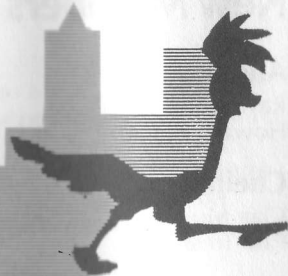
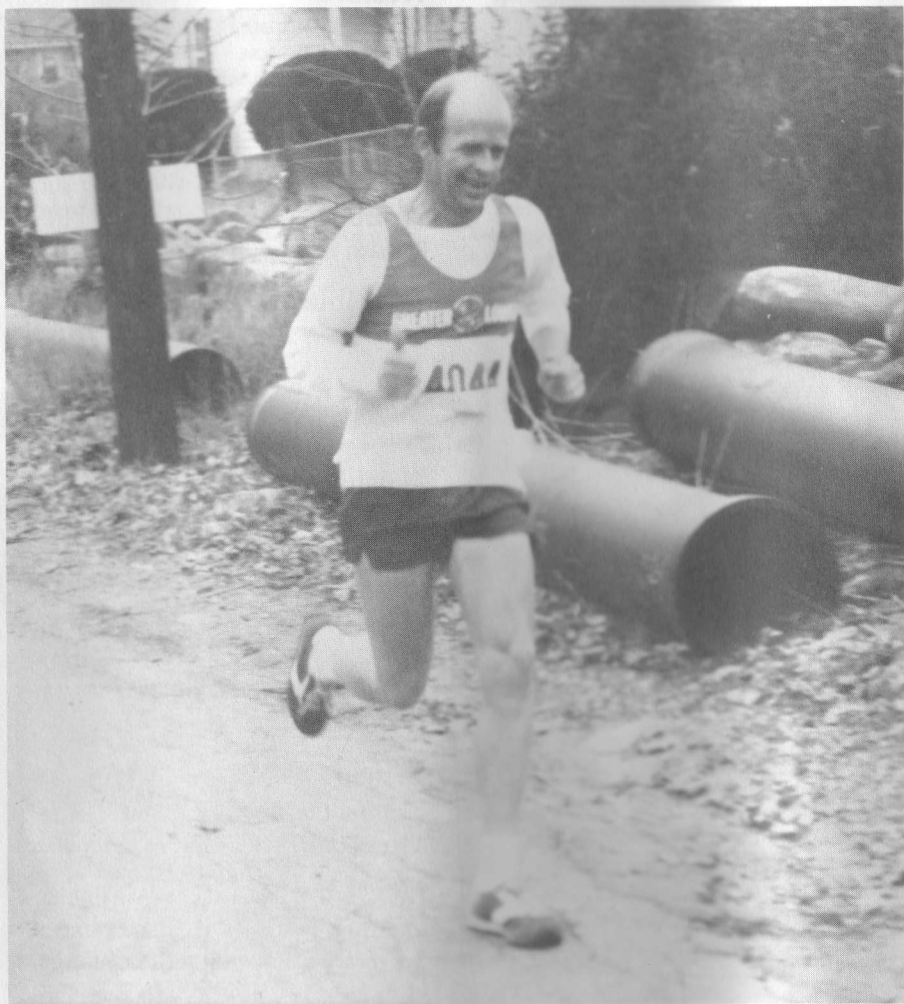


Starting Lines



published by the Greater Lowell Roadrunners

WINTER 1984



Greater Lowell's Ben Fudge

New Members

Andover

Raymond Carroll
Howard Zetlan

Chelmsford

Clair Muhm
Paul Tress

Billerica

Dan Champagne
Bill Nothe

Dracut

Carol Wade

Dunstable

William Leahy

Fort Collins, Colorado

Robert Powers

Lowell

Andy Albert
Robert Bassett
Jim Cameron
Thomas Carroll
Janice Clancy
Dean Contaner
Brendan Desilets
Paul Goyette
Paul Goyette Jr.
Noel Goyette
Gail P. Labrecque
David Lamaire
Stephen Limperis
Chris Peters
John Poisson
Patricia Slattery
Donna Rousseau
Marianne Roy
Joanne Russell
Daniel J. Sullivan
John Tannheimer
Cathy Veillette



Newton Centre

Robert Cahners

North Andover

Joseph Kamal

Northboro

Mark Bashour

Wesford

Richard Waldroup
Bob & Sue Benoit
Thomas MacDonald

Wilmington

Andrea Hayden

Woburn

Richard Waldroup

Tewksbury

Bob Derrah
Ann & Leonard Gustus

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<i>Cartoons</i>	Bill Lynch

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<i>Vice-Presidents</i>	Dennis Conners Ben Fudge Carrie Steiman
<i>Treasurer</i>	Al Champagne
<i>Secretary</i>	Sue Lamontange

1983 Grab Bag Road Race

Dave Camire

This edition of Starting Lines contains the official Grab Bag Race Results. We (the Greater Lowell Road Runners) felt that Grab Bag participants deserved a little more than the standard mimeographed result sheets. Therefore, we held off a few months so we could print them in Starting Lines (our official club newsletter). I hope you enjoy the newsletter as much as we do in bringing it to you.

A few statistics on the 1983 race. We had a total of 715 runners enter the two races. Each runner received a t-shirt, certificate, and a set of Perdue recipe cards. We awarded a grand total of \$2000 worth in trophies and merchandise prizes ranging from gas grills, TVs, radios, coolers, Perdue Ovenstuffers, Miller Beer, Converse

running shoes and assorted other prizes. At our post race party we served over 1000 Perdue chicken franks, 7 kegs of Miller beer, 25 water-melons, and thirty gallons of fruit punch. All in all a very enjoyable afternoon.

The Grab Bag road race has been a race of change since it's debut in 1980. What started as a four mile low key race almost four years ago, has become one of Merrimack Valley's most "unique" running events. Through the years and changes the GLRR has worked hard in bringing you the best Grab Bag Race possible and from the mail we received it appears we have succeeded.



The Gate City Strider of Nashua, N.H. came out in force to run in last year's Grab Bag Road Race.

1983 Grab Bag Road Race

(continued)

I'd like to share a few excerpts from those letters with you. Jay McCarthy of Lowell writes: "I'd like to take this opportunity to extend my congratulations to you and the staff of the Greater Lowell Road Runner's Club for a job well done in this year's Grab Bag Road Race. This year's race was well conducted with plenty of water/ice stops, accurate splits, excellent traffic control and smooth handling at the finish chutes." Jay concluded with "... congratulations to all and I'll be looking forward to next year's race." Thank you Jay, we look forward to seeing you again in 1984.

Eleanor Devaney of Woburn writes; "The t-shirt is great and I've already tried one of the recipes from the grab bag (a great idea!). I'm looking forward to next year!" Nice to hear you enjoyed the t-shirt and recipe cards, I've gotten similar comments from many other runners.

