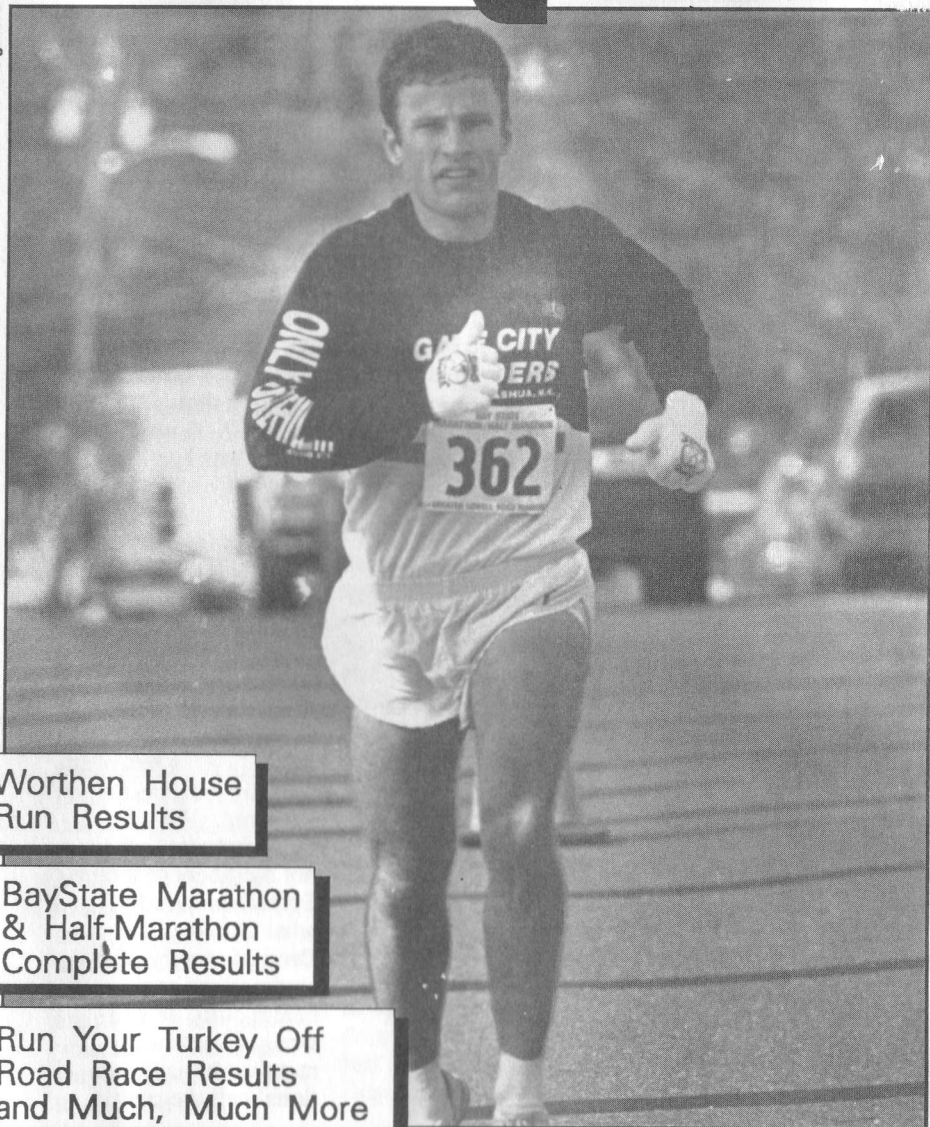


December 1992 Volume 12 Number 8

STARTING LINES

magazine of the
Greater Lowell Road Runners

Brian Stevens BayState Marathon Winner — Photo Bill Bridgeford



Worthen House
Run Results

BayState Marathon
& Half-Marathon
Complete Results

Run Your Turkey Off
Road Race Results
and Much, Much More

WE RUN THE MERRIMACK VALLEY

President's Message

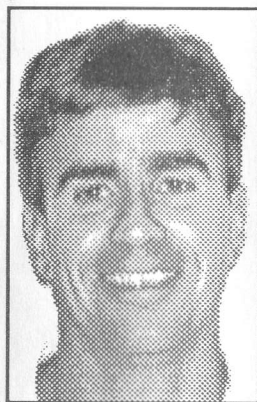
Well, December is here and the marathon season is over. The Fred Brown Relay was great, what a tribute to a man who always gave people a place to compete. One hundred and eighty-eight teams took part. That's a total of 1504 people (188 teams X 8 people/team) invading the Lake' region of New Hampshire. GLRR sent ten teams to compete. We had a lot of fun and thanks go out the Mary Bourett for coordinating the event and organizing the after race food. We did very well placing 1st and 6th in the female division, 6th, 37th, 42nd and 79th in the male division, 1st and 4th in the male masters division, 1st in the male seniors' division, and 29th in the mixed division.

Relay races are great team events. No matter how good an individual performance is, it doesn't count for anything unless the person before or after finishes. We go to these events to compete and let the

chips fall where they may. Some clubs were conspicuously absent. What lessons do they give their children if they chose not to compete if they cannot win? Many individual members of one of these clubs let me know that their displeasure at the no show effort. They were forced to run for other clubs just to compete. I informed them that they need not have the blues but could convert and turn green with envy.

I hope everyone enjoyed this year's Mill Cities Relay. Speaking of relays, we would like to hear from anyone interested in competing in the Cabot Trail Relay in Nova Scotia on Memorial Day. I think it is time to invade another country and turn it green. If you are interested please contact me.

On another note, the male masters' team undefeated streak ended on September 6 at the 8K. We need not be sad, almost three years of being undefeated — what a



Bill Smith

run! Stoddard Melhado set a PR, 26:18, not bad for someone who Harris Harding thought was 50 or 60. A new streak was begun at the Fred Brown Relay.

Dick Curtin has been doing a great job with the youth program. One lesson that can be taken from them is the Johnny Appleseed rule. Every week someone new is joining. This has been done by kids passing the word. We all know runners that are not members of a club. Spread the word of what GLRR offers. Drop of membership applications at your health club. If you would like some membership applications' call the club

phone (508/957-6447) and leave a request. We'll send them to you.

Greater Lowell thanks every volunteer that helped throughout the year. Our races could not happen without dedicated volunteers. Greater Lowell has been blessed with a great core of volunteers. These events allow us to fund many functions. It would be great if next year we could tell some of our regulars that we won't need them. So for some of you that we have not seen working an event give something back and volunteer.

At recent club meetings we've had the Hoyts, Bill Squires, and Bruce Bickford as guest speakers. Remember club meetings are the last Monday of the month except no meeting in December or July and our Awards Banquet is the last Saturday in March. In the past month, I've spoken to an Olympic silver medalist and Bronze medalist both of which are coming to speak to your club. The best way to get involved is to attend a club

meeting. They happen at the Knickerbocker Club in Lowell at 7:30 PM on the last Monday of the month. For more information call the club's phone (508) 957-6447.

Upcoming events include the Children's Christmas Party (Dec 5), and the Adult's Christmas party (Dec 12). Have a good month, hope to see you at a GLRR event. — Bill Smith

Four Months To Boston

December is here. Winter is just around the corner. You rarely dress right for those morning runs, you are either to hot or to cold. No more races, because December is the time to take a break from racing. You know if you can keep your mileage up, it will catapult you into next year. So you've decided to add a weekly speedwork indoors on the track to begin to tweak that base you've been building for Boston. Even though the speed is not full throttle, your legs let you know that you may be asking more than they're willing to put out. Christmas Day comes and you decide to squeeze in an extra long run as you go out the door. Your family looks on disappointed. They just don't understand, for it's only four months to Boston. -- Bill Smith

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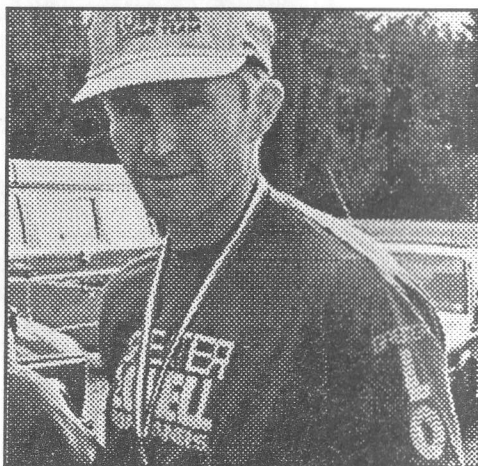
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The Apple Harvest Ramble

A seesaw battle for the lead between two Greater Lowell Road Runners was settled in the final mile. Eric Beauchesne, from Chelmsford, pulled away from Littleton's Stoddard Melhado to win the second running of the Apple Harvest Ramble with a time of 41:40. Melhado, the first master, finished eighteen seconds later. Three of the first five finishers were masters. Second and third place in the master division was between two Greater Lowell Road Runners: Townsend's Walter Mann and Boxboro's Ken Whitcomb with times of 43:29 and 44:41 respectively.

Kelly La Duke from Jacksonville, FL, commenting on the brilliant colors and rolling nature of the course as compared to the relative flatness and mono color of Florida, ran away with the women's title with a time of 48:14. Margot Webber from Acton bested Harvard's Pam Alexander by a mere nineteen seconds to gain second place honors with a time of 48:50.



Boxboro's Ken Whitcomb

In the men's open, Chris La Duke, also from Jacksonville, FL, captured the second slot with a time of 44:33. Acton's Marcello Scippa, a member of CSU, took third logging a 44:42.

Liberty's Lynn Manning from Acton won the women's master division with a time of 56:20, just 24 seconds ahead of Harvard's Lorrie Love. Central Mass Strider Linda Usher from Upton was in third place at 58:07.

Boston's George Butterworth set a blistering pace early to establish

his position as the winner in the men's senior division. His 47:49 was almost eight minutes faster than his closest competitor, Harvard's Arthur Niell who logged a respectable 55:44. Third place went to the Boston Athletic Association's Horace Andrews from Cohasset who finished with a time of 59:01.

A Bromfield School XC runner from Harvard, twelve year old Lara Niell, won the women's junior title with a time of 61:30. She was less than six minutes behind her dad. The women's senior division was won

by Bolton's Priscilla Murphy who logged a 68:47. Roberta Gantz of Harvard, making a comeback to the road racing, won second place with a time of 83:41.

The men's veteran division was won by the Greater Framingham Track Club's Richard Busa from Marlboro who ran a 58:34. Boston Athletic Association runner Ed O'Connell from Winchester took second honors at 64:17. Clinton's Charles Joyce, a member of both the Central Mass Striders and the Greater Lowell Road Runners, finished third with a time of 76:52.

An added attraction was the former Bromfield XC Champ and 1992 Olympic Bronze Medalist Lynn Jennings who started the race. She donned Chief Starter Bill McCurdy's "Harvard Hat" for the occasion. One-hundred and forty-five runners completed the event on a clear, crisp, sunny day that accentuated the vivid colors of autumn along the course. —Jim De Zutter

APPLE HARVEST RAMBLE 12KM—OCTOBER 17, 1992 HARVARD, MA

1 ERIC BEAUCHESNE 41:40, 2 STODDARD MELHADO 41:58, 3 WALTER MANN 43:29, 4 CHRIS LA DUKE 44:33, 5 KEN WHITCOMB 44:41, 6 MARCELLO SCIPPA 44:42, 7 DAVID HILL 44:50, 8 DON SLOVENKAI 45:30, 9 SCOTT FITZMAURICE 45:43, 10 MICHAEL ZACKIN 46:19, 11 STEPHEN NATHANS 46:27, 12 JOHN SNYDER 47:14, 13 PETER MCELEEARNEY 47:46, 14 PAUL FUNCH 47:47, 15 GEORGE BUTTERWORTH 47:49, 16 FRED LAMBE 47:53, 17 KELLY LA DUKE 48:14, 18 LYNN WEIGEL 48:36, 19 RENE LAVOIE 48:39, 20 EDWARD O'DONNELL 48:40, 21 MARGOT WEBBER 48:50, 22 PAM ALEXANDRE 49:09, 23 JOSEPH HEANEY 49:16, 24 CYNTHIA ULRICH 49:28, 25 STEFAN BIBERFELD 49:34, 26 KEITH MANNING 49:39, 27 KEN WAGNER 49:43, 28 PATRICK FALVEY 50:09, 29 JOEL MERCER 50:24, 30 JODI-LYN SMITH 50:27, 31 JOHN SELVERIAN 50:33, 32 BOB EVANS 51:13, 33 KEN PARKER 51:31, 34 MICHAEL LEBLANC 51:33, 35 CHRISTOPHER HOOD 51:52, 36 DAN WAGNER 51:55, 37 JOHN LEE 52:04, 38 KAREN BERNARD 52:13, 39 LYNN PRESBY 52:24, 40 JOE BROUGHTON 52:53, 41 DALE DAVIS 52:53, 42 PETER LAWLER 52:55, 43 JEFFREY YULL 53:03, 44 BOB CARTER 53:09, 45 GRAHAM HIGGINS 53:12, 46 GARVIN SNELL 53:43, 47 MARK LYVERS 54:11, 48 MEG RYAN 54:26, 49 JIM PARKER 54:58, 50 MAUREEN CONNELLY 55:13, 51 LAURA ISAACSON 55:36, 52 BARRY SMITH 55:38, 53 ARTHUR NIELL 55:44, 54 JIM ANTES 55:54, 55 WOLFGANG HALLER 56:10, 56 FRANK SCOTT 56:12, 57 JOHN PIERCE 56:15, 58 DON WAITE 56:18, 59 ROGER BOGGS 56:19, 60 LYNN MANNING 56:20, 61 YVONNE ILTON 56:21, 62 WILLIAM HOLCOMB 56:27, 63 DON CROSSMAN 56:34, 64 LARRY MILLER 56:38, 65 DAN NOLAN 56:42, 66 LORRIE LOVE 56:44, 67 SUSAN BYRNE 57:01, 68 DENIS MAIOTANI 57:12, 69 ROBIN BONADIO 57:23, 70 SANDY CHAPMAN 57:40, 71 CHARLES

SARDONINI 57:54, 72 LINDA USHER 58:07, 73 WILLIAM SHEA 58:19, 74 GEORGE MORTON 58:26, 75 RICHARD BUSA 58:34, 76 BUD CAREY 58:40, 77 HORACE ANDREWS 59:01, 78 ED BUMSTEAD 59:02, 79 MICHAEL ALLEN 59:09, 80 DELLA JENNINGS 59:19, 81 ALICE MCKEON 59:22, 82 BILL RYAN 59:41, 83 BOB KASVINSKY 59:48, 84 BRIAN WINSOR 59:56, 85 BRIAN SCHIMPF 59:57, 86 MARY LOCKSHIN 59:58, 87 DESIREE BALL 60:10, 88 CAROL CLAFLIN 60:18, 89 JIM WALLACE 60:42, 90 JOHN DUMSER 60:46, 91 BILL SCOTT 60:51, 92 RALPH MOOERS 60:58, 93 TEDDY HOPSON 61:00, 94 EILEEN DRONAUER 61:14, 95 DOUGLAS MILLER 61:15, 96 RICH BUTLER 61:17, 97 PHILIP DEZUTTER 61:20, 98 BOB SEWALL 61:20, 99 LARA NIELL 61:30, 100 DAVID FLETCHER 61:34, 101 ROGER BOUCHARDE 61:47, 102 DAVID ROWSE 62:04, 103 DOUG HAMMOND 62:09, 104 CRAIG CLAFLIN 62:14, 105 BARRY MOORE 62:28, 106 BARBARA ZACK 62:40, 107 JOYCE MORRELL 62:40, 108 DONNA FOX 62:41, 109 COLM RENEGHAN 63:11, 110 ROB DAVIDSON 63:27, 111 STEVE VAITONES 63:33, 112 GEORGE CORFF 63:53, 113 JOHN WALRATH 64:08, 114 EDWARD O'CONNELL 64:17, 115 LEE SCHWARTZ 64:20, 116 CRAIG JON ANDERSON 64:26, 117 STEVE ROUSE 64:31, 118 ELIZABETH O'SHEA 64:32, 119 TRACY REUSCH 64:32, 120 KEITH MILES 64:33, 121 RON GRAY 65:50, 122 AMY SHEA 67:02, 123 LAURIEE WALSH 67:07, 124 JERRY DOUCETTE 67:08, 125 GERALDINE O'ROURKE 67:23, 126 DAN BUKHGYI 67:56, 127 BILL CORLISS 68:05, 128 SUZANNE HAZEL 68:33, 129 RICK PROKSELL 68:41, 130 CAROL FLYNN 68:44, 131 PRISCILLA MURPHY 68:47, 132 PAMELA SCHRICKER 68:58, 133 JOHN FINNELL 69:15, 134 ROMANA ALAMED 69:23, 135 ANNE DOUCETTE 70:22, 136 ARTHUR O'BRIEN 71:05, 137 TONYA MURPHY 71:05, 138 BILL ROBINSON 72:53, 139 MARK CHASE 73:34, 140 DOUG PEARSON 74:22, 141 CHARLES JOYCE 76:52, 142 SHARON MCCARTHY 76:56, 143 HANS REMPEL 77:06, 144 JOHN CORCORAN 80:56, 145 ROBERT AGANTZ 83:41



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GLRR Youth Team News

Athletes first, winning second

The cross-country season is now reaching its peak. We have qualified two teams for the National Championships in Philadelphia. I'll publish an update in the next Starting Lines issue. Our X-C team strength has risen to over 35, with one or two new children showing up each week.

The team now has full uniforms consisting of GREEN sweats, shorts, and singlets. They look very impressive (and intimidating) at meets. This is a big improvement over last year. Many thanks to the club and to the parents for making it happen.

Looking ahead to the winter, the Youth Team goes into semi-hibernation. We will still try and find about one road race a month to enter. There are also a few indoor events for those who are interested. This is the season for the team to rest. They can play other sports (basketball, indoor soccer, etc.), and do some maintenance running. By doing some running they won't have to start from scratch

when we begin the outdoor track and field program in April.

