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Starting Lines.

**GLRR Excels
at USATF
30K Championship**

**Complete results
for Hynes, Groton,
& Border to Border**



RRCA
ROAD RUNNERS CLUB OF AMERICA



**1993
RRCA
National
Award Winning
Newsletter**

Starting Lines

April 1994 Volume 14 Number 2

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On our cover

GLRR Youth Runners-of-the-Year
Charlene Fleming and Scott Meier.

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President's Report

by Bill Smith



At the beginning of 1993, I made a bold statement that our goal should be to win the overall USATF-NE Grand Prix Championship. (Some laughed at that statement.) To achieve that goal, many sacrifices had to be made. Tom Carroll passed on a free trip to the Rogain 5K in California to compete in the first Grand Prix race. Chip Mann, upon hearing that the USATF Marathon would be a pivotal race, signed on to

female open team took first place as well as the female master and male masters. The steadily improving male open team tied for sixth. The male and female seniors both placed second.

There were also many excellent individual accomplishments. Sue Maslowski with grit and determination won the individual USATF masters title despite being injured most of the year. Lisa Senatore was a perfect 10 as she was the first GLRR female finisher in every race she entered enroute to another individual USATF-NE Grand Prix championship. Doug MacGregor tied for the top spot of the seniors' USATF-NE Grand Prix.

In all, we had four national champions in 1993. The male masters won the National 8K Cross Country Championship for the third time in four years. Doug MacGregor won the Seniors' National Cross Country Championship. On the youth side, Charlene Fleming won the AAU National Championship for the high jump. Dave Camire was awarded the Jerry Little Memorial Award by the RRCA for his work on *Starting Lines*. (This award goes to the editor of the

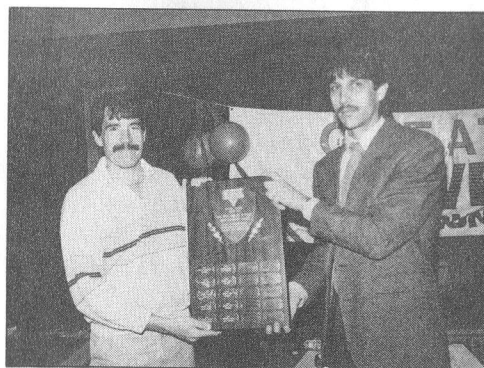
compete even though it meant sacrificing his performance at the 8K National Cross Country Race. We had five GLRR female seniors toe the lined for the marathon. All five finished making us the first club to ever field a female seniors team at a USATF marathon.

Well, we won the Grand Prix and in the process fielded teams in all divisions in six of the seven races. The

best running club newsletter in the Nation.)

Other accomplishments included a second place finish for the women's team at the USATF National 5K Championship. A second place finish for our male senior's team at the USATF Cross Country Championship. For the third consecutive year our male masters won the Boston Marathon team title. Also, our membership top the 1000 mark making GLRR New England's largest running club!

On the youth side, we had teams compete in the Hershey, AAU, and USATF Meets. Our midget boys



GLRR #1 in New England
GLRR Team Manager Ed Pancoast accepts the "Stasz Award" from USATF Managing Director Steve Vaitones. This award is presented to the USATF club that scores the most cumulative points in the USATF Grand Prix. This is the fourth time in ten years that GLRR has accomplished this feat.

placed third at the USATF National Junior Cross Country Meet. Scott Meier third overall in his age division in both the AAU and USATF National Cross Country meets. We had fifty youngsters qualify for the National USATF Cross Country Meet. To put this in perspective, we had about one-quarter of all the youths from New England that qualified for the Nationals.

Our goals for this year should be to:

- Continue to grow and be visible
- Retain the overall USATF-NE Grand Prix Title
- Expand our post-high school and college membership
- Continue to introduce youths to our sport

How nice it would be if in future years we could watch an Olympic trials or the Olympics and see former participants of our youth program and know we played a small part of it. In closing, I ask that we all be kind to each other and remember people in this club are volunteers.

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Downtime

by Dave Kromer

Dave Kromer runs and lives in Melrose, MA.



Been laid off from your job? Money problems? Domestic problems? Health problems? Everyone experiences at least a few of these over the course of a lifetime. It is certainly no understatement to say that the fickle twists and turns of fate which life subjects you to can have a drastic impact on your training regimen. With the weight of the world on your shoulders, you can grab hold of your running like a security blanket and run your ass off, wallow through a period of low motivation and lack of achievement, or bag it altogether until things finally work themselves out.

The medical world regards exercise as being a good thing because it's healthy for you physiologically and because it can relieve stress, induce relaxation and generally help you get your mind off things. On paper that sure sounds great to me. But somehow, when the walls come tumbling down, running can be one of the hardest things to get excited about and the last thing you feel like doing. Even after many years of dedication to your running, your interest can desert you and vanish into thin air in a matter of minutes when significant problems arise. I

guess you might say that at times running seems to behave much like a fair weather friend. It sure is a helluva lot easier to get psyched when things are going great!

If you can resist the temptation to bag it and keep plugging away, you can yield substantial benefits not only in terms of the things I've mentioned, but also in the self esteem department as well. Who cares if you just lost your job, your wife is leaving you or you're flat broke? Go out there for a few miles and forget about such worldly things! When you're really down, something as simple as a good run can really do a lot in terms of helping you escape reality for awhile and by making you realize that life goes on... If only the pill popping segment of our society would realize that the human body's got chemicals with a kick a hundred times more potent than those that any MD can prescribe. Remember that old saying, "Heal thyself!"

On the other hand, sometimes it can actually be refreshing to lead the life of a non-runner and experience some downtime for awhile. Why, you can have an awful

lot of fun spending your Sunday mornings watching Community Auditions, guzzling gallons of coffee, and downing dozens of donuts, instead of going on those long, cold twenty milers with your fellow running mates in the dead of winter. Who cares if you resemble Elvis by the time you start your comeback? Non-running can have the effect of both providing your body with some much needed rest, as well as making you more appreciative of periods when you're in peak form. A taste of how the other half lives. Coming back from either a voluntary or forced period of downtime can be an extremely exhilarating experience. But just make sure that you do come back, someday..

The stimulus for a comeback can be provided from a multitude of different sources. You drive past a runner on the street and remember your old self. You can't stand looking at yourself in the mirror. You're tired of being called fatso. Your wife suggests you become a model for Big, Beautiful Man magazine. You're tired of watching Star Search reruns on gorgeous Sunday afternoons. You just need a dose of male bonding. These are but a few examples of sources of stimulation that just might

be enough to make you want to get back into it. Your never know when it's gonna hit you and that desire is gonna come roaring back!

