

# Starting Lines

December 1989, Volume 09, Number 04

## Future Events

### Fudgicle Series

5 Kilometer races held every Saturday starting January 6, 1990 through February 24, 1990. Runners meet at Tewksbury High School, entry fee is 25 cents and the race begins at 9:00 A.M. sharp. Random prizes will be awarded to all participants at the conclusion of the series. For more information, contact Christina Bellinger at (617) 727-7456 or (508) 462-2715.

### Tewksbury Twosome

March 3, 1990 at 9:00 A.M. from Tewksbury High School. Relay race consisting of two team members competing within various divisions. Each team member runs 5 Kilometers on the Fudgicle course. For more information, contact Nils Grandquist.

### Pot Luck Supper

March 3, 1989 at the Knickerbocker Club. The awards presentation for the Tewksbury Twosome relay held earlier in the day will take place during the evening's festivities. For more information, contact Deb Cole at (508) 251-3079 or (508) 967-7501.

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## Snow Threatens Relays

# Thrill City at Mill Cities

by Dave Camire

There are only three things in life that you can depend on: (1) taxes, (2) death, and (3) wrong weather forecasts. The latter was of great concern for this year's Mill Cities Relay.

At eleven o'clock the night before the race, the weather know-it-alls were predicting up to eight inches of the snow for the Merrimack Valley. Fortunately the blizzard fizzled and the competition sizzled resulting in one of the most thrilling MCRs ever.

The GLRR led all clubs by winning the male open, male masters, coed open, and female masters division with a winning club time of 10:57:40. The GLRR placed a close second in both the female open (16 seconds back) and male senior (5 seconds back) divisions and had a total of 19 teams complete the 29.8 mile trek. Both the Winner's Circle Running Club (11:09:22) and the Gate City Strid-

*Continued on Page 2*



Colin Gouldson (left), Will Mason (center), and Bob Hall (right) along with Stoddard Melhado and Gary Wallace (not pictured) led the GLRR Male Masters to a first place finish at this year's MCR.



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# President's Message

## The Value of a Team

by Mary Bourret

There are many people with questions about the GLRR Racing Team and I would like to take this space to answer them.

### **Why do we have a GLRR Racing Team?**

Five years ago a group of runners came up with the idea of defining a group to compete in the NEAC Grand Prix Series. After several

months of discussion, we voted at a general meeting in favor of forming a GLRR based racing team.

### **Who can join?**

If you have a TAC number, a uniform, and participate in three NEAC races a year you are a member of the racing team. You do not have to score in these races to have your entry-fee paid, just participate!

*Continued on page 3*



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## NEAC 8KM Championship

# Hot Colors and Conditions in Amherst

by Jay McCarthy

The answer is: NO; the question is: are there any shade trees in Amherst? I think the kids from Zoo Mass. chopped them all down and smoked them back in the 60's. This is all leading up the the only word to describe this year's 8K NEAC race: hot. How hot was it? "Damn hot", says Cookie Graves. "Hot as a fresh bleeped fox in a forest fire", the ever alliterate Will Mason probably would retort. In any event, conditions on this day (September 10) were brutal, to say the least.

The course was boringly flat, leaving most of us hoping to somehow have another crack at it on a better day. The only shaded section of the course was provided by a rather rotund individual stationed at a turn just after the 2 mile mark.

But even under these cruel conditions, the GLRR performed magnificently, winning the gold medal in the Male and Female Master's and Women's Open, a silver in the Men's Senior division and a bronze in the Men's Open.

Peg Donovan was pretty nifty, winning the women's race in 27:33. Dave Dunham, coming off his well publicized "Lowell Sun hiatus", finished second overall in a strong 24:54. Team results are posted elsewhere in this fine publication.

As usual, the Green Team members were in abundance everywhere. Studies have proven that one green and gold clad runner equals three of the same in other people's minds. Prior to the non-gun going off, a pride of GLRR masters were seen gathering 'neath the CMS banner, no doubt planning some last minute strategy. The guy

from Princeton must have loved that.

All GLRR finishers were presented with a multi neon-colored t-shirt from Dave Camire. Thanks, Dave, but next year, could you make it a room air conditioner?

If the Head Rat from Hockomock is reading this, please accept my bids for the Official Race Song: *Burning Down the (Frat) House - Talking Heads or Hot! Hot! Hot! - Buster Poindexter*

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## Mill Cities Relay (Continued)

ers (12:14:19) provided tough competition in all divisions.

Congratulations to all who participated. Next year's MCR, which is scheduled to have beautiful weather, will be held at 8:00 AM on December 2.



### **Why does the GLRR Racing Team have their own budget?**

When we initiated the team, there was concern that they would be using money from the already tight general club fund to pay expenses for a select group of runners. We use the money in the general fund for operating expenses, social activities, and grass-roots running programs. The racing team uses the money in their budget for race entry-fees, uniforms, and operating expenses.

