

Starting Lines

August 1989, Volume 09, Number 03

Future Events

NEAC 8KM Championship

This year the College Towne Classic, scheduled for Sept. 10, 1:30 PM in Amherst, MA, will serve as the NEAC 8KM Championship. As an added bonus to this race, the first 55 GLRRs to cross the finish line will receive a GLRR Neon shirt. Please plan on joining us.

Winnepesaukee Relay

This year the Cape Cod Relay is being replaced with the Lake Winnepesaukee Relay on Sept. 16. The GLRR will be hosting a party for all members following the race. Contact Colin Gouldson 256-1632.

GLRR Club Meetings

The next club meeting is scheduled for August 28 at the Knickerbocker club in Lowell. Club meetings are held on the last Monday of each month except for December and July when we take a break.

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GLRR Wins Both Team Titles

Dunham Outkicks Hodge in Duel On Mt. Washington

by John Stifler

In the closest duel in the history of the race, 1988 champion and course record holder Dave Dunham of Lowell, Mass., outkicked Bob Hodge of Clinton, Mass., to capture the 29th Annual Mount Washington Road Race. The two ran elbow-to-elbow the entire 7.6 miles until Dunham burst ahead by a one-second margin, 1:02:58 to 1:02:59.

At the end of the 4,700-foot climb from the base to the sum-

mit, the 25-year-old Dunham had a better kick than Hodge, the former course record holder and a perennial winner prior to Dunham's arrival in the field a year ago.

Both men finished well ahead of third-place finisher Keith Woodward of East Corinth, Vt., who was nearly four minutes behind the top two finishers.

The women's race was almost as exciting, as 1980 Boston Marathon champion Jacqueline Gareau of St. Bruno, Quebec,

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Dave Dunham (left) and Bob Hodge (right) running stride-for-stride at this year's Mt. Washington Road Race

shadowed Granite Stater Peg Donovan of Auburn for the first five miles before taking the lead for good with just more than two mile to go.

Gareau, 36, held off her rival to establish a course record of 1:13:14, while Donovan, 34, finished in 1:13:25, well ahead of third-place finisher Julie Peterson (1:19:24).

Atop the mountain, the finishers who jammed into the Sherman Adams House on the summit were drenched in a combination of sweat and mist.

Occasional breaks in the

clouds allowed the runners to glimpse the spectacular views of the Mount Washington Valley, but for the most part, the upper half of the race was run in clouds with visibility limited to 40 feet in places.

The winner of the junior division for competitors age 19 and under was 19-year-old [GLRR member] Terrence White from Chelmsford, Mass., who covered the course in 1:20:44.

The Greater Lowell [Road Runners] easily won the men's team competition, sparked by Dunham's and Hodge's 1-2 finish, and their female counter-

parts also won on the strength of second and fifth place finishes by Donovan and Maureen Sullivan of Concord, Mass.

[Thirty-three teams from seventeen running clubs competed in this year's Mt. Washington Road Race. Scoring for the male open team, in addition to Dave and Bob, were Art Demers, Steve Peterson, and Tom Carroll. Barbara Kimball rounded out the scoring for the female open team.]

The previous story appeared in the June 18th edition of the Manchester Union Leader.

An Emphasis on Fun

President's Message

by Mary Bourret

In case you missed it on the 6 o'clock news, I was elected President of the Greater Lowell Road Runners in a landslide victory. (Actually, I ran unopposed; the whole Board of Directors ran unopposed. The topic is addressed in this message).

As a club member for six years, I've noticed the same group of people planning and participating in all the club events. I have ambitious goals for the club, and I need your help - each and every one of you. I want to get every member to participate in at least one club event this year. To accomplish this, I am adding new twists to established events. Club events should be a mixture of fun and competition, with an emphasis on fun. The 2 Mile Series has been spiced up, so come on down and win a pineapple!



After the June general meeting, Steve Peterson told me that people might be more willing to run for office if they knew what was expected of them. What a bright young man! I will, before the next general election, clearly define all of the positions on the Board of Directors and those of the Officers. If your interests lie in putting on a road race, let me know and I'll set you up as an apprentice to one of our current race directors.

Don't forget: October 1 is the Jim Witt Road Race.

GLRR InfoNET

Get the latest information on:

Upcoming Races
Club News
Club Events
Race Results

If you need information, call and leave a message and a GLRR representative will get back to you.



452-9426

New Slate of Officers Elected

HOORAY for Bourret

by Jay McCarthy

At the annual June meeting, attendees elected the GLRR officers and members of the board for the upcoming year.

The newly elected President is Mary Bourret. Look for Mary's "inaugural address" elsewhere in this edition.

Stepping down as president and assuming the role of Vice President will be John Aegerter. I'm sure I speak on behalf of all club members in thanking John for an outstanding job as president. The club prospered and grew in prominence under his guidance.

Other individuals elected were:

Treasurer - Christina Bellinger
Secretary - Eileen Curley
Publicity - Jay McCarthy
Communications - Bob Lordan
Youth - Bill Mahoney
Competitive - Dave Camire
Social - Deb Cole
Budget - Nils Granquist
Membership - Tim Tiches

Club members are encouraged to seek out any of the above individuals with any ideas or questions you may have.