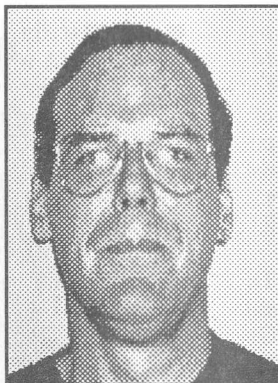
Throughout the Fall and Winter I will be updating the Youth Team section on the club phone. Parents or children can dial in with a touchtone phone and get the latest information on what is happening for the Team. The number is 508/957-6447. Just follow the directions to get to the Youth Team Update. — **Dick Curtin**

1992 Youth Team Schedule Update

12/5 AAU National XC Meet, Philadelphia, PA
Qualifiers Only

NEAC XC Stonham, MA November 1, 1992

6 Phil Riley 16:10, 9 Stoddard Melhado 16:48, 11 Bob Hall 16:58, 13 Jim Stronach 17:03, 16 Dave Camire 17:17, 19 Jeff Haas 17:25, 22 Ken Whitcomb 17:40, 30 Wayne Fillback 19:06, 35 Ben Hoisington 19:29, 36 Benjamin Hoy 19:37, 38 Tom Hines 19:51, 41 Kevin Curtin 20:01, 45 Jeff Morse 20:43, 46 Sherman Smith 20:54, 47 Todd Baker 21:02, 48 Kathleen Feeney 21:05, 51 Scott O'Brien 21:22, 52 Simon Rasin 21:26, 53 Jonathan Lemire 21:32, 55 Martin VanBuren 21:34, 56 Lindsay Delorme 21:56, 63 Kimberly Tremblay 23:22, 68 John Roy 24:31, 70 Sean Haley 25:09, 75 Maggie Sutton 27:10, 76 Michael Curtin 27:12, 77 Nicholas Baker 27:19, 78 Chris Gonsalves 35:40, 79 Ryan Brady Teams (male open) 1. GLRR (Riley, Melhado, Hall, Stronach, Camire), 2 HTC Striders — **Results courtesy of Dick Curtin**



Dick Curtin

This Running Life with Jack Pierce

As every woman reading this knows, men approaching fifty begin doing foolish things like buying a red sports car, hitting on women young enough to be their daughters, and most common of all, letting the two hairs left on the top of their head grow to about two feet, then wrapping them around eight or nine times, pretending baldness is not visiting them.

I am not ready to be a prisoner of this predictable folly. I understand it's no longer 1969 and I shall approach the aging process with dignity, grace, and maturity. All I wanted to do on my fiftieth birthday is to **parachute jump**.

A guy's body grows old; but not his boyhood vision of himself. It was late August when the Pierce clan celebrated a milestone by presenting a middle age man with a young man's present — a gift certificate for one parachute lesson and jump. Hey, so it's thirty years late. I'm a guy, right?!

The Lake Relay is be-

hind us and it's time to pack the station wagon for a trip to Turners' Falls, MA, and just possibly one of life's great looks into one's inner self.

We arrived Friday night in Greenfield and soon located the essentials — a reasonably priced motel and a pizza joint. The beloved Buds go down slowly. Don't want to have a hangover tomorrow. It's my big day.

Who the Hell sleeps well in a strange bed; besides, maybe the desk clerk screwed up on the wake up call. The restless night's sleep had nothing to do with the day's agenda. An early morning peek around the corner of the shade reveals that it is not a jumpers' day — rain and low clouds. But its off to the airport for my first class anyways. After all, only a true optimist trains for a marathon.

In an age of deteriorating standards and declining quality, it's really quite assuring to discover that the pre-jump class is more in-



Jack "Air" Pierce

tense than I imagined. Among the first things I notice is that all my classmates were at least one-half my age. Most of them were there on a bar challenge of "if you do it, so will I." We spend seven hours in a high powered worse case scenario training class.

"Your chute didn't open and you're falling and spinning. What are you going to do to save yourself?" This is repeated over and over till you're sure it's second nature. More on this later. At 5:00 p.m. comes the bad news: with the low clouds and rain, there'll be no jumping today. How to blow away a major, anticipated high. Oh well, we'll all be back next weekend.

Continued on Page 14

The Road To Groton

"How long are you going to be gone this time?"

The familiar voice rang in his ears as he laced up his running shoes. Moulton Earle gritted his teeth and pretended not to hear. He shifted his position on the bench so that she couldn't see the triple knot he was tying in his shoelaces. She had always been very observant, had Shirley Earle. She had always watched to see what kind of knot was being tied. A single knot meant a short jog around that pond — nothing to remark on. A double knot, though, meant five to ten miles — a long time away from home. But a triple knot? A triple knot meant a 20-miler, for sure.

In fact, his plan was to run all the way through the town of Westford to the center of the next town, Groton, and back again, a total distance of 22 miles.

Moulton braced his left foot on the bench and began to stretch the hamstring muscles.

Silence reigned now, but it was the silence of disapproval. Again, he pretended not to notice. He moved to work the other leg.

Overhead, the branches of the old maple tree glowed orange, gold, and deep red. The fiery leaves of the maple contrasted with the green grass and grey stones of the open field where he stood. Moulton smiled at the prospect of running past miles of apple orchards, the perfume of ripe apples hanging in the air. And all around the orchards the maples would be painting the breathtaking canvas which is New England in the autumn.

As he bent over the bench to stretch the hamstring, his smiling anticipation was broken: "Hey, Moldy! The deck is!" followed by a self-congratulatory chuckle at her own witticism.

Moulton ground his teeth again. How he hated to be called "Moldy"! And as to the mold growing on the deck, he had

washed it off only last spring. Anyway, it wasn't his fault that the mold grew there in such abundance. If only Shirley would let him cut down the overgrown pine tree that completely shaded that part on the deck, the problem would be solved. But, oh no. Any mention of cutting down that pine tree was met with the same shock and outrage as a suggestion of murder.

The one-sided conversation went on. Mention was made of the loose tile in the bathroom, the weeds which were overrunning the garden, and the fact that the oil in the car needed changing. The litany of when-are-you-going-to's proceeded in a plaintive and exasperated tone of voice as Moulton continued his stretching exercises. "It's Sunday, Shirley — Sunday!" he muttered.

Then the tone changed. From plaintive, Shirley's voice turned to a tone of fear and concern.

"How's Daisy? Did you take her to the vet like you promised?"

"Daisy!" He exploded. "For God's sake, Shirley, Daisy's been dead for two years. Can't you shut up about the Goddam vet?" Naturally, Shirley had blamed him for the old retriever's demise. If only he had acted soon enough ... if he had been home where he belonged when she first got sick ... if he hadn't been running

.... If, if, if.

Moulton stood up from his stretching. The warm afternoon sun glinted through the leaves of the maple tree overhead. A squirrel was chattering. Among the smooth grey stones which stood in rows throughout the field, some crows were quarreling. Across the street, a mockingbird was serenading the neighborhood from his rooftop perch. Moulton moved through the wide gate in the fence surrounding the field.

He turned in the direction of Groton and slowly began to run, leaving behind the maple tree, the wide green field dotted with grey stones, and the bench overlooking the stone inscribed, "Sacred to the Memory of Shirley Jean Earle, 1935-1990." — Hazel Palmer.



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

FootNotes -- Runner's Knee

More running injuries involve the knee than to any other area. Most runners complain of pain around or under the knee cap. Typically, an aching pain occurs during or after a run and is made worse by hills (especially downhill).

The medical diagnosis is "chondromalacia patella". The term technically means softening of the underside of the patella (knee cap).

Causes

The chief causes of knee pain in runners vary and may include a stress syndrome due to increased training mileage or pace, a change of running shoes or surface, or wearing worn shoes.

Often runners with knee pain have some structural abnormalities. Most common is excessive pronation. As I have discussed in previous articles, as the foot sags inward during pronation, the entire leg and thigh turn inward as well, putting a "torque" on the knee joint.

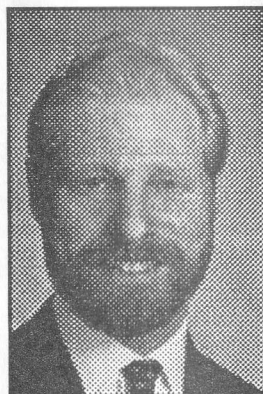
The knee cap rides in a tendon, and as the foot

pronates and the leg turns in, the knee cap isn't able to turn in quite as much, and it may slightly slip out of its bony groove on the leg and thigh bones. With each step, it slips slightly and this may lead to the aching pain around the knee.

Treatment

For mild knee pain, (1) cut back mileage and hill work until no knee pain is present when running. (2) Ice the thigh and knee pain area 10-15 minutes, before and after running. (3) When your pain is present during light running, begin quadriceps strengthening exercises. These should be done sitting on a table with the knee extended completely straight. Hang 3-5 lbs of weight from the foot. Lift the entire leg and hold for a slow count of 15. Repeat the exercise until the muscle is fatigued.

Treatment for more severe causes include (1) absolute rest, (2) ice, (3) anti-inflammatory medication and physical therapy, (4) use of functional orthotics, and (5)



Dr. Fleishman

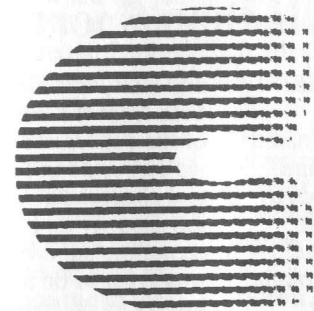
quadriceps stretching.

Prevention

Prevention of chondromalacia and most other over-use type injuries can be accomplished by some common sense, training and conditioning rules.

- Don't increase mileage or pace more than 10% per week.
- Don't wear worn out running shoes.
- If you are running on a slanted surface such as the side of the road, alternate sides every mile or so.
- Alternate days of hard and easy training.
- If you hurt, decrease your mileage and

Continued on page 20



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Willard Brook Ramble

Where is Ashby, Massachusetts? Ashby is a quaint New England town situated between Townsend and Leominster along the New Hampshire/Massachusetts' border. More importantly, to me, it is the home of Willard Brook State Park, the site of my first trail race.

Now this isn't your typi-

cal "My First Race" story. You see, I'm a seasoned veteran. I've done it all. I've run up the Mountain (only one hill, hah!), marathons (done over fifty, no problem), relays (hey, I knew Fred), cross-country (trained with national champions), so there was nothing, I thought, up in Ashby that would surprise me. **WRONG!**

First, it's a completely different set of people from road racing. No lycra or day glow colors here. These folks are into mud and flannel. Besides the unusual garments, half the entrants look like members of ZZ Top. It's a cross between Deliverance and Chariots of Fire.

Continued on Page 20

Running: More Lifestyle than Sport

The other day in our Company's locker-room I happened to run into Jack Pierce, recent addition to Greater Lowell's Senior team. I asked him what the heck he was gonna write about this month in *Starting Lines* (maybe he figures in a few months *Runner's World* will dump Amby and hire him, probably a good move...). He jokingly indicated that there was nothing wrong with a little self exposure, which is true. We got a laugh about how the woman who runs the health club (basically, paid to exercise) got her picture in the Company magazine for just surviving the Boston Marathon in four or five hours while others like Jack, who ran a PR in three hours, were ignored. Anyway, since I joined the Club just about a year ago I figured it might be a good time to pause for a little reflection and exposure, myself.

It all started sometime in the mid-sixties when I was thirteen or

fourteen years old. My junior high gym teacher sensed I hated gym, so he sent me out into the woods to run and I've been doing it ever since. When I drive through my old stomping grounds on the streets of Waltham and reminisce about those days, it feels like I'm in the twilight zone. Back then, motorists would gawk at you from their cars, honk their horns or stick their heads out the window and scream at you as they passed by you on the street. The high school football team (the Hawks) was the biggest thing in town, consequently although Waltham had some good distance runners in the sixties we were the Rodney Dangerfields of the local sports scene.

To experience the growth of the sport in the late seventies and early eighties in New England was like a dream for myself and the guys I ran with at that time. For us, running became more of a lifestyle than a sport, a natural outgrowth of the wild

and crazy late sixties. Free from the burden of the depression we're buried in today and concerns about job security and economic survival, it was great to be able to just focus on training and racing. I'll always remember the legendary fartlek workouts we used to run on Saturday afternoons from Cleveland Circle in Brookline. Anyone was welcome to join us for these suicidal runs which were totally spontaneous, subject to no rules and got so out of control that in some instances the pacesetter(s) would vanish from the pack for good in the first half mile of the run. When it was over pizza and beer soothed our wounds. We'd head up into the woods behind the Chestnut Hill Mall in Newton, dodge a few balls as we cut across a golf course, pass by a farm (cows in Brookline?) then down through the scenic Arnold Arboretum, around Jamaica Pond and back. I guess everyone's got their own dream course.....

In 1990 when my job was moved to Billerica I started doing my lunchtime training runs with Club members Glenn Thomas and Doug DeAngelis. Glenn, who had worked in the area for some time, was nice enough to introduce me to his "Massachusetts miracle" course which was basically a tour of vacant parking lots, deserted office parks and other sites of the high technology wasteland. One of young Doug's favorites took us along one of the most canine infested stretches of running I've ever been on. Once you got out a mile or so and were just beginning to get loose and relaxed the trouble began... The scruffy woods, crappy cottages adorned with the skeletal remains of abandoned autos, and unpaved roads of sand were a dead giveaway that Billerica tax dollars had not found their way here. First you'd pass a mongrel that appeared to have been trained by Pavlov to salivate at the sight of runners, then a doberman that had a 50% chance of being unchained, then you hit an area that had a

dog that was so vicious that even fearless Doug was eventually forced to detour the course. After we ran that one a couple of times at the risk of hurting Doug's feelings I said, "never again."

Glenn and Doug, being the sensible fellows that they are, saw to it that our noontime runs were moderately paced such that we could get in a decent workout and return to our jobs with clear heads and hungry to take on the demands of the high tech world. However, occasionally I'd run into Tom Amiro (who works down the street) and his Sun cohorts enroute to Tom's TAC certified tempo run course. Consequently, being the spontaneous, adrenalin addicted guy that I am, I'd jump in with them, thus getting in a great workout but would return to my office slightly less invigorated than I would have been had I run with Doug or Glenn. Tom kiddingly told me that I didn't have a prayer of scoring on the Masters team. I think this is what initially got me

interested in the Greater Lowell Road Runners. As a result last November I joined the Club..... -- Dave Kromer

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Running Life Continued

All week long on my commutes to work and during my runs I practice my instructions. Arch, one-thousand, two-thousand, three-thousand — I have tangled my lines, my chute is not opening, what do I do?" I'm prepared for this.

Saturday is warm and clear, with a slight head wind. A call to the airport provides the word we're jumping now, yet the forecast is for increasing winds this afternoon. Damn!

Alas, despite of a "pedal to the metal" ride, we arrive at the airport to be greeted with no chance of jumping today. The winds are too high and the forecast is that they will be increasing. God, this thing is turning into a marathon training program. With an hour and a half invested in driving out here, only a fool would turn around and go home with the prospect of coming back tomorrow, so we hold a family huddle. The distaff side of the family decides to do lunch and a bit of shopping while I do the predictable runners' shtick and go for an hour

plus run. During my run I notice the temperature is rising and the wind is dropping. Upon arriving back at the airport, the first thing I notice is people out on the runway with parachutes on. The BIG show is about to begin.

The jump school owner sees me and yells, "Get going. Take a quick shower and suit up, you're in the second plane and its going in less than one half hour." I rush into the building for a quick rinse and slide into my (?) parachute. As I emerge on the flight line, I'm 50-percent John Wayne/ Evil Knievil and 50-percent little boy who wishes his mother were here to tell him it's all right, you don't have to do this. My name is called out and I walk over to join my fellow adventures, and I am stunned to learn I will be the first person out of the aircraft. Way to go, Jack!

We enter the plane in reverse order of our exit, and the first thing I notice is that most Lawrence taxi cabs have a better chance of getting an honest inspection sticker than this thing. Cleared for take-off, we lumber down the run-

way and surprisingly we are airborne. A parachute is probably a good idea in this thing.

As the aircraft continues to climb and fly further away from the airport, our jump master is smiling into my face from about 18 inches away. My thoughts are, it's easy for him to smile, he's not the fool who's going to jump out of this thing in two minutes. Besides he's to young to understand how terrifying a thing this is to a normal person. Much to his devilish delight, the decisive moment is upon us. He looks into my eyes and asks, "Are you ready to sky dive?" My reply of Yes is barely out of my mouth as the door of the plane is opened and the wind howls in on us. My fellow first-time jumpers slide a little further back into the plane and thank the Lord that the old guy is first. The next instruction from Mr. Carefree is, "Prepare to exit the aircraft." Our sadistic friend now asks, "Are you set to complete the exit?" Before I can think about the consequences, I am totally outside the airplane 3200 feet over the Earth, standing on a 18-inch step and holding on for dear life to the

wing. I was more than a little aware of a number of things, like how high we were, how hard the wind was blowing (150 mph), and that the landing zone was a mile and a half away.

At moments like these, many people see their lives flash by, but as I scanned the Western Mass skyline, my only thought was, "Pierce, this is like a scene from movie made in the twenties, with you not Chaplin in the lead." The test arrives with the jump master's command of GO.

WOW! OH, WHAT THE HELL IS THIS? IT'S ALL WIND AND FREE FALLING.

Let me tell you all that training and practice went by the boards, no counting, just sensory overload. After a five second eternity the word "Think" flashed into my mind, and better yet I hear the ruffling of my chute opening. It's hard to imagine a happier moment than when you are sure that sucker is working properly. It is sheer ecstasy, I had a grin from ear-to-ear. I was now under control of one of the most awesome

Continued on Page 20

Get on the Team!

