McCarthy 45:17 (591) David O'Reilly 45:20 (592) Michael Arasi 45:23 (593) Kara Slavin 45:24 (594) Brenna Cronin 45:25 (595) Deborah Sheridan 45:31 (596) Jordan Sdhatz 45:31 (597) Harold Black 45:35 (598) Kevin McQuade 45:43 (599) Sean McCarthy 45:46 (600) Shirley Sirois 45:49 (601) Louis Peters 45:51 (602) Carol LaLiberte 45:53 (603) Joe LaLiberte 45:53 (604) Emily Meehan 45:54 (605) William Ryan 45:54 (606) David Reagan 45:57 (607) Maurice Noonan 46:06 (608) Bill Galvin 46:07 (609) Gary Perusse 46:08 (610) Carl Chartier 46:13 (611) Robin Frankel 46:15 (612) Lisa Cianciolo 46:22 (613) Richard Bean 46:23 (614) Robert Brevier 46:23 (615) Tricia Deforge 46:25 (616) John Gudgel 46:27 (617) Marianne Gagne 46:30 (618) David Moore 46:33 (619) Michael Mathewson 46:36 (620) Heidi Doersam 46:39 (621) Kathy Carroll 46:42 (622) John Dolan 46:45 (623) Anne Murphy 46:48 (624) David Libassi 46:49 (625) Jennifer Beland 46:51 (626) Charles Joyce 46:55 (627) Marianne Keefe 46:58 (628) Carol Gagne 47:00 (629) Daniel Kennedy 47:03 (630) Lynda Carey 47:06 (631) Barbara Nabrynski 47:09 (632) Dorinda Doyle 47:14 (633) Stephen Doyle 47:16 (634) Joanne Nutter 47:19 (635) Bob Dolber 47:21 (636) Michael Graham 47:21 (637) Steve Bergin (638) Martin Vowels, Sr. 47:22 (639) Diane Hanley 47:28 (640) Karen Jones 47:36 (641) Mary Jo Cahill 47:46 (642) Marge Redding 47:57 (643) Joanne Gilbride 47:59 (644) David Frawley 48:05 (645) Janet Phaneuf 47:59 (646) Paul Serra 48:14 (647) Thomas Paradis 48:15 (648) Dennis Glennon 48:26 (649) Barry Scanlon 48:43 (650) Frank McCue 48:47 (651) James Dolan 48:47 (652) Celeste Bedard 48:48 (653) Dan Lyons 48:49 (654) David Driscoll 48:49 (655) Debby Hills 48:50 (656) Tracy Finneral 48:53 (657) Kristen Wyman 48:55 (658) Sharon Francis 49:07 (659) Shirley Nadeau 49:12 (660) William McKenna 49:18 (661) Kathleen Duggan 49:28 (662) John Batas 49:29 (663) Joyce Dalton 49:32 (664) Stephen Maniscako 49:32 (665) Glenn Crocker 49:41 (666) William Koutroubas 49:48 (667) Chris Dulaney 49:50 (668) James Kenefick 49:53 (669) Ray Cormier 49:54 (670) Leonard Fitzgerald 49:54 (671) Julianne Digiacomo 50:02 (672) Elanie Pechon 50:06 (673) Susan Jones 50:13 (674) Shanna Maliejewski 50:19 (675) Beth Clevesy 50:19 (676) Edmund Dorazio 50:21 (677) Jerry Jagers 50:23 (678) Cathy Castagno 50:30 (679) Renee Wells 50:46 (680) Rich Geoffrey 50:48 (681) Brian Kazanjian 50:52 (682) Robert Leblanc 50:54 (683) David Mayall 51:05 (684) David Heron 51:12 (685) Howie Daley 51:21 (686) David Rivas 51:59

(687) Suzanne Baril 52:05 (688) Bart Lasky 52:10 (689) Jayne Dupont 52:26 (690) D. Bittokelt 52:46 (691) Kip Valcunah 52:53 (692) William Lipchitz 53:21 (693) Ronnie Ouellet 53:29 (694) Martha McQuade 53:38 (695) George Anthes 53:49 (696) Karyn Orlando 55:48 (697) Kate Lynch 55:48 (698) Su Sullivan 55:49 (699) Barry Bragen 56:22 (700) Carol Leary 56:28

