

August 1992 Volume 12 Number 6

STARTING LINES

magazine of the
Greater Lowell Road Runners

Photo by Dave Camire



Great Legs
Road Race

East End Race:
Complete Results
and Story

Andover 4th of July
10K Race Results

WE RUN THE MERRIMACK VALLEY

President's Message

First let me thank you for allowing me to get involved. I can see from this first month that we have a great organization. There are a lot of you willing to pitch in and help run the club.

Our Teams

The GLRR Youth Team has a full head of steam and is on the right track. Our Racing Teams are also doing a great job! And, our Male Masters' Team is still undefeated going back over two years.

A lot of our teams' success is due to hard work, part of which includes weekly group runs. These runs are motivational and they can be helpful with your training. I would like to encourage everyone to form small training groups. Why not try meeting weekly at different locations for a run? You can bring out your best by supplementing your runs with our Coaching Series. We're here to help everyone improve and have fun.

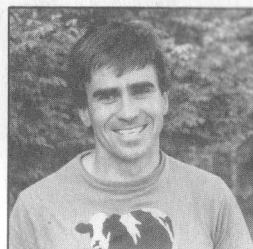
The Fred Brown Relay

I want to challenge ev-

eryone to help us paint Lake Winnepesaukee GREEN on September 19. The Lake Winnepesaukee Relays has been renamed the Fred Brown Relay in honor of the late Fred Brown. Fred was a visionary who realized that our sport comes from the grassroots level. We should honor this man who did so much for running — please help honor Fred by forming a GLRR team!

This year's relay consists of eight legs. The leg distances are 11, 10.8, 5.2, 7.2, 12.4, 6.4, 8.5 and 4.4 miles. If you can't get a team together, contact me to get on a team. If you are unable to run, show up in uniform or GLRR colors and cheer us on as we invade the Lakes Region. Let's show everyone who is New England's strongest club.

Fred's relay is for everyone, not just the swiftest of foot. Remember, we are there to have fun first — so let's color the lake GREEN! Please let Mary Bourret or myself know if you are organizing a team.



See you at Lake Winnepesaukee in September.

Other Happenings

The GLRR Two-Mile Series is ongoing and continues through August 19. On Wednesday, August 26 our Fall Coaching Series starts. Please take advantage of these programs. Don't forget about the Ninety Nine 8K Classic on September 6. This is a New England Championship in our yard, so let's have a big turnout. Also, it's not too late to start training for the Bay State Marathon on October 18 or the Cape Cod Marathon on October 25.

Finally remember Lloyd's Llaw number 69, "Real runners are afraid of downhill skiing." Gotta run... just kidding. — *Bill Smith*

The Grande Report

Destination: Pittsburgh, PA

I'm writing this article in Montpelier, VT the day before the ten miler so my recollection of the Pittsburgh Marathon is a distant memory. We started at the host Hilton Hotel where we bumped into John Campbell, Doug Curtis, and Elaine's new best friend Katherine Switzer. (Katherine and Elaine talked about what perfume they were wearing or something to that effect). After hoisting a few with Campbell (sub 2:20 again) and Curtis we traded war stories then journeyed across Three Rivers (can you name them? Answer later). We then climbed an incline of 150 yards, on a cable car, to the top of their Mt. Washington. The sunny and clear conditions made for spectacular view of the city skyline surrounded by water, bridges, and Three River Stadium.

The Marathon course is a runner's dream, only one significant hill at 11 miles. The last three miles are downhill and flat. Jerry and Davy disagree with this even

though both finished four minutes better than at Boston two weeks prior (they placed 251 and 308 respectively). I managed to meet my target time of 10-minutes better than Boston and place 324. I was still shy 10 minutes of qualifying. Elaine did the 10K in a respectable time. In summary, a great city, good weather, good accommodations, and a super course. (The course was lined with footprints painted on the street 30 feet apart the whole way.) ANSWER: I lied, read on sucker.