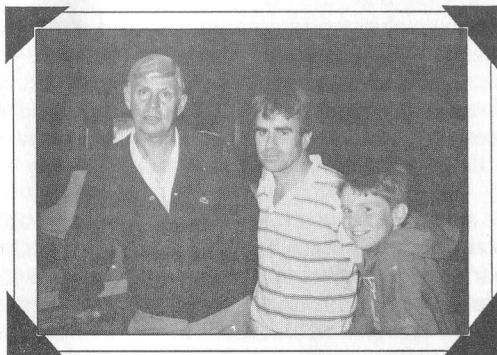
Are you a competitive runner? Would you like a snazzy new Greater Lowell uniform? Would you like to represent the GREEN in a racing capacity? Would you like to help promote the club and its races while running the race? Then, apply now to participate on one of our racing teams.

We agree to run several races, ones you probably do already, and enter for team awards. It makes your races a bit more challenging. It's fun and you promote your club while you are at it. Participate! It's fun! It's open to all GLRR members. Call me if you have questions. -- **Colin Gouldson 508/256-1632**

APPLICATION FOR RACING TEAM 1993 GREATER LOWELL ROAD RUNNERS

Return to: GLRR Racing Team, 15 Essex
Place, Chelmsford, MA 01824

<input type="text"/>	<input type="text"/>
First Name	Last Name
<input type="text"/>	
Address	
<input type="text"/>	<input type="text"/>
City	State Zip Code
<input type="text"/>	<input type="text"/>
Phone Number (include area code)	Birthdate (mmddyy)
On a separate sheet list your best times, since December 1991 for any of the following distance: 5k, 10k, 10 mi., 15k, 20k, 30k, 1/2-marathon, or marathon	
Singlet Size <input type="checkbox"/>	Short Size <input type="checkbox"/>
Signature	Date



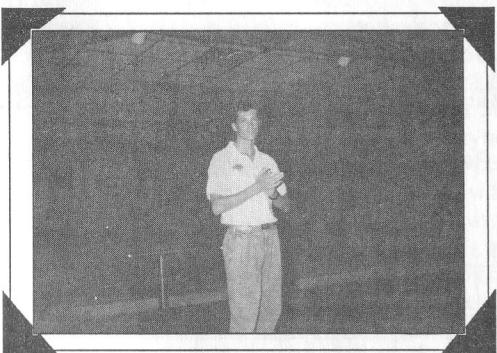
Coach Squires with Bill and Sherman Smith



Nancy Britt, Jan Johnson, Sharon Cassidy, Ernie Roy, John Febbi.



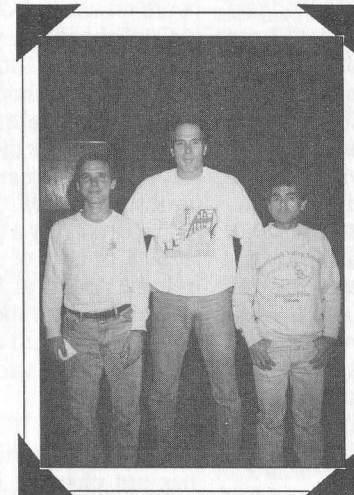
The Gang at the Lake



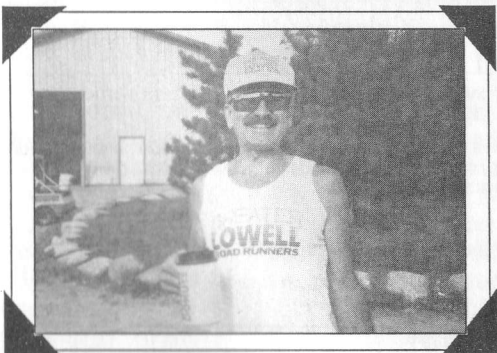
Bruce Bickford at a GLRR Monthly Meeting



Christina Bellinger -- Ms. Great Legs 1992



Boys of BayState -- Steve Pepe, Bill Gibney, and Jerry Rosa



Primo!



The Ladies at Great Legs

GLRR Photo Album

Racing Team News

Times are Changing

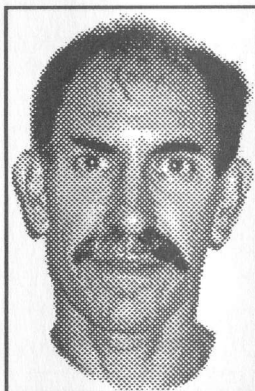
There is no doubt in my mind that running has changed since I joined GLRR in 1981. I remember the most popular local race, prior to joining, was in my back yard. It was the Chelmsford Elks Road Race. It was 7.7 something miles long. The distance was not certified and was probably not accurately measured, but great runners like Bill Rodgers participated. There were no cash prizes but lots of trophies and everyone received a two-color T-shirt. There were always beer and food at the finish without having to present a ticket. Results were tabulated by an army of volunteers, and the entry-fee was around \$5. Scott Graham's dad, Bob Graham, was the race director and announcer.

Contrast the Elk's Race with today's road races. Today the first 200 runners get multi colored t-shirts. Cash prizes go to the winners and sometimes runner-ups. Some races have beer (at least those in Lowell) and for some beer tickets are required. Results are

tabulated by business professionals helped by computers. Entry-fees start at \$10 and go up to \$25 for a marathon.

Another item that has changed drastically is the running shoe. Who can remember the cost of the red, white, and black Terra TC from Nike? They were about \$40, \$35 when they were on sale. A decent pair of shoes today cost around \$70-\$100 full price, take off about \$20 for outlet sales. I shouldn't knock the cost of running gear too much, ever purchase bike parts? Try a pump at \$25, or a set of quick release pedals at \$100, or a pair of bike shoes at \$120. Compared to cycling, running is a cheap sport.

GLRR membership fee has not changed in 12 years and at \$10 should be considered a bargain. Consider the individual fees for other clubs. The Cambridge Sports' Union (CSU) charges \$13 and the BAA is \$35. Greater Boston Track Club is up to \$35 while the Boston Running Club (BRC) must be a bargain at \$125.



Colin Gouldson

I noted some changes in clubs this year. BRC is new and caters for the Boston crowd. At \$125/year it has a niche market, the yuppie runner. CSU has revitalized, they have placed teams well in races and come gift wrapped in spivy color coordinated uniforms. CMS, our arch rival, looks to be headed for dismal times. Don Drewniak, their head honcho, has burned out and there are few loyal CMS members willing to fill his shoes. Rumor has it that moral is low and they are unable to raise incentives (cash) to retain their nationally located premiere runners.

Today, clubs have to draw on their memberships to stay afloat. It would be nice to be

like everyone else. For the 90's the formula for success must be through the enthusiasm and spirit of the club members. Pat yourselves on the back. If this year's race participation is any indication of the continuing success of the club and racing team then we are on a sound footing for next year. Look at these statistics as an example of what I have said.

Race Participation

race	30K	20k	10k	8k	5k	10m	26.2	total
MO	18	7	9	11	6	12	3	66
MM	16	9	12	10	10	15	3	75
MS	5	4	6	6	8	6	2	37
FO	2	2	4	5	3	7	0	23
FM	2	2	8	3	3	4	1	23
total	43	34	39	35	30	44	9	224

Total runners participation in racing team = 89
Total entries in all NEAC races = 224

Strangely, the longer distances drew the largest field while the shorter, summer races had less runners. You would think the marathon would have about 50? Time to go running. See you on the roads. -- Colin Gouldson

Team Managers For 1993 Selected

The team managers for each division of the racing team were selected at the November GLRR meeting. Our captains are: Arthur Demers (male open) 508/454-9601, Jan Johnson 508/851-9678 and Sue Trudel 458-1758 (female open), Stoddard Melhado 508/486-9185 (male masters), Babs Kimball 508/851-6953 (female masters), Don Lambert (male seniors), and Berna Finley 508/256-2352 (female seniors). Colin Gouldson, 508/256-1632, will continue as overall Team Manager. If you have questions about the racing team, please feel free to contact the appropriate team manager.

1992 Grand Prix Standings Final Standings

Male Open	
Central Mass Striders	50
Cambridge Sports Union	43
Greater Lowell Road Runners	29
Greater Springfield Harriers	22
Boston Running Club	21
Boston SISU	20
Tri-Valley Front Runners	19
Whirlaway Racing Team	18
Boston Athletic Association	14
Falmouth Track Club	7
Marshfield Road Runners	4
Sugarloaf Mt. Athletic Club	2
Tuesday Night Turtles	1
Empire One Running Club	1

Male Masters	
Greater Lowell Road Runners	39
Central Mass Striders	31
Tri-Valley Front Runners	27
Cambridge Sports Union	24
Boston Running Club	10
Greater Springfield Harriers	7
Marshfield Road Runners	3
Boston Athletic Association	2
Merrimack Valley Striders	1

Male Seniors	
Boston Running Club	18
Greater Lowell Road Runners	12
Central Mass Striders	4
Marshfield Road Runners	2

Female Open	
Central Mass Striders	40
Cambridge Sports Union	39
Boston Running Club	36
Greater Lowell Road Runners	26
Boston Athletic Association	21
Liberty Athletic Club	17
Greater Springfield Harriers	10
Tri-Valley Front Runners	8
Nike Boston	7
Rhode Island Road Runners	6
Greater Boston Track Club	5
Back Bay Road Runners	2
Gate City Striders	1

Female Masters	
Cambridge Sports Union	33
Central Mass Striders	28
Liberty Athletic Club	18
Rhode Island Road Runners	14
Greater Boston Track Club	14
Greater Lowell Road Runners	13

Female Seniors	
Liberty Athletic Club	9
Central Mass Striders	4
Greater Lowell Road Runners	1

Top Clubs	
Central Mass Striders	157
Cambridge Sports Union	139
Greater Lowell Road Runners	120
Boston Running Club	85
Tri-Valley Front Runners	54

Running Life Cont.

experiences of my life. The ground people were talking into my radio with instructions on how to fly my way back to the landing zone. They encouraged me to savor the event by taking in the sights of autumn over the Berkshires.

Except for Laura and my daughters cheering loudly, the landing is so routine (with clean and dry underwear I might add), it is almost anticlimactic. I touched down with a slight bump and, surprise of surprises, all I wanted to do was gather my gear and find people to talk to about my newest sport. —**Jack Pierce**

P.S. No story like this could be complete without a postscript, so here is mine. First, if you are ever in the neighborhood and I invite you in for a beer,

Footnotes Continued

pace.

If these don't help - see a sports medicine specialist.

Dr. Fleishman is a podiatrist whose office is located in Chelmsford. He is a member of the American Academy of Podiatric Sports Medicine and the American College of Foot Surgeons.

Willard Brook Cont.

The second thing I realized, even before the run began, was that I was going to get dirty, wet, lost, and tired. And, if that wasn't enough, I would be running way out, and I mean way out, in the woods during deer hunting season! This is insanity!

My game plan was simple, just complete this thing in one piece. The Hell with finishing near the top. I'm no dummy, I knew about the roots, the rocks, the hills, the streams, and the danger. No way was I going to jeopardize my running career or my life for a simple low keyed, novelty race.

Just before the start, this race official announces that the top fifty finishers would receive a T-shirt. "Hell, I've got hundreds of those. You have to do better than that to motivate me," I thought to myself. The official continued, "the shirt is inscribed with the phrase 'No wimps, weenies, or whiners.'" Well, there goes my game plan, I'm running for the shirt!

How do I describe the course? Well, one section reminded me of that last 75 yards of Mt. Washington, but with bad footing and four times as long. It was so steep, I found myself on all fours. When I turned around, fully expecting the competition to fly by me, I was surprised to see that they were also down on all fours. Can you imagine how ridiculous we looked? No matter, not many spectators out here.

You can't jump over the streams in this thing, unless of course you're Carl Lewis. So you run through as fast as possible. Now these streams aren't like big puddles where if you run through fast enough you don't get wet. If you're lucky (read: don't fall down), only your shoes and socks get soaked.

The people running the race aren't the only ones who get into the act. At about two miles, in the middle of the woods, there was a guy directing runners wearing a Bullwinkle hat and playing fifties' tunes on his Jeep's radio. I figured this

Continued on Back Page

The Worthen House Run 5K -- Lowell, MA, September 28, 1992



Photo Bill Bridgeford

1 JAYME FISMAN 15:39, 2 LANCE BURGESS 15:52, 3 MIKE COONEY 16:05, 4 PATRICK SWEENEY 16:24, 5 ERIC TAKACH 16:56, 6 BRUCE BROWN 17:04, 7 JAMES FORMICA 17:17, 8 MIKE HURTON 17:20, 9 SCOTT GRAHAM 17:26, 10 JOHN GAVIN 17:33, 11 RICHARD MARCHAND 17:47, 12 SEAN DONNELLY 17:52, 13 MARK CODDAIRE 18:04, 14 JOHN PIKOS JR 18:05, 15 MICHAEL LINSKEY 18:09, 16 LEO KASHIAN 18:10, 17 CATHY DONOVAN 18:19, 18 NANCY SIROIS 18:21, 19 DAVID WILLEY 18:33, 20 STEVE GEARY 18:34, 21 ROBERT HUNTINGTON 18:34, 22 WILL GARCIA 18:37, 23 MARK BLAISDELL 18:39, 24 KATHY GEARY 18:43, 25 DAVID SALOIS 18:54, 26 GEORGE MULDON 18:58, 27 PETER ELIOPOULOS 18:58, 28 HENRY GAGNON 19:01, 29 PATRICK BLUMERIS 19:06, 30 STEVE GENDRON 19:07, 31 STEVE SMITH 19:09, 32 ANTHONY BUOANDUCI 19:13, 33 SEAN HEVENOR 19:26, 34 BOB BROUILLETTE 19:33, 35 BARRY PEARSON 19:35, 36 RICK BURK 19:41, 37 SCOTT ESTABROOK 19:44, 38 MANUEL SILVA 19:47, 39 JACK CLANCY 19:47, 40 JEFF MORSE 19:56, 41 STEPHEN ROHRBACHER 19:58, 42 RONALD HALEY 20:00, 43 JASON SIMPSON 20:02, 44 LIAM SKINNER 20:08, 45 PETER BALETSA 20:14, 46 DAVID SULLIVAN 20:14, 47 ALAN NARBONNE 20:17, 48 KEVIN MOULTON 20:19, 49 JONATHAN HORNE 20:20, 50 JOHN HIRE 20:21, 51 JIM MAINES 20:28, 52 ROGER LEVASSEUR 20:34, 53 JOSE D. MANGUAL 20:42, 54 PAUL LEONE 20:45, 55 BERNIE CLANCY 20:47, 56 AMY CHOULNARD 20:48, 57 RICH DEVANEY 20:52, 58 MICHAEL FADDEN 20:52, 59 SCOTT ENTWISTLE 20:53, 60 JENNIFER TAKACH 21:02, 61 MARK KLOZA 21:02, 62 NANCY GEARY 21:03, 63 RAYMOND DELORME 21:12, 64 THOMAS HEALY 21:13, 65 JOHN IANUCCI 21:23, 66 TRICIA NEARY 21:25, 67 JOE CARROLL 21:29, 68 PASTOR JOUBERT 21:30, 69 WAYNE WYMAN 21:35, 70 KASSIE BURGESS 21:38, 71 JOE SUSLOUTCH 21:43, 72 STEVE SOUSA 21:44, 73 JAMES RHOADES 21:45, 74 JACK FINN 21:47, 75 DOUG VIGER 21:47, 76 TODD BAKER 21:48, 77 MICHAEL GAVIN 21:48, 78 RICHARD GRAFFAM 21:51, 79 JEFF RHOADES 21:54, 80 RON CATERINO 21:55, 81 JOE REIS 22:02, 82 KIMBERLY TREMBLAY 22:04, 83 JAMES MARSH 22:06, 84 HANK PANGIONE 22:10, 85 CHARLES BURGESS 22:15, 86 WILLIAM VANSCHALKWYK 22:19, 87 VICTOR URQUIOLA 22:23, 88 SHERMAN SMITH 22:25, 89 STEVEN INCROPERA 22:25, 90 MICHAEL PODANOFFSKY 22:28, 91 JAMES RODGER 22:31, 92 RICHARD GREAVES 22:31, 93 GARY BEVIS 22:31, 94 GEORGE HEBERT 22:32, 95 PATRICK COOK 22:33, 96 DAVE BARAN 22:33, 97 SEAN KRASINSKI 22:35, 98 DAVID BROWN 22:35, 99 JAMES HADLEY 22:41, 100 MICHAEL WORMWOOD 22:43, 101 PAUL GILMAN 22:45, 102 SCOTT