*Results Courtesy of Dave Camire, Carol Meehan, Gail McCarthy and Tim Tiches.*

## GLRR FUDGICLE SERIES - 1990 5 KILOMETERS

### January 6

(1) Tom Amiro 16:59 (2) Jeff Haas 17:09 (3) Paul Ducey 17:20 (4) Dave Camire 17:30 (5) Don Foley 17:44 (6) Lance Burgess 17:44 (7) Bruce Brown 18:23 (8) Jim Boucher 18:36 (9) Tim Flynn 18:55 (10) Dan Dorazio 19:05 (11) Dan Bowse 19:07 (12) John Morrison 19:09 (13) Tom MacDonald 19:12 (14) Tom McGrath 19:13 (15) Rafael Rios 19:20 (16) Tom Hines 19:23 (17) John Poisson 19:37 (18) Bill Devlin 19:52 (19) Fran Maycock 20:01 (20) Ryan Hunt 20:01 (21) Dennis McCarthy 20:01 (22) Dan Coskren 20:09 (23) John Aegerter 20:10 (24) Paul Johnson 20:14 (25) Bill Boyd 20:15 (26) Ben Fudge 20:16 (27) John Sutherland 20:23 (28) Fred Messina 20:59 (29) Bob Malieswski 21:09 (30) Jeff Maycock 21:28 (31) Dan Sullivan 21:31 (32) Bill Mahoney 21:40 (33) Barry Pearson 21:44 (34) Dick Nadeau 21:59 (35) Brian Emsley 22:06 (36) Rob Mulholland 22:18 (37) Dave Fudge 22:29 (38) Carl Reetz 22:32 (39) Donna Deveau 23:08 (40) Chris Toppin 23:15 (41) Mary Bourret 23:16 (42) Michelle Alvarez 23:48 (43) Sue Lamontagne 23:54 (44) Nils Grandquist 24:15 (45) Patty Cruz 24:55 (46) Ann Sartorelli 24:59 (47) George Rawnsley 25:02 (48) Carl Fetteroll 26:06 (49) Eileen Curley 26:06 (50) Bernadett Donovan 27:32 (51) Michael Arrical 28:27 (52) Jeanne Morrison 28:41 (53) Shirley Nadeau 30:18

### January 13

(1) Tom Carroll 16:14 (2) Bob Bradford 16:26 (3) Craig Mercier 16:52 (4) Lance Burgess 17:30 (5) Joe Collins 17:30 (6) Jeff Haas 17:31 (7) Dave Camire 17:32 (8) Don Foley 17:34 (9) Dave Long 17:38 (10) Bruce Brown 18:27 (11) Tim Flynn 18:56 (12) Dan Bowse 19:32 (13) Paul Johnson 19:34 (14) Bob Soldani 19:44 (15) Jenni Long 19:51 (16) Rafael Rios 19:56 (17) Wayne Fillback 20:09 (18) Dennis McCarthy

20:10 (19) John Aegerter 20:14 (20) John Meehan 20:15 (21) Ben Fudge 20:23 (22) Bryn Pringle 20:28 (23) John Sutherland 20:29 (24) Kathy Kazanjian 20:34 (25) Dave Crocker 20:35 (26) Carl Reetz 20:41 (27) Jay McCarthy 20:53 (28) Bob Macaraeg 21:03 (29) Bob Maliewski 21:07 (30) Barry Pearson 21:10 (31) David Muldowney 21:27 (32) Bill Boyd 21:44 (33) Ron D'Arcangelo 21:51 (34) Cooky Graves 21:59 (35) Dick Nadeau 22:16 (36) Michele Alvarez 22:38 (37) Bob Lordan 22:41 (38) Ron Milholland 22:49 (39) James Marsh 23:12 (40) John McPhail 23:15 (41) Mary Bourret 23:35 (42) Fred Messina 23:39 (43) Jean Boswell 24:06 (44) Sue Lamontagne 24:12 (45) Max Ward 24:55 (46) Dan Sullivan 24:56 (47) Michael Curtis 24:56 (48) Shirley Nadeau 30:01