This past summer I was wallowing through an eight week period of mediocrity and low motivation, doing half my normal mileage, with twice the effort, at a pace much slower than normal. I was so psyched out and fading so rapidly that I was just about to call it quits. Then it happened!

One Saturday evening, I reluctantly decided to drag myself through one of my standard ten mile courses. As I approached a major intersection halfway through the run, I noticed a green Mercedes with a blond behind the wheel, situated on a side street. What is this? She's actually gonna yield and let me pass? I moved on and continued my way on down the main drag towards home. Then suddenly without warning, the Mercedes came flying by with the blonde driver screaming out the window at me, "Keep on running!" If there was ever a sign from God, this had to be it. Now after an experience like this, could I ever even consider wimping out and packing it all in? No way!

The Golden Goose

by Jack
Pierce

Jack Pierce
serves on
the GLRR
Board as
recording
secretary.



For those of us still young enough to recall the fairy tales of our childhood, the recently run Border to Border road race brought back a flood of memories on how the best of situations can be screwed up by well-intentioned humans. The event also allowed us to outdo the Grande gang by covering three states in one race and blessedly not having to run a full marathon.

Let us begin by acknowledging that the creators of this event had the single best and freshest idea in road running in ten years. A twenty mile race crossing three states (ME, NH, MA) in the heart of the Boston training cycle. This idea would get 5.9's from even the most parochial small-minded of judges, while the course was the biggest lock for 6.0's across the board since the Dream Team. All of what I say is confirmed by the fact that 450 of the most indulged and pampered individuals \$15 chance on New England's February weather and pre registered. The folks behind this idea were not merely hot — they were on a mega roll. They had indeed found the Golden Goose and it was laying solely for them on this day.

Come Thursday's (a Sat. race day) 6 pm weather, the news just keeps getting better for our organizer friends. Both Dickey and Bruce are jumping up and down just waiting to tell us that Friday's high 40's and Saturday's highs in the 50's will be the best coastal weather New England has seen since late October. The race organizers should have been out buying lottery tickets.

Saturday am brakes mild, if not as warm as called for; but what the hell - we still have faith in the TV charlatans even considering their historic track records. Runners from around eastern New England are now getting into their cars and heading out for the Salisbury/Seabrook line gathering point. One of the first observations one makes upon arriving at the pick-up shuttle point is it's 8:30 am and there are a hell of a lot of runners lined up for a ride to Kittery and more are arriving every minute. The first blow is about to be administered to our Golden friend. The first rule of race management is that given any kind of brake from the weather, a race should draw an equal number of post entries to it's pre-registered number. Unfortu-

nately, this rule was unknown to our first time race directors and the thought was everybody who is coming must be pre-registered, so logistically we're all set. Whack, whack the feathered one takes yet another series of blows. Oh well, runners are an adaptable lot and they did have ample portable potties for the obligatory morning passings; score one for the bird's team.

As time began to pass a mild undercurrent of panic started to set in on those deepest in the line for a lift to Maine. A pleasant smiling lady came by announcing if you're not pre-registered you may be asked not to get on the next couple of buses. Bring out the heavy artillery for the feathered on; so what if you got up at the crack of dawn to drive here and were ready to fork over twenty big

names of friends and associates who may have told them they were pre-registered. A small respite for the bird of plenty as runners again adapt to current situations without panicking.

Arrival in Kittery brings yet another series of whacks to the now tender hyde of our Golden hero with an announcement that the 10 am start is now scheduled for 10:45. The morning has now turned in to an exercise in meeting and discussing one's Boston readiness state with old friends and competitors who you have not seen since late last year.

It's now time for the pre-race loosening up jog when the word comes down that the drawbridge over the Piscataqua River separating Maine from New Hampshire is open and there is a busload of pre-registered people stranded on the wrong side of the starting line. Whack ! Whack ! Whack ! you ugly water fowl.

The generous owner of the restaurant that was serving as race headquarters is now getting a bit testy as he is about to see his day's receipts being held out of his place of business by a bunch of freeloading runners announced, "You're all out of

***Let us begin by
Lacknowledging that the
creators of this event had the
single best and freshest idea in
road running in ten years.***

ones to post enter, they may not want you now that they're on such a roll.

It's immediately official: everybody in line is now pre-registered and many are searching the brain for the

here — I need to start making a living.” Whack birdie yet again. At long last, the gun goes off and our tri state journey of running is underway.

With all that has been reported on above, you will probably be amazed to read what follows. Despite all the problems starting the race, I and every other runner I met was willing to give the organizers the benefit of the doubt. This race has the potential to become a darling on the New England racing scene. Among other things, I defy anybody to find a more picturesque course in all of road running. For at least 16 of the 20 miles the splendor of the Northern Atlantic ocean was no more than 100 yards off one’s shoulder. This is an instant classic of a course with almost no uphill and all view. Do the race organizers need to work on feeding and petting their feathered friend rather than just whacking the hell out of him — of course. A few simple steps, such as mile markers every couple of miles (there is no need for official splits) stuck on a post or in a snowbank for pacing would be a good start. A few more (not necessarily manned) water tables would not hurt. No race over five miles should ever end on a public

road. Find an unused parking lot or something, but not in the middle of a busy road.

In closing, I ask you to please read into this article a positive ringing endorsement of an idea and an event that we in the sport need many more of and not just another cheap shot by a crabby, spoiled runner. As I said before, I did not hear of one individual who stated that they would not give the race another chance. As a runner and a consumer, demand that the race organizers listen to you (their customers) and fix the small problems encountered on race day. But do yourself a favor and pencil in participating in this race for next year. Road racing needs more people with this type of vision — not more dead ducks written off our schedule.

Run Mt. Washington

GLRR is making available to it members ten guaranteed entries into this year’s Mt. Washington Road Race. Runners that applied for this year’s race but were rejected will be given first priority. If you didn’t apply, you still have a chance of getting one of the guaranteed entries. To get your name on the list, contact Steve Kanaracus at 508-458-2015.

Conners’ Corner

“Still on the Comeback Trail”

by **Dennis Conners**



Everybody wants to run in the 100th BAA Marathon; I want to do the 200th.

I bet B2B is always plagued by problems — Who cares? Great course! P.S. — I came in third. (Note: I did start an hour early.)

GLRR Trivia — Which then world class runner showed up, paid his entry fee and won the second Hynes’ Race? (Answer at the end.)

The Great STEW Run — a real New England race.

I never saw a women runner with pretty feet.

New England Runner certainly turned itself into a quality magazine.

As you get older your speed declines in direct proportion to the amount of hair in your ears.

How many more “Grande Reports” should I look forward to reading?

Infamous quote department — “What you did is what you done.” — Unknown athlete from the Thrif-T-Way Racing Team.

Does anyone else miss Yankee Runner?