### **How do they raise the money?**

By working races designated as team fund raisers, and through other activities such as the 1990 GLRR Running Calendar. All the money raised at club hosted races like Jim Witt, Hynes, Great Legs, and Run Your Turkey Off goes into the general club fund.

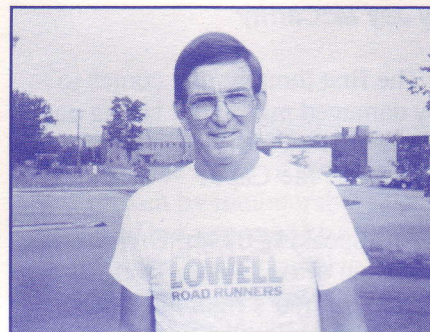
The GLRR Racing Team addresses the needs of those GLRR members who want to participate in competitive events and in the social activities the club has to offer. The team has been very visible, winning many team and individual medals in the NEAC Grand Prix and national events such as the Boston Marathon and the Mt. Washington Road Race. The visibility in turn has attracted runners to our club.

I want to encourage everyone to participate in one NEAC Grand Prix race over the course of the next year. Besides the great tailgate parties after each event, it is fun to be part of GLRR and cheer loudly as another GLRR member goes up to receive their award.

## **Who's Who In Green?**

### **Meet Dave Weeks**

**Residence:** Chelmsford. **Age:** 50. **Occupation:** Teacher-Coach. **Years In Club:** 5 1/2. **Favorite Road Race:** Cape Cod Relays and the Brew Run (5.2 Miles; held every August on the 2nd Saturday of the month in Brewster, MA). **Most Memorable Running Achievement:**



“10 mile run within the Cape Cod Relays (59:36); 10K PR at the Knights of Vartan Road Race (37:02); 1984 Casco Bay Marathon (2:59:25); completing the 1984 Boston Marathon; 5 mile PR (29:35). **What You Like Best About GLRR:** “The friendships developed over the past 5 1/2 years”. **What are Some of the Things You Would Like to See the Club Do in the Future:** “I feel what the club offers now in the way of social activities, track & marathon clinics/coaching and the competitive running teams is perfect and we need to add nothing - except maybe more recognition (in the way of awards, etc.) and running events for those members who are not connected with our ‘competitive’ teams. I feel we recognize the “stars” of our competitive teams too much and the club could become a club for the “elite” runner.

## **GLRR InfoNET**

**Get the latest  
information on:**

**Upcoming Races  
Club News  
Club Events  
Race Results**

**Call Today!**



**508/452-9426**

## **Members Excel**

Congratulations to Darin Shearer, a sophomore at Whitman-Hanson, for being named to the *Boston Globe* All-Scholastic cross-country team. Darin, who ran on our junior team that placed third at the 1988 TAC Cross Country Nationals, went undefeated in the Cape Ann League, winning 10 straight races and setting four course records.

Congratulations to the GLRR Male Master's team for placing first at the New England Cross Country Championship. The GLRR (183:35) easily outdistanced the BAA (191:48) and CMS (211:14). In the open division, the GLRR team placed sixth out of eleven teams with a time of 171:35.



# Winnepesaukee Snippets

by Jay McCarthy

The first thought that comes to my damaged mind after taking part in this year's Fred Brown Relays is: who needs the Cape?

And speaking of Mr. Brown, was that a can of Budweiser Don Alvey spotted in Fred's right hand pants pocket as he marshalled the runners through the Interlakes High School check point at about 10:30 in the A.M.?

No doubt about it - the Central Mass. Striders are the best running team money can buy.

Not only is the Cambridge Sports Union a pretty darn good running club, they're as serious as a heart attack about partying.

Anyone who ran the 6th leg should have one of the Lake's many islands named after them.

This year's relay race was a bargain and a half. For a mere five bucks, you got to run a challenging but scenic course, get a t-shirt, eat plenty of food, drink plenty of liquids, and take part in the best bop-'till-you-drop party ever.

Colin Gouldson and all of the team captains deserve hearty congratulations for a job well done.

And speaking of the affable Aussie, about the only thing he didn't do that day was swim the length of the lake. He ran the first and last legs (about 21 miles, give or take), and biked the rest.

Denny LeBlanc ran a gutsy 5th leg on one leg.

But how about those twelve

ounce curls afterwards, eh Denny?

The GLRR Women's Open Team was outstanding in their second place finish and the Men's Open Team was not too shabby finishing fourth.

It's a damn good thing that the Hartford Track Club isn't in the N.E.A.C. Talk about a club with depth from top to bottom.