WEISENSE 22:47, 103 GERARD PINTAL 22:48, 104 GEORGE MALLIAROS 22:51, 105 JOHN ROY 22:52, 106 MICHELLE KITCHEN 22:53, 107 MIKE BISOL 22:58, 108 MIKE CASSIDY 23:00, 109 E DALE COX 23:03, 110 JEFFERY ATHERTON 23:07, 111 BARRY FINNEGAN 23:12, 112 JOHN HANNAFIN 23:14, 113 JOHN GOSCILLA 23:17, 114 LAURIE HADLEY 23:18, 115 CINDI CAVANAUGH 23:27, 116 CHRISTOPHER LINSKY 23:28, 117 ANNA FODOR 23:29, 118 IRIS MALLIAROS 23:32, 119 SOLT FODOR 23:36, 120 JAIME FLEMING 23:37, 121 JOE RYAN 23:39, 122 LARA ALDEN 23:42, 123 KEN GOODIN 23:42, 124 THOMAS HICKEY 23:46, 125 BRIAN BARRY 23:50, 126 MARIANNE HARDY 23:51, 127 RICHARD LARNARD 23:52, 128 STEVE GRAHAM 23:52, 129 GAIL SWEENEY 23:55, 130 SUE CONROY 23:56, 131 NANCY COX-LUND 24:04, 132 TIMOTHY O'CONNOR 24:13, 133 RICK FITZGERALD 24:14, 134 FRANK SEXTON 24:15, 135 MICHAEL DONELAN 24:16, 136 DAVID TRUNEC 24:17, 137 ERZSEBET FODOR 24:18, 138 RONALD LAROCHELLE 24:24, 139 JACK CADORETT 24:31, 140 THOMAS LAVENEY 24:31, 141 DUSTY MILLER 24:35, 142 BRENDA TRUDEL 24:42, 143 MARY SEVIGNEY 24:47, 144 JOHN O'CONNOR 24:47, 145 PATRICIA REIDY 24:49, 146 GEORGE PAPANOTAS 24:52, 147 MAUREEN VANSCHALKWYK 24:56, 148 CAROL RODGERS 24:59, 149 JOAN WHOLEY 25:06, 150 BARBARA BLUMGRIS 25:08, 151 DENISE PARADIS 25:08, 152 ANDY GAMBON 25:38, 153 JACK CAMPBELL 25:38, 154 PATRICIA DAVIDSON 25:42, 155 JOHN BATES 25:59, 156 THOMAS SICKLES 26:00, 157 TOM TOMASI 26:01, 158 ARTHUR LIAKOS 26:04, 159 KAREN REINHART 26:07, 160 CHERYL ROBERTSON 26:10, 161 CAROL GAGNE 26:12, 162 TRICIA MCFADDEN 26:13, 163 KEVIN MCINERNEY 26:25, 164 TONY RUBICO 26:26, 165 JACK KEEFE 26:27, 166 JOE TIERNEY 26:31, 167 LINDA MACHADO 26:31, 168 KERRI LEVASSEUR 26:31, 169 PAUL BARTEL 26:34, 170 BOB SCHAUFUS 26:36, 171 MICHAEL DURAN 26:40, 172 LEUREEN O'CONNOR 26:41, 173 PATRICIA WOJTAS 26:45, 174 JOANNE SOULARD 26:46, 175 KEVIN HIGGINS 26:54, 176 MAGALI SUTTON 26:54, 177 JACQUELINE WATSON 26:55, 178 MICHAEL MONTI 26:59, 179 SEAN HALEY 26:59, 180 VICKI HALEY 27:01, 181 JEFFERY HILLMAN 27:02, 182 LESLIE LOWRY 27:08, 183 JOANN SCARFO 27:12, 184 JOHN GRZYSIEWICZ 27:14, 185 PAMELA LYONS 27:24, 186 LINDA LIST 27:30, 187 BERNARD COOKSON 27:37, 188 JOE HANLON 27:37, 189 MATTHEW MOULTON 27:40, 190 MAUREEN DALY 27:40, 191 CHRISTINE SMITH 27:41, 192 CHRISTOPHER SMITH 27:41, 193 ELLEN STURTEVANT 27:52, 194 MAURICE NOONAN 27:53, 195 LOU LEAKEAS 27:59, 196 ELAINE KERRIGAN 28:00, 197 JIM NEARY 28:03, 198 MARY JO CAHILL 28:04, 199

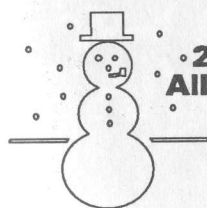
WALTER STRAUB 28:07, 200 PAUL BESSETTE 28:09, 201 KATHY ANN KIRANE 28:18, 202 JOE MACHADO 28:20, 203 ALEXANDER LAPPIN 28:26, 204 MICHAEL LAPPIN 28:27, 205 GREGORY LUZ 28:27, 206 TERRI PANGIONE 28:28, 207 PATRICIA LUZ 28:29, 208 BILL GALVIN 28:31, 209 CONNIE DESMOND 28:33, 210 KAREN LAFFERRIERE 28:45, 211 BRIAN DUNIGAN 29:07, 212 JOANE SHEEHAN 29:45, 213 KEITH FERULLO 29:46, 214 EDWARD SHEEHAN 29:52, 215 DAVID FRANCOEUR 30:05, 216 NICHOLAS BAKER 30:07, 217 DEANNA COLLINS 30:13, 218 TJ SHEEHAN 30:23, 219 SUE CALLERY 30:27, 220

KELLIE DUNN 30:28, 221 ELIZABETH CLEVRSY 30:34, 222 MARIO ESPINOSA 30:38, 223 CLARE DONELAN 30:53, 224 KRISTIN FISHER 30:59, 225 NELSON OCA-SIO 31:28, 226 NANCY DEMOURA 31:31, 227 RYAN BRADY 31:50, 228 CHARLES BRADY 32:17, 229 LYNN CONNOR 32:17, 230 JULIANNE DIGIACOMO 32:46, 231 WILLIAM KOUTROUBAS 32:53, 232 PAMELA CRANNA 32:55, 233 PAT BOURK 33:15, 234 JOHN CLARKE 33:15, 235 BRADY SHALYN 33:22, 236 ALLISON CARROLL 33:26, 237 KATHY CARROLL 33:27, 238 ROBERT HUNTER 33:41, 239 TOTTON KERRI 33:49, 240 EILEEN MCNAMARA 34:01, 241 WILLIAM BRADY 34:01

THE FUDGICAL SERIES

**5km Road Race
Every Saturday Morning
9:00 a.m.
Jan 2 thru Feb 13**

**Tewksbury Memorial
High School
Pleasant St.
Tewksbury, MA**



**• 25-cent entry-fee
All levels welcomed**

**GREATER
LOWELL
ROAD RUNNERS**

Even Stevens:

NH runner 1-for-1 after capturing BayState Marathon

Tyngsboro — Not many runners can say they've won every single marathon they've ever started. The best marathoners in the world can't even make that boast. But Brian Stevens can. Stevens, a resident of New Boston, N.H., ran

the first marathon of his career yesterday, the BayState Marathon, hosted by the Greater Lowell Road Runners, and he won it. Needless to say, it won't be his last 26.2-miler.

To: All BayState Participants

Congratulations on your running the Marathon/Half Marathon on October 18th in Tyngsboro. In the marathon over 48-percent of the finishers qualified for the Boston Marathon!

The weather was perfect for fast times. Brian Stevens, 29, of New Boston, NH was first in the marathon with a time of 2:33:39, followed by Joel Rich, 23, of Marblehead with a time of 2:36:01. In third place was Robert Bowser, Jr., 35, of Plymouth with a time of 2:42:03.

The top three women in the marathon were JoAnne Murphy, 36, of Lancaster 3:11:13, Melanie Hire, 30, of Dracut 3:11:20, and Michelle Keegan, 38, of Preston, CT 3:12:14.

In the half marathon Bob Hodge, 37, Clinton, MA came in first with a time of 1:08:20, followed by Brian Crane, 28, of Lowell with a time of 1:11:01 and John Dalton, 34, of Carlisle, MA with a time of 1:13:52.

The top women finishers in the half marathon were Alice Callahan, 31, of Belmont 1:23:14, Nanci Sirois, 34, of Windham, NH 1:23:55 and Susan Trudel, 33, of Lowell 1:26:11.

A total of 720 runners participated in the marathon/half marathon. Next years' BayState Marathon/Half Marathon is scheduled for October 17, 1993. See you then

Bill Gibney
Race Director
BayState Marathon

"I'm trying to find a distance I'm good at. I think I like this one," said Stevens, who runs for the Gate City Striders of Nashua.

The BayState Marathon and Half Marathon were run yesterday from Greater Lowell Regional High School. Both races were run at the same time, with the half-marathon stopping at one lap around the Merrimack River by way of the Mammoth Road and Tyngsboro bridges, and the marathon continuing for another loop.

Stevens, 29, finished the marathon in 2:33:39. He was followed by Joel Rich, 23, of Marblehead (2:36:01), another first-time marathoner, and Robert Bowser Jr., 35, of Plymouth (2:42:03).

The top three women were Jo-Anne Murphy, 36, of Lancaster (3:11:20) and Michelle Keegan 38, of Preston, Conn. (3:12:14).

"I was going to try to run as many six-minute miles as I could and qualify for Boston," Stevens said. He qualified for the Boston Marathon, all right. But when he passed Rich at the 23-mile mark just before the Tyngsboro Bridge, he realized he had a chance of doing more than that.

Stevens was fifth at the half-way point, and he picked up his pace there. "I picked it up to 5:45 miles, because I knew I had to make up 30 seconds a mile if I was going to catch (Rich)," he said. "Then when I started running those 5:45's and I still wasn't seeing him, I was getting depressed."

Rich wasn't sure if he was first or not as he approached the half-way point. Some runners were ahead of him, but he wasn't sure if they were running the marathon or half-marathon. But as the guys in front of him started to turn into the Greater Lowell

driveway for the half-marathon finish, he realized he was in the lead in his first marathon.

"I thought I was getting into a comfortable pace, but never having run a marathon before, I started feeling it about 22 or 23 miles," he said. Rich, a medical student, said his friends coaxed him to run so he could qualify for Boston, the goal of many runners yesterday.

"Some people in my class were urging me to run the Boston Marathon, and you have to qualify, so I said, 'OK, I'll qualify and get a number.'" Like Stevens, he almost got more than he bargained for.

Bob Hodge Wins Half

To the rest of the field, it must have looked as though Bob Hodge was running a 5-miler instead of a half-marathon. Hodge, 37, a Lowell native now living in Clinton, took off fast, running the first mile of the 13.1-mile course in 4:56 and the first five in 25:43, faster than the winning times in many local 5-mile races. He finished the half in 1:08:20.

But Brian Crane knew better than to try to keep up with him. Crane, a 28-year-old Lowell resident who won last year's BayState Marathon, kept a safe distance from Hodge and placed second in 1:11:01.

"He ran by himself, and I ran by myself. I know Hodge too well. I'm not that stupid," said Crane, a guard at the Middlesex County House of Corrections who last month was the top American finisher (5th overall) in the United Sports Union Marathon for law-enforcement professionals in Romania.

Hodge, a former Lowell High and University of Lowell standout, used the half-marathon as a tune-up for the Rhode Island Marathon in two weeks. He and his wife recently adopted a baby, and he said he has found that running isn't as close to the top of his priority list as it once was. "I had a little trouble with my right leg," he said. "It's been bothering me off and on for a few years. Frankly, I don't take care of myself the way I used to."

John Dalton, 34, of Carlisle finished third in 1:13:52. The top

women finishers in the half-marathon were Alice Callahan 31, of Belmont 1:23:14, Nancy Sirois, 34, of Windham, N.H. 1:23:55 and Susan Trudel, 33, of Lowell 1:26:11. -- Dan Phelps, *Lowell Sun*

BAYSTATE MARATHON OCTOBER 18, 1992 LOWELL, MA

1 BRIAN STEVENS 2:33:39, 2 JOEL RICH 2:36:01, 3 ROBERT BOWSER JR 2:42:03, 4 JAMES MACKENZIE 2:43:06, 5 SCOTT BRENNAN 2:45:22, 6 HARRY LEPP 2:47:20, 7 FRED WHITEHOUSE 2:49:11, 8 CHARLES FERGUSON 2:49:59, 9 DAVID BUDDINGTON 2:50:19, 10 SCOTT GRAHAM 2:50:20, 11 TODD ALLEN 2:50:43, 12 RICHARD KEANE 2:51:39, 13 MIKE BEE-MAN 2:52:18, 14 DAVE DUNHAM 2:52:19, 15 DAVID DAGGETT 2:53:22, 16 VIET TRAN 2:53:55, 17 JAMES FELEN 2:54:11, 18 SCOTT SPENCE 2:54:17, 19 JOHN AYERS 2:55:29, 20 CARLOS COLON 2:55:43, 21 DON ALLISON 2:55:52, 22 ANDREW KALIL 2:56:40, 23 EDWARD PANCOAST 2:57:07, 24 DAVID QUINLAN 2:57:08, 25 PAUL GORANSSON 2:58:55, 26 WARREN HIRE 2:59:11, 27 KEVIN SULLIVAN 2:59:13, 28 MICHAEL WASIUKE 2:59:48, 29 VINNIE FUSCO 2:59:51, 30 KEVIN BERGERON 3:00:22, 31 JAMES SHEEHAN 3:01:58, 32 TONY SCARLOTTO 3:02:11, 33 WILLIAM MCCARTHY 3:02:18, 34 ROBERT CANDELA 3:02:26, 35 WILLIAM TROTT 3:03:00, 36 BRETT STEVENS 3:03:01, 37 SEAN LANDERS 3:03:02, 38 JIM LOGAN 3:03:07, 39 MICHAEL LINSKEY 3:03:30, 40 STUART KRAVITZ 3:03:48, 41 PHILIP JOHNSON 3:03:59, 42 DOUG ANDERSON 3:04:00, 43 JOHN DOVE 3:04:11, 44 ANDREW KALLNES 3:04:19, 45 DAVID REIN 3:04:31, 46 RUSTY DEWSNAP 3:04:51, 47 MARK CODDAIRE 3:04:56, 48 EDWARD HURLEY 3:05:02, 49 JOSEPH DITHOMAS 3:05:28, 50 ROGER MARTELL 3:05:30, 51 MICHAEL SHEEHY 3:05:38, 52 MIKE MCGLINCHEY 3:05:41, 53 JEFFREY STROBEL 3:05:42, 54 JOHN PIEKOS JR. 3:05:44, 55 JEFF RUDET 3:05:55, 56 BRUCE BOUCK 3:06:04, 57 RICHARD GRIFFIN 3:06:48, 58 KEVIN SCHALLER 3:06:55, 59 DENNIS WHITE 3:07:04, 60 RICHARD TABBUT 3:07:37, 61

WILLIAM COSKREN 3:07:47, 62 HAROLD FROST 3:07:57, 63 CHRISTOPHER CALLAGHAN 3:08:15, 64 JOHN ROBINSON 3:08:38, 65 MICHAEL MCGINNIN 3:09:01, 66 DANIEL PARE 3:09:03, 67 RANDY HELIE 3:09:18, 68 CUTTER WARREN 3:09:30, 69 STEVEN KRASKER 3:09:32, 70 RUSSELL ARMY 3:09:42, 71 PAUL MERZ 3:09:58, 72 RICHARD MARCOTTE 3:10:12, 73 ROBERT FERNLEY 3:10:21, 74 PETER O'SULLIVAN 3:10:53, 75 DEAN PENDLETON 3:11:09, 76 PAUL TOBIN 3:11:10, 77 JO-ANNE MURPHY 3:11:13, 78 MELANIE HIRE 3:11:20, 79 JAMES DREW 3:11:35, 80 JOHN POISSON 3:12:09, 81 ANTHONY JACKSON 3:12:10, 82 MICHELLE KEEGAN 3:12:14, 83 WILLIAM MAGUIRE 3:12:16, 84 DICK HARMON 3:12:28, 85 RICHARD LALLY 3:13:21, 86 TOM CROSS 3:13:24, 87 GARY MOORE 3:14:01, 88 JERRY CASEY 3:14:24, 89 KEVIN STEWARD 3:14:39, 90 VICTORIA TIDMAN 3:14:46, 91 BIX HAMBY 3:14:56, 92 BILL MCGRATH 3:14:57, 93 JAMES WHALEN 3:15:49, 94 DAVID FERNLEY 3:16:49, 95 PAUL MC-DERMOTT 3:17:15, 96 WAYNE WHITE 3:17:47, 97 DAVID WASZAK 3:17:47, 98 GERARD BEAUCHAMP 3:17:53, 99 GEORGE BISSON 3:18:05, 100 STEVE SKINNER 3:18:10, 101 SIDNEY SLARK 3:18:15, 102 WILLIAM DEVLIN 3:18:30, 103 DONALD WILSON 3:18:51, 104 NEIL COOK 3:19:09, 105 TOM BROWN 3:19:25, 106 AUDIE BRIDGES 3:19:47, 107 JIM VON HANDORF 3:20:12, 108 LAURA HURLEY 3:20:25, 109 DAN CALLAHAN 3:20:26, 110 JENNIFER GIROUARD 3:20:34, 111 JOHN IAPPINI 3:20:49, 112 MANNY CARREON 3:21:13, 113 ALFREDO KORZENIK 3:21:24, 114 BILL CLIFFORD 3:21:31, 115 JIM QUINN 3:21:48, 116 RICHARD DUGGAN 3:22:19, 117 JIM MAINES 3:22:53, 118 CHARLES MARSHALL 3:23:14, 119 MAR-IUS CARSTENSEN 3:23:19, 120 MICHAEL COPPINGER 3:23:22, 121 JOHN BYRNE 3:23:22, 122 ELIOT PAISNER 3:23:24, 123 ALEX WIRTH-CAUCHON 3:23:27, 124 PAUL CASEY 3:23:41, 125 HAP FARBER 3:23:55, 126 DAVID SORRELLS 3:24:03, 127 BERNIE BEAULIEU 3:24:07, 128 JOHN JARZOMBK 3:24:14, 129 PRESS JACKSON 3:24:24, 130 CHIP MORRISON 3:24:33, 131 BYRON PETRAKIS 3:24:35, 132 JERRY POWERS 3:24:48, 133 CARLOS OLIVEIRA 3:25:11, 134 RANDALL WELNER 3:25:35, 135 ROBERT MARTIN 3:25:36, 136 DON GATTON 3:25:45, 137 TOM CONLEY 3:25:50, 138 MIKE PRUKALSKI 3:26:04, 139 DENISE SWIAITEK 3:26:20, 140 BUD JOHNSON 3:26:27, 141 KELLY SPIRO 3:26:34, 142 RICHARD LOFTUS 3:27:11, 143 LARRY HORLUCK 3:27:42, 144 JAY KELLETT 3:27:50, 145 PEGGY O'CONNELL 3:27:52, 146 BEN GRUBER 3:27:59, 147 LEV VOLFSON 3:28:10, 148 PETER ORNI 3:28:11, 149 MICHAEL FOLEY 3:28:46, 150 CONDE KEOGH 3:28:54, 151 JAMES BARNABY 3:28:55, 152 BOB SHEPARD