### January 20

(1) Buddy Bostick 15:31 (2) Mick Grant 16:24 (3) Craig Mercier 16:26 (4) Lance Burgess 16:38 (5) Tom Amiro 16:43 (6) Peter Ovigt 16:58 (7) John Aukshunas 16:59 (8) Jeff Haas 17:01 (9) Dave Camire 17:01 (10) Don Foley 17:11 (11) Paul Ducey 17:24 (12) Dave Long 17:40 (13) Bruce Brown 17:49 (14) David D'Arcangelo 18:15 (15) Mark Rosenblum 19:19 (16) Glenn Swanbon 18:36 (17) Tim Flynn 18:54 (18) Rafael Rios 19:09 (19) Tom Hines 19:11 (20) Sandy Lovejoy 19:11 (21) Wayne Fillback 19:21 (22) Jenni Long 19:35 (23) Ann Kucharski 19:53 (24) Tom MacDonald 20:04 (25) Jay McCarthy 20:04 (26) Denny LeBlanc 20:10 (27) Dave Crocker 20:16 (28) Kathy Kazanjian 20:21 (29) Bill Devlin 20:22 (30) Chris Langathianos 20:32 (31) Barry Pearson 20:39 (32) Carl Reetz 20:47 (33) Ron D'Arcangelo 21:08 (34) Marybeth Lawlor 21:19 (35) David Muldowney 21:27 (36) Dan Sullivan 21:45 (37) Dan Bowse 21:47 (38) John Sutherland 21:48 (39) Bob Soldani 21:49 (40) Dave Tyler 21:50 (41) Bill Boyd 21:51 (42) Dave Fudge 21:52 (43) Bob Lordan 22:38 (44) Fred Messina 22:40 (45) Donna Deveau 22:49 (46) George Rawnsley 23:23 (47) Tim Tiches 23:27 (48) Jean Boswell 23:38 (49) Sue Lamontagne 23:39 (50) Nils Grandquist 24:16 (51) Patty Cruz 25:33 (52) Jeanne Morrison 26:02 (53) Ben Fudge 26:03 (54) Max Ward 26:05 (55) Ann Sartorelli 26:10 (56) Louis Peters 26:18 (57) Mary Tiches 26:55 (58) Shirley Nadeau 33:04

### January 27

(1) Lance Burgess 16:21 (2) Craig Mercier 16:27 (3) Tom Amiro 16:39 (4) Joseph Mulligan 16:50 (5) Jeff Haas 16:54 (6) Roger Nasatka 17:02 (7) John Mulligan 17:03 (8) John Holmes 17:11 (9) Dave Camire 17:22 (10) Ed Pancoast 17:33 (11) Ernesto Riano 17:56 (12) Colin Gouldson 18:05 (13) Glenn Swanbon 18:16 (14) Dan Dorazio 18:21 (15) Dan Bowse 18:27 (16) Dave Tyler 18:38 (17) Tim Flynn 19:11 (18) Rafael Rios 19:22 (19) Tom MacDonald 19:31 (20) Dennis McCarthy 19:45 (21) Wayne

Fillback 19:52 (22) Jay McCarthy 19:56 (23) Bryn Pringle 19:56 (24) John Mullins 20:03 (25) John Aegerter 20:06 (26) Dave Crocker 20:23 (27) Barry Pearson 20:40 (28) Bob Maliewski 20:44 (29) Bill Boyd 20:45 (30) John Sutherland 20:48 (31) Dan Sullivan 20:52 (32) Ron D'Arcangelo 20:54 (33) Dan Danecki 20:55 (34) David D'Arcangelo 20:57 (35) David Muldowney 21:32 (36) Cooky Graves 21:41 (37) Ben Fudge 21:42 (38) Dave Fudge 21:43 (39) Scott Sheehan 21:49 (40) Suzette Hall 22:15 (41) Donna Deveau 22:55 (42) Bob Lordan 23:05 (43) Bob Macaraeg 23:13 (44) Tim Tiches 23:50 (45) Max Ward 24:02 (46) John Moretan 24:32 (47) Bill Mahoney 24:33 (48) Chris Toppin 24:42 (49) Jeanne Morrison 25:01 (50) A.E. Millholland 25:41 (51) Nancy Flaherty 25:44 (52) Berna Finley 26:05 (53) Louis Peters 26:30 (54) Chris Bellinger 27:49 (55) Robert Barnett 28:28 (56) Sue Sullivan 30:30