Destination: South Bend, Indiana

The free market system lives! Round trip tickets to Indiana for just \$130. Although for dinner all the airline gave us was peanuts. I've noticed the airlines don't carry cream for their coffee just skin milk, so I come prepared. I take along a bottle of Bailey's Irish Creme,

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THE NEW ENGLAND 8K CHAMPIONSHIP

.... Is Just Around the Corner

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and 1-Mile Fun Run

**Sunday, September 6
Lowell, Massachusetts**

**Fun Run 10:45
8K Classic 11:30**

**Start/Finish from the
Ninety Nine Restaurant
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**For More Information Write:
Ninety Nine 8K Classic
P.O. Box 207
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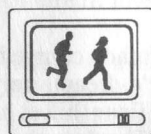
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Friday Nite Fiver Lawrence, MA -- 6/12/92

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Climb Every Mountain

Whoever penned "climb every mountain" with inspiration in mind never stood in the pack at the base of Mount Washington with 7.6 miles of straight up awaiting them.

With all the corny jokes aside, this is one of the premier events on our racing calendar. Imagine a race that begins with 90 degree temperature, humidity, and who knows what at the top. Add the unknown factors such as I've never been passed by so many of the following: old men, women of all sizes, large people, obvious non-runners, and 50 or so other such descriptions of people who are kicking your butt, and you have a truly equalized event. The following is my perception of the Mount Washington Road Race 1992.

The first mile is harder than nuclear physics and then the course begins to show its stuff. Folks who boast of never walking a step in a marathon are as happy as degenerate gamblers in Las Vegas when the first water stop at 1.5-miles gives them a legitimate excuse to walk.

Okay, with my only walk of the day behind me it's now on to the top in a running form. A thought pops into my mind, "Who forgot to put out the 2-mile marker?" Five minutes later, oh no here it is and I'm again reduced to walking. I rationalize

"The first mile is harder than nuclear physics and then the course begins to show its stuff"

my short comings by seeking out other known runners walking and upon finding one (anyone) announce to myself, "If it's okay for him/her, I guess it's all right for me to pull up again." One now draws small consolations from thoughts like, "If it wasn't so hot down here in the trees I'd be doing a lot better. Who dreamed this thing up?"

As I approach mile three I'm experiencing flashbacks and see Sister Mary Joseph predicating that after the first sin the rest of them come much easier. I now walk

any damn time I feel like it. Sister was a lady of vision.

Half way up and the air is finally not eatable, but some fool is telling us, "If you keep up at this pace you can break" (any linear number here is pure fantasy)get real lady. Ah, yes, we're on to the renown fourth mile switch back where joy of joy one can see a full half mile of straight up awaiting you. Let's go folks!

Good news runners, five miles are behind us and only a short 2.6 miles are left to go. Damn, never would I have believed that I would have any empathy with Custer and his guys, but the reward for passing mile six is the infamous 10K hairpin turn with its 18 degree climb and I'm a pony soldier sympathizer.

Alas the 7th mile is passed and I, as the veteran in my pack, am spreading the vicious lie that the last .6 isn't that bad. If the man from Connecticut or the woman from New York ever see me again, I'm dead meat as both almost tossed up their

breakfast while attempting, on my say, to appeal to the crowd and scale the final 40 yards looking like a runner. Sister knew I would grow up that way.

Okay, you're saying, so much for the b.s. and filler, just what was your time and how does it compare to other years. Well, if you will indulge me just a little longer, I will provide you with a small insight and obviously useless tip.

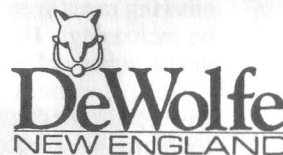
Approximately one year ago my job transferred to the sixth floor of a Lawrence mill. Day one my first thought was 12

flights of stairs to be climbed four or five times a day (I won't let anyone in on my secret training plan). Wait to next year's Washington, I'll blow them all away. Alas I make it to the top in 01:36:30 which is 01:30 slower than the year before and just about my other previous times.

Oh well, hope springs eternal in the human heart and on my return to work on Monday, I kicked off training for 1993 by taking the stairs two at a time. Feel the legs burning, yes this must be the answer. — Jack Pierce

Spaceman on Distance Running

To quiet Matt Young's nerves, pitching coach Spaceman would tap into a stronger drug. "I would run Matt Young, run him 6 miles every day until he gets his breathing down," said Lee. "You get a secretion (from running long distances) in the back of your brain that slows you down. When you're exhausted, your mind is clear." — *Boston Globe* 7/1/92 submitted by Bill Smith.