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BAYSTATE HALF-MARATHON LOWELL, MA

1 BOB HODGE 1:08:20, 2 BRIAN CRANE 1:11:01, 3 JOHN DALTON 1:13:52, 4 JACK KAMMERER 1:14:12, 5 MARK HATHAWAY 1:15:31, 6 DENNIS BERARD 1:15:59, 7 BRUCE BROWN 1:17:35, 8 WAYNE ALDRICH 1:19:20, 9 WILL MASON 1:21:10, 10 GLEN THOMAS 1:21:13, 11 MARK LUSSIER 1:21:16, 12 GABRIEL RODRIGUEZ 1:22:01, 13 GARY RING 1:22:07, 14 BOB ROGAN 1:22:10, 15 CURT ZINGG 1:22:22, 16 EDWARD HIBBEN 1:22:50, 17 SCOTT BUTTERFIELD 1:22:52, 18 STEEL CALV WARD 1:23:00, 19 ALICE CALLAHAN 1:23:14, 20 PETER GARRIGAN 1:23:43, 21 NANCY SIROIS 1:23:55, 22 BILL PENNINGTON 1:25:36, 23 WHITNEY CARTER 1:25:40, 24 RICHARD SCHILDER 1:25:46, 25 DAVID STOWE 1:25:49, 26 SUSAN TRUDEL 1:26:11, 27 RICHARD BAGLEY 1:26:18, 28 JIM SARNO 1:26:44, 29 DICK NELSON 1:26:55, 30 FRANK TORRES 1:27:10, 31 MICHAEL TARNOWSKI 1:27:10, 32 JOHN LEE 1:27:35, 33 ANTHONY MADOTT

1:27:35, 34 GEORGE WILSON 1:27:59, 35 STEPHEN GRABOWSKI 1:28:05, 36 MAURENSULLIVAN 1:28:19, 37 DAVID JOHNSON 1:28:45, 38 JOHNERIKSSON 1:28:50, 39 JOHN AURIEMMA 1:29:01, 40 JIM ENTWISTLE 1:29:21, 41 PAUL STRAUHA 1:29:36, 42 STEPHEN SPEAKES 1:29:41, 43 STEVEN O'MALLEY 1:29:42, 44 ED DOUGHTY JR 1:30:14, 45 THOMAS MCGRATH 1:30:16, 46 DAVE LAKNESS 1:30:22, 47 BLAISE AGUIRRE 1:30:33, 48 JEFFREY YULL 1:30:34, 49 STEVEN HAUPTMAN 1:30:38, 50 WASIF KAHN 1:30:41, 51 MARC SALOIS 1:30:51, 52 EDGAR GIRARD 1:30:58, 53 JAMES FITZGERALD 1:31:02, 54 GREGG TIMONY 1:31:14, 55 JIM BENSON 1:31:26, 56 ROBERT HOOPES 1:31:28, 57 TIM BEN-TON 1:31:38, 58 BRENT WHITE 1:31:39, 59 BOB BROUILLETTE 1:31:43, 60 TED RID-OUT 1:31:48, 61 JOHN CROCAMO 1:31:51, 62 LOUIS FIORE 1:32:11, 63 NORM COLEMAN 1:32:15, 64 JEFFREY PHILL-IPS 1:32:23, 65 JAMES LAPREL 1:32:34, 66 JOHN FEBBI 1:32:43, 67 ARCHER WRIGHT 1:32:54, 68 JOHN KOUAMANTZELIS 1:33:05, 69 DAVE MCGUINGAN 1:33:26, 70 BOUD-REAU STEVE 1:33:32, 71 PETER ELIO-POULOS 1:33:32, 72 KEVIN DURKIN 1:33:35, 73 BOBSHERIDAN 1:33:35, 74 ED TALBOT 1:33:36, 75 THOMAS BLOCK 1:33:40, 76 THOMAS HINES 1:33:51, 77 JAMES WING 1:34:01, 78 UN HAK JUNG 1:34:19, 79 STEPHEN ROHRBACHER 1:35:11, 80 KEVIN FARREN 1:35:23, 81 GREGORY DUPONT 1:35:27, 82 WILLIAM CLANCY 1:35:38, 83 JOEL BEDARD 1:35:45, 84 DAVESOUSA 1:36:28, 85 ALAN COOPER 1:36:32, 86 BOB FREEMAN 1:36:33, 87 NORMAN LACOY 1:36:34, 88 DONALD PLUMMER 1:36:54, 89 LISACON-BOY 1:36:56, 90 MICHELLE WINKLER 1:37:05, 91 SKIP CLEAVER 1:37:06, 92 KEVIN MCCLELLIN 1:37:07, 93 BRETILOHSE 1:37:08, 94 STEVE ANDERSON 1:37:12, 95 JENNIFER FROST 1:37:23, 96 RICH-ARD HELDT 1:37:33, 97 ROBERT PARE 1:37:43, 98 GORDON RICKETTS 1:37:48, 99 DAVID FUDGE 1:38:01, 100 DAVID WELLER 1:38:07, 101 THOMAS PARKERS 1:38:10, 102 ERNIE HENDERSON 1:38:16, 103 DIK COHEN 1:38:18, 104 BRENDAN BOYLE 1:38:19, 105 TOM MULLEN 1:38:20, 106 SONNY SOPOLLEC 1:38:23, 107 KEVIN MCARTHUR 1:38:43, 108 COURT-NAY SPRAGUE 1:38:44, 109 THOMAS DOERR 1:38:48, 110 RON KOBRENSKI 1:39:06, 111 JOHN HIRE 1:39:07, 112 PAUL ZIMMER 1:39:34, 113 BRIAN REYNOLDS 1:39:40, 114 JOHN PIERCE 1:39:40, 115 ROGER SANDS 1:40:03, 116 KASSIE BUR-GESS 1:40:15, 117 DENIS MAIORANI 1:40:25, 118 GARY WALLACE 1:40:26, 119 ROBERT CHITTICK 1:40:28, 120 FRED GLADU 1:40:44, 121 GWEN SEAGER 1:40:51, 122 DENNIS CONNERS 1:40:54, 123 JERRY MILLER 1:40:58, 124 DAVID ADAMO 1:41:02, 125 MELISSA MCCAR-

THY 1:41:04, 126 JACK O'LEARY 1:41:05, 127 WENDY BURBANK 1:41:13, 128 PAT-TY TOBIN 1:41:34, 129 IAIN GILLOTT 1:41:36, 130 MIKE HODGE 1:41:38, 131 CHRISTIAN MARTIN 1:41:39, 132 CHUCK COPPA 1:41:48, 133 KARENSAMUELSEN 1:41:52, 134 JOY LEVITAN 1:41:53, 135 JAMES SHEEHAN 1:42:01, 136 WAYNE WYMAN 1:42:04, 137 JANE LEVESQUE 1:42:07, 138 W MCCARTHY 1:42:11, 139 DAN CAHILL 1:42:24, 140 JIM HALPIN 1:42:39, 141 SEAN KRASINSKI 1:42:45, 142 RON MANUCCI 1:42:45, 143 JAMES RODGER 1:42:47, 144 PAUL SANDERS 1:42:49, 145 RICHARD STERRY 1:42:50, 146 JOANNE ARPIN 1:43:01, 147 ED BRY-LCZYK 1:43:02, 148 PAUL RICHTER 1:43:06, 149 TRACY VEST 1:43:13, 150 JOE OSSAI 1:43:27, 151 MARYKATE HAL-LEY 1:43:29, 152 TIMOTHY BENEDICT 1:43:30, 153 PEYTON SMITH 1:43:33, 154 ROBERT HALPIN 1:43:43, 155 TODD BOL-LEN 1:43:44, 156 CHRIS MORRIS 1:43:50, 157 CONNIE GILMAN 1:43:53, 158 BILL DUTTON 1:43:58, 159 GERARD PINTAL 1:44:06, 160 PATRICK COOK 1:44:15, 161 KEN SIROIS 1:44:17, 162 PAUL FLAHER-TY 1:44:23, 163 MICHAEL REDINGTON 1:44:46, 164 JENNIFER WEAVER 1:44:47, 165 GARRETT SCHEPPER 1:44:52, 166 PAUL KUO 1:45:08, 167 WALTER KANE 1:45:09, 168 PETER RICKHEIT 1:45:21, 169 DEAN CLEVESY 1:45:23, 170 MIKE CHISHOLM 1:45:26, 171 DENISE TESTA 1:45:46, 172 DOMENIC TESTA 1:45:46, 173 BARRY SINGER 1:45:50, 174 PETER VON AU 1:45:51, 175 ROBERT GOULD 1:45:56, 176 REBECCA CLIFFORD 1:45:59, 177 SAMUEL OCLAIR 1:46:05, 178 BRIAN BARRY 1:46:25, 179 KENNETH HUGHES 1:46:25, 180 JACQUELINE ATHERLEY 1:46:34, 181 NICK ANASTASI 1:46:51, 182 RALPH MOODERS 1:47:11, 183 CHET KAL-ISH 1:47:12, 184 MARY LUTTRELL 1:47:13, 185 RICHARD HANNON 1:47:26, 186 RUSS RABY 1:47:34, 187 SCOTT SABINE 1:47:46, 188 RICHARD SABINE 1:47:47, 189 FRANK LAGANELLI 1:47:48, 190 PATRICIA VEI-NO 1:47:51, 191 MICHAEL RODGERS 1:48:00, 192 JAMES FARREN 1:48:01, 193 RICHARD WELCH 1:48:06, 194 STEPHEN SUDOL 1:48:30, 195 NANCY BRITT 1:48:32, 196 MARK TRUDEL 1:48:58, 197 DAVID SINKIN 1:49:01, 198 SANDRA COMEAU 1:49:08, 199 DAWN MARIE BOUDREAU 1:49:51, 200 JERRY DULUDE 1:49:52, 201 GREG GARABEDIAN 1:49:54, 202 DEB-BIE COGAN 1:50:13, 203 LAUREL RAJU-NAS 1:50:20, 204 MIKE BREEN 1:50:21, 205 ALAN ARCHAMBEAULT 1:50:42, 206 DICK RISCO 1:50:47, 207 ROBERT GRANDE 1:51:06, 208 DOROTHY BERGMAN 1:51:18, 209 PAUL BERGMAN 1:51:18, 210 PAMELA GALLANT 1:51:42, 211 BAR-BARA MCGONAGLE 1:51:44, 212 ERIK GUDAS 1:52:33, 213 TERESA KELLY 1:52:44, 214 KATIE GENOVESE 1:53:13, 215 RALPH CASTAGNO 1:53:18, 216 JEF-

FREY MURPHY 1:53:33, 217 ANTHONY ALLEN 1:53:35, 218 ROBERT MALDONIS 1:53:38, 219 GEORGE PFEIFFER 1:53:56, 220 MICHAEL DONELAN 1:53:59, 221 PER-CY R. TAYLOR JR. 1:54:06, 222 STEVE HEEHAN 1:54:11, 223 TIM O'CONNOR 1:54:48, 224 RUSSELL SYRJALA 1:54:50, 225 MATTHEW OFTEN 1:55:03, 226 ARSEN RUSSIAN 1:55:07, 227 TOM MORAN 1:55:16, 228 HAROLD BECKER 1:55:24, 229 ERIC LIST 1:55:26, 230 CAROL RODG-ERS 1:55:38, 231 DENISE KELLY 1:55:49, 232 RICHARD GERSH 1:55:50, 233 PA-TRICIA REIDY 1:56:05, 234 RON SAPORI-TO 1:56:05, 235 BOB CAMPBELL 1:56:06, 236 SHARON SASSLER 1:56:26, 237 DAN BRENNAN 1:56:29, 238 C. RICHARD EL-LIOTT 1:56:39, 239 JODY FELDMAN 1:56:41, 240 JERRY ROCHA 1:56:42, 241 ROBERT SCANLON 1:56:56, 242 MICHELE LEMAY 1:57:02, 243 PETER DEMARCO 1:57:06, 244 GERRI DAVIS 1:57:13, 245 SHIRLEY SIROIS 1:57:16, 246 MARTHA CALLAHAN 1:58:05, 247 LESLIE ROBER-TO 1:58:06, 248 DAVID LANG 1:58:08, 249 SUSAN HANEY 1:58:12, 250 DAVID DO-NIN 1:58:13, 251 RICHARD BOUTWELL 1:58:43, 252 RICHARD ROOKS 1:58:51, 253 ALAN BARRETT 1:58:54, 254 VINA HYDE 1:59:20, 255 NOREEN HENDLEY 1:59:21, 256 CLARK HENDLEY 1:59:23, 257 PETER MONACO 1:59:26, 258 KEVIN KELLY 1:59:35, 259 GRETCHEN MUNN 1:59:49, 260 JAY EDMUNDSON 1:59:50, 261 RICHARD RUGGIERO 2:00:06, 262 JANET WALSH 2:00:25, 263 ROBERT SCHIPANI 2:00:55, 264 JOE BERARD 2:01:01, 265 ROBERT CALLAHAN 2:01:17, 266 DUSTY MILLER 2:01:18, 267 EDWARD KELEHER 2:01:20, 268 MICHAEL SMITH 2:01:42, 269 ANTHONY LA ROSA 2:02:39, 270 BOBBY JAKOPIN 2:02:42, 271 RICH-ARD DAVIS 2:02:47, 272 THOMAS WALSH 2:02:56, 273 CARL HUMPHREYS 2:02:58, 274 DAVID HANNULA 2:03:04, 275 ARNIE BEARAK 2:03:27, 276 ALEX WOYCOK 2:04:00, 277 EVE RUTYNA 2:04:25, 278 MICHELLE VIGEANT 2:04:57, 279 MAR-THA SANDERS 2:05:12, 280 RICK WEST 2:05:21, 281 PAULA CALLAHAN 2:05:33, 282 JACK KEEFE 2:06:22, 283 ROBIN SEGUIN 2:06:36, 284 JOHN A. ENGBAHL 2:07:58, 285 ROBERT HUPP 2:08:52, 286 DAVID MAYALL 2:10:13, 287 CHRISTINE OWNERS 2:10:53, 288 SUSAN CHARK-ODJIAN 2:11:43, 289 CHRISTINE LEKUTIS 2:12:41, 290 JITENDRA SAXENA 2:12:53, 291 JANICE BOUTOTTE 2:22:27, 292 DENISE DRISCOLL 2:23:32, 293 JAMES A. BERRY 2:24:52, 294 NINA SMITH 2:46:01

RUN FOR THE APPLES LONDONDERRY, NH OCT 17, 1992 - 5 MILES

1 DAVE DUNHAM 24:49, 2 CRAIG FRAM 25:03, 3 ART DEMERS 26:20, 4 STEVE PETERSON 26:23, 5 MARK BEHAN 26:38,

6 JOHN MULLIGAN 26:39, 7 GEORGE GAGNON 26:50, 8 CHARLIE GUNN 27:21, 9 WALT RIDER 28:20, 10 RICH DESALVO 28:34, 11 MARK C O C K R O F T 29:27, 12 TIM RIDER 29:28, 13 DAVID GILMAN 29:35, 14 LAWRENCE CORMIER 29:47, 15 DAVE ROTHMUND 30:00, 16 BRIAN TAYLOR 30:25, 17 ALLAN RUBE 30:29, 18 MARK BOURQUE 30:47, 19 DEAN WISHART 30:55, 20 BILL SPENCER 31:02, 21 DAVE HEIDLER 31:04, 22



Londonderry's Dave Dunham

JEFFREY BERMAN 31:09, 23 TED DACHT-ERA 31:18, 24 MOE VILLENEUVE 31:32, 25 GHRIS DAVIS 31:44, 26 MARK WALSH 31:58, 27 LUSANN WISHART 31:59, 28 BOB YOUNG 32:14, 29 BILL MEGHAM 32:23, 30 WILLIAM BUCK 32:46, 31 JOHN MULLER 32:50, 32 KRISTINE NOBLE 32:58, 33 PETERE MORRIS 33:15, 34 MARIN MCHUGH 33:18, 35 KEVIN RAY 33:20, 36 PATRICK KELLY 33:22, 37 SHAWN KENNEDY 33:23, 38 BOB BOUCHER 33:24, 39 AMY GUNN 33:27, 40 ROGER DON-STANT 33:33, 41 KAREN TRIPP 33:34, 42 BRIAN KOFLER 33:35, 43 BRAD ALSH-ESKIE 33:39, 45 BILL CONNOR 33:50, 46 RYAN PUPP 33:54, 47 HAROLD GRADY 33:56, 48 JEFF TRIPP 33:58, 49 DAVID HAHATH 34:00, MICHAEL CUNNINGHAM 34:23, 51 ALBERT RIETHEIMER 34:25, 52 MARK HAMBLETT 34:26, 53 JAMES BE-LANGER 34:27, 54 ROBERT PITSPANEN 34:33, 55 CRAIG KLEMAN 34:34, 56 LAURA BIANCO 34:36, 57 STEVE GRANDE 34:40, 58 RAYMOND PAULSON 34:45, 59 KAREN JOSEPH 34:49, 60 GEORGE STERLING 34:50, 61 BOB FERRARA 34:54, 62 PAME-LA HALL 34:57, 63 MICHAEL DROOFF 35:06, 64 STEPHEN CONWAY 35:14, 65 JULES SPILL 35:15, 66 GARY HEDSTROM 35:17, 67 DON GAUDREAU 35:18, 68 RON BURCH 35:31, 69 KAREN CONNOR 35:41, 70 NORMAND COLLARD 35:47, 71 FRANK ROBINSON 35:52, 72 JACKALESSE 35:56, 73 SHAUN HARRINGTON 36:05, 74 MICHA-EL CASPER 36:11, 75 DEAN HAYMES 36:12, 76 ERIC PELLETIER 36:22, 77 BRIAN SAMOLYK 36:28, 78 RYAN FLANIGAN 36:29, 79 TODD BAKER 36:55, 80 JIM MEALEY 37:02, 81 MARK MACKENZIE 37:19, 82 WILLIAM GOTHERCH 37:23, 83 STEPHEN WALSH 37:33, 84 MARGARET RUGG 37:39, 85 DAN SENEAL 37:44, 86