GLRR Youth Team at NE Championships

by Jesse Harris

Providence, RI — Thirteen members of the Greater Lowell Road Runners youth track team participated in the New England TAC/USA Junior Olympic Games held at Brown University on Saturday June 24th. The team returned home with a total of 23 medals which included 10 gold, 7 silver, and 6 bronze. The outstanding team performer was Scott Forman who won the 100m (13.6), 200m (29.0), and

the shot put (30'-3 1/4") in the 11 & 12 boys division. The top three finishers in each event qualify for the Region 1 TAC Jr. Olympics Championships to be held at Union College in Schenectady, NY, July 7th through 9th. January Willis, who has the best shot put distance in New England in her age division (23'-11"), will compete in the shot put as well as the long jump at the TAC/USA Youth Athletics National Championships at the University of Texas in Arlington

July 6th through 8th. The GLRR Youth Team results from the New England Championships follow:

10 & Under (Girls) — January Willis: 1st long jump (10'11"), 2nd shot put (22'11-1/4"), 2nd 100m (15.6)
10 & Under (Boys) — Kevin Curtin: 2nd shot put (15'1-1/2"), 3rd 1500m (6.02)
11 & 12 (Boys) — Scott Forman: 1st shot put (30'3-1/4"), 1st 100m (13.6), 1st 200m (29.0), Ted Payne: 3rd shot put (26'3"), 3rd long jump (12'9-1/2")
13 & 14 (Boys) — Alex Payne: 2nd 200m hurdles (32.6)
15 & 16 (Girls) — Amy Beauregard: 2nd 400m hurdles (68.3)
15 & 16 (Boys) — Joshua Guptel: 1st 100m (11.1), 2nd long jump (19'6") Rob Simler: 1st triple jump (37'1-1/2"), 3rd 400m (54.7), 4th 100m (11.7), Dave Harrold: 3rd high jump (5'0"), 4th 110m high hurdles (16.2), Andrew Lowenstein: 2nd 1500m (4:29), Ricky Cruz: 3rd 3000m (9.49.7), Craig Gagne: 5th 100m (11.8), 1X100m relay GLRR 1st (46.7) Harrold, Simler, Gagne, & Guptel
17 & 18 (Boys) — Tom Canarelli: 4th Javelin (162'4")

The GLRR Youth Team needs help! If you are interested in assisting, contact Coach Jesse Harris 256-8819.



Boston, Worcester, Nashua, Maynard, Lowell, Greenwich, RI, and N. Andover

GLRR Racing Team Excels

Dominates Team Competition at '89 BAA Marathon

This year, ninety-seven ardent marathoners travelled from Lowell to Hopkinton on the GLRR Buses to compete in the BAA Marathon. With temperatures in the high sixties and sunny skies, the day was more suited for an outside barbecue than for a marathon.

Upon boarding the buses, there was excitement in the air because one of our own teammates, Dave Dunham, was predicted by *New England Runner* to be the first New England finisher. The excitement intensified when it was announced that the *Boston Globe* had predicted Dave to finish tenth. Not bad for a guy running his first marathon!

Dave not only lived up to all the pre race press, he finished second among the Americans and led the GLRR male open team to its first ever Boston Marathon victory. Scoring for the team were Dave, Tom Carroll (56th overall), and Tom Amiro (106th overall). The BAA presented the GLRR with a silver plaque commemorating the victory and each team scorer received an engraved silver plaque.

The GLRR female open team also had a good outing as they finished second, just 1 minute and 21 seconds behind the first place Merrimack Valley Striders. Scoring for the GLRR women were Peg Donovan (21st overall), Lisa Senatore, and Maureen Sullivan. Congratulations to both teams and all GLRR members who participated in this year's Marathon.

Male Open Team Results — (1) Greater Lowell Road Runners 7:29:01, (2) Northeast Runners 7:34:18, (3) Central Mass Striders 7:40:32, (4) Fort Bliss Falcons 7:44:37, (5) Boston Athletic Association 7:57:42

Female Open Team Results — (1) Merrimack Valley Striders 9:12:34, (2) Greater Lowell Road Runners 9:13:55, (3) Fort Lauderdale Road Runners 9:25:52, (4) Delaware Duponters 9:29:57, (5) Millrose Athletic Association 9:40:59

NEAC 10-Mile Championship

Worcester, MA — This year's NEAC 10 Mile Championship, held in Worcester, MA on May 7th, was a very difficult race. The course, which is tough because of the infamous Bancroft Tower Hill, a mini Mt. Washington, was even tougher this year because of a 30 mph head wind the last two miles. Nevertheless, the GLRR had a great showing as fifty club members competed, scoring 14 Grand Prix points and winning a team medal in every division. Our male and female open teams both finished third while our male masters, female masters, and male seniors finished second. Congratulations to all who competed.

NEAC 10KM Championship

Nashua, NH — With ideal weather, excellent organization, and tough competition, this year's NEAC 10KM has to be classified as one of the best ever. The GLRR had an excellent



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outing as our female open, male masters, female masters, and male seniors all finished second to win silver team medals. A total of 53 GLRRs competed in the race and the club won thirteen grand prix points. This race is perhaps the best organized road race in the Merrimack Valley and to date the best on the Grand Prix circuit. If you run but one race next year, make it this one!

Maynard Elks 10KM

Maynard, MA — The GLRR male open team of Walt Murphy (10th), Tom Carroll (13th), Don Alvey (18th), Phil Riley (19th), and Bob Hall (25th) out ran the Digital Running Club and CMS to take its second consecutive team title. As usual the weather was hot, however, this year a stiff headwind between miles four and five made the race even more difficult. Nevertheless, the great post race party thrown by race director Pat McMahon and the Maynard Elks makes this race well worth the effort.

AHEPA 10KM

Lowell, MA — For the first time ever, the AHEPA 10KM included a team competition. As would be expected with a Lowell race, the GLRR dominated by winning both the male and female team divisions. The male open team of Mike Wright, Bruce Brown, and Doug Anderson combined for a total time of 1:21:37 to out distance the Gate City Striders. The female team, led by Lisa Senatore, Sue Maslowski, and Pippa Davis, combined for a total time of 1:36:32 to beat out the Gate City Striders by over fourteen minutes.