Deb Cole, Jeff Haas and Rick Lamard waited until the wee hours of the morning to try out their swimming skills. Hmm. Must be readying for some upcoming coed triathlon.

Pony tails for the guys were being given out free to all by my better half at the CSU blowout afterwards. Dave Camire had the "Pebbles" look while Michael from CSU had a rather large dog biscuit braided into his dyed-green hair.

Why the local gendarmes weren't called to quiet the party down is beyond me. You could hear the noise clear up to Pinkham Notch.

Every time I hear any cuts from the Fine Young Cannibals latest album, I'm gonna think about this first running of the Lake Whatchamacallit Relays.



*Don Alvey hands off to Doug DeAngelis at the seventh leg of the Winnepesaukee Relays*

George Rawnsley's finish line crossing will be remembered for a long time.

I can't wait until next year.

## Marathon in Lowell

The first annual Lifetime Baystate Marathon is scheduled for Sunday, February 25, 1990 in Lowell. The race will start and finish at the Costello Gym at the University of Lowell North Campus. For an application, send a SASE to: Lifetime Baystate Marathon, c/o NEAC, P.O. Box 1905, Brookline, MA 02146.



# A Morning Run

by Hazel Palmer

## CONCLUSION

Males. Shoulders hunched in menace. These were no suburban office workers waiting for their carpool to Boston. Whatever their business, they had not planned on being interrupted by nosy joggers. Sarah assessed the situation instantaneously. Escape down the road was impossible: even the heavysset older man could have run her down in a dozen yards. The younger one....

But here in the campgrounds Sarah would have the advantage. Through dozens of fairs, dog shows, horse shows, flower sales, etc., she had learned the features of the land in a manner no stranger could hope to match. She sprinted for the woods, tearing off the yellow jacket with its yards of reflective tape. Behind her she heard the two men scrabbling to catch up, spitting obscenities, stumbling over tree roots and stones. Then, a shaft of light split the darkness. A powerful flashlight was searching for her black-clad form amid the sparse trees scattered throughout the central campgrounds.

This was the incredible "snow-less winter." The ground was void of the reflective white covering which is normal in January. So, the fugitive felt certain she could find a thicket or a hollow - or even a climbable tree - where she would be virtually invisible in the gloom.

Directly ahead of her was the lake. Knowing she could never negotiate its glassy surface in running shoes, Sarah flew toward

the thick woods west of the central camp. Here the trees were close together, but there was no underbrush to betray her whereabouts by its rustling.

She slowed and picked her way carefully among the trees and stones. The sounds of pursuit were indiscreet and muffled, but unmistakable. The flashlight beam was flitting back and forth, even dusting the treetops. Her pursuers had read her mind in that respect. (Stay low, she told herself. Stay quiet. Find a safe spot and freeze. Or, double back, if possible.)

She picked up a rock and threw it toward the lake. The noise of its fall drew the pursuit to that side for a moment. These hounds may have been unfamiliar with the territory, but they were certainly not unfamiliar with the techniques of the chase. The flashlight was now searching the area the hunters judged to have been the source of the thrown rock.

She cowered behind a tree, holding her breath, begging her heart to stop pounding so loudly lest it be heard in the icy stillness. She covered her face with her black-gloved hands and prayed that these intruders would simply give up and go away. After all, what had she seen that could possibly be a threat to these men? She hadn't even seen their faces.

Moments passed. The flashlight was aimed at another part of the forest now. The fox moved slightly, ready to dash for the street and the safety of the houses as soon as the hounds were well inside the woods. The muffled cursing

seemed to be far to the south of her now, and the beam of the flashlight was broken by innumerable trees. This was her opportunity. She eased out of her hiding place and started for the gate, but at that moment the flashlight beam fastened on her fleeing figure. (Damn! Those bastards have the devil's own luck. How the hell did they see me?)

A shout, more curses, more scrambling of feet over rocks and tree roots, and the hunt was on again. With the head start she now enjoyed, Sarah sprinted for the road, hoping that the darkness would provide enough cover to allow her to find a new hiding place. She quickly abandoned her original plan of attempting to find shelter in one of the houses, realizing that by the time some sleepy householder had dressed and shuffled to the door, her fate would have been sealed. No, she must hide again - and this time do a better job of it.

As she fled eastward along the road, she heard the slamming of car doors. Headlights snapped on, and the powerful car spun into the street, tires screeching.

She had one chance: across the street, hidden from the road behind a thick wall of trees, was an old gravel pit. The one driveway into this old quarry had been blocked up by heavy boulders to keep out intruders. The car could not follow her there.