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Letters

A Great Race — Time, Part 2

It gives me great pleasure to announce the establishment of a new Lowell road race, The Ninety Nine 8K Classic, to be held on Sunday, September 6th, 1992. This will be somewhat of a continuation of the now defunct Dubliner Road Race, with which I was associated for each of its twelve years. It will also be host to this year's NEAC Grand Prix Championship, with a \$4700 cash purse.

The event will take place at the new Ninety Nine Restaurant & Pub on Chelmsford Street in Lowell, next to the Wang Towers complex, it will consist of a 1 mile fun run, the 8K championship race, awards ceremony and, last but not least, big post race party. A video taping of the 8K race will later be shown on the restaurant's 10 TV's.

Proceeds from the event will benefit both the Middlesex Shelter for the Homeless and the GLRR's Youth Running Program.

GLRR personnel will be responsible for a large part of this event, including course and finish line management and scoring. Approximately 100 volunteers will be needed in this complicated undertaking. Anyone not running may volunteer by contacting Dave Camire at 508/957-4230, or myself at 508/250-1180. All volunteers will receive a race t-shirt and are invited to the post race party. Your help is greatly needed to produce a championship event of which everyone in the Greater Lowell running community can be proud.

Ted Gagnon
Race Director
Ninety Nine 8K Classic

To My Greater Lowell Friends,

Thank you for your support during my recent crisis. After losing my home to a fire, running lousy at Boston seemed trivial. The support I've received from "the Crew" has been tremendous. To Will, I have a new roof for my skull; to Dave Camire, may you catch the "T" next year; to Double, you are

only as good as your training partner; Artie, I hope that you run as well as you coach; to Peg and Tim, -- name him Mike, Brad, may all your days be sunny and hot; Petee, I hope that you memorize the Impossible Dream, Dave Cremins — I hope that you keep running despite Post Grad Blues!!! To all of GLRR, Thank You.

Sincerely,
Mike Beeman

Did You Get Your Money's Worth?

Each year the cost of entering races seems to be increasing. Having never organized a race myself, I cannot say whether the fee charged for entering a race is justified. However, regardless of the entry fee amount, I believe race directors have a responsibility to the runner to provide a quality race. I do not mean a good looking tee-shirt or a great post race party. To me, a quality race includes the following:

1. No waiting in line for my number if I have preregistered.
2. Starting the race on

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Greater Lowell Youth Team

Athletes first, winning second

The GLRR 2-Mile Series started on July 8 at Cawley Stadium in Lowell. We had about 50 boys and girls show up for the children's races. The races continue through August starting at 5:45 each Wednesday. Races range from one quarter mile to one mile, based on age. The adult races start at 6:15 and are open to all, including nonmembers. The Series' final will take place on August 19. We will follow the last race with a party; let's get the Youth Team there for a fun time.

For those interested in cross-country, practices start on August 17 at Chelmsford High School. They are held every Monday and Thursday from 6:00 to 7:30. No cuts, everyone competes. To get in shape for the season, everyone should be running nine to 12 miles each week, including a long run of about three to four miles.

The cross-country teams will be the first group to get team uniforms — shorts, singlet, and sweats. This is an expensive undertaking. One way we get money



for the team is by helping at the races that GLRR sponsors. We have committed to managing the water stops at the 8K Championship on September 6 and the BayState Marathon on October 18. We need many people for these races so please mark your calendars! Youth Team members (and their families) who help with the water stops will earn credits toward their uniforms. More details will be available after practices in August.

Congratulations to all Team members who had great performances at the Byam. — Dick Curtin

Starting Lines Cover photo was taken at a GLRR Youth Team Practice. Youth Team director Dick Curtin is surrounded by many of the program's participants.

| | |
|--------|--|
| Aug 19 | 2-Mile Championship/Family Night |
| Sep 6 | NEAC 8K -- Youth Team Water Tables |
| Oct 18 | BayState Marathon -- Team Water Tables |
| Oct 25 | Littleton Race -- 2.5/5 Miles |
| Nov 1 | AAU Regional XC -- Chelmsford, MA |
| Nov 8 | NEAC Super XC -- Bryant College, RI |
| Nov 15 | TAC Regional XC -- Saratoga, NY |
| Dec 5 | AAU National XC --- Philadelphia, PA |