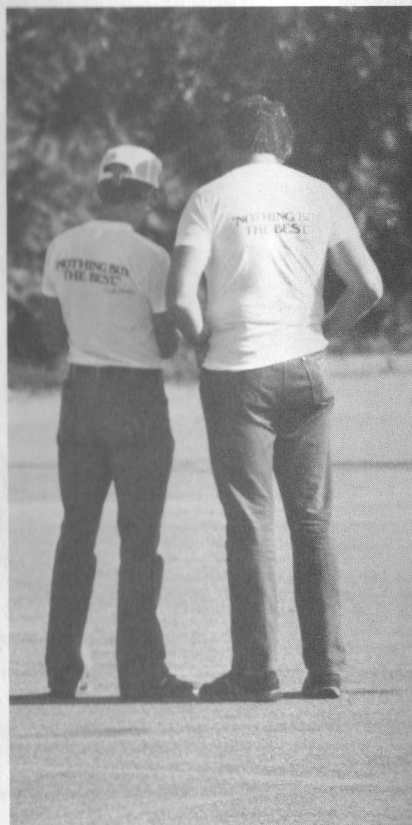
Richard Marcus of Jamaica Plain writes: "The course was beautiful, the police, React, water & ice stations were terrific. The speed with which race results were posted was appreciated and the posting boards were well designed. I buy both Perdue & Miller products and it's always rewarding when a company that I sponsor turns around and sponsors something that is important to me." Thank you Richard, I'll see to it that the Miller people and Frank Perdue get to read your complimentary letter.

The success of the 1983 Perdue Grab Bag (as evident from those excerpts) was due largely to the excellent backing and cooperation we received from our sponsors. **Perdue Farms** was extremely generous and helpful with their sponsorship and we thank

them. This newsletter with official results is brought to you by **Perdue Farms**. Because of Perdue we were able to bring to you "Nothing But the Best."

Our co-sponsors were also generous and their contributions were equally appreciated. Thanks to the **Miller Brewing Co., Converse Shoe Co., and Salem Screen Printers** for their generosity.

Again, thanks for running the 1983 Grab Bag Road Race and we hope you return on August 5th to run in the **1984 Grab Bag Road Race**.



August Board Meeting

About 18 club members attended this board meeting. The purpose of the meeting was to assign jobs to the newly selected board members.

The board members and their respective jobs are as follows:

Starting Lines Series	George Prive
Mileage Club	Dan Trainor
Newsletter	Dave Camire
Guest Speakers	Mike Hodge
Women's Competition	Sue Lamontagne
Women's Competition	Margaret Doenges
TAC Co-ordinator	Don Hogan
TAC Co-ordinator	Fran Maycock
Children's X-mas Party	Ben Fudge
Children's X-mas Party	Margaret Doenges
Club Promotion	Dick Nadeau
Club Promotion	Sue Lamontagne
Uniforms	Dick Stackpole
Equipment	Dan Wasileuskas
Liaison to Other Clubs	Dave Camire
Newsletter Soliciting	Mark Bashour
Beginners Running Clinic	Mark Bashour
Competition with Other Clubs	Tom Amiro
Race System Management	Tom Amiro
Records	Bob Lordan
Publicity	Al Champagne
Membership	Mary Tiches
Mailing	Joe Craven
Masters Competition	Will Mason
Social Functions	Carrie Steiman
Marathon Clinic	Vacant

New Items

1. **Donations** — John Burke proposed that the GLRR donate \$100 to React of Lowell. Motion passed.
2. **Membership Dues** — Bill Rakip voiced his concern about the small percentage of members who have paid up on their dues. (Only 35 out of 350). He proposed printing up statements with envelopes and mailing them first class to the members. John Burke suggested that it be done on an experimental basis. It was passed.
3. **Club Hosted Marathon** — John Burke brought up the subject of a marathon put on by the GLRR. John had discussed this with the Parks & Recreation Department, City and Chamber of Commerce — it would be a course through historical sights in Lowell. Eleven voted to sponsor or pursue the idea, three members voted against it.

August Board Meeting

(continued)

4. **Universal Applications for 4 Main Races of GLRR** — Dave Camire presented a plan for more public awareness of the 4 main races that the GLRR sponsors. It consisted of a standardized application for the 4 main races to be distributed year-round. The 4 race directors would be responsible for distributing the applications. This would not be a replacement for each respective race application. The cost would be under \$600, with a design cost between \$150 to \$175 and 30,000 to 50,000 would be printed.

Old Items

1. **Women's Race** — Carrie Steiman proposed changing the date of the women's race to the middle of May. It was agreed.

This August meeting was highlighted by guest speaker Hal Gabriel. Hal characterized himself as an average man, who just puts a heck of a lot of effort into his training. He has participated in a number of triathlons, marathons, and many other road races. After his talk, a movie directed by Jeff Baker was shown. It focused on Hal's different training routines during the course of a day.

On-Going Items

1. **Fall Outing** — Dennis Conners announced the date of this event. It will be October 2, at the Tyngsboro Country Club.
2. **Starting Lines Series:** Next race in the series to be the Early Bird Special on September 17.
3. **Children's Christmas Party** — Ben Fudge reported that the date had been set to be December 4 at the Knickerbocker in Lowell. Time: 1-4 p.m.
4. **Adult's Christmas Party** — This year's party will be December 10, at the Lowell Elks. The cost is \$10 a person. There will be a disc jockey and awards will be given out.
5. **Cape Relays** — Dennis Conners entered 4 teams: Men's A, B and Master's and a mixed team. The club has rented a room for runners to use after the race. If members wanted more teams they were to notify Dennis.
6. **Race Report** — Dave Camire spoke on the success of the Grab Bag Race, — a well-received race by the runners and sponsors. He acknowledged quite a few members for their help and support. Some of them are as follows. The efforts of Tom Amiro led to a most effective finish line and results. Dave thanked Don Hogan who was responsible for getting Perdue to sponsor the race. Dan Trainor did a great job organizing refreshments — over a 1000 chicken franks served (left overs donated to Elks) and no lines. Dan Wasileuskas was commended on his fine work in setting up the course.

August Board Meeting

(continued)

7. **Women's Race** — Carrie Steiman reported on the July Great Legs Race. Over 250 runners participated. There were donations by 33 local merchants and \$430 was made on the race.
8. **Youth Track** — Joe Vail spoke on this newly formed program for area youths. Starting the last week of June with 4 youths. The size grew to 18 by the end of the summer. Of special significance is the group's participation in the Bay State Games where they took 4 Bronze medals. Joe would like to see the program expand in the summer of 84. He plans to send letters about this program to area high schools.
9. **Financial Report** — Dennis Conners gave his final financial report. He passed out copies of his detailed report. It was evident that the club is in "stable financial position with no debt, and sufficient assets and income to carry out all programs." The rental clock has already netted \$970.

New Items

1. **Club Records** — Bob Lordan is organizing the club records for various distances. Forms were distributed and members were urged to promptly fill them out indicating individual PR's. Bob would like to post them every month and put them in the newsletter.
2. **Club Information** — To keep members updated on club news between newsletters, Joe Craven will mail out post cards the month in between.

Lloyd's Llaws

(continued from Fall Issue)

Devoted to Excellence in Mediocrity

56. Runners will drive hundreds of miles to run six miles.
57. No matter how busy, a runner will find time to tell you about his PR.
58. Avoid first time marathoners at post race parties.
59. Every marathon has 26 terrible stories, per person.
60. The first woman always attracts a bunch of fools who think she requires the quantity and quality of protection that the Secret Service affords the President.

September Club Meeting

President John Burke opened this September board meeting attended by approximately 25 members including several new members.