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Starting Lines 5



### *Morning Run Continued*

The unpaved driveway dropped sharply downward from the street, crossed a tiny creek, and opened up into the quarry - a wide flat space which in earlier years had been used as a parking lot by the 4-H organization. The creek bed was now the resting place of three boulders, each of which was nearly four feet in diameter. Sarah scrambled down the gravel drive toward the barricade. Inches from the boulders, her foot landed on the hard ice of the creek. Her left foot flew out from under her, throwing her body into the rocks. She crumpled to the ground just as the pursuing headlights reached the top of the driveway. Bruised and scratched, she rolled to her side and scrambled into the frozen swamp-land surrounding the quarry. She crouched behind the frozen underbrush with her feet tucked under her, hid her face in her gloves, and waited.

The car headlights now shone into the empty quarry. Again, the slamming of car doors. Again, the flashlight beam sweeping the ground. Sarah tried not to shiver as the sweat on her body cooled and stiffened. The men were so close

she could have made out their features if they had not been behind the light.

For once, luck seemed to be with her. The two men were searching the other side of the quarry, moving ever farther and farther away from her hiding place. She decided to use the creek bed to her advantage now, to put more distance between herself and the parked car. (I've got to keep moving, or I'll freeze to death, anyway, she reasoned.)

On hands and knees she crept along the creek bed, her teeth clamped tightly together to stop their chattering. She was shivering violently in the cold, but hope was beginning to well up within her. She was winning the race. She was going to be safe. The fox had eluded the hounds.

The two men were returning to their car. The flashlight beam was still restlessly flitting to and fro over the trees and underbrush, but there was less urgency about its movements. They were giving up. (And why the hell not, for God's sake? What could I tell the cops anyway? I can't even see their license number.)

The car doors swung open and then shut, and the engine came to life. Slowly the car began backing up the driveway toward the street.

(Safe! Oh, thank God, I'm safe!) She forgot for a moment the terrible cold, the numbness in her legs, the aching in her shoulder, the taste of blood in her mouth. (Safe!)

Suddenly, the brakes squealed. The car stopped, and the two occupants were out of the car and running straight toward her. (They've seen me! It's impossible! How could they possibly have spotted me in this blackness?)

She tried to run, she tried to scream - but the race was over.

\* \* \* \* \*

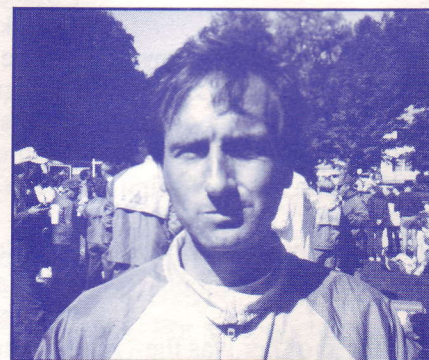
Many days later, a shocked and grieving roommate carried home from the police station a small bundle of clothing: a tattered suit of black polypropylene, a black hat and gloves, and a pair of Brooks Response running shoes - the ones with the reflective safety strips embedded in the heels which are "guaranteed" to be "visible for at least 800 yards."

## Who's Who in Green?

### Meet Tom Amiro

**Residence:** Chelmsford. **Age:** 39. **Occupation:** Technical Writer. **Years In Club:** 9. **Favorite Road Race:** The old Maine Coast Marathon, Boylston and Cape Ann. **Most Memorable Running Achievement:** A 2:28:04 at the 1984 NEAC Sheffield Marathon Championship (2nd place). Placed 87th at the 1986 Boston Marathon. **What You Like Best About GLRR:** The Competitive Team, club meetings, speakers, the track program, the 2 Mile Series and the Nashua to Hynes run. **What are Some of the Things You Would Like to See the Club Do in the**

**Future:** (1) A big beach party with a hash run through the dunes, volley ball, etc. (2) Try to get the Boston Marathon to let unqualified runners enter with special numbers.





# 1989 NEAC Grand Prix Standings



## Female Open

	Points
1. <b>Greater Lowell Road Runners</b>	24
2. Central Mass Striders	19
3. Liberty Athletic Club	13
4. Greater Springfield Harriers	8
5. Irish American Track Club	5
6. Boston Athletic Association	5
7. Cambridge Sports Union	4
8. Gate City Striders	3
9. Greater Boston Track Club	3
10. Empire One Running Club	1
11. Falmouth Track Club	1
12. L-Street Track Club	1

## Male Open

1. Central Mass Striders	35
2. <b>Greater Lowell Road Runners</b>	24
3. Cambridge Sports Union	23
4. Greater Springfield Harriers	16
5. Boston Athletic Association	8
6. Nike Boston	5
7. Gate City Striders	3
8. Greater Boston Track Club	2
9. Berkshire Road Rats	2
10. Sugarloaf Mt. Athletic Club	2
11. Tri-Valley Front Runners	1

## Female Masters

1. <b>Greater Lowell Road Runners</b>	17
2. Liberty Athletic Club	17
3. Central Mass Striders	7
4. Cambridge Sports Union	2
5. Greater Framingham Track Club	2
6. Rich Classic Track Club	2
7. Greater Boston Track Club	1
8. Gate City Striders	1