GREG PARKER 37:48, 87 DEBORAH LA-BONTE 37:51, 88 WILLIAM GAGNON 37:58, 89 KATHERINE PORTER 37:58, 90 RALPH MCCLELLAN 38:02, 91 MICHAEL FADDE 38:03, 92 PAT LYONS 38:04, 93 ALAN MCEACHARN 38:18, 94 PAUL BUDD 38:23, 95 RICHARD HANNON 38:24, 96 WILFRED MOORES 38:36, 97 BOB JOHN-SON 38:39, 98 KEVIN LEFEBVRE 38:41, 99 KARENGOOKIN 38:48, 100 THOMASTEN-DA 38:52, 101 SUSAN RUBE 38:52, 102 DANIEL FEDERICO 38:56, 103 JOHN AL-LEBAUGH 39:09, 104 ROBERT DUBE 39:09, 105 SUZANNE TRIPP 39:17, 106 DENNIS SULLIVAN 39:20, 107 THERESA RUSSELL 39:20, 108 MICHAEL DANIELE 39:23, 109 MICHAEL ROGERS 39:51, 110 DENNIS DODGE 39:38, 111 BOB GRAN-DY 39:41, 112 HELEN JOY 39:42, 113 AL-BERT DUBE 39:54, 114 PETER EASTON 39:56, 115 LEE GARRETT 39:58, 116 JO-SEPH SANTORA 39:59, 117 NANCY COX-LUND 40:12, 118 ANDRES GINGRAS 40:20, 119 PAULA PETERS-TATE 40:27, 120 BILL SAVAGE 40:41, 121 DAVID THOMPSON 40:46, 122 PETER HALL 40:50, 123 KATH-LEEN HICKEY 40:54, 124 MARIANNE HALL 40:57, 125 RUSSELL OBER 40:58, 126 PAULA FRIEDBURG 41:03, 127 MICHAEL HICKEY 41:08, 128 NANCY DANNI 41:09, 129 SUSAN CURRY 41:27, 130 DOUGLAS CLARK 41:29, 131 SUE ANN MARTIN 41:36, 132 SUANNE NADERE 41:38, 133 CHARLES LITZELSWOPE 41:38, 134 RAY CRONIN 41:40, 135 BILL JOHNSON 41:45, 136 RUTHIE DREIFUS 41:53, 137 ROLAND CANESSA 42:02, 138 WILLIAM KRESS 42:40, 139 HERMAN LATURMAN 42:24, 140 RAYMOND ARESON 42:32, 141 DE-BRA O'CONNELL 42:40, 142 BOHDAN ZARYKYJ 42:48, 143 MATT MOULTAN

Photo Bill Bridgford

43:00, 144 JEN TROUP 43:04, 145 BRIAN NARO 43:15, 146 PATRICIA NARO 43:15, 147 JOHN ARENA 43:18, 148 JOSEPH AGNETA 43:25, 149 SUE CONROY 43:27, 150 BECKY BROCK 43:33, 151 PATTI SCHMID 43:37, 152 JILL WURM 43:38, 153 STEPH CERTO 43:39, 154 BEVERLY SMITH 43:40, 155 PATRICIA WQJITAS 43:52, 156 MARY TOMWEE 43:55, 157 MARGARET POTHIER 43:58, 158 LOUIS PETERS 44:10, 159 ANN REED 44:13, 160 KENNETH FOLSOM 44:33, 161 LAURA SUMNER 44:55, 162 RICHARD DIPANFILO 45:12, 163 TOMWURM 45:16, 164 SONNY BOUCHARD 45:35, 165 BOB HAYES 45:37, 166 MACHENTON 45:50, 167 MARY FOLEY 45:57, 168 JOHN HILL 46:01, 169 ALLISON MILLER 46:02, 170 NANCY MCSWEENEY 46:22, 171 PETER SUMMER 46:36, 172 MAURICE NOONAN 47:03, 173 CAROL LUKITSCH 47:07, 174 DEANNA COLLINS 47:29, 175 SUSAN ROBINSON 47:38, 176 MATTHEW RAYLINSKY 48:39, 177 NICHOLAS BAKER 48:51, 178 MARY HARAN 49:35, 179 NORMAN WAKELY 50:13, 180 ROBERT DESMEULES 50:32, 181 CONNIE CHAPPELL 50:38, 182 MYRA COLLARD 51:18, 183 MEGMEPHAM 55:50, 184 BETH HANSON 55:50, 185 DAVID THOMPSON 55:51, 186 CAROLYN SEVERANCE 56:14

RUN FOR THE APPLES 10-MILER — OCT 17 LONDONDERRY, NH

1 JEFF MELLO 53:26, 2 MIKE COONEY 55:36, 3 GEORGE TOWLE 57:29, 4 DAN HEALEY 58:39, 5 UNKNOWN, 6 PETER HESLAM 1:01:38, 7 RUBEN CUELLAR 1:02:16, 8 KEVIN KONIECZNY 1:02:28, 9 JOHN PEIRCE 1:02:50, 10 PETER DAVISON 1:02:53, 11 UNKNOWN, 12 WHEELER RAMEY 1:03:08, 13 GARY AUSTIN 1:04:09, 14 DEAN ANDERSON 1:04:10, 15 ALAN POPP 1:04:37, 16 JIM HANSEN 1:04:55, 17 BILL GRAY 1:05:04, 18 DAVE SARGEANT 1:05:07, 19 JOHN COURTNEY 1:05:10, 20 JOHN ERIKSON 1:05:12, 21 JUAN GUEVARA 1:05:20, 22 THOMAS WRIGHT 1:05:43, 23 MICHAEL MCGANDY 1:05:51, 24 DON JANUARY 1:06:17, 25 MARC HALL 1:06:23, 26 JOHN MORRISON 1:06:43, 27 D MEALEY 1:07:08, 28 RICHARD TUCKER 1:07:26, 29 SHARON JOHNSON 1:07:30, 30 TIMOTHY FLYNN 1:07:40, 31 KEVIN SULLIVAN 1:07:45, 32 MICHAEL WRIGHT 1:07:46, 33 MICHAEL O'RIELLY 1:07:57, 34 BENFUDGE 1:07:59, 35 BOB HANSFORD 1:08:54, 36 DONALD ERRICO 1:09:19, 37 RON D'ARCANGELO 1:10:03, 38 JONATHAN WAKELY 1:10:17, 39 BARRY PEARSON 1:10:25, 40 KATHY KAZANJIAN 1:10:45, 41 MALCOLM SEYMOUR 1:10:59, 42 BRUCE BIRENBAM 1:11:16, 43 LISA HART 1:11:21, 44 WILLIAM BOYD 1:11:26, 46 JOHN PARKER 1:11:32, 47 DAREN SELDEN 1:12:08, 49 THOMAS HIBINO 1:12:33, 50 KEITH ENOS

1:12:25, 51 MARK BROOK 1:12:39, 52 NICHOLAS MARSHALL 1:12:50, 53 ANDREA PIERCE 1:13:07, 54 GERARD BOUCHER 1:13:19, 55 JOE KELLY 1:13:23, 56 RALPH TITONE 1:13:26, 57 DAN O'CONNELL 1:13:38, 58 MIKE BROUGHTON 1:13:51, 59 WILLIAM ROBERSON 1:13:56, 60 MELISSA WAKELY 1:14:02, 61 JOHN SAMENFELD 1:14:05, 62 DANE EVANS 1:14:07, 63 UNKNOWN, 64 ROBERT COBURN 1:14:18, 65 WILLIAM ANDERSON 1:14:19, 66 NORA HANNAFIN 1:14:40, 67 RICHARD NADEAU 1:14:47, 68 KATHLEEN RYAN 1:15:03, 69 ROBERT KNEPP 1:15:12, 70 DOUG BOLLEN 1:15:29, 71 HARRY GENTILE 1:15:33, 72 JOHNN SAMATARO 1:15:55, 73 GARY GOYETTE 1:16:00, 74 BILL DEMERS 1:16:09, 75 PAUL POVEROMO 1:16:10, 76 ELLEN POVEROMO 1:16:15, 77 NICK ANASTASI 1:16:19, 78 JOHN NOFTLE 1:16:29, 79 CARLTON MENDELL 1:16:34, 80 CAROL CAHILL 1:16:42, 81 HAYDEN ANDERSON 1:17:14, 82 PAUL MCCARTHY 1:17:15, 83 RAY PICKELL 1:17:19, 84 KEN SIROIS 1:17:49, 85 UNKNOWN, 86 CHRIS EAMES 1:18:14, 87 ELLEN CHANDLER 1:18:36, 88 LYNN-MARIE KIKUTIS 1:18:49, 89 ROBERT VINSON 1:09:08, 90 SAUL SHRIBER 1:19:19, 91 NORMAN SCHIMMEL 1:19:21, 92 PATRICIA HALLE 1:20:21, 93 ALTON FRABETTI 1:21:10, 94 MARY COPPINGER 1:21:47, 95 ROBERT COPPINGER 1:21:49, 96 ADAM MARCINUK 1:22:37, 97 TRACI GARNER 1:22:52, 98 DANIEL CALVO 1:22:52, 99 RONALD DAVIES 1:23:18, 100 LAURACOTE 1:23:31, 101 SUSAN LAJOIE 1:23:59, 102 WILLIAM FITZSIMMONS 1:24:00, 103 PATRICIA FITZSIMMONS 1:24:12, 104 LISA CLARK 1:24:54, 105 HANK REED 1:24:55, 106 LAMBERTORAFFAELLI 1:25:20, 107 GORDON BROWN 1:29:29, 108 GLADWYN ARY 1:36:03, 109 ELAINE PECHOW 1:38:59, 110 JANE ANDER 1:42:24, 111 BERNARD HIRTH 1:32:31

6TH BOBBY BELLE HAVERHILL — 5-MILES OCTOBER 11, 1992

1 JIM QUADROS 26:21, 2 BRIAN MARTIN 26:37, 3 DON HENNIGAR 26:43, 4 TOM ROLDAN 27:11, 5 KEN JACOBSON 27:17, 6 BRUCE BROWN 27:37, 7 DAVID MAGGIOCCHETTI 27:45, 8 ROBERT STEWART 27:48, 9 PETER DANE 27:56, 10 ABE-DON PICHARO 28:25, 11 KEN KALIL 28:27, 12 DAVID AUDET 28:34, 13 ED PANCOAST 28:39, 14 SEAN DONNELLY 28:51, 15 ELIAS TAVERAS 28:55, 16 BUDDY BOSTICK 29:02, 17 BOB MANNING 29:02, 18 BOB CANDELA 29:09, 19 BILLY PRENTISS 29:16, 20 GEORGE LUIC 29:23, 21 MARK COCKROFT 29:36, 22 PAUL MASTROGIACOMO 29:39, 23 DAVID HEIDER 29:42, 24 PHIL GARDELLA 29:42, 25 JOHN WEBBER 29:44, 26 JOHN MACARTHUR 29:48,

27 WILL GARCIA 29:55, 28 BOB STROUT 30:01, 29 MATTHEW HUOUTH 30:04, 30 BOB EMERSON 30:29, 31 SCOTT DUPONT 30:30, 32 WILLIAM STEELE 30:32, 33 WALLY KURZ 30:35, 34 LEE KNAPP 30:38, 35 RAFAEL GUZMAN 30:40, 36 ED LIEBFRIED 30:41, 37 ZEKE TAVERAS 30:42, 38 JOHN OTTAVIANI 30:43, 39 AL SPROUL 30:47, 40 JOHN COULP 30:49, 41 KEVIN STEWART 30:54, 42 DAVID VASTA 31:15, 43 NATHAN KAMENSLEY 31:22, 44 CAREMAN FLINT 31:37, 45 TOM WADECK 31:40, 46 ART RICH 31:43, 47 PETER LEONARD 31:47, 48 ALBERT PITTARTIN 31:49, 49 JUAN GUEVARA 31:50, 50 FRANK SALVATORE 31:50, 51 DAVE DYER 31:54, 52 KEITH KESSLER 31:56, 53 ROBBIE DIDOTT 32:04, 54 BRIAN HARRISON 32:06, 55 JOHN NADWORNEY 32:10, 56 DON PRENTISS 32:11, 57 MARK DONAIS 32:15, 58 MICK NATOLI 32:18, 59 DAVE MULDOWNY 32:19, 60 DAVID STEPHENSON 32:21, 61 GLEN SWANBON 32:28, 62 GREG WALKER 32:30, 63 BOB BOUCHER 32:36, 64 ROBERT LEPREL 32:46, 65 STEVE SMITH 32:47, 66 MIKE COPPINGER 32:50, 67 JOHN CHEETHAM 32:51, 68 TED JONES 32:52, 69 NORM CYNIEWSKI 32:57, 70 GEORGE NIGRO 32:58, 71 BOB SANVILLE 33:03, 72 BOB RANDALL 33:07, 73 ROGER THISTLE 33:08, 74 JIM BARRY 33:11, 75 JOHN IANACCIO 33:20, 76 PETER WALLAN 32:34, 77 JEFF HEFFERNAN 32:26, 78 ANDY PENDLETON 33:27, 79 JIM LAPREL 33:31, 80 ALLIE MCGUINNNESS 33:36, 81 RICH GRILLO 33:37, 82 RON D'ARANGELO 33:37, 83 DAN SULLIVAN 33:38, 84 ANDY JOYAL 33:39, 85 RAYMOND THOMPSON 33:40, 86 DOUGLAS EASTMAN 33:44, 87 DAVE MCGUIGAN 33:45, 88 BRIAN MCGRATH 33:47, 89 EARL MASON 33:53, 90 KEVIN MCARTHUR 33:53, 91 FRED BERTELSEN 33:54, 92 GUS LONGO 33:55, 93 JOE TINNEY 33:56, 94 PAUL LEBIANC 34:02, 95 LOUIS SANVILLE 34:03, 96 STEVE BARROWS 34:04, 97 ANTHONY SALVATORE 34:05, 98 GERARD BOUCHER 34:11, 99 RICK OLDS 34:15, 100 PAUL BALOGNA 34:17, 101 JOHN WIKLANSKI 34:23, 102 BOB SEIBEL 34:31, 103 DAN ROGACKI 34:32, 104 ORLAND HOYOS 34:36, 105 NORM BEERS 34:38, 106 RICK DELLECHISIE 34:39, 107 ANDREW SCHACHAT 34:40, 108 BILL BINGHAM 34:41, 109 RAY MAZZAGLIA 34:42, 110 GEORGE DECARDIA 34:43, 111 GEORGE DIRAGO 34:44, 112 PETER LIMBEK 34:46, 113 ROGER LUNDSCOKE 34:48, 114 ERIC LUNDQUIST 34:49, 115 SHAWN HARRINGTON 35:01, 116 BRIAN KARCZ 35:02, 117 MIKE BROUGHTON 35:03, 118 JAMES RHODES 35:07, 119 PASTOR JOUBERT 35:08, 120 AL CARTER 35:12, 121 JOHN POIRIER 35:18, 122 JEFFERY FHOADES 35:20, 123 LARRY FALLON 35:22, 124 DAVID EDDISON 35:27, 125 RICH GAUDETTE 35:32, 126 MICHAEL GILDAY 35:34, 127 RONALD SANVILLE 35:35, 128 DENNIS KEEFE 35:55, 129 MIKE MARICH 36:02,

130 JOE SACCO 36:05, 131 JOHN GIVEN 36:07, 132 MARK FANARAS 36:08, 133 CARMINE BEATRICE 36:11, 134 DON KALOPINSKI 36:12, 135 PHIL RICE 36:15, 136 KATHIE O'NEIL 36:18, 137 HORACE ANDREWS 36:31, 138 VINCENT LAFLEUR 36:33, 139 JIM NOONE 36:40, 140 GORDON BUSHNELL 36:41, 141 KEVIN O'SULLIVAN 36:41, 142 GARY ALEXANDER 36:45, 143 TIMOTHY RILEY 36:47, 144 DAVE HALL 36:50, 145 DAVID BREAU 36:54, 146 LARRY MCHUGH 37:03, 147 STEVE SOUSA 37:04, 148 CHRISTINE BELLINGER 37:11, 149 CHRIS DONAHUE 37:14, 150 MARY AHERN 37:19, 151 PIERRE CORMIER 37:20, 152 LESLIE BEHAN 37:28, 153 MARK GAGNON 37:30, 154 BARRY FINNEGAN 37:40, 155 DAVID MANNING 37:41, 156 STEVE ZIS 37:42, 157 CLARE THOMPSON 37:45, 158 DENNIS MORGARDO 38:01, 159 DICK LEBLANC 38:06, 160 MIKE HODGE 38:11, 161 ALEXANDER LAWN 38:12, 162 GEOFFREY KUBILUS 38:12, 163 MIKE SHIELDS 38:13, 164 STEVEN MARGLES 38:39, 165 JAKE OLDS 38:40, 166 BILL COSTELLO 38:42, 167 KEVIN LEFEBVRE 38:48, 168 STEPHEN SZOT 39:10, 169 JEFF NELSON 39:26, 170 BILL CASWELL 39:28, 171 TOM TRUMBELL 39:38, 172 ELAIN APRIL 39:41, 173 BRIAN ALLIETTE 39:52, 174 JOE BERARDI 39:54, 175 EDWARD O'CONNELL 39:58, 176 STEVE KOHANSKI 40:02, 177 JIM REILLY 40:03, 178 DANANORTHROP 40:09, 179 STEVEN ALLIETTE 40:17, 180 ED STEWART 40:53, 181 GERALD BOYLE 40:55, 182 GEORGE CHASE 40:56, 183 JACK CADORET 41:11, 184 VAUGHN GLOVER 41:23, 185 KENNY FLYNN 41:27, 186 KEVIN KELLY 41:27, 187 MIKE MCGONAGLE 41:36, 188 JOHN STANSFIELD 41:40, 189 PAUL SORENSON 41:50, 190 ED TOPALIAN 41:51, 191 MIKE MCCARRON 41:52, 192 JOSEPH AGNETA 41:53, 193 BRIAN DUFOUR 41:59, 194 WILLIAM MILLER 42:08, 195 MARTIN CARDOZA 42:14, 196 BILL BARROWS 42:40, 197 JAMES SANVILLE 43:06, 198 DARIN STEWART 43:08, 199 PAUL TENNANT 43:16, 200 JAMES RYMISHA 43:18, 201 BRUCE CARON 43:21, 202 KENNETH FOLSOM 43:21, 203 JOHN KANE 43:22, 204 THOMAS MURPHY 43:35, 205 WAYN McDONALD 43:40, 206 BILL GRISWOLD 44:00, 207 JOSE VASQUEZ 44:02, 208 JOE GILLARD 44:21, 209 JACK KEEFE 44:23, 210 DAVID MAYALL 45:06, 212 CHARLES FELIX 47:46, 213 THEODORE DEROCHÉ 48:38, 215 BERNIE CLOHISY 51:31, 216 SILVIO SALVANELLI 51:42, 217 CHARLIE BROWN 51:43, 218 LEE MAHONEY 52:29, 219 TED WENT 54:05, 220 LOUIS PETERS 54:06, 221 KAREN MOSES 54:38, 222 JOYCE MORIARTY 54:57, 223 ROBERT HUNTER 55:33, 224 SGT. DAVE HALL 56:07, 225 MARIA CATALI 56:08 — Results courtesy of Dave LaBrode of the Andover Striders

Run Your Turkey Off a Success

Whether it's the Turkey Race, The Turkey Trot, the Turkey Off Road Races, or the Tewksbury Physical Therapy "Run Your Turkey Off" Road Races, it was a success thanks to a lot of people. In addition to raising money for the club and charity, this race perpetuates the GLRR tradition of well run races. Thank you to everyone who helped out. From Mary, Jackie, and Ernie who stuffed envelopes to Peg, Dave, and Katie, our soup connoisseurs and everyone in between, it took a team effort and a lot of hard work by everyone.