On-Going Items

1. **Payment of dues** — John Burke commented that the system to send out bills to members for payment of dues had good results.
2. **Starting Lines Series** — John announced the next two races in the series. In October it will be the Lowell General Hospital 10k and in November it will be the half marathon sponsored by the Lowell Elks.
3. **October Outing** — The outing was cancelled due to a low response (only 35 had signed up). Carrie Steiman suggested to request that the Tyngsboro country club hold the club's deposit until next spring.
4. **Treasury Update** — Al Champagne provided attendees with copies of the treasury report for the month of September. Income was \$1800. This included \$1000 from the Grab Bag Race and \$770 from dues. Expenses totaled \$1400. The digital clock and chrominex are paid off.
5. **Universal Application** — Dave Camire gave an estimate on such an application. It would cost \$650 for design and color printing for 10,000 copies.
6. **Turkey Race** — Will Mason, one of the directors of the race urged members to participate in the race by either helping to work at the race or by running it.
7. **Children's XMas Party** — Margaret Doenges and Ben Fudge reminded members of this party at the Knickerbocker for children under 12 years old. It is December 4th from 1 to 4 P.M. and will cost \$3 per child.
8. **Adult Christmas Party** — Dick Nadeau is in charge of this party. It will be at the Lowell Elks and will be limited to 100 people.
9. **Rainsuits** — They are in before Christmas this year. Contact Dick Stackpole.
10. **Sign-ups** — John urged members to sign up to be on committees.

New Items

1. **Use of the Clock** — Lowell High Girls Cross country team would be grateful to borrow the club clock for their remaining meets. Joe Vail will operate it. No objections.
2. **RRCA Certification** — Dave Camire reported that he had submitted a proposal to have the Grab Bag Race designated as the RRCA 10K Championship race. He, Don Hogan, and Tom Amiro are in the process of getting the course certified as an RRCA Championship Race.

President's Column

John Burke

Introducing The Board

Greetings! With this issue of Starting Lines, I would like to introduce our Board of Directors for this year (see listing included in the minutes from the August Board Meeting). I am overjoyed with the response to my request for more involvement by the membership. This great response can be attributed to: (1) the charisma of your president, (2) the realization that your president not only has no charisma, but needs help to keep the club functioning, or (3) the membership is sick and tired of my pleading, and has decided this is the only way to quiet me. Actually, it probably has something to do with the fact that we are blessed with a number of members who care about our club and very unselfishly give of themselves. Of course, you will recognize the names of many of the board as the old "work horses" of the club. There are also a few names that you may not recognize. That's terrific! If the club is to continue to grow, we need new members to maintain our vitality.

In case you haven't noticed, I have not asked you for anything yet. You know I have to plague you about something. I'm sure that this attribute is one of the reasons for my popularity. Well, I do have one request this month. As you will note, each member of the Board is responsible for a club activity. Obviously, these tasks are not one person tasks. You guessed it, I'm asking for your help again. Please look over the list of functions and find something you might like to help out with. Remember, the GLRR, like life, is not a spectator sport.

If you would really like to lend a hand, we do have one major function still in need of a director, the marathon clinic.

Rest assured that no one expects anyone to live up to the reputation of Coach Fudge. But, the marathon clinic is one of the most well received activities the club offers. It provides an opportunity for prospective marathoners to train with guidance and camaraderie, two very important ingredients for marathon training. This could be directed by a former graduate of the clinic. Perhaps, two people could co-direct the clinic. This is too important to go unattended. Now's your chance! We will not hold this position open indefinitely. Please contact me for an interview.

Team Beat

GLRR Masters Win 25K NEAC Championship

The GLRR masters team of Colin Gouldson, Will Mason, Bill Boyd, Dave Weeks, and Ben Fudge won the 1983 NEAC Masters 25K Championship held on September 5th in Gloucester MA. Congratulations team. Colin Gouldson beat the heat (over 90 degrees) and some of New England's finest masters en route to winning the individual masters title. The senior team of Tom Amiro, Kevin Kearns, Dave Camire, Dennis Conners, and John Burke placed third in the open division. The GLRR was well represented in this event with a women's open and master team competing.

GLRR Seniors Win NEAC Marathon Championship

The GLRR team of Tom Amiro (2:33:34), Colin Gouldson (2:36:14), and Dave Camire (2:36:24) won the 1983 NEAC Senior's Marathon Championship held on December 3rd in Foxboro, MA. Colin Gouldson was the winner of the individual master's title, besting nearest rival Bob Reagan of the Irish American T.C. by over 8 minutes. Congratulations team.

GLRR Team Halls in Hollis

The GLRR team of Tom Amiro (1:12:27, 8th), Tom Cappelluzzo (1:13:15, 13th), and Dave Camire (1:14:07, 16th) scored a second place team finish in the Gate City Strider's half marathon held in Hollis, NH on September 25. The team was defeated by Athletic Alliance, a team supported by the Converse Running Shoe Co.

GLRR Finishes Ninth at Cape Cod Relays

Finishing four seconds faster than 1982, the GLRR men's open team placed 9th overall in a time of 7:40:19 at this year's Cape Cod Relays. Both the GLRR women's open team (10:21:00) and the men masters team also finished 9th in their respective divisions. This year a record 260 teams participated. Special thanks to Glen Thomas, Sue Lamontagne, and Colin Gouldson for organizing the teams. (Top ten teams are listed in the results section.)

GLRR First in Tewksbury Race

The GLRR team of Sean McCormack (1st overall), Lance Burgess (2nd), and Wendell MacDonald (4th) won the team trophy at the North Meadow Health Club 10K race held on October 30th. Congratulations guys!



S-T-R-E-T-C-H

Winners?

Sue Lamontagne



Our winners from left to right are Marianne Roy, Sue Trudel, Sue Lamontagne, Linda MacDonald, Sandy Hayes, and Anna Donovan.

Cape Cod — Would there be a women's team to run the Cape Cod Relays this year? I had my doubts. Round up eight women to run a distance between seven and fifteen miles when some of the best prospects were otherwise occupied that weekend. (Doing nothing important, just another one of those long distance races in Maine.) I had just about put the relays on the shelf until next year when there came a ring of hope. It was from Linda MacDonald. I had never met her, although she had been a member of the club since the Spring. My response to her interest in a team was a bit negative, but I said I'd look into it some more.

Days later another not so well known woman member, Anna Donovan, called about the relays. She was enthusiastic and was able to recruit two others, Sue Trudel and Marianne Roy. We got commitments from Jean Boswell, Maureen Semikas, and Sandy Hayes (all three had run on the

team in the past years). Voila! We had a women's open team.

The day of the relay was breezy and beautiful with foliage against a blue, blue sky. What marvelous conditions to do anything! All the GLRR women ran quite well. We were nip and tuck with the Fast Women Running Club until the 7th leg, where Marianne's seven minute pace left them in the dust.

Our team had a PR for a GLRR women's open Cape Relay team. The baton, traveling at an overall average of a 7:25 pace, was set to rest in the parking lot of the Provincetown Inn after 10 hours and 21 minutes.

How did our performance compare with the other women's open teams? Sandy Hayes and Richard (Lamontagne) went over the result boards with Fred Brown the race director. "We won, we won," they shouted. Oh, those 30 seconds of glee and

Winners?