### February 3

(1) Jeff Haas 17:21 (2) Donald Foley 18:11 (3) Tom Hines 18:46 (4) Rafael Rios 18:48 (5) John Morrison 19:18 (6) Sandy Lovejoy 19:22 (7) Jay McCarthy 19:55 (8) Dave Tyler 19:56 (9) Barry Pearson 20:38 (10) John Sutherland 20:44 (11) Dan Bowse 20:44 (12) John Meehan 20:49 (13) Dave Fudge 21:24 (14) Marybeth Lawlor 21:26 (15) Cooky Graves 22:24 (16) Dan Sullivan 22:40 (17) Bryn Pringle 23:04 (18) Nils Grandquist 24:04 (19) George Rawnsley 25:04 (20) Tim Tiches 25:07 (21) Max Ward 25:14 (22) Ann Sartorelli 25:38 (23) Jeanne Morrison 25:58 (24) Louis Peters 26:50 (25) Mary Tiches 28:14 (26) Shirley Nadeau 29:51 (27) Frank Niro 32:26

### February 10

(1) Neil Wood 15:57 (2) Mick Grant 16:00 (3) Ernesto Riano 16:01 (4) John Everett 16:01 (5) Lance Burgess 16:21 (6) Jeff Haas 16:41 (7) Dave Camire 16:54 (8) Don Foley 17:25 (9) Dave Tyler 17:26 (10) Ryan Haas 18:06 (11) Paul Ducey 18:07 (12) Peter Ormo 18:08 (13) Jeff Maycock 18:11 (14) Rafael Rios 18:29 (15) Fran Maycock 18:51 (16) Tom MacDonald 18:59 (17) Dan Bowse 18:59 (18) John Meehan 19:16 (19) John Sutherland 19:20 (20) Jay McCarthy 19:26 (21) Dan Shedd 19:32 (22) Paul Kenney 19:43 (23) John Aegerter 19:49 (24) Dave Crocker 19:51 (25) Barry Pearson 20:01 (26) Dan Danecki 20:12 (27) Dave Fudge 20:13 (28) Marybeth Lawlor 20:32 (29) Carl Reetz 21:03 (30) Dick Pierce 21:04 (31) Rob Millholland 21:24 (32) Ben Fudge 21:27 (33) Bill Mahoney 21:55 (34) Cooky Graves 22:05 (35) Dick Nadeau 22:10 (36) Donna Deveau 22:13 (37) Jean Boswell 22:26 (38) Bob Lordan 22:37 (39) Tim Tiches 22:49 (40) Jim Marsh 22:50 (41) Sue Lamontagne 22:03 (42) Max Ward 23:14 (43) Nils Grandquist 23:30 (44)



*Face painting was a popular activity at this past GLRR children's Christmas Party*

Carl Fetteroll 24:36 (45) Chris Toppin 25:35 (46) Louis Peters 25:56 (47) Christina Bellinger 29:12 (48) Shirley Nadeau 29:32

### February 17

(1) Ernesto Riano 16:58 (2) Don Foley 17:33 (3) Ricky Cruz 17:45 (4) Paul Johnson 18:42 (5) Tom MacDonald 18:53 (6) Rafael Rios 19:00 (7) Jim Muth 19:10 (8) Bryn Pringle 19:24 (9) Sandy Lovejoy 19:24 (10) Dan Shedd 19:48 (11) Dan Sullivan 20:45 (12) Paul Kenney 21:12 (13) Bob Macaraeg 21:17 (14) Barry Pearson 21:49 (15) Bill Mahoney 21:57 (16) Ben Fudge 21:58 (17) Cooky Graves 21:59 (18) Dick Nadeau 22:26 (19) George Rawnsley 23:04 (20) Bob Lordan 24:38 (21) Bob Braner 24:39 (22) Nils Grandquist 24:57 (23) Ann Sartorelli 25:01 (24) Louis Peters 26:40 (25) Jeanne Morrison 24:46 (26) Patty Cruz 27:09 (27) Mike Ross 27:16 (28) Christina Bellinger 28:34 (29) Mary Tiches 28:38 (30) Alex Bellinger 31:02 (31) Tim Tiches 31:04 (32) Sue Sullivan 33:58