NEAC 5KM Championship

Greenwich, RI — "Tough competition" is what describes this year's NEAC 5KM Championship. According to race director Ron Boemker, out of the 264 male finishers, 33 were 5:00/mile and under, and 147 were 6:00/mile and under. On the female side, 16 of the 96 finishers were under 6:00/mile, and 51 were 7:00/mile and under. The GLRR had an excellent showing as our male masters team won the gold; our male open, male seniors, and female masters teams won the silver; and our female open team won the bronze. A total of 45 GLRRs competed in the race and the club won eighteen grand prix points. After the race, many GLRRs spent the day at Goddard State Park which has miles of trails and a beautiful ocean beach.

Three of Four on Fourth

North Andover, MA — The GLRR won the male open, male masters, and female masters team division of this year's Merrimack Valley Striders 4th of July 10KM. Scoring for the male open team were: Tom Carroll, Lance Burgess, Brad Hurst, Phil Riley, and Dave Camire. Scoring for the male masters were: Bob Hall, Lenny Sheehan, Stoddard Melhado, Colin Gouldson, and Jim Dolan. Scoring for the female masters were: Jean Boswell, Ann Sartorelli, Mary Tiches, Eileen Curley, and Berna Finley. Unfortunately, the GLRR did not field a female team, however, Karen Rapallo did win the female open division.

NEAC Grand Prix Standings



(Includes 30KM, 10M, 10KM, and 5KM)

Female Open

1. **Greater Lowell Road Runners** 15
2. Central Mass Striders 14
3. Liberty Athletic Club 12
4. Irish American Track Club 7
5. Greater Springfield Harriers 3
6. Boston Athletic Association 3
7. Cambridge Sports Union 2
8. Gate City Striders 2
9. Greater Boston Track Club 2
10. Empire One Running Club 1

Male Open

1. Central Mass Striders 24
2. Cambridge Sports Union 15
3. **Greater Lowell Road Runners** 14
4. Greater Springfield Harriers 12
5. Boston Athletic Association 6
6. Nike Boston 5
7. Gate City Striders 3
8. Greater Boston Track Club 2
9. Sugarloaf Mt. Athletic Club 1
10. Tri-Valley Front Runners 1

Female Masters

1. Liberty Athletic Club 13
2. **Greater Lowell Road Runners** 12
3. Central Mass Striders 5
4. Greater Boston Track Club 2
5. Greater Framingham Track Club 2
6. Rich Classic Track Club 2
7. Cambridge Sports Union 1

Male Masters

1. Central Mass Striders 21
2. **Greater Lowell Road Runners** 19
3. Tri-Valley Front Runners 11
4. Greater Framingham Track Club 4
5. Berkshire Road Rats 4
6. Cambridge Sports Union 3
7. Gate City Striders 3
8. North Medford Club 2
9. Greater Springfield Harriers 2
10. Ocean State Track Club 2
11. Boston Athletic Association 1

Male Seniors

1. Central Mass Striders 7
2. **Greater Lowell Road Runners** 6
3. North Medford Club 4
4. Sugarloaf Mt. Athletic Club 1

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Overall Grand Prix

1. Central Mass Striders	71
2. Greater Lowell Road Runners	66
3. Cambridge Sports Union	25
4. Liberty Athletic Club	25
5. Greater Springfield Harriers	17
6. Tri-Valley Front Runners	12
7. Boston Athletic Association	10
8. Gate City Striders	8
9. Irish American Track Club	7
10. Greater Framingham Track Club	6
North Medford Club	6
Greater Boston Track Club	6
13. Nike Boston	5
14. Berkshire Road Rats	4
15. Sugarloaf Athletic Club	2
Ocean State Track Club	2
17. L Street Running Club	1
Empire One Running Club	1

Individual Grand Prix

Male Open — 1. Dave Dunham 19 (GLRR), 2. Rich O'Flynn (NBTC) 16, Mark Donahue (CMS) 16 **Female Open** — 1. Peg Donovan 25 (GLRR), 2. Mary Lammi 17 (CMS), 3. Nicole McGilpin 15 (GSH) **Male Masters** — 1. Larry Olsen 29 (TVFR), 2. Bob Hall 23 (GLRR) **Female Masters** — 1. Nancy Chapman 32 (GLRR), Kathleen Airoidi 32 (EORC), 2. Margot Remington-Oman 19 (LAC), Robin Emery-Rappa 19 (LAC)

College Towne Classic

NEAC 8KM Championship

September 10, 1:30 PM

Boyden Gym, University of Massachusetts at Amherst

The first 55 GLRR finishers will receive a "Special" GLRR Neon Shirt

**GREATER
LOWELL
ROAD RUNNERS**

A Morning Run

by Hazel Palmer

The sharp buzz of the alarm pierced the darkness. Without opening her eyes, Sarah slammed a fist onto the snooze button and pulled her arm back under the warm blankets. Four o'clock. Oh-four-hundred-hours, Wednesday, 17 January 1989.

It can't be morning already.... Why am I doing this?...Oh, God, it's so cold!... I'm so tired.... My leg is still sore from yesterday.... I need a day off.... One day won't hurt.... Etc., etc., etc.