(continued)

gitty! "Wow, oh wow!" Hey, back to reality, a misspelled sticker in the results was discovered and the dream was over.

With our short lived status as #1, we were in the mood to win something. So, back to the poster boards to check. We did find out we were the 9th place women's open team. Not bad, but how about some prizes? Humph, the medals had already been given out. I approached Fred Brown and asked him if our 9th place team would get anything. Spirited by the jovial mood of the afternoon, he handed me a set of eight medals. I

tried (though not too hard) to give them back, but he wouldn't hear of it. So we ended up with the medals of the men's open 8th place team, but more importantly, eight women got to meet and mingle as well as support each other on the road to Provincetown.

Four women on this team were relatively new members of the club. Along with the others, they did a super job representing the GLRR. How many other new members are looking to get into the mainstream (or even a small sidestream) of club activities?

Race and Indoor Track Schedule

A comprehensive race schedule can be obtained by writing the Greater Boston Track Club, 90 Hampshire St., Cambridge, MA., 02139 (remember to include a S.A.S.E.). The Friday edition of the Boston Globe, Boston Running News, and Sportscape Magazine (Sportscape is available free at most club functions) also print comprehensive race schedules, therefore we do not. Listed here are a few race and indoor track meets of special local interest.

New England TAC and Invitational Indoor Championships, January 21-22, Commonwealth Armory at Boston University. Contact Bill Clark/Steve Valtones, Meet Directors, P.O. Box 121, Wayland, MA 01778 or NEAC office. Open to all athletes. The track is 200 meter Versaturf-on-wood.

Greater Boston T.C. Invitational at Harvard University, January 29, Contact Bill Okerman/Jim O'Brien, Meet Directors, Greater Boston TC, 90 Hampshire St, Cambridge, MA 02139, 864-9479

Budweiser Light Meet, February 10, Boston University. Contact John Thomas of Tom Bailey c/o Track Office, Boston U., 285 Babcock St., Boston, MA 02215, 353-2911. Selected Invitational events.

Irish Feet Are Runnin', 5 miles, 11:00 AM, March 11, 1983. Starts in front of the Rogers' School on Highland St., and finishes in front of Hynes' Tavern on Gorham St., Lowell. Dennis Conners Race Director.

Gray Matter

Will Mason

"Say What?"

"Fartlek" (A Swedish word meaning speed play) has crept onto the working tongues of runners all over. And it is always written with the explanation (a Swedish word meaning speed play). Isn't that a gas? (Of course not, that's why the explanation is always there.) Gee, first "ombudsman," then "fartlek"; two words in two decades from the gentle land of slightly over 8 million. Quick—what's the second largest city in Sweden? Aha, you know about "fartlek" (a Swedish word meaning speed play), but you know nothing about Malmo (a Swedish city of over 250,000). Geographically ignorant, but running-world wise. Why? Because of overuse (overuse, a characteristic of running words) and misuse of running terms (the subject of this message).

How about LSD? Oh, boy, weren't those letters to the editor and anecdotes cute? They told of admitting addiction to LSD and then—surprise, surprise—explained that the writer was hooked on Long Slow Distance. And all along we thought the person was on the drug LSD. (LSD, a play on words.) Get it? Hilarity aside, the problem is this: the term is inappropriate. Distance is not slow. Nor is it fast. Runners are slow. Molasses is slow. But distance has length. It can be short. Or long. But not slow.

Still, it was chic to use the expression frequently during that decade when joggers became runners and runners became party bores. So we accepted the misuse. But now even LSD is anachronistic. Today we are commanded (by the running media) to use FCR, "face continuous running." Nice initials, but do not try to pronounce it. Anyway, I predict that in

the Olympic year the term FCR will be replaced by Universal Steady State Running (USSR).

Another case in point is "point-to-point." Of course it's point-to-point! Think about it. Some races are from one point to a different point, but all races are point-to-point. In either case, point-to-same-point or to-a-different point, they are certainly not "out and back." Maybe "out and in" or "front and back" but not "out and back."

Okay, if you think that one was stretching the point, ponder the term "negative split." Again, the term is self contradicting—a less-than-zero magnitude is used to describe a plus situation. Still we hear reports about the runner who ran negative splits, meaning the second half was run faster than the first half. As long as time advances (i.e., your pulse is greater than zero) you will not see "negative splits." I think recognition of this will be a positive sign.

I guess the whole idea of misuse of words in running (malrunpalabra) came with my first invitation to go for a "cool down." Think this through with the other side of your brain. We do "warmup" before a race; therefore, we must do "warmdowns" after a race. Would you invite someone to go for a "cool up" before the race? If we proceed down this path some government idiot will invent the term "build-down."

Apparel. Whence cometh the term "singlet?" I am guilty of misunderstanding this word. It actually signifies a uni-thickness of cloth. For years and years I thought only men wore sing-

Gray Matter

(continued)

lets. Women I reasoned, wore doublets. Now it is clear we are speaking of layers.

Speaking of women and men, the running community has not yet been able to properly grip the proper parlance of sex differentiation. For example, we frequently hear of "ladies" in races, but rarely of "gentlemen." Maybe this is just my perception and I am insulted. I am not crazy about the categories "male" and "female." It sounds too clinical. Or maybe it reminds me of talk of animals. (Yep, that there male is neutered, and yonder female is spayed.) How about "bozos and bimbos?"

I do like the words "fast women." Reminds me of youth, which certainly is one of the fastest episodes of humanity (huwomany?) or perhaps a "fast man" as opposed to "half fast." But, you know, guys and gals, (buoys and gulls on the clever West Coast), the only acceptable double entendre in running seems to be the 5,000 and 10,000 or perhaps, for gentleman only, the 10,000 and the marathon.

But back to the subject. How come runners run "track?" No matter how many tracks they have run on, it's "track." But no one runs only "road." For that matter, how can one run "middle distance" when distance goes to infinity, having no middle that we mortals can discern? And how many times could one person run "cross country?" Not many.

Speaking of distance, we often hear of the quarter-mile, half-mile, one-mile, two mile, and five mile, ad infinitum. Why do we not hear of the quarter-marathon, one marathon, two marathon, etc? We should; we

hear of the half-marathon. Or, maybe I am on the wrong track here too. The culprit is the mile. I suggest that anything beyond this absurd distance be called "ultra mile."

And, finishingly (my own new word), to my favorite subject: "masters!" Rodgers, Shorter, Clayton, et al. are my idea of masters of the sport, but the dubious title goes to those of us who are over 39 (which is acceptable compared to its alternative). Meanwhile, the poor women (ladies), over 39 have no distinctive verbal badge, having spurned both terms "mistress" and "madam." Tsk! Tsk!

Then, there is always the confusion over "seniors." Are seniors over 50? Or are they in that post-adolescent 30-39 age group that gets trophies only to stop grown but slightly slow men from crying. I thought that the United States Air Force had solved this particular problem by creating ultra-deities in the non-commissioned ranks. You see, once there was, at the top, the Master Sergeant. Now, superimposed on the hierarchy, is the Senior Master Sergeant, and on top-top and the Chief Master Sergeant. (The navy, did something like that, but has never quite overcome the seeming paradox of calling high-ranking men "Petty Officers.") Anyhow, you can just see the awards: Yessir (madam), we are going three-deep in all categories — open, masters, seniors, and chiefs. Could happen. You heard it here first, but other newsletter editors with ever-handly copying devices should feel free to go three-deep on citing the sources. "Three-deep?" Now there's an expression . . .