## Male Masters

1. <b>Greater Lowell Road Runners</b>	30
2. Central Mass Striders	27
3. Tri-Valley Front Runners	15
4. Berkshire Road Rats	8
5. Greater Framingham Track Club	4
6. Cambridge Sports Union	3
7. Gate City Striders	3
8. Greater Springfield Harriers	3
9. Empire One Running Club	3
10. North Medford Club	2
11. Ocean State Track Club	2
12. Boston Athletic Association	1
13. Falmouth Track Club	1

## Male Seniors

1. Central Mass Striders	9
2. <b>Greater Lowell Road Runners</b>	8
3. North Medford Club	4
4. Sugarloaf Mt. Athletic Club	1
5. Falmouth Track Club	1

## Overall Grand Prix (includes 30KM, 10M, 10KM, 5KM, 8KM, 15KM, and Marathon)

1. <b>Greater Lowell Road Runners</b>	103
2. Central Mass Striders	97
3. Cambridge Sports Union	32
4. Liberty Athletic Club	30
5. Greater Springfield Harriers	27
6. Boston Athletic Association	16
7. Tri-Valley Front Runners	16
8. Berkshire Road Rats	10
9. Gate City Striders	8
10. Greater Framingham TC	6
11. North Medford Club	6
12. Irish American Track Club	6
13. Nike Boston	5
14. Empire One Running Club	4
15. Falmouth Track Club	3
16. Greater Boston Track Club	2
17. L-Street Running Club	1

# 1989 NEAC Grand Prix

This year was the GLRR's finest ever in terms of NEAC Grand Prix competition. We placed first or second in every Grand Prix division. In the female open, female master, and male master divisions we finished first, and in the male open and male senior divisions we placed second.

We once again scored more Grand Prix points (103) than any

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## 1990 NEAC Grand Prix Schedule

Mar 18	13.1Mi.	New Bedford
May 6	10 Mi.	Worcester
Jun 3	10 KM	Attleboro
Jun 17	8 KM	Charlestown
Aug 25	5 KM	Greenwich, RI
Sep 23	15 KM	Wilton, NH
Oct 27	26.2 Mi.	Falmouth



*Peg Donovan (left), Gera Cejka (center), and Maureen Sullivan (right) led the GLRR female team to a gold medal in the NEAC 5KM Championship.*



# GLRR Youth Members and Prospective

by Coach Jesse Harris

The GLRR will sponsor an indoor developmental program for the youth team members. The program will be held at the CHS gym on Sunday afternoons from December 3 through February 11. The cost of registration is \$35. The registration fee helps defray the cost of using the gym. The fee includes a 1990 GLRR youth membership (\$5) and a 1990 TAC membership (\$6). If you already have a 1990 TAC card you can list your TAC number and deduct \$6.

The developmental program will include clinics, practice sessions and one developmental track meet. The youth team also will participate in two or three indoor travel meets during the winter. We will provide a detailed schedule later outlining our plans. During the winter, however, we expect to participate in youth meets at Bates College (ME), at Tauton High School, and possibly West

Point (NY). Registration fees and transportation to the meets are not included with the \$35 developmental program fee. The costs to enter

hurdles, and relays. Distance clinics will be given by members of the outstanding GLRR adult road racing team. Track and field assistants

will include several high school students who are members of the GLRR youth team and All-American track and field athletes (having placed in national championship age group competition.)

All youth team members will be encouraged to continue during the outdoor competitive season that runs through August

and includes local, New England, regional, and national competitions. Details on these activities and schedules will be provided at the end of the developmental program.

*For additional information, contact: Jesse Y. Harris, 10 Cambridge St., Chelmsford, MA 01824 (tel.) 508/256-8819.*



the meets is usually 2 to 3 dollars. We arrange car pools and usually have more than adequate space for team members when parents are unable to drive.

Clinic topics will include conditioning activities, event selection, motivation, and technique development for distance running, sprints, shot put, high jump, long jump,

## Grand Prix Continued

other New England running club. This is no small chore when you glance down the list of our competitors. It also marked the first time any club has surpassed the century mark in total points. To add to that accomplishment, we became the first New England running club to register over 200

athletes with TAC. Not bad for club that did not have 200 members when the Grand Prix began!

The most ferocious battles of the year took place in the master and senior divisions. In the female masters' division, the GLRR had to win the last event, the marathon, to force a tie with the Liberty Athletic

Club for the top spot. The male seniors' division developed into a close battle between GLRR and rival CMS. CMS squeezed out a one point advantage to win the division.