### February 24

(1) Craig Mercier 16:57 (2) Don Foley 18:09 (3) Bruce Brown 18:32 (4) Rafael Rios 19:19 (5) Dan Bowse 19:52 (6) Bob Soldani 19:52 (7) Jenni Long 20:21 (8) Dan Sullivan 21:28 (9) John Sutherland 21:29 (10) Dave Tyler 21:30 (11) Jay McCarthy 21:32 (12) Paul Johnson 22:05 (13) Jean Boswell 24:13 (14) Tim Tiches 24:23 (15) Max Ward 25:06 (16) Ben Fudge

25:09 (17) John Aegerter 25:27 (18) Bryn Pringle 25:29 (19) Jeanne Morrison 32:19 (20) John Morrison 32:21 (21) George Rawnsley 34:02 (22) Ann Sartorelli 34:03 (23) Sue Sullivan 34:04

### Fudgical Statistics

Average Participants Per Week - 43  
Best 1990 Time (Male) - Buddy Bostick 15:31  
Best 1990 Time (Female) - Sandy Lovejoy 19:11

*Results Courtesy of Race Director, Christina Bellinger*

## Half Marathon New Bedford, MA

March 18 -- NEAC Championship  
(GLRR finishers)

15. Dave Dunham 1:05:28, 54. Phil Riley 1:11:33, 52. Tom Carroll 1:10:59, 53. Don Alvey 1:11:00, 55. John Cotter 1:11:05, 66. Bob Hall 1:11:52, 92. Gary Wallace 1:13:36, 94. Tom Amiro 1:13:51, 107. Dave Camire 1:14:36, 122. Craig Mercier 1:15:08, 132. Peg Donovan 1:15:21, 159. John Holmes 1:16:52, 175. Brian Colcord 1:17:35, 176. Rich Desalvo 1:17:37, 181. Colin Gouldson 1:17:37, 203. John Burke 1:18:36, 299. Mary Jane Boyd 1:22:41, 375. Karen Rapallo 1:25:17, 385. Maureen Sullivan 1:25:33, 422. Don Lambert 1:26:21, 467. John Saarinen 1:27:23, 541. Nancy Chapman 1:28:49,

*Continued on Page 11*





*Who ever said chivalry was dead among running clubs? As a goodwill gesture, our Men's Masters team sent photo Christmas cards to some of their friendliest competitors. Perhaps this Christmas Masters' Spirit could be shared by all teams in 1990?*

## Can You "Run Your Heart Out"?

Recent debates about the advisability of running have focused on the cardiovascular benefits as compared with the musculoskeletal risks of regular running. Some authorities have also focused on the cardiovascular risks of exercise and have cited warnings popularized in the media, such as "Runners live an average of five years longer but spend their extra time running" and "You only get so many total heartbeats, and when you exhaust this allotment you die." To address concerns about the cardiovascular risks and benefits of running, we calculated the life expectancy of an average runner on the basis of the theory that each person has a fixed number of total heartbeats. The calculation and underlying assumption as shown in Table 1.

Assuming that the average person has a usual resting heart rate of 72 beat per minute and an ordinary life expectancy of 75 years, the total human heartbeat allotment is  $2.8382 \times 10^9$  beats. For the prototypic runner whose resting pulse slows 23.6 percent (i.e., for 72 to 55 beats per minute), exhaustion of the total allotment of  $2.8382 \times 10^9$  beats would take 99.4 years, resulting in an extension of life by 24.4 years. This calculation -- which we believe is based on reasonable assumptions (e.g., running only five days a week, with an increase in pulse rate to 180 beats per minute exercise) -- discounts the notion that running prematurely exhausts heartbeats. Furthermore, for a total running time of 0.915 years, the life extension of 24.4 years suggests that running is an efficient way of reallocating heartbeats [ $1 - (0.915/24.4) = 96.25$  percent efficiency]. We believe that this calculation supports the benefits of regular conditioning and allays concerns about the risks of "running your heart out."