1992 Youth Team Schedule Update

Thumbs Up New England 10K Classic

You can bet on the MVS/New England Classic 10K Road Race (7/12/92) held at the Rockingham Park Race Track in Salem, New Hampshire to meet your racing needs. The race starts at 9:00 a.m. (Sunday) and parking is not a problem — you could almost park next to the registration table. Number and tee-shirt pick up was fast and the race started on time. The start line is in the parking lot and offers a wide start. The course is run on paved roads with rolling hills during miles 3 and 4 through Salem with the last .2K run on the main track at Rockingham Park. The finish line is the same one that the horses use. The course does lack adequate shade and can make for a hot run during a sunny day. It is well marked with mile markers and splits given at each mile (except the 4th mile). There was sufficient water on the course but the cups used were small and not strong and this made it difficult to drink adequate water. The best part of the course is last .2K as you run down the race track to the finish. You get a good idea of what the jockeys see as they race to the finish. (You don't want to pull-up lame during this part of the race or they will put you to sleep.) A digital clock gives you your finishing time and the number handed to you tells you your place. The post race party is limited to Pepsi, water, yogurt and watermelon, and is held in the grandstand area. A raffle is held immediately after the last runner crosses the finish line (over forty prizes). You do not have to be present to win (they will mail the prize to you). Last year 150 runners participated and this year 350 participated. This race should continue to grow because it is well organized, early in the morning, and gives you your money's worth. — *Barry Pearson*

New England 10K Classic Salem, NH, 07/12/92

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Dr. Jerold H. Fleishman, D.P.M. FootNotes

Shin Splints

Shin splints is a vague term used to describe aching pain in the front of the lower leg. Most frequently, shin splints occur in runners, but may develop in any athlete. Two types exist, named for the location of the pain. Anterior shin splints occur in the front (anterior) portion of the shin bone (tibia). Pain from posterior shin splints is felt on the inside (medial) part of the leg along the tibia. Shin splints are caused by very small tears in the leg muscles where they attach to the shin bone. You may first notice a pulling or vague aching sensation after running. If you ignore it and allow the discomfort to continue, the aching may become more intense and could even bother you when walking.

Causes

Anterior shin splints are due to muscular imbalances, poor shock absorption, "toe" running, or excessive pronation of the foot.

Posterior muscle groups (calf muscles) are re-

sponsible for propelling the body forward. Usually they are much stronger than the muscles in the front of the leg. Every time you take a step, your calf muscle is pulling your heel up and pulling the front of the foot down, and that constant pulling can cause pain. In effect, the front leg muscles are getting "over-worked" pains.

Insufficient shock absorption can also cause anterior shin splints. For instance, you may be running on a hard concrete or asphalt road and the padding in your shoes just isn't enough to cushion the shock, so your anterior leg muscles tighten up with every step, bracing themselves against that jolt. They're keeping the shock from spreading throughout the leg, hip, and spine, but they are over-working with every step. Softer surfaces such as grass, dirt or cinder tracks absorb more shock and transfer less to the shins.

Incidentally, this may be the origin of the term "shin splint". Generally, to splint means to put a piece of rigid ma-

terial near a hurt area and wrap some bandage around it. This restricts motion. So your anterior leg muscles are doing the same thing - they are acting as a splint and restricting motion from the foot.

Another possible reason that cause both your front leg muscles and back calf muscles to over-work is that nature didn't issue you The Perfectly Designed Foot. Not too many people got that number. So your foot wobbles around a little, and the anterior leg muscles again do their tightening-up movement to add some strength and stability. Pronation, which is understood simply as flattening of the arch, allows the foot to absorb shock and adapt to uneven surfaces. While some pronation is necessary for normal foot functioning, too much will produce an extremely unstable foot and both front and back leg muscles will over-work to attempt to stabilize the foot, adding increased stress to the muscle attachment in the leg.

Some feet, in order to add stability, clutch with their toes. But of course, they are clutching empty air and that is tiring. Again, it is the front leg muscles that do the work because they control the toes. Some people are just wearing shoes that are too wide or too long, and that is why their toes are grasping and clutching. That one's easy to fix - just get smaller shoes.

Treatment

Now that you know what is causing the pain...what do you do about it?

If the pain is very bad, you should see your doctor right away to be sure you haven't got a stress fracture. A stress fracture isn't a sharp break, and you don't feel a sudden pain. It is many micro-fractures caused by a continual strain, and the pain and fracturing builds up gradually. The only way to know you've got a stress fracture is to x-ray the area. Initially, there may not be any sign of a fracture as the scar tissue doesn't begin to form in the area (which shows up on the x-ray) for about 14-21 days. Another possible way to

diagnosis a stress fracture is with a bone scan.