Thanks

Bentley Herbert

This is meant to thank a lot of people involved with the Lowell Road Runners Marathon Clinic. Those who took part appreciate the efforts that were made.

From the start of the Marathon Clinic I can't, looking back, think of one thing that was overlooked. I think every possible effort was made by the person in charge to not only physically condition the participants, but to provide the motivation, the camaradery, the advice and encouragement. No stone was left unturned and nothing was overlooked.

Having been a run-for-pleasure novice jogger for the past three or four years I had made a commitment to see if I could actually complete a marathon. Because of Ben Fudge and his wife, Pat, that fantasy has come true.

Having been involved in sports most of my life, through high school, college and having played a professional sport, I think I have a reasonable appreciation of what it means to compete. I think that running in and completing a marathon is without equal. I had read and heard from other people that you can't compare the experience to anything; you can't tell anybody what it's like; and the only way you can fully appreciate it is to do it yourself. I now know that it is a fact, and that experience is worth more than I can state in a few words.

My own wife, Marilyn, and children, certainly deserve credit for putting up with me for the past six months. The missed meals, late meals, running out of gas on the weekends when you should be full of energy: projects

delayed, a garden that turned to weeds (total weeds), the grass that wasn't mowed, the pool that wasn't vacuumed, the house that wasn't painted and many other things that should have been done that weren't completed. I try to think of it as the year of the marathon and thankfully my family was supportive. Even further, they were at Casco Bay and at very strategic points along the route and again, were extremely supportive. I had heard about the psychological lift that you get from the crowd or from seeing people you recognize along the way. It certainly is true, I found myself after the ten mile point looking for familiar faces and knowing that once I saw them I would get that lift again.

The Club itself was just fantastic, I can't believe the support of the other members of the Marathon Clinic, they were cheering each other on and providing that extra lift of motivation. People who weren't even running in the marathon were at Casco Bay. Dick and Shirley Nadeau were along the race route, Wendell MacDonald, the wives of all the Marathon Clinic runners were there, and other members of the club.

Tom Amiro is unbelievable! At about the ten mile point I heard somebody holler "Yeah Greater Lowell!" and this fellow came running up along side of me and said "what's your name?" Tom was running with a pack on his back, a water bottle in his hand and said "I've got water, vaseline and dry t-shirts, is there anything you need?" I didn't need anything so he ran along side me for about a mile. He left me to meet up with other club members and met me again at about the fifteen mile mark. I think Tom ran

Thanks

(continued)

more miles than anyone that day with a sweatsuit and pack on his back; absolutely fantastic!

There were so many great things and I had such a great feeling about being a part of a well organized and supportive group.

Back to my original thank you's; the biggest thank you has to go to Ben Fudge. Obviously a great runner, and I would second someone else's statement that he puts more into running

than he could ever possibly get out of it. He is just a super person, a great coach and motivator. Ben not only makes you think you can do it, but makes you want to do it. It has been an experience that I will never forget. His wife, Pat, deserves as much credit, not only for putting up with us but for devoting the necessary time and effort on her part. Again, it was a great experience, thanks to a lot of people and a final toast from the members of the Marathon Clinic to "Coach Ben" and "St. Pat."



Tim Tiches of Chelmsford is busy working the Greater Lowell Road Runners promotion table at the Run Your Turkey Off Race.

Conner's Corner

Local women runners won't get better until they start training regularly with men.

The GLRR donated the prizes for the annual Greater Lowell Jr. High X-Country Meet hosted by U-Lowell coach George Davis and LHS coach Jim McGuirk. Last year's sponsor, Nike, dropped out. I guess they spent all their money on Athletics West. By the way, it is an event we should get more involved in next year.

I think it's stupid to train for marathons by only doing a long run of twenty miles. No wonder you hit the wall.

Thank god for dedicated members like Dan Wasileuskas. Another member guaranteed to work at all club events is Dorrie Williams.

LHS football coach Walter Nelson ran four hours at the Bostonfest marathon on only 25 miles per week and a longest run of 8 miles. He weighs less twenty years later than when he was playing halfback for Jack Bicknell at U. of Maine.

GLRR president John Burke better stick to triathlons, after getting beat by Conners at Clarence DeMar and neighbor Dan Brennan at the Marine Corp. John races during training and trains during races.

I know it sounds mean but I didn't watch the NY marathon coverage so I could see one legged people hop across the George Washington Bridge.

I bet the GLRR is the only club to have both 1983 winners of the Boston Marathon as guests at club meetings in '83. Both Benoit and

Meyers were great representatives of long distance running.

What is the proper response when someone spits and it lands on your leg during a race?

On the same subject, Margaret Doenges can spit real good for a girl.

Hill work is unnecessary for anyone who lives around here.

You feel tired all the time if you don't exercise — you feel great if you run 4 miles a day — you feel tired all the time when you do marathon training.

What's so personal about a PR in front of 10,000 people?

The Monster Bash application — four pages of party, costumes, prizes, sponsors ect. — no distance.

After Chicago and New York, major marathons are getting to be like a Celtics game — you don't have to watch the first three quarters.

The Nashua, NH based Gate City Striders support our races better than any other club.

Albert Farris belongs to more running clubs than you have old running shoes.

Someone is going to die in one of the bar room races if more attention is not paid to the medical aspects of hot weather races.

Best local quote — "What you did is what you done," Marty Cardoza from his forthcoming autobiography "Down and Out with Merrimack Valley."

Announcements

Attention Ladies

Ladies, we are currently trying to coordinate a weekly run from a Chelmsford location. We hope to choose a convenient time, preferably morning, to accommodate all. This could be a fun way for our old and new female members to meet. If you are interested please contact Carrie Steiman at 251-7134. Thank You.

Fudgical Series

The series begins on Saturday January 7th and continues on each succeeding Saturday until the end of March. The 3.1 mile run begins promptly at 10:00 AM on Pleasant St. in front of Tewksbury High School, there is ample parking at the school. This year prizes will be awarded to the top three male and female finishers in each age divisions (18 & under, 19-29, 30-39, 40-49, 50 & over). Runners must complete 8 of the 12 runs to qualify. Entry is free to all GLRR members and 25¢ to the general public. After the run the Fudges graciously invite everyone to their home for coffee and . . . What a bargain!

Club Phone

The club phone number is 452-9426. The pre-recorded message is updated weekly. Call weekly and keep current with all the latest local running news.

Did You Qualify for Boston '84?

If you have qualified for the 1984 Boston Marathon we would like to know. This information will be helpful in forming teams for this year's competition. We would also like to get all qualifiers together for the annual team photo. If you have qualified contact Dave Camire at 957-4230.

1984 Mileage Club

Formerly the 1234K Club. To qualify for the Mileage Club you must run either 1000, 2000, 3000, or 4000 miles between December 1, 1983 and November 30, 1984. All qualifiers will be recognized with an award at the 1984 Christmas Banquet. Send monthly mileage along with your t-shirt size to: Dan Trainor, 107 Bowden St., Lowell, MA 01852.

Club Meetings

Last Tuesday of each month, 7:30 PM at the Knickerbocker Club, Lowell.