**Table 1. Heartbeat Allotment**

Total human heartbeat allotment	= $2.8382 \times 10^9$ beats
Runner's heartbeat expenditure (to age 60)	
Ages 0-19 at 72 beats/min	= $9.9864 \times 10^7$
Ages 20-60	
55 beats/min for $23\frac{1}{4}$ hr/day on 2 of 7 days	: $8.2014 \times 10^8$ beats
55 beats/min for 24 hr/day on 2 of 7 days	: $3.3864 \times 10^8$ beats
180 beats/min (while running) for $\frac{3}{4}$ hr/day for 5 of 7 days	: $8.6583214 \times 10^7$ beats
Remaining heartbeats for 60-year-old runner	= (A-B) = $1.493 \times 10^9$
Remaining years	= 39.4 years

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## Assabet Valley Chiropractic

1 Pleasant St. (Rte. 27) Maynard  
(Across from the Fire Station)

### Danger Signals Of Nerve Pressure:

- Headaches
- Neck Pain or Stiffness
- Shoulder Pain
- Pain Between Shoulders
- Numbness in Hands or Feet
- Sports Injuries
- Low Back Pain
- Leg or Arm Pain

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**508/452-9426**



## New Bedford Continued

593. John Morrison 1:29:57, 635. John Meehan 1:31:09, 683. Dave Crocker 1:32:29, 806. Ben Fudge 1:35:18, 857. Marilyn Graves 1:36:34, 884. John Aegerter 1:37:11, 1068. Pippa Davis 1:41:08, 1096. Walter Kane 1:42:12, 1123. Jean Boswell 1:43:18, 1266. Louise Lemaire 1:45:41, 1369. Barbara Kimball 1:49:03, 1463. Berna Finley 1:51:45, 1486. Nils Grandquist 1:52:22, 1512. Carole Vincent 1:53:22

**Teams -- Male Open** 1. CMS 5:30:39, 2. CSU 5:52:09, 3. GLRR 5:52:43, 4. BAA 5:55:44, 5. GSH 6:00:47 **Female Open --** 1. BAA 3:58:26, 2. LAC 4:00:24, 3. GLRR 4:03:19, 4. CMS 4:12:43, 5. TVFR 4:16:44, 6. GSH 4:33:24 **Male Masters --** 1. GLRR 6:07:39, 2. TVFR 6:16:59, 3. CSU 6:45:58, 4. CMS 7:06:23, 5. BAA 7:10:38, 6. GCS 7:48:14 **Female Masters --** 1. LAC 4:21:33, 2. CSU 4:36:42, 3. BAA 4:44:27, 4. GLRR 4:53:06, 5. CMS 5:04:45, 6. GFTC 5:07:45 **Male Seniors --** 1. BAA 6:55:42, 2. CMS 7:33:44, 3. GLRR 8:04:05

## Hynes'/Budweiser Continued

mite job out on the course. These guys handled the water stops, mile markers and splits, police coordination and traffic control. As always, they accomplished these difficult tasks in the most professional manner possible. They are Rich Lamontagne, John Sutherland and Dan Wasileuskas.

As most of us can attest to, the finish line is the most critical area of any race. If problems occur there, any race can be considered a disaster. This club is fortunate to have a few very talented people who can be called upon to handle this task with ease. I feel that I had the best person to handle this very stressful job and his name is Tom Amiro.

Last, but not least, I'd like to recognize the people that provided the results that are located elsewhere in this issue. This race really called upon their best skills, since the club has never attempted to score a race this size before. The race results were out approximately an hour after the last runner crossed the finish line, and they were accurate.

## This Man Wants Your PRs

*For inclusion in our Tenth Anniversary Issue. We need your PRs for 1 mile, 5 miles, 10 miles, 5K, 8K, 10K, 15K, 20K, 25K, 30K, half-marathon and marathon. Send your PRs (include race name, location, and date) to: Bob Lordan, 11 Revere Rd., Tewksbury, MA 01876*



So, I'd like to thank Dave Camire, Carol Meehan, Gail McCarthy and Tim Tiches.

In closing, I'd like to thank every one of the volunteers who may have stood on a corner directing runners or handed out a cup of water or any of the many other

duties it takes to put on a road race. But the real applause should go to all 700 of you runners out there who made this race a success; without you, there wouldn't be a race of this magnitude, so thanks; and keep that Irish spirit up long enough to join us again next year!