How do you get Ben Fudge to sanction your race?

If a runner asks you, “How did you do?” he really means, “This is how I did.”

Running is not that serious — mostly its boring.

How about a loop ULTRA in downtown Lowell?

Dan Woz can do more to organize a race in two days than most committees can in two months.

I love runners, but there are alot of ass——.

Thrif-T-Way Thanksgiving Run -- a don’t miss event.

My suggestion for a GLRR vision: “Back to basics and change.”

The Mill City Relay Clubs should make an effort to support each others’ races.

Duende Department:

- GAC has it — Merrimack Valley Striders never did and never will.
- Clarence DeMar had it — Johnny Kelly thought he did.
- Terra TC's yes — Etonic stabilizers, absolutely not.

What is a Gilley? Answer in the next *Starting Lines*.

Faces on a milk carton:

Bob Dick
John Ferina
Carrie Steiman

My suggestion for a GLRR vision: "Back to basics and change."

I bet no one has ever qualified for the Boston Marathon and the City of Lowell Golf Tournament in the same year.

Jack Pierce has never been in Roxbury, no matter what he says.

Answer: Lionel Ortega 1982.

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The Grande Report

Destination: Kiwath Island, SC. FBI Warning: *Any commercial use or duplication of this copyrighted material without prior licensing or written consent from Steve R. Grande or his subsidiary, GLRR, is prohibited by federal law. Violators will be prosecuted!*

Putting together the itinerary for this trip should have been a logistical nightmare. Three different airlines on two different days; amazingly it worked. Charleston Airport is similar in size to Manchester, NH, the gates are all close together. Bobby's plane was running late, but Davy's plane was on time, so they came in five minutes apart.

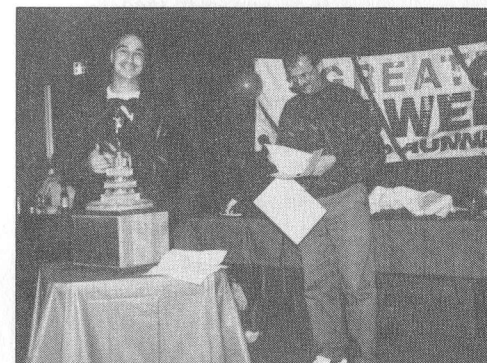
Kiwaih Island (pronounced KeeWah) is like a huge island golf resort. Most of the residential community is private and each area has its own gourmet restaurant. Folks, this is a real nice winter getaway. Rooms overlooking the ocean, wet bar, refrigerator, tennis courts, lazy stroll to the beach. Well, you get the picture. All this for \$80. That's right, eighty bucks. Split four ways, of course, you

get the max for min and never pay top price.

Saturday, AM: The race starts at eight. There's a 5K walk and race, marathon, and half-marathon. The course winds through the residential communities, so you get to see the leaders and everyone else that's ahead of you, for that matter. Got to see Davy running third overall in a time of 2:36 and picked up \$100 for his trouble and the Proud Pelican Award — a hand carved wooden pelican. Different and real neat!

Davy took us to one of the above mentioned restaurants. Attention all you single

Continued on page 15



Life is Grand

Steve Grande accepts his award for outstanding contributions to Starting Lines at the annual GLRR Awards Night.

Youth Report

by Clint O'Brien

Clint O'Brien is the director of GLRR Youth Programs



Well, I hope all of our young runners, jumpers, and throwers have had a safe and warm winter and were able to keep up some level of physical activity during these tough, snowy few months here in New England. But Spring is finally here again and we are meeting regularly for track and field practices at 5:30 each Tuesday and Thursday evening at the Chelmsford High School track. Shake off those winter habits and come on down to the track. We will be having a couple of special throwing and jumping clinics for our youth this spring as well as the usual sprint, relay, and middle distance training opportunities.

The awards night on March 26 was a great time. Thanks to all our youth (and their chauffeurs) who attended this special evening of recognition for our club. Congratulations to Charlene Fleming, our Female Youth Athlete of the Year, and to Scott Meier, our Male Youth Athlete of the Year. These two individuals made great accomplishments last year. Charlene won the AAU National High Jump Championship last July in Tennessee while Scott earned third place finishes in the AAU and USATF Youth

Junior Olympic National Cross Country Championships held in Texas and Rhode Island.

We intend to have a more relaxed and enjoyable session for the kids this spring and summer and after such an intense buildup for the Rhode Island races last fall. The first fun time will be on 4/17/94 - the Heartbreak Hill International Youth Race. It is at noon and is just a one mile run staggered by the age and sex until 3:30 or so. The next fun time will be at the Needham Great Bear Run on Sunday, May 15, featuring a variety of distances for youth from toddlers (a 26.2 yard marathon) up to masters. Information on these two starters and the later meets will be at the track on Tuesdays and Thursdays. Just come by or call me at 508-667-4347.

I am pleased to report that Steve Incropera is our new Track and Field Head Coach for 1994. Steve and I have worked on a Youth Charter that will explain our philosophy and intentions with the program as well as the rules of competition. You will receive a copy when you come to track. We hope to add more fun as well as more

structure to our practices, teams, and competitions this year. Any and all suggestions to do this are welcomed by Steve and me.

Continued from page 13

women out there, this guy was voted most eligible bachelor in Concord. He's a catch, but you have to be patient, he does everything slow, except run.

The race had excellent post race refreshments. Bobby finished in a tad over four hours, Elaine did the half in two plus hours, and I did the same as usual for this time of year. A soon to be master, I don't want the racing team to get excited over my 3 1/2 hour times. Although, if properly trained, I could drink beer at a six minute per mile pace. Will that qualify me? I'll be applying in April.

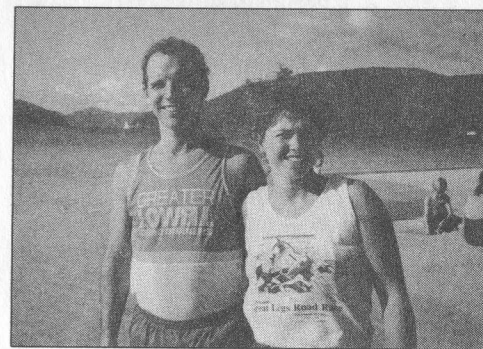
After Bobby and Davy left town, Elaine and I did some serious siteseeing in Charleston. After badgering me repeatedly to take her to the Citadel Cadet School, I finally conceded. She wanted to be the first GLRR woman to attend the all male school. It was all over the TV news, you must have seen it. After that debacle, an historic walking tour through the cobblestone streets of the city was in order — homes,

churches, and taverns; all pre-Civil War Era with very little changed. This was a sight to be appreciated. South Carolina did it!