Your efforts paid off in PSI (Participant Satisfaction Index). Some letters we received:

"It was a great race with an incredible support crew! Nice work!!! Thanks!!!"

Meg Cullings Ervin, Portsmouth, NH

"Your Run Your Turkey Off races were AOK, you did a swell job of organizing and conducting the entire day. Hope you have them next year, we will be there. . . You runners do a great job."

George Caldwell, Littleton, MA

I'd also like to thank the generosity of all of the sponsors. Especially Shady Brook Farms for the turkeys and the very supportive New Balance Running Shoe Company. Also, West Lynn Creamery, H.P. Hood, and Veryfine. The work that the Open Pantry does is important and everyone in GLRR should feel proud that you were able to help feed so many families in need.

Thank you, Dave Tyler

RUN YOUR TURKEY OFF 15K — TEWKSBURY, MA NOVEMBER 15, 1992

1 ERIC BEAUCHESNE 50:18, 2 MIKE COONEY 50:51, 3 DONALD ALVEY 51:35, 4 DOUG MACGREGOR 52:13, 5 ERIC JAKACH 53:40, 6 MARK FILIPPI 54:05, 7 JIM FRED 54:13, 8 LISA SENATORE 54:15, 9 JACK AFARIAN 54:27, 10 MARCELLO

SCIPPA 55:43, 11 RICK HOYT 56:21, 12 DICK HOYT 56:21, 13 ROBERT KEARNS 56:30, 14 DEAN LEVENTHAN 56:41, 15 ALLAN RUBE 57:19, 16 ANTHONY MADOTT 57:32, 17 JOHN PEIKOS 57:39, 18 PUCK BRECHER 57:47, 19 PETER GARRIGAN 57:56, 20 MARK CODDAIRE 58:17, 21 STEPHEN PECKICONIS 58:23, 22 JACK PIERCE 58:27, 23 KEN MACKIE 58:39, 24 PETER ORNI 59:09, 25 DAN TONELLI 59:10,

26 TIMOTHY GILDAY 59:12, 27 LARRY MEDOLO 59:15, 28 GEORGE BISSON 59:18, 29 JOHN MIXON 59:32, 30 JOHN ERIKSSON 59:39, 31 PAUL DERUZZO 59:51, 32 PAUL VALENTE 59:55, 33 PATRICK SAVAGE 59:58, 34 BOB MACDOUGALL 60:01, 35 GLENN SWANBON 60:16, 36 DEAN WISHART 60:22, 37 ANNAMIE STARR 60:23, 38 STEVE KANARACUS 60:26, 39 JEFF WRIGHT 60:27, 40 SUSAN MASLOWSKI 60:32, 41 JOHN POISSON 60:32, 42 BOB SOLDANI 60:44, 43 JAMES ANDRE 60:52, 44 KEITH ROBICHAUD 60:52, 45 JOHN SAARINEN 60:53, 46 JOHN BRYNE 60:55, 47 PATRICK FALVEY 61:11, 48 DAN BOWSE 61:15, 49 ROBERT WALLACE 61:16, 50 PETER O'SULLIVAN 61:23, 51 FRED WRIGHT 61:30, 52 SARAH HATCHWRIGHT 61:37, 53 JEFF GOULD 61:39, 54 LUSANN WISHART 61:43, 55 DON JANUARY 61:50, 56 MAUREEN SULLIVAN 61:52, 57 BILL FERRARA 61:53, 58 BILL DEVLIN 61:54, 59 DONALD ROSS 61:57, 60 KELLY HOSKINS 61:58, 61 VUNDEMBAR CALDEIRA 62:02, 62 JOHN MILLER 62:05, 63 GINGER ARTHUR 62:07, 64 PETER ELIOPOULOS 62:11, 65 BILL CROWELL 62:13, 66 DAVID MAZZOLA 62:15, 67 JOE VAIL 62:23, 68 BEN FUDGE 62:34, 69 JIM ENTWISTLE 62:36, 70 DAN JONES 62:37, 71 RON DEVOE 62:46, 72 HARRY HALPERN 62:50, 73 RICHARD MARCOTTE 62:51, 74 WILLIE DANDY 63:10, 75 TED RIDOUT 63:11, 76 CLIVE NELSON 63:12, 77 BRENT WHITE 63:21, 78 RONALD HALEY 63:34, 79 DANIEL RIDGE 63:36, 80 FRANK KILLOREN 63:39, 81 PAUL POISSON 63:45, 82 DAVE MULDOWNEY 63:57, 83 DAVE MCGUIGAN 64:08, 84 KEVIN STEWART 64:14, 85 BARRY PEARSON 64:18, 86 LARRY TELFORD 64:26, 87 CHARLES GRINNELL 64:30, 88 JAMES HOLT 64:32, 89 JIM VALENTE 64:35, 90 CONRAD CLARK 64:41, 91 CHRIS WHITE 64:48, 92 PAUL MCDERMOTT 64:50, 93 JOHN SINGELAIS 64:55, 94 KEVIN MORAN 64:57, 95 STEVE HAUPTMAN 65:07, 96 DON MALLOY 65:15, 97 KEVIN DURKIN 65:25, 98 LEE ROBERTSON 65:28, 99 THOMAS PARKER 65:31, 100 WAYNE WHITE 65:32, 101 JIM BARBAGALLO 65:35, 102 JIM MAINES 65:35, 103 FRANK WOOD 65:36, 104 JOHN CLANCY 65:38, 105 JOHN BONESS 65:41, 106 ROBERT LUSSIER 65:44, 107 GEORGE DEMETRIU 65:47, 108 RICHARD PAULSEN 65:50, 109 LOU KENNELA 66:01, 110 MAUREEN MAHONEY 66:05, 111 SCOT HECKMAN 66:17, 112 JAMES STRATTEN 66:20, 113 DAVID FUDGE 66:27, 114 ROGER LEVASSEUR 66:28, 115 DOUG BATE 66:29, 116 DAVID BATTIT 66:31, 117 PETER DENNECHUK 66:33, 118 WILLIAM BERESFORD 66:36, 119 BOOKER T BROWN 66:44, 120 BRAD JACKSON 67:08, 121 FREDDIE PERRY 67:19, 122 ROBERT WARD 67:25, 123 JOHN PARKER 67:29, 124 DONALD ERRICO 67:33, 125 WENDY BURBANCK 67:41, 126 JOHN PIERCE 67:42, 127 PARKE SICKLER 67:44, 128 LARRY ANDERSON 67:45, 129 JOSEPH SCANLAN 67:50, 130 ROB-

ERT FRIMANSON 67:58, 131 JAMES RODGER 68:07, 132 STEPHEN MCAVOY 68:09, 133 JANET PARKINSON 68:21, 134 JOSEPH WHITE 68:23, 135 BUTCH BRADLEY 68:31, 136 RALPH TITONE 68:39, 137 STEPHEN ROHRBACHER 68:42, 138 JOHN IANUCCI 68:52, 139 DENNIS MCCARTHY 68:53, 140 MICHAEL ROGERS 68:56, 141 ART FRENCH 68:57, 142 WILLIAM ANDERSON 69:07, 143 DOUG STAMM 69:10, 144 MARCELO GANDARIA 69:13, 145 SUE KELDERMAN 69:14, 146 LAURA BIANCO 69:19, 147 CARLTON MELDELL 69:21, 148 PATRICK SALONY 69:23, 149 CONSTANCE BRENNAN 69:27, 150 THOMAS DOERR 69:31, 151 ED BRYLCZYK 69:35, 152 STEPHEN DOYLE 69:37, 153 ROCCO DEFABRITIS 69:39, 154 JAMES LAPHAM 69:46, 155 JOHN CORBETT 69:47, 156 FRANK MONKIEWICZ 69:53, 157 CHUCK DAMICO 69:54, 158 FAITH ROTHWELL 69:58, 159 MICHAEL JERGER 69:59, 160 JOHN MATUZEK 70:01, 161 PAUL POVEROMO 70:02, 162 LESLIE FASULO 70:07, 163 JOHN SUTHERLAND 70:15, 164 RICHARD NADEAU 70:18, 165 GREGORY GAUVIN 70:19, 166 FRED MESSINA 70:20, 167 DUSTY MILLER 70:22, 168 JOHN SCHILLING 70:29, 169 BILL BROWN 70:32, 170 PAUL ST JEAN 70:33, 171 ROBERT COBURN 70:33, 172 PETER RODRIQUES 70:34, 173 MIKE BROUGHTON 70:35, 174 DAVID ADAMO 70:36, 175 JED MANNIS 70:38, 176 DONALD DEE 70:47, 177 JOSEPH GIDDINGS 70:48, 178 KENNETH PROULX 70:49, 179 ANGEL FLORES 70:53, 180 ALICIA HEMZIK 70:56, 181 NORA HANNAFIN 70:57, 182 TERESA KELLY 71:02, 183 SHARON YU 71:08, 184 BILL NOONAN 71:14, 185 PETER RAWLINGS 71:17, 186 DONNA HOLTBY 71:19, 187 WALTER KANE 71:23, 188 BARBARA ROBINSON 71:34, 189 JANICE OLSEN 71:39, 190 KEN SIROIS 71:37, 191 THOMAS FORBES 71:41, 192 GEORGE HOWE 71:56, 193 MIKE HODGE 72:01, 194 GARY ALEXANDER 72:02, 195 KENNETH DUNCAN 72:04, 196 STEPHEN RISOTTI 72:11, 197 SUSAN CUNNINGHAM 72:24, 198 HERB ROBERTSON 72:27, 199 STEPHEN OLDACH 72:28, 200 RICHARD BUSA 72:28, 201 STEPHEN CARELLI 72:35, 202 BRIAN KARCZ 72:37, 203 CAROL CARVER 72:38, 204 DONNA DEVEAU 72:48, 205 DAVE HALL 72:52, 206 JACK NYHAN 72:52, 207 DAVID CONTRADA 72:54, 208 JENNIFER LAVALL 72:55, 209 DAVID EDDISON 72:57, 210 RICHARD IRONS 73:00, 211 SUSAN RUBE 73:12, 212 DAVID SIMKIN 73:16, 213 VICKI BUSH 73:19, 214 NORMAN SYBERT 73:20, 215 DAN ROSA 73:22, 216 BOB HOOKWAY 73:24, 217 BRIAN BARRY 73:25, 218 KEN HUGHES 73:25, 219 KAREN SAMUELSEN 73:25, 220 EDWARD DAMISH 73:28, 221 GEORGE CARPENTER 73:32, 222 LEO ST LOUIS 73:35, 223 DAVID GLEASON 73:35, 224 CAROL CLAFIN 73:41, 225 MICHELLE ALVAREZ 73:41, 226 JOANNE ARPIN 73:59, 227 DAVID FLETCHER 74:05, 228 PAUL WRENN

74:09, 229 MICHAEL DOHERTY 74:09, 230 PETER DEMARCO 74:13, 231 CRAIG CLAFIN 74:20, 232 DANIEL LEARY 74:23, 233 SAMUEL O CLAIR 74:23, 234 CAROL CAHILL 74:25, 235 JOE SUSLOUTCH 74:26, 236 MICHAEL PODANOFFSKY 75:03, 237 JOSEPH SCANLAN JR. 75:09, 238 BARBARA MCGONIGLE 75:21, 239 DANIEL CAHILL 75:27, 240 THOMAS FORREST 75:28, 241 CHRISTINE BUTTIGLIERI 75:29, 242 LARRY BLANCH 75:39, 243 STEVE ZIS 75:40, 244 KAREN SCOTT 75:45, 245 CECILIA ESPINOZA 75:47, 246 ERNIE ROY 75:51, 247 FREDERICK MCCANN 76:01, 248 MIKE CHISHOLM 76:04, 249 LEANNE CAMPBELL 76:15, 250 DAVID HANNULA 76:16, 251 KENDRA HANSFORD 76:21, 252 MARK GAGNON 76:26, 253 HARRY PROCTOR 76:31, 254 PAUL GILMAN 76:33, 255 DONNA SILVA 76:34, 256 JAY AMICANGELO 76:35, 257 GEORGE HEBERT 76:47, 258 FRED MULLEN 76:54, 259 SUSAN OLSON 76:55, 260 LENNY BROWN 76:58, 261 DIANE PAGLIA 77:01, 262 PAUL FLAHERTY 77:09, 263 CAROL LAUBERTE 77:09, 264 PAULA PETERS-TATE 77:16, 265 LAURA COTE 77:18, 266 CARL CARLSEN 77:19, 267 NANCY COX-LUND 77:20, 268 DOROTHY BERGMAN 77:21, 269 PAUL BERGMAN 77:21, 270 FRANK DETRAGLIA 77:24, 271 ROB KINSMAN 77:44, 272 GARY MORRIS 77:49, 273 SIMON GINZBURG 77:54, 274 KAREN CARVALHO 77:55, 275 CLAIRE CALLAHAN 77:55, 276 PAUL FIORI 77:57, 277 JIM HADLEY 78:02, 278 STEPHEN LOMBARDO 78:06, 279 JOHN TUCKER 78:07, 280 LYNNE TROCCHI 78:08, 281 DEAN CLEVESY 78:09, 282 DAVID MOORE 78:10, 283 RICHARD JOHNSON 78:13, 284 JAMES VERME 78:17, 285 WAYNE WYMAN 78:22, 286 RONALD LANTEIGNE 78:26, 287 KATIE GENOVESE 78:37, 288 MICHAEL VIENS 78:55, 289 CAROL BLANCH 79:02, 290 MICHAEL DONELAN 79:15, 291 WILLIAM YOUNG 79:37, 292 MAXINE GREGORY 79:58, 293 MARGE MEEHAN 80:04, 294 BILL FEENEY 80:04, 295 REXFORD MILLS PAUGH 80:14, 296 KAREN PILACHOWSKI 80:19, 297 MICHAEL CRIMMINS 80:19, 298 GEORGE PANOTAS 80:24, 299 DAVID BARAN 80:25, 300 LANCE MACFARLAND 80:29, 301 PAUL RUSSELL GREENE 80:42, 302 KEVIN KELLY 81:00, 303 ROBERT SCHIPANI 81:43, 304 LAURIE HADLEY 81:44, 305 GEORGE PEIFFER 82:03, 306 MICHELLE LEMAY 82:05, 307 KAT KANTAK 82:05, 308 JULIE WILKINS 82:17, 309 MICHAEL VIENS 82:19, 310 JOHN SULLIVAN 82:24, 311 PATRICK FORREST 82:25, 312 ANNE MITCHELL 82:41, 313 GERARD PARAS 83:09, 314 RICHARD DONOVAN 83:10, 315 BOB RIKEMAN 83:12, 316 RICHARD STARLING 83:20, 317 ROBERT MITCHELL 83:28, 318 STACY KING 83:33, 319 ROBERTA ALLISON 83:40, 320 RICHARD ELLIOTT 83:42, 321 CARROLL JONES 83:46, 322 JOSEPH HINCKLEY 84:08, 323 JIM CRAWFORD 84:13, 324 PERCY TAY-