The same litany every morning: the same debate between the tired body and the determined mind. But in the midst of the debate, a pair of feet began to ease out from under the blankets. The feet were followed gradually by a bit of leg, followed by a bit more, until, by the time the nine minutes of "snooze" were up, the only parts of her anatomy remaining in the cocoon were her head and shoulders. Before the alarm could disturb her sleeping roommates, Sarah switched it off. The debate was settled for one more day.

In a neat pile by her bed were her basic running clothes - heavy black polypropylene tights and sweater, thick black socks of blended wool and polypro, and a new pair of Brooks "Response" shoes, boasting as much of the latest high-tech gimmickry as a modest budget could encompass. Shivering in the pre-dawn cold, she pulled on her running clothes and socks and, clutching her precious shoes, tiptoed into the kitchen.

The light on the automatic coffee-maker glowed redly in the inky darkness. She half-

filled a mug with the steaming brew and, while it cooled, began - ever so slowly - to stretch and warm up. The temperature, chilly inside the house, would be frigid outside. The forecast the night before had been for readings in the single digits in the Boston suburbs. And Chelmsford was definitely in the 'burbs. Important, therefore, to be well warmed up before braving the bitter morning.

Stretched, warmed, and jolted with caffeine, Sarah pulled on a windbreaker of bright yellow, emblazoned with strips of reflective tape. A heavy layer of Vaseline slathered on her face was the next step in the ritual. She laced up her shoes, double-knotting the loops, donned heavy wool hat and gloves, and opened the door.

As the icy air knifed through the light jacket, the inner debate resumed, at redoubled volume.... YOU CAN'T BE SERIOUS!.... WHY are you doing this?....

Why, indeed. Boston was only three short months away, and she still had not qualified. She had come so close last fall at the Peace Marathon - three hours, fifty-eight and a half minutes. She had one more chance: the Hyannis Marathon at the end of February. If she hoped to finish within the magic 3:50, which was the qualifying time for women over forty, she would need to train ever harder and harder through January and early February.

She left the driveway of the antique farmhouse and broke into a slow jog, heading toward the street light half a block away. There was no moon this

morning, but the stars would provide enough light for her to see the potholes in the street and the other small dangers of the night - icy patches, horse droppings, flattened wildlife, loose dogs. She lifted her feet higher off the ground and pranced for a few steps to further loosen up the leg muscles. Then, gradually her pace smoothed out into an efficient, ground-eating rhythm.

The street light had long since dropped to the rear, and now the dark trees closed in, forming an aisle of deeper blackness along the dim street. An occasional porch light from one of the houses situated well back from the road served as a reference point. There were no lights in any of the windows.

Sarah was striding down the center line of the road. Not only did the painted line offer a guide to her feet, but here there were fewer potholes to trip on. And, since there was no traffic at that hour, the center of the road was as safe from cars as the shoulders.

Her thoughts were flowing freely from one image to another - a snippet of a song, a problem at work, an amusing bit of dialogue from last night's sitcom, the Race So close ... so close ... The Race ... the crowds, the cups of water, the orange slices, the finish line Her thoughts flitted by, punctuated by her rhythmic breathing, the pad-pad-pad of her feet, and the soft swishing of her nylon jacket.

The wall of trees thinned and receded. She was now passing the wide grassy area which was the county 4-H campgrounds. The campgrounds were surrounded by a chicken-wire fence, with two automobile gates which stood open at all times

during the winter. The fence wire reflected the gleam of the streetlight at the next corner, but nothing beyond the fence was visible in the gloom.

Suddenly, Sarah froze and spun around, eyes wide against the darkness. Into the hypnotic rhythm of her running had gradually come another sound - the soft purring of an automobile engine. She had seen no lights: could this be some drunken kook driving around in the middle of the night with no lights?

There was nothing behind her. Nor was there a car coming toward her. She heaved a sigh of relief - it must be someone warming up his car. (Boy, he keeps worse hours than I do! she chuckled.)

She turned and padded on, peering into the gloom, trying to locate the source of the engine hum. And there it was: a late-model foreign car parked in the second driveway of the 4-H camp.

Odd for a car to be parked there at any time of day during the winter months, but what made this particular car doubly

unusual was that all its lights were off. No parking lights - no dome light - just the soft purr of the expensive engine.

Sarah eyed the car curiously as she passed. (What a nut. How is his carpool going to find him in this blackness if he doesn't at least turn on his parking lights?) A darker thought nibbled at the edges of her imagination, but she dismissed it as having been born of watching too much television. And so she ran past the campgrounds, on beyond the lighted corner, out to the highway leading to Westford, and on to a point exactly four miles from her house, where she turned and started back.

Some quarter of an hour later, as she neared the campground again, the same sound greeted her ears. The car was still there, lights out and engine idling. She slowed to a walk and approached the car, no clear purpose in mind - only curiosity and nagging suspicion. Just as she stepped past the fencepost, both doors of the car swung open and two shapes were silhouetted against the dome light.

TO BE CONTINUED

Who's Who in Green?

Meet Donna Deveau

Residence: Lowell. **Age:** 31. **Occupation:** Mother of 3 (Full Time); Financial Analyst (Part Time). **Years In Club:** 3. **Favorite Road Race:** Hyne's Irish Feet Are Runnin'. **Most Memorable Running Achievement:** "Completing my first jog around the block." **What You Like Best About GLRR:** The Fudgicle Series. **What are Some of the Things You Would Like to See the Club Do in the Future:** Host a summer/fall family outing.



Mary's-Go-Round #3

Editor's Note: This is the third installment in what seems to be the never-ending saga of Mary Bourret and Jeff Mann's trip across the country.