**Destination:
Charlotte, NC**

January 8 snow storm. "Ain't gonna do it." In training for '95.

Here's the GREEN



Tropical GREEN

Steve and Cathy Pepe brought the GREEN to St. John US Virgin Islands.



US GREEN

Nancy Chapman, Jay McCarthy, and friend have been GREENing up the Washington, DC area for the past few years.

Forward to the Past Hynes Tavern '94

by Dave
Camire

Remember those great Hynes races during the early and mid eighties. The excitement leading up to the event, the big crowds, and the fantastic after race parties were all part of the atmosphere that made the race a great event. Well this year's race sort of jump ahead to the past as longtime race director and race founder Dennis Connors returned to organize this year's event. In addition to the return of Connors, the race witness other "great" returns. Dan Woz, the master of course control, returned to take over those duties after a five year sabbatical. The Cravens, Joe and Anne,

returned to help distribute those great looking T-shirts. The pre-race Nashua-to-Hynes race saw the return of the Gate City Striders. GCS and GLRR did this run on an annual basis during the eighties. Also returning were the many giveaways and great merchandise prizes that made the Hynes' Race so popular.

Things are looking up for the Hynes' Race and with the return of Dennis as race director next year, the race is certain to reach new heights. Many thanks to the work of Dennis Connors and his crew of outstanding volunteers.

Hynes/Budweiser Irish Feet Are Running 5 Miler Lowell, MA 3/13/94

1 BRIAN MOODY , 25:54, 2 ERIC BEAUCHESNE , 26:28, 3 JIM QUADROS , 27:17, 4 ARTHUR DEMERS , 27:25, 5 KEVIN HYNES , 27:32, 6 MICHAEL SLANEY , 27:38, 7 TOM ROLDAN , 27:43, 8 DAVE TYLER , 27:48, 9 KEITH OBRIEN , 27:51, 10 ROBERT HALL , 28:40, 11 OWEN EVANS , 28:55, 12 MICHAEL MAWN , 29:09, 13 THOMAS FLEMING , 29:24, 14 PHILIP MAIA , 29:27, 15 JOHN KIMBALL , 29:31, 16 TED HUTCH , 29:34, 17 CHUCK KEATING , 29:38, 18 GLEN THOMAS , 29:43, 19 ERIC PARADIS , 29:47, 20 BRIAN RHODES , 29:52, 21 ANDREW KALIL , 29:56, 22 KARA MOLLOY , 30:11, 23 GARY WALLACE , 30:17, 24 BRETT

STEVENS , 30:24, 25 DICK MARCHAND , 30:30, 26 WILLIAM CARVALHO , 30:49, 27 ZEKE TAVERAS , 31:00, 28 BOB HELLWEG , 31:10, 29 EDWARD DELCHLER , 31:21, 30 JEFF MORSE , 31:31, 31 MICHAEL FITZPATRICK , 31:33, 32 DAN TRAINOR , 31:34, 33 JEFFREY DAY , 31:36, 34 PETER ORNI , 31:38, 35 MICHAEL KARTHAS , 31:40, 36 PAUL LEAHY , 31:41, 37 JAMES DEMAY , 31:43, 38 THOMAS CAPPELLUZZO , 31:47, 39 WILLIAM DEVLIN , 31:52, 40 DAN DORAZIO , 31:56, 41 ROBERT LYNCH , 32:00, 42 JEFF LINDBLOM , 32:03, 43 RAY

Continued on page 34

The Grandy Report

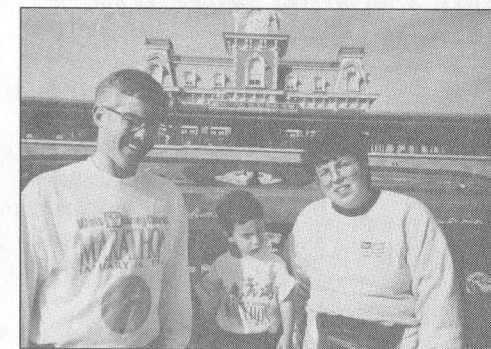
Destination: Orlando, FL. This time we decided to leave my brothers home. Flying through Atlanta, I took a bump for a free ticket. Steve Pepe would have been proud. My bump took me to Birmingham, AL on Pigeon Airlines in a blizzard! I think Buddy Holly was seated next to me!

Finally, I was safe at Disney World with room service, pizza, and beer but no bottle opener arghhh! The next day, we did the fun run. Jimmy did well with Goofy pushing us a little bit. I saw Bill Rodgers, Joan Samuelson, and Mary Decker with their kids. Next it was off to the pasta dinner for 8000 with cloth napkins and very good food.

On race morning we were up at 4:15 am for the 6:00 am start. The temps were in the 40s and it was dark for the first hour. The best part of the race was running "around the world" at Epcot with the music cranked up and lights flashing. It got everyone to pick up their pace. There was lots to see as we went from Epcot to the Disney/MGM Studios, to the Magic Kingdom and back to Epcot. It was interesting to see Disney World behind the

facade. I kept an eye out for Mary Bourett (3:37) and Bob Bassett (4:??) as the course crossed paths a couple of times including an out and back section from 16 to 22. Running my first negative split marathon was fun, I enjoyed passing a lot of people, especially a Central Mass Strider at mile 25! Wooosh, the green went by him finishing in seventh place (if I were a female) in 2:42:02.

After the race, it was on to the Tiches for their post race party. It was a good time as the Whitcombs, the Tiches, and Max Ward were all in town to watch the marathon. The next morning included breakfast with Aladdin and two days to see Disney. Then we flew home to zero degree temperatures. We should have stayed in Florida longer. Eat your hearts out Bob, Dave, Steve, and Elaine.



Dave, Jackie, and Jimmy (Tyler) Grandy.

by Dave
Grandy

Editor's Note to Steve Grande — Imitation is the highest form of flattery, but I'd sue for copyright infringement.

This Sport Represents the very best Olympic ideals

by Charlie Pratt

This past winter's Olympic coverage — the ample commercial breaks providing plenty of time for quiet reflection — have caused me to think about the numerous qualities of my own sport that I treasure.

There are no seasonal constraints on either training or competing. Nor are there geographical limitations, special facilities or expensive equipment. There is no need to contend for rink time or access to special "courses."

Many participants belong to clubs with diverse memberships as to income, occupation, ideology, age, gender, and ability level as one can imagine. The cost is generally less than \$25 per year, the desire to join is usually the only requirement. If a membership committee exists, it is there to recruit not exclude.

Competition is usually based on elapsed time, not subjective "judgment" that may be biased by class attitudes, sexist stereotypes or vestiges of cold war politics.