If your shin pain is moderate, you can try treating yourself for a few days. But if you stopped running and tried all the suggested treatments, and the pain still hasn't decreased, you'd better see a doctor.

For self-treatment, first begin to decrease the pain and inflammation with ice massage, after running (never before), massage the tender areas of the leg for 15 minutes using an ice bag (best suggestion is the plastic gel bag that is freezable) or ice frozen in a styrofoam cup.

At bed time, or any time during the evening, use a heating pad around the leg. Set it on LOW, never on HIGH. Take a couple of buffered Aspirin at meal times and bed times, never before running. Some of the commercial anti-inflammatory medications (e.g. Advil, Nuprin) work as well.

Take a look at your feet when you are standing on them. Are the arches flattening out (too much pronation)? Running shoes with a "varus wedge" might help. If not, custom orthotics

may be necessary.

Cut down on your running, eliminate hills, and try softer surfaces. Stop running for a while, if necessary. Don't try to run through the pain - you'll just make it worse.

Check your shoes. Sometimes a more solid shoe, with better cushioning and a better heel lift, can make all the difference.

Check your running posture. Your weight should be directly over your hips. Don't lean forward. That's to avoid pulling too hard on the calf muscles.

You should also do exercises to strengthen the front leg muscles and stretch the calf muscles. Sit on a table with your legs hanging down comfortably. Hang a weight (a pocket-book filled with rocks or a pail filled with sand) of about 3-5 pounds over the top of your foot. Flex your foot at the ankle, pulling your foot towards your knee, and let it slowly down. Repeat this exercise 10 times with both legs, twice a day (even if shin splints are only in one leg).

Wall push-ups are great

for stretching the calf muscles. Stand about three feet from a wall and then, keeping both heels flat to the ground, lean into the wall, touching your nose to the wall. Hold for ten seconds and then push back. Do this 10 times, twice per day.

Maintaining good muscle strength and flexibility is the best way to prevent serious running injuries. Remember..."small aches often grow into large pains." Running through an injury without proper medical advice and common sense can be a mistake.

Persistent problems may necessitate a visit to a sports medicine specialist who deals with the foot and its function as it relates to the rest of the body.

July 4th Race cont.

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Grande Report Continued

one shot in your coffee and no sugar needed!

While Elaine and Dave sat in coach with Leona Helmsley's little people, newest GLRR member Brother Bob and I were in first class. Brother Bob is not a monk in the monastery — he's not heavy, he's my brother. Actually he could stand to lose a few pounds. While we dined off real china the others were eating off paper plates. I must add, however, that Elaine and Dave were in their glory sitting next to recording artist, rap star, Marky Mark and his band. Elaine had him autograph her running shoes.

On race morning, 6:00 a.m., the runners were welcomed by fog. Actually I felt that I was in a fog with such an early start. The course with some very minor in-

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Great Legs Road Race I Should Have Known

I should have known, I should have known.

I should have known at the five mile point of the Boston Marathon when I first heard the cry "Go Lisa, Go Lisa." I should have known at the four mile mark of the Captain John's race when I heard it again "Go Lisa, Go Lisa." I certainly should have known at that Tewksbury race? There I was battling local running legends Dave Tyler and Tom Amiro at sub-5:30's when I heard it again "Go Lisa, Go Lisa." I should have known! I should have known! I should have known!

Coach Vail knew. He put together the puzzle. Heknew who would win the Great Legs Road Race. I know he knew because I read it in the Lowell Sun. There it was in Dan Phelps's column, "Coach Vail's prediction on this year's winner." "Wow, talk about sticking your neck out," I remember thinking. Well, Joe knew what he was talking about!