After running with GLRR for six years, I've gotten used to some of the stranger road race names. The "Run Your Turkey Off" is just another road race to me, but in some parts of this country, "turkey" is slang for a part of the human anatomy. I was looking for souvenirs at the Tobasco Sauce factory in New Iberia, Louisiana when I noticed the store clerk trying to read my t-shirt:

Clerk: Does that say "run your turkey off"?

Me: Yes

Clerk: Oh, my! Helen! Come out here for a minute; I

want you to see this lady's shirt!

Helen enters the room and I turn my back so she can see the turkey and writing on the back of my t-shirt.

Helen: Oh, isn't that funny. What's that shirt from?

Me: A road race that takes place every year around Thanksgiving.

Helen: What's that?

Me: A running race. A foot race.

Clerk: Have you seen the oyster t-shirts they sell around here? They say "Shuck me, Suck me, Eat me raw."

Me: Yes, we bought one for my brother.

Clerk: Oh, my husband has one of those oyster shirts and

I won't be seen with him when he wears it. It's too much.

Jeff: I'm looking for the crawfish shirt that says "Suck the head, Bite the tail".

Helen: You'll find that in New Orleans. You know, it's a good thing they put the picture of a turkey on that shirt so people don't get the wrong idea. It's a fine looking bird.

Me: I'm so used to seeing this t-shirt, I don't even think about it being funny.

Clerk: Maybe they don't call it a turkey where they're from.

Me: We do call people who are asses, turkeys.

Helen: Well, that's close. But you have to turn a man's ass around to find his turkey.

Mary's-Go-Round #4

Klamath Falls, Oregon is half a days drive south of Crater Lake National Park. Crater Lake is very beautiful; Klamath Falls is not. Klamath Falls reminds me of Lowell ten years ago.

I went into the convenience store to pay for gas. The guy in front of me bought gas and a bag of popcorn. He gave me a funny look as he left for the gas pump. I put down my credit card and went out to pump gas.

Him: Do you know if Bob Hodge won that race this year? (I was wearing my Mt. Washington Road Race t-shirt.)

Me: No, I don't know who won, but would guess he did. He always wins.

Him: He ran a hell of a race at the Olympic Trials.

Me: How do you know Bob Hodge?

Him: I run with him. (I take a close look at him. Sure enough, he has all the signs of being a good runner. He's skinny, thin and anorexic.)

Me: So do I. (How far fetched does this sound? I'm fat and heavy.) Well kinda. He runs for the same club I run with. He coaches our track sessions.

Him: He's just a super guy.

Me: I agree. Who are you?

Him: Leonard Hill.

Me: Were you at the Olympic Trials?

Him: Yes. I ran, but I didn't do as well as Bob. He

ran a great race. I was really happy for him. What a great day he had! When you see Bob, tell him I said 'Hi'.

Me: Okay, but I won't be back home 'till Christ mas.

Him: Well, I'll see him before that. I'll tell him you said 'Hi'. Okay, so long.

Me: So long.

I finish pumping gas and get into the truck and start rattling off the whole conversation to Jeff.

Me: And he noticed my t-shirt and he said and I said

Jeff: Mary.

Me: Yes?

Jeff: Go get your credit card.

Me: Good idea.

GLRR Welcomes New Members

William Schmidt	Acton	Mike Beeman	Derry, NH	Patsy Sullivan	Lowell
Roy Dennehy	Andover	Shaun Lessieur	Dracut	Joseph Craven	Lowell
James Boyd	Bedford	Carol Vincent	Dracut	Ann Craven	Lowell
Tom O'Connell	Belmont	Dottie Marcotte	Dracut	Mark Garneau	Lowell
Robert Mitchell	Billerica	David Anderson	Dunstable	David Watts	Manchester
Kelly Mitchell	Billerica	Don Barnabe	Groton	Claude Bench	Marlboro
Craig Mercier	Billerica	Ralph Goodell	Harvard	Jack Landers	Methuen
Frederick Marland	Billerica	George Bisson	Hooksett, NH	Michele Alvarez	Newton
Jim Puckett	Billerica	Beverly Bisson	Hooksett, NH	Christine Guerin	Pepperell
Patricia Puckett	Billerica	Janice Jacobson	Hudson	Fred Ratcliffe	Shirley
Suzette Hall	Brighton	Gary Thornbloom	Littleton	Patty Girouard	Stowe, VT
Susan Peterson	Chelmsford	Martha Soar	Littleton	Kevin Curtis	Sudbury
David Cunningham	Chelmsford	David Alexander	Londonderry	Rexford Millsbaugh	Tewksbury
Jim Halligan	Chelmsford	George Pearsall	Lowell	Edward Pancoast	Westford
Barbara Nelson	Clinton	Joanne Arpin	Lowell	Liane Pancoast	Westford
Bill Nelson	Clinton	Daniel Daly	Lowell	Jim McCarthy	Windham
Maureen Sullivan	Concord	Eddie DeJesus	Lowell	Doug DeAngelis	Woburn
Jake Sullivan	Concord	Kathy Geary	Lowell		
Mike D'Aquila	Derry, NH	Bryn Pringle	Lowell		