In my sport competitors, even at the highest levels, are

friends before and after competing. The very best competitors are tough-minded and the contests are hard. There is generally an atmosphere of mutual respect. One looks forward to the best showing up to compete, for this makes for better competition and sweeter victories.

The protocol during the event includes sharing liquids (the focus is on hydration rather than avoidance of communicable diseases), redirection of a competitor who has lost the way, picking up a person who has fallen (Women's US Olympic Trials), attending to a victim of heat problems and so on. You get the idea. In a pack, competitors feed off the energy of the group and work together until the inevitable (for most) falling off. Here competition has an underpinning of mutual effort, cooperation and humanity.

Many participants belong to clubs with diverse memberships as to income, occupation, ideology, age, gender, and ability level as one can imagine. The cost is generally less than \$25 per year, the

Continued on page 22

desire to join is usually the only requirement. If a membership committee exists, it is there to recruit not exclude. Racing teams usually have some selectivity, but "A," "B," "C," teams etc. often provide access to all. As a member of several clubs, I have yet to see the elitism that is often connected with other sports. In this area personality and character loom much larger than proficiency.

The base of participants in my sport is very large. I have seen estimates of 30 million

for the US and certainly tens of millions worldwide. It is not a sport dominated by a chosen few with special accesses or substantial incomes. It is not a sport dominated by the US or even other first world nations. It is the most truly democratic sport. The very best come from countries with per capita incomes in the hundreds of dollars: Kenya, Ethiopia, China, Mexico — places like that. Many of the best start with no equipment at all. Their advantages reside in the fast feet, strong lungs and good heart of the runner.

SANDOWN OLD HOME DAY

**5-mile Road Race
and 1-Mile Fun Run/Walk**

Saturday, August 13, 1994

9:00 AM: 1-Mile Run Run

9:30 AM: 5-Mile Fun Run

Entry Fee: \$8 pre (by 8/6), \$10 race day

T-Shirts: First 200 pre-registered

Place: Sandown Central School, Main St., (Rte 121A) Sandown, NH
Mail to: John Latourneau, 9 Deer Run Rd, Sandown, NH 03873

- Excellent traffic control
- USATF Certified
- Mile splits
- Computerized results
- Raffle prizes
- Great post race goodies

Sponsored by: Greater Derry Track Club

May '94

Club Phone 508-957-6447

1	Fred Slavin 1M/5M, call 508-459-4815 for more info.	2		3	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	4	GLRR Coaching at Cawley Stadium, Lowell 6:15 pm	5	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	6		7	
8		9		10	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	11	GLRR Coaching at Cawley Stadium, Lowell 6:15 pm	12	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	13		14	
15	Captain John's, 1M/ 5M call 508-458- 0752 or 452-3379 for more info.	16		17	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	18	GLRR Coaching at Cawley Stadium, Lowell 6:15 pm	19	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	20		21	
22		23	GLRR Board-of- Directors Meeting	24	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	25	GLRR Coaching at Cawley Stadium, Lowell 6:15 pm	26	GLRR Youth Team Workouts at Chelmsford HS 6:30 pm	27		28	

29

30
Town & Country
Road Race, 5K and
10K call 508-957-
6447 for more info.

Upcoming Races

- 1 Fred Slavin 1M/5M, 10:15/11:00 am, Dracut Civic Club, Rte 113
- 7 USATF 5K Championship, Manchester, NH 10:00 am
- 14 Battle Road 10K, Concord, MA Old North Bridge, 617-274-0831
- 15 Captain John's 1M/5M, 12:00/1:00 pm, 333 Westford St., Lowell
- 15 Great Bear 5K/10K, Needham, MA 617-449-4954
- 18 Run for the Roses 5K, Women's Race, Winner's Circle Bar, Rt 110 Salisbury, 6:30 pm
- 22 Reading Rotary 1.5M/5M, 9:30/10:15 am, Reading YMCA, 617-944-1141
- 27 Saucony Classic 4.5M, 6:15 pm, Centennial Park, Peabody, 508-927-3203
- 29 Vermont City Marathon/Relay, 8:05 am, Burlington, VT
- 30 Town & Country 5K, 10K, 5K Relay, Lowell Voke, 1:00 pm

Starting
Lines
EVENT FINDER

1994 S M T W T F S

June '94

Club Phone 508-957-6447

5		6		7	Youth Team Track Workouts 5:30 Chelmsford HS	8	GLRR Adult Coaching 6:15 Cawley Stadium	9	Youth Team Track Workouts 5:30 Chelmsford HS	10		11	
12		13		14	Youth Team Track Workouts 5:30 Chelmsford HS	15	GLRR Adult Coaching 6:15 Cawley Stadium	16	Youth Team Track Workouts 5:30 Chelmsford HS	17		18	
19		20	GLRR Board-of- Directors meeting, contact Bill Smith to attend	21	Youth Team Track Workouts 5:30 Chelmsford HS	22	GLRR Adult Coaching 6:15 Cawley Stadium	23	Youth Team Track Workouts 5:30 Chelmsford HS	24		25	
26		27	GLRR Annual Meeting at the Knickerbocker Club, Lowell	28	Youth Team Track Workouts 5:30 Chelmsford HS	29	GLRR Adult Coaching 6:15 Cawley Stadium	30	Youth Team Track Workouts 5:30 Chelmsford HS				

Starting
Lines
EVENT FINDER

- ## Upcoming Races
- 4 Freihofer's USATF National 5K Championship, Albany, NY, 518-273-0267
 - 5 Journey for Sight 5M/3M, Windham, NH, 603-432-9419
 - 5 Pack Manadnock 10M Challenge, Temple, NH 603-880-9479 (Hosted by GCS)
 - 10 USATF 10K Championship, Winthrop, MA 8:30 am
 - 10 Friday Night Fiver, 6:30 pm Greater Lawrence Voke HS in Andover, MA
 - 18 Mt Washington Road Race 7.6M, Gortam, NH (closed) see pg 603-865-2537
 - 12 Bunker Hill Road Race, 2M/8K, 8:30/9:30 am, Charlestown, 617-242-1775
 - 19 Cappy's Copper Kettle 1M/5M, Downtown Lowell, MA
 - 25 North Shore Half-Marathon, Swampscott, MA 617-595-3224
 - 26 Tour De Cleghorn 4M/Relay, Fitchburg, MA 508-342-2069

1994 S M T W T F S

At this time, many of our sports are being tarnished by the emphasis on economics. In my sport very few even earn a moderate income, far fewer become wealthy, yet hundreds of thousand (at least) compete. We must be doing something right. So the next time that you spot a

runner on the road, please move over a bit to give a little more room, maybe offer a friendly wave (please no horn) and as you pass by that knight of the road, recognize that each and every runner participates in a sport that truly represents the very best Olympic ideals.