Perhaps the most exciting race of the year was in the male masters'

*Continued on Page 10*



# JIM WITT ROAD RACE

by Eileen Curley

The Jim Witt Road Race was held on October 1, 1989. A beautiful sunny day helped to turn out more runners and volunteers than expected. We had 380 paid entries and 322 finishers. Special thanks to the committee members for their EXCELLENT work:

John Aergerter - assisted me thru the process  
Christina Bellinger - Refreshments  
Brian Colcord - Pre and Post Registration  
Nils Granquist - Course Control and Water Stations  
Jay McCarthy - Finish Line  
Bryn Pringle - Course Control and Water Stations

And to their many assistants and all volunteers, THANKS!! for a great race!



JIM WITT PONTIAC - GMC TRUCK, INC.



JEEP/EAGLE

November 8, 1989

Greater Lowell Road Runners  
P. O. Box 864  
Lowell, MA 01853

Ladies and Gentlemen:

Our sixth Jim Witt Road Race was our sixth crowning success. Each year it seems to "run" better, easier and more efficiently. Your organization and the individuals you select or direct or badger to take charge are deserving of all the credit.

On behalf of all of us at Jim Witt, many thanks to all that helped this year and in past years.

A special thanks to Eileen Curley who did such an outstanding job directing this year's race.

Sincerely,

JIM WITT PONT-GMC TRUCK, INC.

Bernard H. Belle, Jr.  
President

BHB:ym

New England's Largest NEAC Club

## GLRR Welcomes New Members

Tom Brennan	Ayer	Gary Wallace	Lowell	David Petroy	Pelham, NH
Gerry Donovan	Billerica	Philip Maia	Lowell	Michael Trull	Salem, NH
Bernadette Donovan	Billerica	Dean Contover	Lowell	John Saarinen	Stow
Randy Hinds	Billerica	George Hebert	Lowell	Paul Johnson	Tewksbury
Ralph Castagno	Billerica	Timothy Woodbridge	Lowell	Daniel Danecki	Tewksbury
Daniel Lichtenwalner	Cambridge	Mark Deshenes	Lowell		
George Chamberas	Chelmsford	Dennis Daly	Lowell		
Edward Moloney	Chelmsford	Joanne Daly	Lowell		
Donna Hairston	Ft. Devens	Luke Robichaud	Malden		
Thomas Hairston	Ft. Devens	John Holmes	Maynard		
Kevin McCusker	Hudson, NH	Rona Holmes	Maynard		
Eric Desharnais	Lawrence	Susan Newton	Methuen		
Robert Judd	Lowell	Ray Lavigne	Methuen		
Michael Dionne	Lowell	Maria Ferri	Pelham, NH		



### Grand Prix Continued

division. CMS won the first three Grand Prix races and needed but one victory in the last four events to eliminate any hopes of a GLRR victory. In fact, they came within 21 seconds of that victory in the fourth event -- the 5KM in Greenwich, RI. Fortunately for us, the momentum shifted and our male masters went on to win the last four races en route to their third Grand Prix title in five years.

The top spot in the male open division was never in doubt as CMS took the lead early and never looked back. The only question remaining was who would win second? A fierce battle developed between the GLRR and the Cambridge Sports Union. It took a victory in the marathon for the GLRR male to come from behind and secure a second place finish by a mere point!

In the female open division, the GLRR won its second consecutive NEAC team title by outpacing rival CMS by five points. Again, the GLRR women had to come from behind in the last three events to secure the victory.

In closing, this year's Grand Prix was difficult from a competitive standpoint and taxing organizationally. Although the results were similar to 1988, the effort and competition was much more intense.

The 1990 NEAC Grand Prix promises to be more than a dual meet between GLRR and CMS. Parity is sneaking up on us and the days of GLRR/CMS domination are numbered. Please enjoy this year's successes, however, keep in mind this verse from the band *Fine Young Cannibals* "baby, baby, don't look back, it won't do no good."

## Race Results

### NEAC 8KM CHAMPIONSHIP September 10, 1989 -- Amherst, MA

1. Mark Donahue (CMS) 24:14, 2. Dave Dunham 24:54, 3. Jim Zimmerly (CMS) 24:56, 17. Walt Murphy 26:29, 18. Lenny Sheehan 26:32, 24. Phil Riley 27:02, 25. Bob Hall 27:03, 27. Tom Amiro 27:54, 28. Stoddard Melhado 27:30, 29. Peg Donovan 27:33, 45. Colin Gouldson 28:39, 51. Jim Dolan 28:57, 54. Ken Whitcomb 29:04, 60. Mike Beeman 29:18, 63. Edward Pancoast 29:22, 71. Tom Foltz 29:36, 76. Dave Camire 29:55, 78. Elihu Rosen 29:59, 92. Doug Deangelis 30:46, 104. Maureen Sullivan 31:23, 116. Gera Cejka 32:04, 125. Nancy Chapman 32:53, 127. John Meehan 32:55, 142. John Sutherland 33:35, 150. Dave Weeks 34:21, 151. Jay McCarthy 34:22, 177. Don Lambert 36:21, 182. Barbara Kimball 36:31, 185. Suzette Hall 36:51, 186. Jean Boswell 36:53, 188. Marilyn Graves 36:56, 190. Bill Mahoney 37:23, 201. Russ Laste 38:01, 220. Ann Sartorelli 39:23, 228. Liane Pancoast 40:03, 235. George Rawnsley 40:37, 252. George Chamberas 42:04, 255. Bob Lordan