## Welcome New Members

**Acton --** David Bergart, Daniel Knights, Caroline Pooler, Andrew Robinson  
**Andover --** Stephen Popielarz **Billerica --** Jayne DuPont **Brookline, NH --** Dave Winchell **Cambridge --** John Cotter **Chelmsford --** Kevin Curtin, Richard Curtin, Michael Curtin, Richard Freitas, William Gontarz, Donata Jerome, Caitlin Klick, Christopher Klick, Sheila Kozlowski, Katrina Often, Rebecca Payton, Adam Pieroni, Justin Pieroni, Jennifer Rogan, Stephen Rogan, Steven Rollman, Jeanie Sherman, Eileen Walsh, Lee Walsh, Katie Walsh, Patick Walsh, January Willis **Concord --** Ciara McGuinness, Meredith Schmidt **Concord, NH --** David Audet **Derry, NH --** Dana Ball, Joanne Ball, Lusann Simmons **Dracut --** Leo Bernier, Jim Forance, Janet Forance, John Grady, Barbara Grady, Deborah Hurley, Robert Valorose, Francis Zabierek **Dover, NH --** Connie Freiermuth **Fitchburg --** David Sullivan **Harvard --** Rodger Kram **Hudson, NH --** Marylu Collemer **Littleton --** Nathan Cardoos **Lowell --** Carolyn Benoit, Betsy Burwick, Laureen Carr, Richard DiSalvo, Rich Forrest, Frank Georges, Russell Keith, Chris Langathianos, David Lapierre, Laura Lapierre, Michael Rogers, Henri Soucy, Paul St. Jean, Glenn Swanbon, Gerry Whitney **Medford --** Kirsten Sorensen **Methuen --** Michele LeMay **Milford, NH --** Cindy Buhner **N. Reading --** G Robert Brauer **Salem --** Paul Ducey **Somerville --** Michael Callahan, Ryan Callahan **Stowe --** Peter Mullin **Tewksbury --** Joseph Bernard, Maureen Bernard, Carol Blanch, Larry Blanch, Jeff Haas, Richard Marcotte, Michael Niles, Michael Perkins, Joe Ponti David Spurr, Laurie J. Spurr **Tyngsboro --** Lauren Traversn, Dave Willey **Reading --** Kevin Allison **Waltham --** Paula Tedesco **Westford --** David Evans, Marc Evans, Tom MacDonald **Windham, NH --** Louise Peltz

# GLRR *Memory Jogger*

## APRIL 1990

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 16 Boston Marathon Bus and Hotel: Contact Mary Bourret 603/893-7377  
 23 Board of Directors Meeting  
 25 Coaching Series (6:00 Cawley Stadium)  
 30 Club Meeting (7:30 Knickerbocker Club)

**NOTE:** For coaching information contact Bill Mahoney 508/458-8047. For NEAC Championships (bolded) contact: Brad Hurst (male team 508/256-5921), Karen Rapallo (female team 617/395-7130), Gary Wallace (male masters 603/595-4921), Jean Boswell (female masters 508/441-1545), or Don Lambert (seniors 508-485-0578). For youth meets contact Jesse Harris 508/256-8814.

## MAY 1990

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 02 Coaching Series (6:00 Cawley Stadium)  
 06 **NEAC 10-Mile Championship**  
 (Worcester, MA)  
 09 Coaching Series (6:00 Cawley Stadium)  
 16 Coaching Series (6:00 Cawley Stadium)  
 21 Board of Directors Meeting  
 23 Coaching Series (6:00 Cawley Stadium)  
 27 Vermont City Marathon and Marathon Relay  
 Contact: John Aegerter 508/667-4939  
 29 Club Meeting (7:30 Knickerbocker Club)  
 30 Coaching Series (6:00 Cawley Stadium)

## JUNE 1990

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 03 **NEAC 10KM Championship** (Attleboro, MA)  
 06 Coaching Series (6:00, Cawley Stadium)  
 13 Coaching Series (6:00, Cawley Stadium)  
 16 Mt. Washington Road Race: Contact Dave Camire: 508/957-4230  
 17 **NEAC 8KM Championship** (Charleston, MA)  
 18 Board of Directors Meeting  
 20 Coaching Program (6:00, Cawley Stadium)  
 25 Club Meeting (7:30 Knickerbocker Club)  
 27 Coaching Series (6:00, Cawley Stadium)  
 30 Membership Renewals are Due