1984 Starting Lines Series

This year's series will be officiated by Dan Trainor. Dan is over-hauling the series to make it more appealing to the club membership. Details will be mailed to each club member in late January or early February.

Starting Lines Next Issue

In 1984 *Starting Lines* will become a quarterly magazine being published in January (Winter), April (Spring), July (Summer), and October (Autumn).

No Turkey Race in '84?

The *Run Your Turkey Off Road Race* is in need of a race director. Unless someone volunteers to direct the race for this year it will be drop from our schedule. If you are interested contact a club official before the April club meeting.

Boutselis Hot In Milford NH Race —

John Boutselis won the 3rd Annual Milford Miles 10K Race in a time of 34:26. The race was held on August 28th with a field of 200 on a 95 degree day.

Green Machine Rolls Around Cape Ann

Colin Gouldson

Gloucester, MA — Green was the predominant color on labor day at Cape Ann. Not only did 31 GLRR green singlets cross the finish line, but the host "Wingaersheek Runners Club" saw fit to outfit runners with green.

This year, the New England TAC Senior and Masters Championships was the calling for a few of the GLRR elders. The race began 49 years ago one labor day and has consistently been able to attract name runners. On race day, at 9 AM, the heat was oppressive. The majority of the male runners were stripped to the waist and had their numbers folded as small as possible to avoid blocking precious cooling air. Girls had a decided disadvantage.

The course, both hard and scenic and full of rolling hills combined with ocean views was nature's testing ground for bigger and better things. For many it was the trial for marathons to come. The start took place at the O'Maley School and followed the coastal road through famous fishing villages such as Rockport. Twenty-five kilometers later one completed the loop by finishing back at the same school.

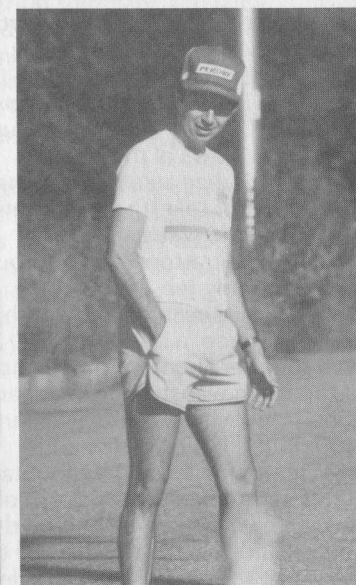
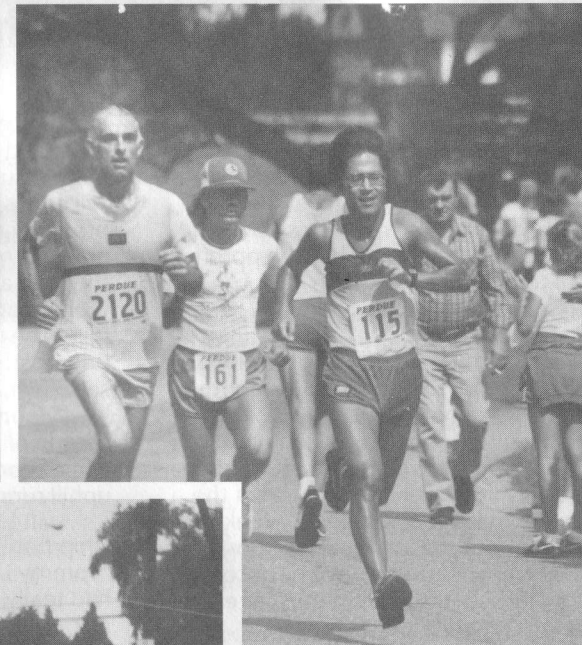
The green machine consisting of GLRR masters Will Mason, Bill Boyd, Dave Weeks, Ben Fudge, and myself trounced the nearest rival, Wingaersheek to become the 1983 team champs.

Best performance was a 13th spot by Tom Amiro followed by yours truly in 19th place and right on my heels in 21st position was Kevin Kearns. I went to the race with a frame of mind "go all out and try to place well." All during the race my thoughts were

"who's in front, at this pace he must want free IV." Up the last hill which put the streets of San Francisco to shame, someone I recognized called out "no one in front." This gave me hope that the young master in front was only in my mind and made the finish line seem to appear faster and friendlier. During the race I experienced an incident unfamiliar to me and to many runners. A void opened up before me where there were no runners. After taking one wrong turn I had to ensure course correction by throwing up my arms to indicate "which way." The race did eventually finish for all and the green machine rolled in and was duly awarded top masters team honors. Our club received an abundant assortment of trophies and prizes, my most treasured being the 25K masters trophy. In retrospect, a great day and a great win by the GLRR.



Colin Gouldson winner of the 1983 N.E.A.C. 25 Kilometer and Marathon Master's Championships.



1983 Perdue
Grab Bag
Road Race

The Sugarloaf, a Maine Marathon

Phil Kay

Sugarloaf, Maine — On Sunday, August 28th, I had the pleasure of running in the first annual Sugarloaf, Maine Marathon. This race is spiked with vintage Downeast hospitality, beautiful scenery and has the potential to be ranked with the best in New England.

This was my third marathon of 1983 (Sri Chinmoy, Boston) and sixteenth in the last seven years. The 3:31 was nothing to write home about, but it was a smooth well-paced effort after pitifully little training. Because of the lack of mileage (average 25/week throughout the summer) and positively no speed-work, we have to conclude that the hilly course weighs heavily in the runner's favor.

The course begins four miles north of Stratton, Maine at the incredibly beautiful Cathedral Pines Campground in Eustis (elevation approximately 1100 feet). After a flat four miles with views of the Bigelow Mountain Range across mist rising from Flagstaff Lake, the 95 starters ran easily past the water stations in downtown Stratton. Even on a busy day you'll only see a few people (called locals) in Stratton, so at this unlikely hour of a little after 7:00 a.m. on a summer Sunday morning most of the town was still asleep or had gone trout fishing. Lojo, the colorful "200 pound but on-a-diet and Com'in down," Sugarloaf Mountain lift attendant had the toughest job in town. He was in charge of crowd control and told the two people on the street to stand back, "Heer dey come, ah yuh."

At the four mile mark the course climbs steadily for the next six miles. I held back and watched five men and three women push up the hills ahead.

We crested Bigelow Hill at 10 and 1/4 miles and raced down the steep 1/4 mile to Sugarloaf access road. Bigelow Hill crests at over 1500 feet and we probably ran down 200 feet in the next 1/4 mile. We caught a couple of the men and at least one of the women at 15 miles. From 10 to 15 miles the course rolls up and down, but mostly down along the Carabassett River, with good views of Bigelow Mountain to the left. On a couple of the curves we zipped past a few more of those ambitious early uphill runners.

Chip Carey, Race Director, and the "Tommy Leonard" of Maine running had really outdone himself. Chip has gained notoriety for putting together the Sugarloaf 10K race weekend, consisting of a 1 mile kids run, 10K in Kingfield, followed by a grueling 3 mile Sugarloaf uphill climb the next day. The races are held during the third week of September (the peak of the mountain foliage), and are a big hit.