GLRR 2-Mile Series: Under New Management

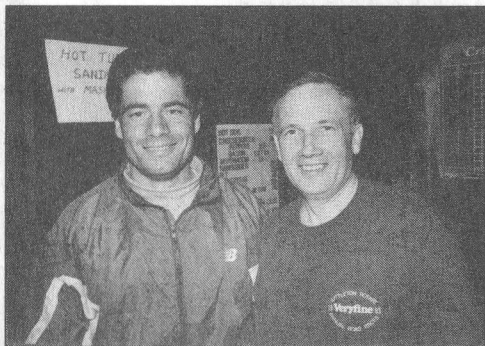
*by Dave
Camire*

Few runners realized last year that we almost did not have a GLRR 2-Mile Series because we lacked a race director. Fortunately for the Lowell running community, Jan Beckwith and Sue Trudel step forward to organize the series upon hearing that the series was in danger

This year, the series is not in any danger of being cancelled because club

members Barry Pearson and Jack Clancy came forward early and volunteered to manage the series. And, the new management is planning some pretty innovative stuff too! "We're planning a 2-mile relay race where four runners run one-half mile each," explained Pearson. "We may also have a Backwards Night where everyone will run in the opposite direction on the track," he continued.

Planning and organizing this series is quite the undertaking, so why would anyone want to do it? "We wanted to give something back to the club," explained Pearson. Well, one thing is for certain, this year's GLRR 2-Mile Series is not going to be dull. If you would like to volunteer to assist Barry and Jack, contact Barry at 508-256-4743.



Jack Clancy and Barry Pearson will be organizing this year's GLRR 2-Mile Series.

Boylston

*by Jan
Beckwith*



The sleepy town of West Boylston, MA came alive on March 6th for the annual late winter Stu's 30K. This year with clear blue skies and a promise of spring in the 45 degree air, the conditions were perfect for the USATF-NE's season opener. The scenery was a majestic white, but the roads were pure greeeen! There were Greater Lowell Road Runners in the lead pack, just off the lead pack, heading up the women's race, and mixed in through every bunch of runners right to the end. And that was just the runners. Jean Boswell was everywhere, cheering us on, as were several other groups of green urging us up and down the never ending hilly terrain. Finally, in less than 2 hours and 15 minutes, the top

bered (and we're having a great time along the way).

John Barbour led the way capturing 5th overall with a time of 1:42:11 (he turns 40 just before the marathon, watch out Walter and Phil!). Eric Beauchesne was GLRR's next, 7th overall, in 1:43:21. "Walter" Krivoy was only 6 seconds behind Eric for 8th overall. Next came John Dowling (15th in 1:45:55) and Phil Riley (does this man ever have a bad run?) in 22nd place in 1:48:00. Incidentally, Phil beat Larry Olsen. Sorry, Larry...ha!

On the women's side, Lisa Senatore was her usual spectacular self devouring the road in a blazing 1:57:08. Kara Molloy bettered her last year's time by a full 6 minutes to finish 5th among the women in a time of 2:02:01. Third for GLRR was Lori "I don't like hills much" Hennessey. Lori posted a 2:11 in her first Boylston 30K. We'll be hearing a lot more about Lori in the months to come. New to GLRR this season, she is both strong and gutsy. Sue Maslowski, after a week of R & R in far warmer climes, finished a strong 2:15:17 and took 3rd female master.

GLRR all but swept the categories, sending a strong message to other clubs: we're still here, we're still on top, and we have you out numbered (and we're having a great time along the way).

team finishers were all in. GLRR all but swept the categories, sending a strong message to other clubs: we're still here, we're still on top, and we have you out num-

Meanwhile, in the middle of the pack (where I was) a train plowed through and held up about 50 runners for two full minutes. Who knows; over this distance, the short rest may have helped.

Finally, kudos go to Bill Smith. Bill is the runner for whom the term "heart" was coined. Out there doing very high mileage on a leg that was broken two years ago in eight places, Bill posted a 2:18. He is a real inspiration and takes all the excuses away.

Letters to the Editor

Dear Dave,

It is a great pleasure for me to inform you that you have been nominated for, and are the recipient of, the RRCA's Jerry Little Memorial 1993 RRCA Outstanding Medium Club Newsletter Award. Your newsletter won regionally, was submitted for the national award, studied by the RRCA's Journalism Awards Committee headed by John Harwick, voted upon, and your newsletter was chosen.

We hope that you will be able to come to Washington,

DC, the weekend of April 7-10, to receive your award in person at the RRCA's annual Awards Banquet on Friday, April 8th, as our guest.

I have enclosed a convention brochure for you, with all convention fees waived. Please send it directly back to us (RRCA office) in the enclosed envelope.

Please also let us know if you plan to attend, not later than March 15th, if possible. We will give you a room at the Ritz-Carlton.

Congratulations and we hope to see you at the RRCA's 37th annual convention!

Warm regards,
Henley Gible
Executive Director, RRCA



Dave Camire accepts the Jerry Little Memorial Award by RRCA Eastern Director Joyce Rankin for best newsletter in the Eastern Region. Camire later accepted the award for top running club newsletter in the nation.

And They're Off!

by Ed
Pancoast

Ed Pancoast
is GLRRs'
Racing
Teams
Manager.



The Greater Lowell Racing Team is off to a flying start stthe first leg of the 1994 Grand Prix Circuit — the Stu's 30K race in Boylston, MA. The Green once again dominated a Grand Prix event. We accomplished this by winning the Women's Open, Men's Masters and Men and Women's Seniors categories. In addition to these, we finished a strong second in the Men's Open and third in the Women's Master categories. We were once again the only club to field a team in every category.

The Women's Open team was once again led by Lisa Senatore. Lisa was also the overall women's winner again this year. Kara Molloy (fifth woman) and Lori Hennessey rounded out the scoring for the Women's Open team, who won by 12 minutes.

The Men's Masters team was led by Walter Krivoy. Walter was the first master finisher and placed eighth overall. He was strongly supported by Phil Riley (second master) and Steve Desisto (seventh master) to round out the scoring, leaving the masters team with an eight minute victory.

The Men's Seniors team was led again this year by Charlie Pratt. Charlie was the first senior finisher and the only one to go under 2 hours. He was followed by Jack Pierce (seventh senior) and Bob Ludwig. The Men's Senior team won by six minutes.

The women's Seniors team was led by Christine Robertson who was the fifth women's senior finisher. Christine was supported by Mildred Rhoades and Delores Sullivan who finished sixth and seventh senior women respectively.