He knew what the rest

of us now know -- that Lisa Senatore has developed into one of the fastest women runners in New England. She proved it by winning this year's Great Legs Road Race. The Leg's race is considered by many as New England's most competitive all-women's race after the Tuft 10K. Lisa's time of 16:40 was even more impressive considering the hot weather on race night. Congratulations to Lisa on a great run — "Go Lisa, Go Lisa." — *Dave Camire*

Great Legs Road Race Lowell 5K

1 LISA SENATORE 16:40, 2 KRISTEN SEABURY 17:15, 3 RITA CECIL 17:23, 4 BARBARA REMMERS 17:32, 5 CATHY LIFSCHULTZ 17:48, 6 MIMI CORCORAN 17:52, 7 KATHLEEN SLATTERY 18:02, 8 SUE LACHANCE 18:03, 9 KAREN MCGAHIE 18:10, 10 TERRI MCGETTRICK 18:11, 11 MAURA CONNOLLY 18:12, 12 WANDA BINETTE 18:21, 13 MARYANN HARRING 18:22, 14 MEG MOISEN 18:28, 15 KARA MOLLOY 18:32, 16 LIZ ARCIERI 18:39, 17 MARYSCHENA 18:41, 18 LAURA SAVAGE 18:43, 19 GAIL PARENT 18:43, 20 SUSAN MASLOWSKI 18:44, 21 KATHY GEARY 18:50, 22 JOY MORETON 18:54, 23 TRACY MAHER 18:56, 24 MOIRA DURMIN 19:04, 25 CAITLIN HURLEY 19:07, 26 SUSAN TRUDEL 19:09, 27 WENDY FONTAINE 19:10, 28 ANNMARIE STARRETT 19:14, 29 KAREN BERNARD 19:15, 30 DAWN ROBERTS 19:18, 31 JOANN RANSLOW 19:19, 32 KRIS NOBLE 19:21, 33 CINDY CROWE 19:21, 34 LYS-ANNE LEPIE 19:21, 35 MIMI DIPIETRO 19:24, 36 KELLY TAPLIN 19:25, 37 KIM LESAGE 19:26, 38 JULIE GUILMETTE 19:33, 39 EMILY ATKINSON 19:34, 40 ANNE MOTT 19:35, 41 LISA PIEHLER-JONES 19:37, 42 MEG RYAN 19:38, 43 PAULA HOLM 19:40, 44 ERICA COLES 19:47, 45 SOPHIE MERRILL 19:48, 46 JEANNE

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East End Road Race Dunham and Senatore Victorious

There are three things in life that are inevitable — taxes, death, and hot weather on the day of the East End Road Race. This year about 400 runners toed the starting line on a typical East End day -- hot, hazy, and humid. The front line of runners looked like a Who's Who of Lowell running with local running luminaries Dave Dunham, Lisa Senatore, Dave Cremins, Jim Quadros, Brian Crane, George Bisson, and Stoddard Melhado. It quickly became obvious that some impressive running would soon take place. In the male division, it was a matter of too many Daves as Dunham (Dave) outpaced Cremin (Dave) by thirty seconds. Lisa Senatore continued her remarkable running and dominance of the Lowell racing scene. She easily won the female division (27:36) despite winning the Great Legs Road Race a scant 40-hours earlier. Congratulations to all the runners and to the first father/son race directing duo of Joe Longtin Sr. and Joe Longtin Jr. — *Dave Camire*