Tri News

Hawaiian Ironman Benefit

by Martin McIntosh

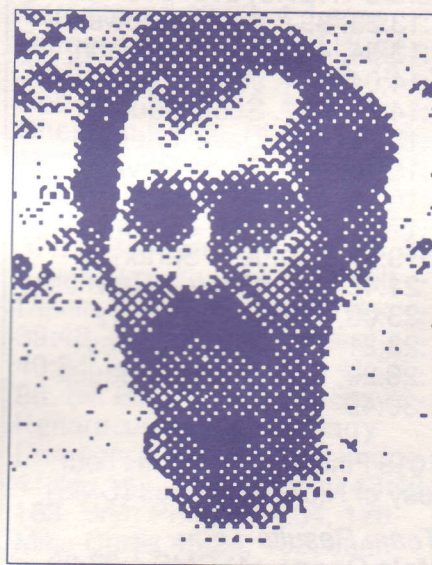
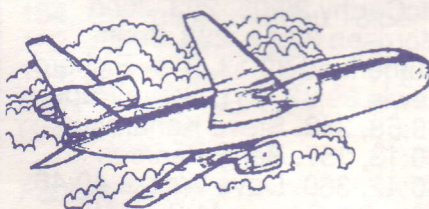
GLRR's own "Big Kahuna", Colin Gouldson, will be the first club member to compete in the world famous Hawaii Iron Man Triathlon. To help defray his expenses, a combination benefit, 5K road race and softball game is planned for Sunday, August 27 at the Bunting Club in Lowell.

The cost of the party is \$10.00, which includes beer, soda, hot dogs, hamburgers and volleyball and softball.

The cost of the 5K road race is \$5.00 (\$7.00 post) and amenities include medals, water stop, post race refreshments and a special prize for the best Hawaiian outfit worn during the race.

As a special added attraction, Colin Gouldson Souvenir designer tee shirts will be on sale throughout the day. The cost for this collector's item is a mere \$7.00.

Tickets will be on sale at various GLRR functions. If you have any questions, or would like to obtain tickets to the party or race applications, contact me, Martin McIntosh at (508) 967-7204 during the day, or at (508) 251-8380 in the evening.



Help send Colin half-way home to Australia by taking part in the Ironman benefit.

Race Results

NEAC 10 Mile Championship Worcester, MA May 7, 1989

1. Andy Ronan 50:13, 2. Jimmy Fallon 51:11, 3. Eric Morse (CMS) 51:23, 9. Michael Woodman 53:52, 20. Walter Murphy 55:50, 25. Tom Carroll 56:12, 30. Tom Amiro 56:38, 36. Scott Gleason 56:34, 39. Stoddard Melhado 57:21, 40. Mark Arsaro 57:22, 47. Bob Bradford 57:59, 51. Bruce Brown 58:28, 52. Brad Hurst 58:29, 63. Scott Graham 59:39, 64. Dave Long 59:43, 65. Will Mason 59:43, 71. Jim Dolan 1:00:39, 93. Dave Camire 1:02:30, 98. Tom Foltz 1:02:44, 106. Bill Smith 1:03:17, 108. Lisa Senatore 1:03:20, 111. Dan Daley 1:03:32, 165. Don Lambert 1:06:25, 166. Maureen Sullivan 1:06:28, 177. Gera Cejka 1:06:44, 192. John Meehan 1:07:18, 244. Nancy Chapman 1:09:05, 301. Steve Kanaracus 1:11:10, 307. Dave Weeks 1:11:20, 352. Jim Fitzgerald 1:12:43, 378. Joe Vail 1:13:23, 397. Sue Maslowski 1:13:54, 405. Barry Pearson 1:14:04, 414. Jean Boswell 1:14:20, 457. Scott Gauthier 1:15:51, 472. Dave Tyler 1:16:16, 495. Pippa Davis 1:16:56, 521. Barbara Kimball 1:17:41, 583. Bob Lordan 1:19:17, 660. Ann Sartorelli 1:21:46, 708. George Rawnsley 1:23:08, 717. Berna Finley 1:23:21, 797. Eileen Curley 1:26:29, 871. Nils Grandquist 1:30:49

1019 Finishers — results courtesy of Nick Kanaracus (CMS)

Team Results

Male Open — 1) CMS 4:27:20, 2) CSU 4:35:02, 3) GLRR 4:38:23, 4) GSH 4:50:23, 5) GCS 5:35:50, 6) GBTC 5:43:08
Female Open — 1) LAC

3:13:06, 2) CMS 3:15:34, 3) GLRR 3:16:32, 4) GCS 4:03:11
Male Masters — 1) CMS 4:56:40, 2) GLRR 4:58:32, 3) TVFR 5:13:11, 4) GCS 5:37:00, 5) GSH 6:11:55
Female Masters — 1) LAC 3:24:13, 2) GLRR 3:40:21, 3) CMS 3:54:41, 4) GBTC 3:56:57
Male Seniors — 1) CMS 5:29:55, 2) GLRR 6:25:05

NEAC 10KM Championship May 13, 1989 Nashua, NH

Male Results

1. Rick Dorion (CMS) 29:11, 2. Richard O'Flynn (NBTC) 29:13, 3. Paul Gorman (NBTC) 29:14, 42. Lance Burgess 31:51, 56. Tom Carroll 32:09, 57. Brad Hurst 32:13, 67. Phil Riley 32:32, 80. Bob Hall 33:07, 88. Stoddard Melhado 33:24, 89. Tom Amiro 33:30, 91. Dave Long 33:35, 93. Doug Deangelis 33:37, 100. Will Mason 33:57, 102. Mike Bee-man 34:00, 110. Scott Graham 34:12, 111. Dave Camire 34:14, 115. Bruce Brown 34:18, 134. Jim Dolan 34:57, 146. Bill Smith 35:19, 167. Dan Dorazio 35:55, 168. John Burke 35:58, 179. Brian Colcord 36:20, 186. Mike Fitzgerald 36:29, 204. Tom Foltz 37:14, 233. George Demetriou 37:59, 240. Nathan Lake 38:13, 245. Lee Dickey 38:23, 260. Don Lambert 38:39, 276. Mark Catizone 38:51, 285. John Meehan 39:00, 286. Moe Villeneuve 39:02, 288. Jay McCarthy 39:05, 293. John Morrison 39:11, 298. John Sutherland 39:13, 311. Richard Lewis 39:32, 331. Steve Pepe 39:58, 343. Steve Kanaracus 40:13, 357. Barry Pearson 40:42, 360. Dave Weeks 40:46, 392. Bill Gibney 41:36, 419. Robert Malieswski 42:11, 434.