The Men's Open team finished an impressive second. Only 4 minutes behind the winners and 10 minutes ahead of the third place team, this was their strongest showing in several years. John "soon to be master" Barbour led the open team, finishing fifth overall. John was closely supported by Eric Beauchesne (seventh overall) and Walter Krivoy (eighth). While not scoring, an excellent performance was turned in by John Dowling, who finished 15th.

The Women's Masters team ended up in third place. They were lead by Sue Maslowski who was the third women's

master finisher. Sue was supported by Karen Whitcomb (ninth) and Babs Kimball. Congratulations to all who ran. The turnout by all the Greater Lowell runners who wear the green continues to impress me.

Just a little house cleaning to wrap up this article. The following are the remaining races in the Grand Prix circuit: 5/7 - Chips 5K; 6/11 - Winthrop 10K; 8/2 - Yankee 10 Miler; 10/2 - Ro-Jack's 8K; 10/30 - Cape Cod Marathon. I will be sending in the entries for these races. It is important that I receive the applications two weeks before the race. Please give the applications to me or mail them to: 4 Granada Dr., Westford, MA 01886.

Stu's 30 K Results (GLRR Finishers)

5. John Barbour, 7. Eric Beauchesne, 8. Vladimir Krivoy, 15. John Dowling, 22. Phil Riley, 31. Steve Desisto, 38. Walter Mann, 39. David

Hannon, 40. John Dalton, 41. Arthur Demers, 46. Marty Lechleiden, 47. Jack Mulligan, 57. Dave Tyler, 65. Lisa Senatore, 88. Charlie Pratt, 92. Tom Doody, 100. Robert Johnson, 106. Kara Molloy, 133. Stoddard Melhado, 134. Bob Hall, 135. Ken Whitcomb, 142. Doug Anderson, 144. John Pierce, 157. Frank Gorham, 168. Daniel McCarthy, 169. Dave Lapierre, 171. Scott Merrill, 173. Richard Marcotte, 194. Walter Kuklinski, 196. Steve Kanaracus, 201. Bob Ludwig, 208. Lori Hennessey, 221. John Poisson, 231. Daniel Bowse, 235. Susan Maslowski, 238. Steve Pepe, 251. Ralph Steere, 261. Sue Trudel, 263. Bill Smith, 277. Susan Hoxie, 282. Jan Beckwith, 296. Ben Fudge, 305. Tom Hines, 321. Bob Hansford, 327. Jack Clancy, 343. David Feng, 344. David Cunningham, 377. Brenda Palmacci, 386. Paul Lambert, 388. Gary Wallace, 397. Ed Pancoast, 428. Steve Grande, 444. Jim Maines, 458. Karen Whitcomb, 480. Babs Kimball, 519. James Fitzgerald, 543. Max Ward, 550. Paul St. Jean, 556. Robert Gould, 561. Christine Roberts, 571. Grant Whiteway, 606. Valerie Hamilton, 615. Bob Lordan, 620. Bob Grande, 626. Mildred Rhoades, 640. Delores Sullivan, 647. Elaine Pechew

Destination: South of the Border

by Don Allison

Don Allison is a frequent contributor to New England Runner and he helped organize the Border to Border Race.

Route 1A from Kittery, ME to Salisbury, MA along the scenic New Hampshire coastline normally lends itself towards a leisurely journey. Boston's Ed Sheehan made short work of the 20 mile trek on February 19th however, covering the distance by foot in a shade over an hour and three quarters to win the first annual Border to Border 20 mile road race. Spring-like conditions greeted the field of over 700 runners, many using the race as a stepping stone towards April's Boston marathon. That was the intent of Border to Border's originators, a small group led by former Ipswich, MA resident Ray Deschenes.

for Sheehan, as the pair led the field over the Memorial Bridge into Portsmouth, NH. Two time Olympian Pete Pfitzinger, along with marathon veterans Paul McGovern and Jim Garcia trailed shortly behind. The pace proved too intense for Winn, and Sheehan assumed the lead for good as the course wound through the summer resort towns of Rye, Hampton, and Seabrook. From there it was simply a matter of crossing the line into the Bay State for Sheehan. He broke the tape at 1:46:17. McGovern was second in 1:49:22 and Lowell's David Audet arrived in third place exactly three minutes later. Thirteen lucky (and talented) runners managed to cover the 20 miles in under two hours, better than six minutes per mile.

The race is certain to become a fixture on the early spring New England running circuit.

They annually ran the route as a pre-Boston ritual. This year the run became an officially sanctioned race through the efforts of Deschenes' sister Kate Christiansen.

Bob Winn from Ogunquit, ME provided early company

The women's race developed into a tight duel, fittingly between Maine and Massachusetts residents Christine Reasor and Barbara Remmers. A late-race surge sealed the victory for Remmers, her final time of 2:03:22 a mere 39 seconds better than her northern rival. For their winning efforts,

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Remmers and Sheehan were both rewarded with USA airline tickets, courtesy of Northwest AirlinK and Travel Agents International. Five original Border To Border runners completed the race, led by Deschenes in 2:16:09.

All in all, the first edition of Border to Border was a rousing success. The 562 finishers boosted their marathon fitness and confidence levels, witnessing a beautiful oceanside view in the process. The race is certain to become a fixture on the early spring New England running circuit.

Border to Border 20-Miles 2/19/94, Kittery ME to Salisbury MA

1 Ed Sheehan 1:46:17, 2 Paul McGovern 1:49:22, 3 David Audet 1:52:22, 4 Jim Garcia 1:56:10, 5 Joseph Kaiser Jr 1:56:16, 6 Chris Lawrence 1:56:19, 7 Pete Pfitzinger 1:56:27, 8 Peter Blomquist 1:57:04, 9 Shaun Keenan 1:57:07, 10 Steve Jackson 1:58:04, 11 Steve Kloti 1:58:12, 12 Jim Quadros 1:58:20, 13 John Barbour 1:58:26, 14 Robert Nagle 2:00:51, 15 Tim Evans 2:01:05, 16 Bill Reeves 2:01:07, 17 Robert Carosso 2:01:24, 18 Runner Unknown 2:02:15, 19 Marty Lechleider 2:02:20, 20 Michael McCormick 2:02:21, 21 Gary Passler 2:02:25, 22 Tom Roldan 2:02:45, 23 Pat O'Brien 2:03:09, 24 Jerry Campbell 2:03:12, 25 Barbara Remmers 2:03:22, 26 Michael Wasiuk 2:03:24, 27 Christine Snow-Reasor 2:04:01, 28 Robert Weathersby 2:04:24, 29 Chuck Keating 2:04:49, 30 Dave Camire 2:05:09, 31 Shawn