Because of the abundance of 10K races down south that time of the year, Chip has always had a hard time drawing top runners from the metropolitan areas; the exception was Joan Benoit, Bob Hodge and Vin Fleming — all whom ran in 1979. The race does attract a large Central Maine contingent, all of whom thoroughly enjoy the weekend. I mention the Kingfield 10K, because, the marathon in late August in the early morning hours held high in the mountains has the potential to draw huge crowds of runners to the Sugarloaf Valley. All weekend long Chip was apologizing for the unusually warm weather; even during this crazy warm summer, the first three-quarters of the race was coolish. A typical year will have

The Sugarloaf, a Maine Marathon

(continued)

the temperatures start in the 30's and rise to the mid-50's by noon. Chip compensated for the warm weather with well-organized water stations every two miles. Over 50 local volunteers helped out and only two local valley runners participated — a truly remarkable statistic which demonstrates the always evident Sugarloaf spirit.

Back to the race. At near 15 miles, we entered the famous 7 turns (there are really 10). Here's a chance to really burn; cut the corners and fly down another 200 feet to the airfield flats. All but one of the early hill pushers was passed as the good downhill runners cruised to the flats. We'd held on to 7:50's and passed 16 miles in 2 hours and 5 minutes. Here's where the real fun begins. From the airstrip at Carabasset to Kingfield the course is comprised of long straight stretches concluded with gentle curves. The Carabassett River on your left is your only reminder that you're running downhill. For one used to running up Boston's Heartbreak Hill from 16 to 22 miles, or up New York's first Avenue from 15 to 18, or past Newport's bloody big mansions on the flat; to run gently down for the last 10 miles of a marathon is worth many minutes. This is

what will make the Sugarloaf Marathon one worth driving to (4 hours from Boston). If you've run the early hills conservatively, those last 10 miles will make you a hero. (Oops — there are one or two geologic anomalies that stick out onto the race course to remind you that it wasn't all downhill from 16); but you soon rejoin the gently flowing river and the small but enthusiastic and noisy crowds of Kingfield. The beer and barbecue, complete with the folksinger are a real bonus. Unlimited fruit and liquid drinks were waiting, along with t-shirts; they just said "good go'in, ah yuh, here's you shirt mistah."

Someday, after thousands read this marathon summary, and large crowds are running this beautiful late summer race, I can look back and say, "You know, I finished 45th in this race once. In fact, anyone running under 3 hours was in the top 15.

If Chip can get the local merchants behind him; and offer some big prizes, this weekend will draw very well; until then; a big thanks to Chip and his staff for providing the support for a real fun run through the valley. See you next year; ay yuh!

Gouldson Wins Two N.E.A.C. Titles — Colin Gouldson (Chelmsford) can lay claim to two individual N.E.A.C. master titles. Colin won the N.E.A.C. 25 Kilometer Individual title this past September in Gloucester (see related story) and the N.E.A.C. Individual Master's Marathon title (2:36:15) at Foxboro in December.

Good First Time Effort — Fran Maycock of Chelmsford ran his first marathon this past autumn. The thirty-one year old GLRR finished the Fall Foliage Marathon in North Adams in an excellent time of 2:59:37.

Montreal's Mass Marathon

Colin Gouldson

Montreal — My choice between running in Montreal or Keene, NH was in the hands of bureaucracy. For three years I have been waiting for permanent immigration status which would allow travel in and out of the USA without fuss, without getting the third degree, and without having to obtain special papers. Four months ago I was accepted and ceased to become an alien. Sometimes I think ET would have had an easier time. Now, although called a permanent resident and not a resident alien, I still had to remain within the bounds of the USA until the FBI blessed the situation. Hence my decision to run either Montreal International Marathon or the Clarence DeMar Marathon in Keene.

Well the great god smiled a few weeks ago and I received my "green card" and planned a "Montreal or Bust" run while Will Mason got to defend his title at Keene. With seven weeks of 100 plus miles per week under my belt I was out to do battle with master runners in my old home stomping ground.

This year 71 elite runners were invited from such far away countries as Ethiopia, Australia, and Boston, all expenses paid. The marathon is advertised as being both international and a race for the masses, as can be seen by the support of over 10,400 entrants, most of which are of Quebec origin. Imagine, one of the larger races in the world, mostly French speaking and only 300 miles from here.

Race day started in sunny, 60-65 degree temperatures supported by an excellent race organization. From the mid span of the Jacques Cartier bridge the runners headed toward

the city where they would wind in and out and up and down the historic city for 6 hours and 23 minutes at which time the 6033rd person would cross the finish line.

Race commentators remarked that as the masses started across the steel structure of the bridge, it started to oscillate. Thank goodness I was part of the early masses and not the mid masses. Another event not widely publicized is the human waterfall. For 1/2 hour prior to race start the river 100 feet below increased by my calculations about 97 gallons.

My objective was a 5:50 pace for 2:32:56, or on failing that, to better Boston's 2:35:16 time. At 10K and 10 miles I was right on target. After passing 10 miles I approached a familiar profile. The person with the gimpy run was Tom Mixon. The rest of the run was uneventful until about 2 miles from the finish where mind games can offer strange suggestions. This marathon was no exception, I thought of "stop", "no, keep going, only 8 times around the track to go, the beer truck," and so on.

Finally, 42K appeared as well as my wife Donna and 2 old Aussie friends that I had met up with that weekend. My watch showed 2:32:40, too late for the first goal, lets go for a PR then. I don't mind admitting the 42K and a "bit" seemed to take forever. The "bit" seemed to take forever. The "bit" took me across the finish line in 2:34:49, a PR by a scant 27 seconds.

Now I wanted to know how I had placed but with a race of that size it was difficult to determine, so after refreshments of Molson, I found Donna and my two buddies and pondered the problem. Now in the old days we

Montreal's Mass Marathon

(continued)

pulled a few cons so I thought this was a good time to try once more. We approached one official (a young kid) and with Mike posing as a press photographer, Raymond as my agent and myself outfitted in Australia's team colors of green and yellow (GLRR suit) quickly gained access to the press room via our Aussie accents.

Official photo-copies of the results were readily made available to us which provided me enough hope to stick around for the award ceremony. From this point on I became disillusioned with the aims of the organizers. Billed as a race for the people and known to the organizers as "masses," they prohibited their bread and butter runners from viewing the awards presentation by a cordon

security officials and barricades. In fact if it were not for our brashness, I wouldn't be listing the following exclusive results. Trophies went to the 1st male and female in the open, elite, Quebec and wheelchair followed by one masters category. An outstanding athlete, John Weston from Vancouver, ran 2:30:06 at age 50 (Weston ran a 2:24 in Boston). I thought it was short sighted in such a large race not to have better categories. Thousands of dollars were given to the elite runners, but no recognition to us average working Joes. At least I had the satisfaction of beating four of the elite, invited runners.

The moral of the story is to pick your race wisely, know your competition and decide if its for fun or for real.

Uncle GLRR Wants You

Dennis Conners

Hynes' Tavern — "Irish Feet are Runnin'" again on Sunday March 11, 1984. Our largest and most successful race is scheduled for its third running at Hynes' Tavern.

Because of the nature, timing, and excellent race direction (by me), filling out a field of 1000 is no problem. We usually have to turn runners away. Because of the good relationship we have with Hynes' proprietor Tom McKay, sponsorship is no problem. The problem with this race is lack of volunteers. We need 100 people to give split times, man water stations,

control t-shirts, do pre-race clerical work and on and on and on . . .