42:24, Berna Finley 42:26, 271. Nils Grandquist 44:08

### Team Results

**Male Open** -- 1. CMS 126:37, 2. CSU 130:15, 3. GLRR 135:07, 4. GSH 137:32, 5. BRR 146:40, 6. SMAC 179:45 **Male Masters** -- 1. GLRR 138:11, 2. CMS 141:01, 3. BRR 146:39, 4. EORC 149:39, 5. TVFR 151:17, 6. GSH 179:42 **Male Seniors** -- 1. CMS, 2. GLRR **Female Open** -- 1. GLRR 91:00, 2. GSH 95:53, 3. CMS 96:15, 4. CSU 101:12 **Female Masters** -- 1. GLRR 109:09

*322 finishers -- Results courtesy of the Sugarloaf Mountain Athletic Club*

### NEAC MARATHON CHAMPIONSHIP October 15, 1989 Falmouth, MA

1. Reno Stirret (CMS) 2:30:06, 2. Don Alvey 2:31:52, 3. Lou Ristaino (CSU) 2:32:48, 4. Tom Amiro 2:35:18, 16. Tom Foltz 2:50:37, 26. John Burke 2:54:46, 27. Jeff Haas 2:54:47, 35. Mark Fontaine 2:56:20, 50. Bruce Brown 3:01:09, 58. Ken Whitcomb 3:04:48, 76. Dave Tyler 3:09:06, 88. Jim Holt



3:11:22, 105. Charlie Pratt  
 3:14:26, 107. Harry Mann  
 3:14:47, 122. John Meehan  
 3:18:42, 126. Nancy  
 Chapman 3:18:50, 134.  
 Patty Girouard 3:19:55, 175.  
 George Bisson 3:28:09, 176.  
 George Carpenter 3:28:23,  
 198. Jim Fitzgerald 31:54,  
 239. Mike Scott 3:38:39,  
 268. Bill Gibney 3:43:49

### Team Results

Male Open -- 1. GLRR, 2.  
 CMS, 3. CSU Male Masters  
 -- 1. GLRR, 2. FTC Male  
 Seniors -- 1. FTC Female  
 Open -- 1. FTC Female  
 Masters -- 1. GLRR

### Darmouth Cross-Country Championship September 16, 1989 5.9 Miles

1. Dave Dunham 29:25, 2.  
 Bob Hodge 29:30, 3. Peter  
 Fallenius 29:38 (un), 16.  
 Arthur Demers 30:40, 39.  
 Tom Carroll 31:50, 42. Steve  
 Peterson 31:58, 60. Declan  
 Gilbert 33:07

### Teams

1. Boston University 47, 2.  
 Boston Athletic Association  
 66, 3. Darmouth College 83,  
 4. Greater Lowell Road  
 Runners 100, 5. University of  
 Vermont 146, 6. University of  
 Lowell 148

### 1989 Mill Cities Relay December 3, 1989 Nashua to Lawrence

#### Coed Masters

1. GCS 3:26:11  
 2. GCS 3:26:36

#### Coed Open

1. GLRR 2:48:06  
 2. WCRC 2:51:43  
 3. GLRR 2:52:58  
 4. GCS 3:07:51  
 5. GCS 3:12:29  
 6. WRC 3:14:30  
 7. GLRR 3:16:01  
 8. NSS 3:16:46  
 9. GCS 3:22:54  
 10. WRC 3:47:52  
 11. GCS 3:49:34  
 12. GLRR 3:53:06

#### Female Open

1. WCRC 2:57:16  
 2. GLRR 2:57:32  
 3. MVS 3:10:17  
 4. WCRC 3:33:12  
 5. GLRR 3:37:12  
 6. GCS 3:38:25  
 7. GCS 3:45:25  
 8. MVS 3:47:06

#### Male Seniors

1. WCRC 3:07:53  
 2. GLRR 3:07:58  
 3. GCS 3:37:04  
 4. GLRR 4:01:06

#### Female Masters

1. GLRR 3:26:28  
 2. GCS 3:28:37

#### Male Masters

1. GLRR 2:40:14  
 2. WCRC 2:43:03  
 3. GLRR 2:56:47

4. MVS 3:00:16  
 5. GCS 3:05:10  
 6. AS 3:06:10  
 7. WCRC 3:10:45  
 8. NSS 3:15:03  
 9. GLRR 3:16:10  
 10. GCS 3:19:21  
 11. AS 3:23:40  
 12. GLRR 3:32:57