David Tyler 42:36, 487. Doug Miller 43:48, 508. Max Ward 44:24, 519. Michael Curtis 44:44, 555. Bryn Pringle 45:47,

Female Results

1. Nan Doak-Davis (AW) 33:10, 2. Karen Smyers 34:39 (IATC), 3. Gina Sperry 34:46 (UNAT), 6. Peg Donovan 35:01, 22. Karen Rapallo 38:00, 28. Maureen Sullivan 38:38, 31. Nancy Chapman 39:12, 51. Jean Boswell 41:54, 52. Becky Payton 41:58, 58. Katheryn Harrington 42:37, 59. Debora Cole 42:48, 62. Mary Zickus 43:05, 73. Christina Bellinger 45:59

Team Results

Male Open — 1) CMS 2:29:08, 2) NIKE 2:32:06, 3) BAA 2:37:44, 4) GSH 2:38:51, 5) CSU 2:39:20, 6) GCS 2:40:40, 7) GLRR 2:42:15, 8) WRT 2:46:14, 9) TS 2:47:46, 10) GBTC 2:53:51, 11) EORC 3:00:05, 12) TVFR 3:00:24
Female Open — 1) IATC 1:45:23, 2) GLRR 1:51:39, 3) LAC 1:54:23, 4) BAA 1:55:18, 5) CMS 1:56:18, 6) EORC 2:03:43, 7) CSU 2:05:19, 8) GCS 2:12:03
Male Masters — 1) CMS 2:50:03, 2) GLRR 2:51:20, 3) BRR 2:57:06, 4) CSU 2:57:45, 5) TVFR 2:58:21, 6) BAA 3:07:19, 7) GCS 3:10:08, 8) GSH 3:13:41
Female Masters — 1) LAC 2:01:26, 2) GLRR 2:02:32, 3) CSU 2:03:38
Male Seniors — 1) CMS 3:27:43, 2) GLRR 3:29:03

Results continued on page 11

Maynard Elks 10KM
May 21, 1989
Maynard, MA

1. Andy Ronan 30:29, 2. Paul Hammond (WRT) 30:38, 3. Clarian Tumbelton (JWAC) 30:32, 7. Lance Burgess 32:31, 10. Walter Murphy 32:42, 13. Tom Carroll 33:00, 18. Don Alvey 33:39, 19. Phil Riley 33:44, 25. Bob Hall 34:56, 33. Dave Camire 36:20, 52. Phil Maia 37:22, 54. Dan Dorazio 37:37, 56. Ken Whitcomb 37:43, 96. Gera Cejka 39:37, 102. Denny Leblanc 39:47, 108. Maureen Sullivan 39:57, 148. Larry Minar 41:21, 167. Bob Jordan 41:47, 177. Steve Kanaracus 41:58, 224. Becky Payton 43:18, 232. Jim Fitzgerald 43:36, 287. Martha Soar 45:21, 301. Jack Murphy 45:38

READING 5 MILE ROAD RACE
May 21, 1989

(1) Michael Drummy * 26:22 (2) Mel Gonsalves* 26:42 (3) James Sooberlet* 26:43 (24) Tom Hines 30:05 (29) Dan Bowse 30:19 (32) John Morrison 30:59 (35) John Sutherland 31:26 (37) Dennis McCarthy 31:30 (46) Ben Fudge 32:33 (49) Bill Boyd 32:45 (55) John Aegerter 33:08 (56) Ron D'Arcangelo 33:14 (60) Barry Keohane 33:29 (65) Fred Messina 33:47 (66) Dick Nadeau 33:53 (89) Max Ward 35:34 (94) Allan Bisset 36:06

AHEPA 10KM Road Race
June 11, 1989
Lowell, MA

1. Joe Molloy (CMS) 24:57, 2. Mike Wright 25:49, 3. Ernesto Riano 26:35, 9. Bruce Brown 27:43, 13. Doug Anderson 28:05, 19. Lisa Senatore 28:46, 20. Dave Richard 28:46, 25. Mike Hurton 28:50, 28. Leo

Kashian 28:59, 33. Mike Hogan 29:38, 39. Sean Keddie 30:35, 43. Edwin Matos 30:42, 47. John Meehan 30:59, 49. John Koumantzelis 31:14, 67. Sue Maslowski 32:11, 75. Steve Kanaracus 32:42, 79. Joe Vail 32:49, 98. Barry Pearson 33:23, 99. David Crocker 33:23, 103. Jim Fitzgerald 33:45, 105. Anthony Chamberas 33:53, 112. George Howe 34:29, 132. Pippa Davis 35:35, 143. Michele Alvarez 36:02, 164. Donna Deveau 36:59, 198. Christine Brennan 38:17, 203. Roger Montbleau 38:23, 208. Fern Piper 38:37, 212. Berna Finley 38:51, 217. Gail Gikas 38:11, 220. Richard Davis, 39:18, 231. Joe Longtin 39:49, 246. Jack Keefe 40:58, 255. Mike Chamberas 41:22, 326. Jimmie Matos 50:25, 336. Nicole Kanaracus 1:02:03