LOR 84:31, 325 ELEANOR WHITNEY 84:43, 326 JAY BOYLE 84:56, 327 RONALD REDFERN 84:57, 328 SUSAN PURCHASE 84:57, 329 GARRY WOOD 85:32, 330 TOM HICKEY 85:38, 331 PATTY DAVIDSON 85:39, 332 MARK GAFFNEY 85:41, 333 SHIRLEY SIROIS 85:44, 334 ANDY GAMBON 85:48, 335 LINDA JOSHEAHAN 85:48, 336 RICK WEST 85:49, 337 MARRIANNE KEEFE 86:40, 338 KEN GOSCILA 86:40, 339 TARA DONAHUE 86:41, 340 DIANE HARRINGTON 86:41, 341 PHILIP ROWLEY 86:56, 342 ROBERT MAIMONE 87:21, 343 ROBERT HUBER 87:40, 344 JANE WOODBURY 88:05, 345 JANE GOODMAN 88:17, 346 CAROL GAGNE 89:16, 347 JOHN FINNELL 89:18, 348 CARLTON SMITH 89:56, 349 MARY JO CAHILL 90:03, 350 MARY KEAN 90:53, 351 BRUCE KISSELL 91:36, 352 JACK KEEFE 91:37, 353 JAMES RYMISHA 92:32, 354 BETH LOFTUS 92:37, 355 JENNA LONG 92:46, 356 DAVID MAYALL 93:13, 357 AUDREY SMALL 94:01, 358 DAN O'BRIEN 94:39, 359 EUGENE WOOD 95:22, 360 JOE GILLARD 95:42, 361 LEO SCHACHT 96:05, 362 ELIZABETH CLEVESY 96:34, 363 BOB BASSETT 96:37, 364 JULIE BOYLE 97:37, 365 MADELINE STROSBURG 98:22, 366 GEORGE CALDWELL 99:14, 367 ALLEN WALKER 99:36, 368 AMY POWELL 99:37, 369 SUSAN HANEY 101:51, 370 KIM CAVANAGH 104:57, 371 CAROL KURTIS 104:57, 372 LIZ MONAHAN 106:16



Photo Bill Bridgeford

Lisa Senatore

RUN YOUR TURKEY OFF 5K — TEWKSBURY, MA NOVEMBER 15, 1992

1 ARTHUR DEMERS 15:57, 2 ROBERT DABRIO 16:02, 3 JAMES STRONACH 16:36, 4 JEFF HAAS 16:47, 5 MARK DUDLEY 16:53, 6 AXEL SCHEROLIN 16:53, 7 DAVID BOUCHER 16:56, 8 ANDY KING 17:14, 9 DICK MARCHAND 17:41, 10 MARK

BLAISDELL 17:50, 11 BILLY PRENTISS 18:02, 12 SCOTT DECKER 18:15, 13 KARA MOLLY 18:19, 14 LEE PANAS 18:23, 15 NEIL SCHUTZMAN 18:28, 16 CHRIS TOPPIN 18:31, 17 KYLE MOORE 18:43, 18 DONALD MADDOCKS 18:55, 19 DON PRENTISS 19:02, 20 DAN LICATA 19:05, 21 STEVE SMITH 19:14, 22 KURT BUNTING 19:18, 23 JASON SIMPSON 19:19, 24 ROBERT RICARDELLI 19:20, 25 KEVIN YOUNG 19:26, 26 ANNE RICARDELLI 19:27, 27 JOSEPH DUNN 19:47, 28 ROBERT BERSON 19:50, 29 SHAWN KENNEDY 19:51, 30 DAVID FOTI 19:54, 31 VINCENT MCEWAN 20:02, 32 MICHAEL TRULL 20:04, 33 JOHN SELV-ERIAN 20:04, 34 CHUCK POWERS 20:05, 35 MIKE SCOTT 20:06, 36 PETER WOOTAS 20:09, 37 KATHY LAYING 20:18, 38 JENNIFER TAKACH 20:21, 39 DAVID RAND 20:23, 40 KEITH LANDERS 20:30, 41 KRISTIN LINDHOLM 20:33, 42 BILL O'CONNOR 20:35, 43 JEFF RHODES 20:42, 44 JAMES RHOADES 20:49, 45 KATHLEEN LONG 20:57, 46 DENNIS SULLIVAN 21:00, 47 WILLIAM DASTOU 21:04, 48 CYNTHIA GRASMICK 21:15, 49 SHAUN HARRINGTON 21:25, 50 KEVIN BURKE 21:29, 51 JOSE MANGUAL 21:33, 52 TODD SILVA 21:35, 53 DIANE ANTILLE 21:44, 54 MARTY FISCH 21:55, 55 WILLIAM DOHERTY 21:56, 56 RICHARD LARNARD 22:05, 57 WILLIAM FLANNERY 22:16, 58 ROBERT BARRY 22:36, 59 BETH EILERS 22:39, 60 LINDA ZOLLO 22:42, 61 JUSTIN LEVASSEUR 22:43, 62 BONNIE RICARDELLI 22:47, 63 ROBERT BARRY 22:48, 64 BARRY HUDSON 22:51, 65 LOUIS COIRO 22:54, 66 KEVIN LEFEBVRE 22:58, 67 CHRISTOPHER NEE 23:01, 68 KURT LEVASSEUR 23:03, 69 MARK SMOLINSKY 23:17, 70 STACEY WILLCOX 23:19, 71 NORA DIPANFILO 23:32, 72 MICHAEL BENNETT 23:36, 73 STEVE COUPE 23:44, 74 JACK LANDERS 23:52, 75 RICK WYATT 23:55, 76 DAVID DARR 1 23:55, 77 JOE RYAN 23:57, 78 THOMAS NILES 24:00, 79 KEITH FREVOLD 24:02, 80 JOHN STAPPEL 24:03, 81 MICHAEL TURGEON 24:03, 82 KAREN REINHART 24:06, 83 BRENDA TRUDEL 24:12, 84 MIKE HANNAFIN 24:13, 85 KERRI LEVASSEUR 24:17, 86 MICHAEL CAPONE 24:20, 87 MARY SEVIGNY 24:24, 88 BRIAN LOWE 24:30, 89 JOHN HARRINGTON 24:31, 90 JERRY ROCHA 24:31, 91 AMY DOERING 24:32, 92 JANET PILLION 24:38, 93 SUSAN NADEAU 24:39, 94 ROB NADEAU 24:44, 95 ROBERT O'DONNELL 24:44, 96 CATHY BLUNT 24:46, 97 QUESON BROWN 24:48, 98 RICHARD DIPANFILO 24:49, 99 DONNA TROTTER 24:50, 100 ED DOHERTY 24:55, 101 NANCY DANN 24:55, 102 JOSEPH AGNETA 24:58, 103 DEBORAH HUGHES 24:58, 104 ANNE BATE 25:05, 105 MARY WHITE-SCOTT 25:00, 106 ERIC OLSEN 25:03, 107 TODD FLANNERY 25:06, 108 JIM SHARKEY 25:12, 109 WOLSON GOLDEN 25:19, 110 ELIZABETH WISEMAN 25:31,

111 ARTHUR LIAKOS 25:35, 112 BONNIE MATTERAND 25:38, 113 HARRY WILKINSON 25:41, 114 PATRICK MURPHY 25:44, 115 PATRICIA WOUTAS 25:48, 116 MIKE PETERS 25:50, 117 CHRIS MCGRATH-SALONY 25:50, 118 GEORGE LITTLETON 25:52, 119 KATHY CLASBY 25:55, 120 JAMES MCLEOD 25:56, 121 PATRICIA BEANE 25:59, 122 RONALD BOUCHARD 26:07, 123 SALLY COTE 26:08, 124 ROBERT BARBER 26:21, 125 JEANNE SCHMEICHEL 26:23, 126 LINDA LUST 26:26, 127 LESLIE LOWRY 26:30, 128 THOMAS SAWYER 26:56, 129 ERIC DONAHUE 26:56, 130 EVELYN NEUBER 26:58, 131 RENEE WELLS 27:00, 132 JEFFREY HILLMAN 27:01, 133 NANCY LAMOREUX 27:02, 134 BERNIE OSGOOD 27:04, 135 STEVEN LOWE 27:05, 136 PATRICK LEARY 27:10, 137 SEAN MARCHANT 27:13, 138 MICHAEL HOURIHAN 27:15, 139 SANDRA MASON 27:16, 140 EARL MASON 27:19, 141 GLORIA RISTAINO 27:25, 142 HITOMI FROTTEN 27:26, 143 NORMAN MCINTOSH JR 27:31, 144 LORRAINE NAZZARO 27:36, 145 LOU NAZZARO 27:47, 146 JEFFERY KNOX 28:14, 147 DANNA RITCHIE 28:14, 148 KATHY SULLIVAN 28:18, 149 RICK BRAMLEY 28:25, 150 PATRICIA MCGAHAN 28:25, 151 KATHIE MCGEE 28:28, 152 SARAH ACKLEY 28:28, 153 DEANNA COLLINS 28:30, 154 BETH ROCCHET 28:35, 155 JAMES NESTOR 28:56, 156 CHRIS PALMER 29:00, 157 PATRICK ENGLISH 29:02, 158 NATALIE RODGERS 29:03, 159 DAVID EMERY 29:06, 160 TRACY GAUDET 29:08, 161 LINDA MACINNIS 29:24, 162 BETH WIKLANSKI 29:25, 163 JOHN WIKLANSKI 29:42, 164 COLLEEN CONCEISON 29:46, 165 KRISTEN ATWOOD 29:47, 166 JANE MANKOWSKY 30:03, 167 MARGARET POTHIER 30:03, 168 FRED FLAHERTY 30:05, 169 DAVID JONES 30:16, 170 BETTE DRAKE 30:23, 171 NANCY MCSWEENEY 30:27, 172 SHARON KEEFE 30:41, 173 MARIA MURPHY 31:00, 174 CAROLYN SEVERANCE 31:02, 175 VERA KALINOWSKI 31:05, 176 SUE CALLERY 31:08, 177 VALERIE TUCKER 31:10, 178 HEATHER COYLE 31:27, 179 SOPHIA REILLY 31:27, 180 ELAINE FOURNIER 31:27, 181 COLETTE FROTTEN 31:28, 182 ELLEN STEBBINS 31:50, 183 THERESE FLOOD 32:21, 184 KAREN GAGNON 32:29, 185 JOYCE MANNIS 32:58, 186 VICKI WESTOVER 33:08, 187 JEANNINE DANIELS 33:21, 188 STEPHEN PETERS 34:26, 189 PRISCILLA CALDWELL 34:30, 190 NORMA RICHARD 35:47, 191 STEVE BREGON 37:00,

RUN YOUR TURKEY OFF 1.5 MILE — TEWKSBURY, MASSACHUSETTS NOVEMBER 15, 1992

1 ROBERT NELSON JR 9:17, 2 JOHN SIGOUIN 9:31, 3 JUSTIN BLANCH 9:38, 4 ROBERT NELSON 9:44, 5 KEVIN JOHNSON 10:00, 6 BRAD WAGSTAFF 10:42, 7

JAIME FLEMING 10:49, 8 JASON WAGSTAFF 11:01, 9TIMOTHY MURPHY 11:02, 10 NICOLELEBOEUF 11:02, 11 CHRISTOPHER EDSON 11:06, 12 BONNIE DALTON 11:06, 13 JASON ANDREWS 11:41, 14 CRAIG DRISCOLL 11:42, 15 EILEEN MCDERMOTT 12:10, 16 MARC DEVOE 12:11, 17 AMIE LEBOEUF 12:21, 18 BRADLEY BATE 12:22, 19 JEFFREY BATE 12:28, 20 GERRI HEALD 12:52, 21 PAM MURPHY 12:57, 22 JAMES ENGLISH 14:05, 23 ELLEN DONNAHUE 14:14, 24 BRENDA CRECCO 14:17, 25 SADIE WRIGHT-WARD 14:18, 26 CHRIS MAYO 14:27, 27 JOEL WEISSMAN 14:34, 28 JONATHAN EDSON 15:09, 29 MATTHEW SMALLCOMB 15:10, 30 RICHARDEDSON 15:11, 31 JOHN SMALLCOMB 15:12, 32 JAMES OLSON 15:29, 33 PATRICK GILROY 15:33, 34 SEAN CLANCY 15:35, 35 DEREK FRASER 16:15, 36 JONATHAN FRASER 16:16, 37 BETH LATHAM 16:17, 38 JAMIE MCLEOD 16:44, 39 NICOLE RING 17:05, 40 RORY FLANNERY 17:54, 41 STEPHANIE RING 17:57, 42 DANILLE RING 18:16, 43 DOUGLAS KELLER 18:57, 44 CAROL SLEEPER KELLER 18:57, 45 PETER ZIS 19:00, 46 TAYLOR RING 19:03, 47 GARY RING 19:04

Willard Brook Cont.

must have been the point where we crossed the state line into New Hampshire.

Trail racing is a lot of fun! Joel Sumerall and the Gate City Striders did a great job organizing this event. I hope to

run again next year. If you decide to run, be sure to say hello to me. I'll be easy to recognize, just look for the guy in the green and gold flannel shirt. — Dave Camire

WILLARD BROOK RAMBLE

10/8/92 — ASHBY, MA

8 MILES — TRAILS

1 FRANK CADWELL III 49:39, 2 JOEL SUMERALL 52:25, 3 STEVE PETERSON 52:34, 4 WILLIAM O'MARA 52:57, 5 JIM JONES 53:02, 6 JEFF GODDARD 53:04, 7 KURT KORN 54:30, 8 DAVE WALECKA 54:32, 9 CHRIS MONTROSE 55:24, 10 JOHN CEDARHOLM 56:18, 11 RICHARD SCOTT 56:36, 12 MICHAEL MCCUSKER 56:39, 13 DAVE CAMIRE 57:12, 14 JOE EMMENDORFER 57:22, 15 CRAIG WILSON 57:38, 16 ED PANCOAST 57:49, 17 KEVIN MCCUSKER 58:01, 18 BOB O'NEILL 58:19, 19 STEVE ADLER 58:24, 20 DON MADDOCKS 58:34, 21 PAUL FUNCH 58:44, 22 KENT RISMILLER 1:00:15, 23 JOEASTLE 1:00:20, 24 TOM BISSONNETTE 1:00:23, 25 PATRICK SAVAGE 1:00:28, 26 BOB TREADWELL 1:00:40, 27 JAMES DOWNS 1:00:46, 28 JOHN SAARI 1:01:03, 29 KEN GULLIVER 1:01:11, 30 BILL GRAY 1:02:08, 31 DAVID SLATER 1:02:09, 32 DANIEL HART JR 1:02:13, 33 CHRIS SCOTT 1:02:14, 34 DAN DANECKI 1:02:21, 35 PETER GARRRIGAN 1:02:26, 36 PETER SHEA 1:02:54, 37 CHRIS NAVARRO 1:02:57, 38 RICHARD JONES 1:02:59, 39 THOMAS HEY 1:03:01, 40 WYMAN FORRESTER 1:03:04, 41 ED GRODEN 1:03:20,

42 TOME WATERMAN 1:03:54, 43 JOHN POISSON 1:03:56, 44 LEE CHERNEY 1:03:58, 45 MIKE SCOTT 1:04:19, 46 1:04:19, 47 REX MISCOVITCH 1:04:25, 48 JACK KICK 1:05:08, 49 JAMES SARNO 1:05:16, 50 JOHN AURIEMMA 1:05:19, 51 ROGER MARTEL 1:05:21, 52 WARREN CHURCH 1:05:24, 53 KEVIN SIMONS 1:06:21, 54 PETERDOLAN 1:07:10, 55 RICH HART 1:07:16, 56 JOHN KOUMANTZELIS 1:07:23, 57 RICH HART 1:07:16, 58 FRED ROSS 1:07:58, 59 GLENN GILLIGAN 1:08:02, 60 SYDNEE GODDARD 1:08:35, 61 JIM PARKER 1:08:45, 62 STEPHEN BOUDREAU 1:08:58, 63 ROBERT THOMPSON 1:09:35, 64 RICHARD ABBOT 1:09:47, 65 CHRIS DALLMUS 1:09:47, 66 CHRIS DALLMUS 1:10:06, 67 RAY BOUTTOTTE 1:10:16, 68 LAURA BISHOP 1:10:16, 69 GARRETT SCHEPPER 1:10:51, 70 WILLIAM DAMITZ 1:10:58, 71 MARK GAGNON 1:11:44, 72 PAUL ELVIN 1:11:50, 73 CRAIG KLEMEN 1:11:50, 74 THOMAS SPEIDEL 1:11:58, 75 ART GULLIVER 1:23:13, 76 LISA HINCKLEY 1:12:20, 77 ELIZA BILIK 1:12:23, 78 EDWARD SUTCLIFF 1:12:37, 79 ED BUMSTEND 1:12:48, 80 LARRY COSTELLO 1:12:56, 81 BOB COOPER 1:13:05, 82 ALLEN HOFFMAN 1:13:59, 83 SHAUN SCANLON 1:15:14, 84 MIKE CHISHOLM 1:16:24, 85 SUE CHRISTIANSON 1:16:51, 86 JIM MAYNARD 1:17:18, 87 SUE DAMITZ 1:17:19, 88 ELIZABETH DORN 1:18:18, 89 RICHARD WELCH 1:18:19, 90 ROBERT REUTER 1:19:28, 91 SUSAN GORDON 1:19:32, 92 RICH COOPER 1:20:15, 93 SALLY MADEIRA 1:20:36, 94 KATHRIN WERNER 1:21:39, 95 JAMES ECKE 1:22:20, 96 PAULA PETERS-TATE 1:22:23, 97 VIRGINIA MILLS 1:24:32, 98 SUSAN DOWNS 1:25:39, 99 NANCY COLAGROSSI 1:28:23, 100 EILEEN GILFEDDER 1:28:23, 101 BENDOYLE 1:30:31, 102 STEVE DOYLE 1:30:31, 103 BETTY PARKER 1:33:13, 104 STEVE BOSWELL 1:40:39, 105 JULIANNE DALEY 1:40:39, 106 STEVE SUDOL 1:42:40 — Results courtesy of Gate City Striders

STARTING LINES

P.O. Box 864

Lowell, MA 01853

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