Jyawook 2:05:24, 32 Mark Behan 2:05:27, 33 Richard Doubleday 2:05:35, 34 Rick Keane 2:06:20, 35 Dan Healey 2:08:02, 36 Wayne Sholds 2:08:02, 37 Ken McMahon 2:08:13, 38 Jeremiah Fitzgibbon 2:08:28, 39 Justin Curtis 2:08:32, 40 Dave Tyler 2:08:40, 41 Thor Kirleis 2:08:45, 42 Keith Schmitt 2:08:59, 43 Brian Macquarrie 2:09:01, 44 Steve Schiller 2:09:04, 45 Craig Wilson 2:09:06, 46 John Webber 2:09:09, 47 Vinnie Fusco 2:09:21, 48 Tom Callan 2:09:41, 49 Jeff Goddard 2:10:04, 50 John Gagnon 2:10:28, 51 Todd Allen 2:10:29, 52 Steve Gautreau 2:10:47, 53 Doug Burdi 2:10:47, 54 Donald Dwight 2:11:33, 55 Chris Carter 2:11:35, 56 Bob McBride 2:11:35, 57 Naoko Ishibe 2:11:43, 58 Scott Mangiafico 2:12:04, 59 Ken Mackie 2:12:09, 60 ruce Lauder 2:12:12, 61 J Gus Foley 2:12:19, 62 Alan Schlemmer 2:12:24, 63 Douglas Lavallee 2:12:26, 64 Scott Bauer 2:12:56, 65 Stephen Peckiconis 2:12:58, 66 John Baggetta 2:12:58, 67 Art Gray 2:12:59, 68 Howard Berman 2:12:59, 69 Lisa Wakem 2:13:09, 70 Erich Reitenbach 2:13:13, 71 Thomas Tero 2:13:27, 72 Colleen Ellis 2:13:36, 73 John Hammond 2:13:56, 74 Peter Orni 2:14:14, 75 Bill Riley 2:14:31, 76 Ray Deschenes 2:16:09, 77 Tony Modoit 2:16:16, 78 Robert Ludwig 2:16:18, 79 Michael Menovich 2:16:33, 80 Mark Wigler 2:16:38, 81 Richard Griffin 2:16:39, 82 Tim Craig 2:16:56, 83 Gary Freedman 2:16:57, 84 Jack Pierce 2:17:07, 85 Wendy Lane 2:17:20, 86 Amie Gonthier 2:17:21, 87 Gary Wallace 2:17:23, 88 Dave Daggett 2:17:23, 89 Anna Brook 2:17:31, 90 Mina Pizzini 2:17:34, 91 Mark Cockroft 2:17:50, 92 David Chechik 2:18:05, 93 Robert Manning 2:18:23, 94 Michael Wallace 2:18:23, 95 Eric Hanson 2:18:38, 96 James Rie 2:18:44, 97 David LaPierre 2:18:46, 98 Walt Kiklinski 2:18:51, 99 Joe Hayes 2:19:03, 100 Walter Swanbon 2:19:06, 101 Jeff Litchfield 2:19:06, 102 Bill Devlin 2:19:07, 103 Paul Goransson 2:19:08, 104 David Anderson 2:19:17, 105 Michelle Pelletier 2:19:47, 106 Rick Merrmane 2:19:55, 107 Todd Hanson 2:20:02, 108 Mark Lorden

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More Letters to the Editor

Dear Dave,

I just received a congratulatory telephone call from a GLRR who participated in Border-to-Border last Saturday. As an experienced road racer, who has worked races himself, he appreciated the amount of work that went into B2B. This one telephone caller represents the class of GLRR. You have a terrific club!

Thank you all for your participation in the support of Border-to-Border. Your volunteers, who will be thanked personally at our Post-Race Wrap Party, were great!

I am proud to announce B2B has made a substantial donation to D.A.R.E. Thanks for helping to "Run Drugs Off The Seacoast".

Sincerely, Kate Christiansen

P.S. Wait till you see the race video! It is filled with GREEN! George and Bev Bisson should be commended for all their time and effort spent in making B2B a success. I couldn't have done without them. Bev had one of the hardest jobs of all — coordinating volunteers and aid stations.

3rd Annual Groton 10K Road Race 4/10/94

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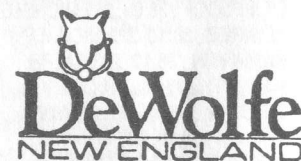
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GLRR, WCRC, and NSS Launch Women's 5K Series

The Greater Lowell Road Runners, Winner's Circle Running Club, and the North Shore Striders have joined forces to organize the Twilight Triad: Women's 5K Series.

The series consists of three races beginning with the Circle's Run for the Roses on May 18. The second race will be the North Shore's new Louise Rossetti 5K on June 22, and the final race will be the GLRR's Great Legs Road Race 5K on July 8.

Individual awards will go to highest cumulative score, the top three open and masters scorers and the top senior. Team awards will be for the top open team and top masters team. Open teams will consists of the top five scorers. Masters will have the top three scorers.

Individual scoring will probably award points to the top ten finishers with first place getting ten point and tenth receiving one point. Team scoring will go eight teams deep for the open and five deep for the masters. For more information contact Susan Trudel (508-458-1758).

Address Change

If your address changes please let us know. *Starting Lines* is mailed third class bulk mail and is not forwarded by the U.S. Postal Service. If you have a change of address, you should immediately call the club phone (508-957-6447) and leave your change of address. We must have your new address on our computer for you to continue to receive *Starting Lines*.



Club Phone News

The club phone is the best place to get the latest up-to-date information on GLRR happenings. The Events Line of the phone is updated on a weekly basis while the other menu items are updated on an as needed basis. So/ call today!



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USATF Grand Prix Standings

Male Open

1	CMS	16
2	GLRR	12
3	TVFR	11
	BRC	11
5	WRT	10
6	CSU	6
7	BAA	3
8	GNBTC	2
9	SMAC	1

Female Open

1	GLRR	15
	BRC	15
3	CMS	10
4	GSH	9
5	CSU	8
6	BAA	6
7	TVFR	5
8	LAC	3
9	BBRR	1

Male Masters

1	GLRR	11
	CMS	11
3	TVFR	8
4	CSU	6
5	BRC	2
	RIRR	2
7	GNBTC	1
	GFTC	1

Female Masters

1	LAC	12
2	CMS	10
3	CSU	7
4	GLRR	4
5	BRC	3
6	CCAC	2
7	GNBTC	1

Male Seniors

1	GLRR	3
	BRC	3
3	TVFR	2
	CSU	2
	CMS	2

Female Seniors

1	GLRR	4
2	LAC	3
3	CMS	2

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1	Central Mass Striders	51
2	Greater Lowell Road Runners	49
3	Boston Running Club	34
4	Cambridge Sports Union	29
5	Tri-Valley Front Runners	26

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Starting Lines

The 1993 RRCA National Award
Winning Newsletter

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