#### Male Open

1. GLRR 2:31:48  
 2. GCS 2:33:53  
 3. WCRC 2:37:19  
 4. MVS 2:42:03  
 5. WRC 2:43:24  
 6. NSS 2:48:50  
 7. MVS 2:54:35  
 8. WCRC 2:55:03  
 9. GCS 2:56:24  
 10. WRC 2:57:30  
 11. MVS 2:59:35  
 12. GCS 3:00:41  
 13. GLRR 3:02:47  
 14. AS 3:04:42  
 15. GLRR 3:04:54  
 16. MVS 3:06:01  
 17. WCRC 3:07:29  
 18. AS 3:08:16  
 19. GLRR 3:11:02  
 20. GLRR 3:13:02  
 21. MVS 3:17:16  
 22. MVS 3:31:44  
 23. GCS 3:40:21

### CLUB STANDINGS

1. GLRR 10:57:40  
 2. WCRC 11:09:22  
 3. GCS 12:14:19  
 4. MVS 12:46:53



## Congratulations

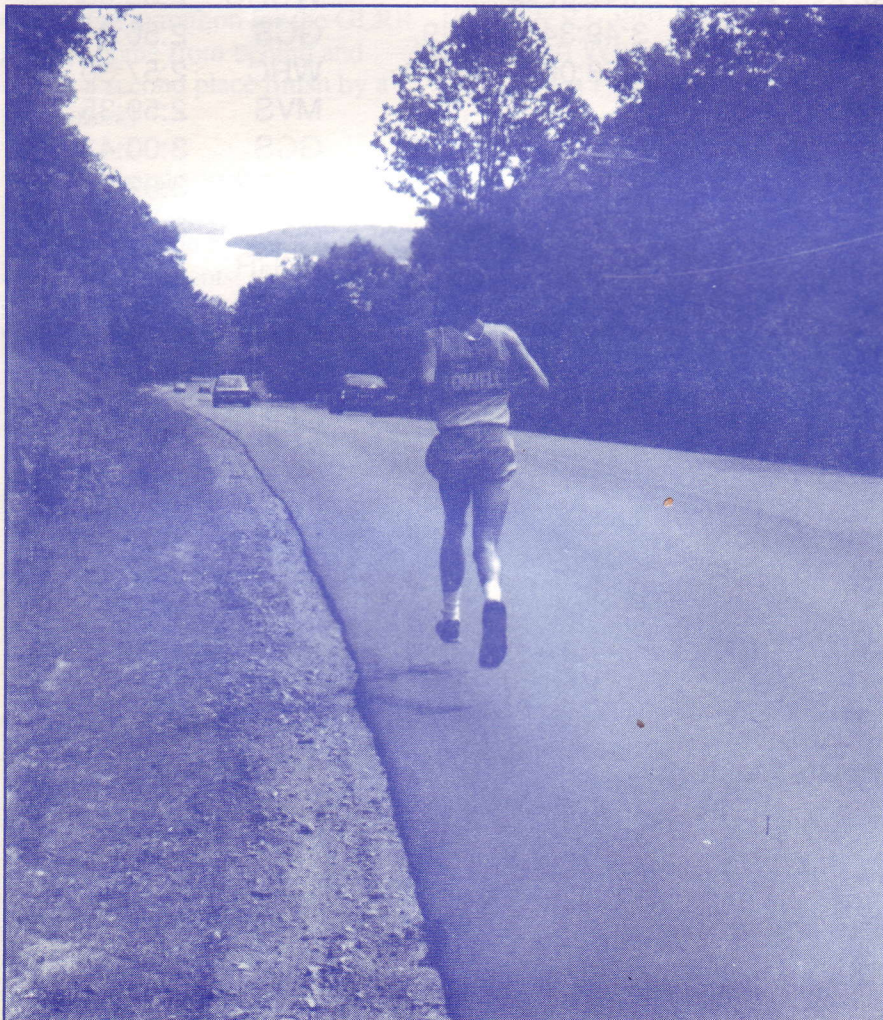
Peg Donovan  
and  
Dave Dunham

1989 Female and Male  
NEAC Grand Prix Champions

**GREATER  
LOWELL  
ROAD RUNNERS**



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*Good bye 1980s, Hello 1990s*

**GREATER  
LOWELL  
ROAD RUNNERS**

## 1989 NEAC Team Champions

Female Open

Male Masters

Female Masters

**Silver Medal  
Winners**

Male Open

Male Seniors