East End Road Race

Lowell 5-Miler, 07/19/92

1 DAVE DUNHAM 24:30, 2 DAVE CREMIN 24:57, 3 BRIAN CRANE 26:20, 4 JIM QUADRUS 26:26, 5 MIKE COONEY 26:36, 6 STODDARD MELHALDO 26:49, 7 DAVE TYLER 27:05, 8 CRAIG MERCIER 27:24, 9 DARREN JAMES 27:32, 10 CAIN WILLIAM 27:36, 11 TOM ROLDAN 27:37, 12 LISA SENATORE 27:37, 13 FRANKIE RIVERA 28:18, 14 KEITH KENNEDY 28:42, 15 GERSON MANCHAME 29:09, 16 KEVIN BAUR 29:38, 17 SEAN GOODSSELL 29:42, 18 ANDY KING 29:54, 19 BRIAN ALLISON 29:57, 20 GEORGE BISSON 30:15, 21 DAN DORAZIO 30:16, 22 SCOTT MERRILL 30:18, 23 DOUG ANDERSON 30:22, 24 MIKE TALTY 30:26, 25 MARK CODDAIRE 30:41, 26 MIKE MADSEN 30:43, 27 TONY DEFOE 30:45, 28 SCOTT BUTTERFIELD 30:46, 29 MARK ROSENBLUM 30:46, 30 BOB KEARNS 30:50, 31 STEVE DION 30:58, 32 MARC SALOIS 31:07, 33 SEAN KEDDIE 31:08, 34 BILLY PRENTISS 31:10, 35 JOHN M PIERCE 31:15, 36 AL NAGEL 31:26, 37 BILL DEVLIN 31:35, 38 MOE VILLENEUVE 31:37, 39 TODD FOREST 31:39, 40 CHRIS GALLAGHER 31:46, 41 ROBERT WALLACE 31:49, 42 MIKE MCGLINCHY 31:50, 43 ERIC BOHENKO 31:51, 44 KEVIN DURKIN 31:54, 45 JOHN BYRNE 31:58, 46 DANIEL MURPHY 31:58, 47 PATRICK BLUMERIS 32:03, 48 JOHN MORRISON 32:12, 49 RICHARD BOUCHARD 32:23, 50 JOSEPH BUSA 32:23, 51 DAVID TESSIER 32:28, 52 ENIO DECIO LUCIO 32:31, 53 CHRIS LANGATHIANOS 32:34, 54 ROBERT LUDWIG 32:36, 55 HENRY GAGNON 32:37, 56 BARRY PEARSON 32:41, 57 CHUCK STICKNEY 32:43, 58 MELANIE HIRE 32:46, 59 JOSEPH O'CONNOR 32:49, 60 CHRISTOPHER O'BRIEN 32:52, 61 MIKE CASTRIOS 32:53, 62 SEAN DONNELLY 32:59, 63 MARC BRIERE 33:05, 64 PETER ELIOPOULOS 33:06, 65 HAROLD NOCRULL 33:09, 66 ANTHONY BUONANDUCI 33:13, 67 JOHN J LEE 33:17, 68 ROGER LEVASSEUR 33:25, 69 BOB BROUILLETTE 33:28, 70 RICK BURK 33:31, 71 GLEN O'CONNOR 33:33, 72 DAN GALLAGHER 33:34, 73 JACK CHASE 33:34, 74 VIC BOMIL 33:38, 75 JOHN SLAKEY 33:42, 76 KEVIN STEWART 33:43, 77 JOE VAIL 33:47, 78 JACK CLANCY 33:48, 79 DAVE LABRODE 33:48, 80 PAUL POISSON 33:49, 81 RICH HAVENS 33:54, 82 RICK DUPUIS 33:57, 83 PETER BALETSA 34:01, 84 EDMUND TRZCIENSKI 34:01, 85 DAN CALLAHAN 34:08, 86 JOHN LANE 34:11, 87 KEVIN MCARTHUR 34:14, 88 RON D'ARCANGELO 34:20, 89 DAVE FUDGE 34:21, 90 RAY LACROIX 34:27, 91 DAVID HOHRATH 34:28, 92 DOUGLAS

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Grande Report Continued

clines was easy as far as a marathon goes (How far do they go? Answer at the end). I knocked 10 minutes off my Pittsburgh time and finally qualified! Davy ran well, 2:51, and lost about five minutes on a side trip, but still picked up some hardware to boot. New member Bob Grande did a very respectable 4:13, knocking 30 minutes from his Maryland Marathon time. E.P. enjoyed herself in the 10K.

In summary, the course was surprisingly beautiful. It traveled mostly along a river walk and finished at the 50-yard line of Notre Dame Football field. (If all that is not enough to entice you George Bisson, then how about a 60, 70, 80 mile round trip to the Nuclear Power Plant for a quilting show?) After rescuing a turtle for the contamination chamber at the plant, some of that hot water spilled on my forehead (that's why I'm losing my hair).

On tap for Monday (besides beer), get it, on tap, was a trip to see Amish Country where women take all day to make butter and wash clothes—real women! Spending the last two hours at Notre Dame University makes me want to go back to college. ANSWER 1: Three rivers — Manogahelia (Dave helped me on this one), Allegheny, and Ohio. ANSWER 2: Marathon distance — forget it, if you don't know by now turn in your club card without a refund.

Money's Worth Cont.

time or within five minutes of the scheduled start time.

3. An accurate course — if the application states

5 miles, the course should be 5 miles.

4. Accurate mile markers.

5. Accurate splits.

6. Adequate water stops.

7. Good traffic control.

8. Digital clock at the finish.

9. Quick processing at the finish line.

10. Posting of race results within a reasonable time after the last runner crosses the finish line.

If a race fails to meet the runner's needs, then the runner does not get his/her money's worth.

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