NEAC 5KM Championship
June 18, 1989
Greenwich, RI

Male Open

1. Dave Dunham 14:24, 2. Mark Donahue (CMS) 14:26, 3. Bob Hodge 14:27, 15. Lance Burgess 15:13, 17. Walter Murphy 15:15, 26. Brad Hurst 15:30, 32. Mike Woodman 15:35, 34. Bob Bradford 15:36, 45. Bob Hall 15:58, 54. Lenny Sheehan 16:11, 62. Stoddard Melhado 16:20, 63. Larry Minar 16:23, 65. Tom Amiro 16:25, 66. Steve Peterson 16:26, 67. Doug DeAngelis 16:28, 69. Dan Daley 16:40, 90. Will Mason 17:12, 93. Eli Rosen 17:15, 99. Dave Camire 17:21, 102. Colin Gouldson 17:23, 110. Brian Colcord 17:40, 129. Dan Dorazio 17:52, 131. Tom Foltz 17:56, 152. Don Lambert 18:53, 154. George Demetriou 18:55, 163. John Sutherland 19:14, 164. Jay McCarthy 19:15, 172. Dave Weeks 19:34, 243. Nils Grandquist 24:23

Female Open

1. Mary Lammi (CMS) 16:49, 2.

Charly Haverstat (RRT) 16:55, 3. Peg Donovan 16:58, 17. Karen Rapallo 18:46, 18. Gera Cejka 18:47, 20. Maureen Sullivan 19:08, 24. Nancy Chapman 19:15, 38. Jean Boswell 20:48, 41. Barbara Kimball 20:54, 53. Suzette Hall 21:49, 54. Marilyn Graves 21:50, 59. Mary Bourret 22:40, 63. Eileen Curley 23:13, 65. Ann Sartorelli 23:17, 72. Berna Finley 24:09

Team

Male Open — 1. CMS 74:11, 2. GLRR 74:53, 3. CSU 77:02, 4. GSH 77:20, 5. TVFR 80:50, 6. GBTC 82:59, 7. EORC 84:19, 8. OSRC 91:31 **Female Open** — 1. LAC 52:02, 2. CMS 52:22, 3. GLRR 54:31, 4. GBTC 57:59, 5. IATC 58:05 **Male Masters** — 1. GLRR 83:04, 2. CMS 83:26, 3. TVFR 87:23, 4. OSRC 91:03, 5. GCS 95:25 **Female Masters** — 1. LAC 61:51, 2. GLRR 63:16, 3. CMS 66:04, 4. RCTC 68:31, 5. GBTC 73:01 **Male Seniors** — 1. CMS 59:43, 2. GLRR 62:50

N. ANDOVER 4TH JULY
10KM RACE

1. Paul Hammond 31:07 (WRT), 2. Mark Kimball 31:12 (NIKE), 3. Tom Carroll 32:29, 4. Lance Burgess 32:30, 5. Brad Hurst 32:40, 8. Phil Riley 33:32, 10. Bob Hall 33:44, 12. Lenny Sheehan 34:04, 14. Stoddard Melhado 34:13, 20. Dave Camire 35:35, 21. Colin Gouldson 35:36, 29. Jim Dolin 37:21, 38. Tom Hines 38:27, 39. Karen Rapallo 38:48, 42. Bill Devlin 38:55, 55. Dave Tyler 39:48, 64. John Sutherland 40:34, 80. Dave Weeks 41:08, 86. Bill Boyd 41:25, 90. Steve Kanaracus 41:33, 96. Barry Pearson 41:43, 97. Ben Fudge 41:45, 146. Dick Nadeau 43:49, 163. Bryn Pringle 44:34, 176. Mike Curtis 45:24, 183. Jean Boswell 45:33, 210. Louise Lamaire 46:30, 218. George

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Starting Lines 11

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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.

Manufactures' Hanover Volunteer Effort

by Debora Cole

Greater Lowell is a great club! We did a real nice job of putting together a team of 27 volunteers to work the Manufacturers' Hanover Road Race on Thursday evening, July 13.

Its not easy to get in your car after work and head into Boston by 5:30-6 pm. Traffic was a bear! But rumor has it there was no vomiting reported on any GLRR member. We did stand knee-deep in puddles of water or get taken in a van to points unknown. The guys in the van must have felt a little bit like migrant farm workers. Some of us pitched in on garbage clean-up by handing out

a mere 50 trash bags to 12000 runners. One member convinced his wife they were going out for a night on the town with dinner to follow. Boy was she surprised!

When all was said and done, we got free t-shirts, free gifts and food and got to take a good close look at what a "jogger" looks like.

Thanks again to all who volunteered.

John Aegerter, Joan Camire, Brian Colcord, Jim Dolan, Nils Grandquist, Barbara Kimball, Bill Mahoney, Kirsten Sorensen, Ken Whitcomb, Christina Bellinger, Nancy Chapman, Eileen Curley, Berna Finley, Marilyn Graves, Russell Kupperstein, Bryn Pringle, Mary Tiches, Grant Whiteway, Dave Camire, Ed Chapman, Michael Curtis, Robin Frankel, Steve Kanaracus, Bob Macaraeg, Karen Rapallo, Tim Tiches

Membership Application

GREATER LOWELL ROAD RUNNERS

PO Box 864, Lowell, MA 01853

Check Appropriate Boxes

- ☐ Address Correction
☐ New Membership
☐ Renewal
☐ Individual Membership \$10
☐ Family Membership \$15
☐ Student \$5 (under 23 yrs.)

Name _____
Street _____
City _____ State _____ Zip _____
Birthdate _____ Telephone _____
Sex (m/f) _____ List family members on separate sheet

Make checks payable to: GLRR