As motivation each volunteer will receive an "officials t-shirt" and will be invited to attend the pre-race free beer and pizza party tentatively scheduled for Hynes on Tuesday March 6.

Please complete the enclosed race volunteer form and send it to Dennis Conners, 117 Frothingham St., Lowell, MA 01852.

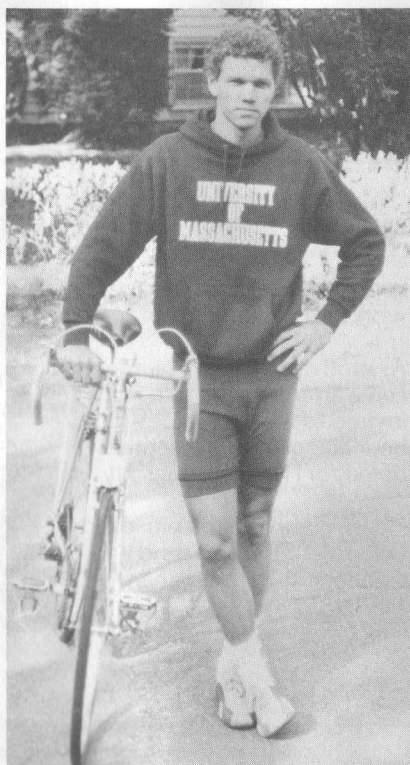
PROFILE: Greater Lowell's Ironman

"There he is! There he is! Go, Stoph'. Lookin' good."

And he did look good, pretty much like he looked on those many summer evenings on the loop between Chelmsford and Carlisle. Just chugging along with a slow, sure stride. The all-day shuffle.

Stoph', the diminutive of Stopher. Where do kids get these crazy nicknames? From crazy parents I guess.

But this young lad was not to be a kid much longer. He was, when his mother spotted him and yelled some



Chris (stopher) Mason Greater Lowell's Iron Man.

encouragement to him, about three months short of his 20th birthday and only 20 miles short of his goal to become an Ironman.

His day started early, at 7:00 A.M., when he plunged into the water with 150 triathletes and potential triathletes on his quest to complete the East Coast version of the Ironman Triathlon. The Triathlon he trained for all summer: 2.4 in the surf; 112 miles on a bike; 26.2 miles on foot. He emerged from the water some one hour and 45 minutes after the plunge. By then he had expended 30% of his energy and 20% of his allotted time to cover a mere 3% of the distance.

We swung the car around and headed back to the turnaround point of the marathon. We saw the first few triathletes on the final leg of their odyssey, but they looked nothing like the video shots we had seen of some of the Hawaii Triathlon athletes. No impending self-destruction here. However, the practiced eye could see the difference between the running in this event and the running one sees in traditional marathons. If you looked closely, you could see overworked leg muscles, stretching at some point between just hard work and real fatigue, or perhaps even a little beyond. Surprisingly, there was even some banter among them as they approached the turnaround point. As if he were reluctant to have been jerked out of modern civilization for an entire day, the Tallahassee entrant asked whether anyone knew how Florida State fared in the football game that afternoon. Another guy barfed, just like non-runners imagine that most runners do. And finally, the classic but unexpected comment from the man at the dump adjacent to the turnaround point. He queried; with an air of supe-

PROFILE: Greater Lowell's Ironman

(continued)

riority that only a Cape Cod refuse attendant could muster: "How far they running?" "They're runnin' a full marathon, after bikin' 112 and swimmin' for over an hour," returned an involved bystander. "Harrummmpphhh. Ought to try working this dump eight hours a day." Could be tough, ole timer! Maybe McGillivray would be interested in adding dump watching in a fourth event. No imagination can conjure up some real-life comments.

Then our triathlete came through. The turnaround was a high point for him, as we knew it would be after watching the emotion of the other 50 or so runners who passed thus far. It was, after all, halfway through the run — the beginning of the home-stretch, with 112 tough bike miles becoming a distant memory in the mind (although perhaps not in the legs). The biking had been rough he said. Tougher than training rides to Gloucester and back. Hotter too, especially through the desert-like dunes near Provincetown. Temperatures during the ride were well over 90 degrees. But a practiced tempo kept him going for over six and one half hours. Six and one half hours; Sitting; pumping; drinking; eating; getting tired; and, perhaps toughest, thinking about a full marathon ahead!

Suddenly we spotted another familiar face, Merrimack Valley's Ed Laverty. Ed also looked to be in good shape, for this point in the contest, but you could see that he was turning inward. No doubt about him finishing; he knew a cool beer awaited him. As a matter of fact, by this time most participants had turned inward. The sign of the contest was the face. The strain of the tough swim and the toll taken by the long bike ride was etched on every countenance. By

now the logical side of the brain had yielded completely to the emotional side. No reasoning. Just movement. Foot in front of the other. And again. And once more.

"Stoph'. You have about 10 to go. Want some Coke? Water?"

"Yeah. Both." The few words were accompanied by a funny footfall that barely mimicked a real stride. But the momentum was forward, always toward the goal.

Around here we chatted with a lady obviously, from her manner, a Cape person. "Do you have someone in the race?" she asked. "Yes, how about you?" "No," she replied, "but when I found out what these people were doing I felt obliged to remain here and cheer them on." And she did, into the dusk. Thank you, Lady.

"There's Jerry Grasso." Jerry is another Merrimack Valley running friend, around fifty years old, and we were surprised to see him. He was still heading out as Stoph' was coming in. Their paths crossed and I was struck by the subtle difference. Stoph', a young man with a young physical capability, digging deep for a mature mental discipline that should come only later in life; Grasso with a mature mind, searching back for youthful strength which should have been long spent. As Jerry snatched a Coke from a policeman's hand we knew that he too would finish.

"Stoph'. You are inside 10K. Want something else to drink?"

"Yeah," he said, as he threw the water over his head. "I got'er whipped, Dad." Despite the economy of words, this was a pretty bold statement with six miles still to go!

PROFILE: Greater Lowell's Ironman

(continued)

Finally, came the last water stop, at around the 24 mile point. Our triathlete attempted a single mental calculation, but the capability to do arithmetic goes long before the legs. "It's, two, uhhh, two point, uhhhh, point, uhhh. I'll uhhh." No matter; we knew it was two point two miles to the end.

It grew dark, mercifully cool, but at this point there was no race. There was, instead, a series of personal contests, some leading to personal triumph. The first winner had been in for two hours. And the second. The first woman was on the final stretch.

As one might expect from a race director who had organized a superb event, McGillivray had staged a glorious finish. Spotlights in the dark marked the end of the long trek, close to where the swim had been

completed hours and hours ago. The speaker parted the small portion of air that was not taken up with the blaring music. The finishers were hailed. Fifty made it so far; over seventy five remained on the course. Each finisher was a winner.

And there he was, coming from the edge of darkness into the lighted Finish area. The easily recognized survival shuffle picked it up ever-so-slightly for the last few yards. A break in the stone face—almost a smile. The announcement: "And the next finisher, a 19 year old college student from Chelmsford, Mass: Chris Mason." The crowd cheered; we cheered the loudest.

Chris Mason. Stoph'. Greater Lowell's Ironman.

Lookin' Forward To Newport '84

Dave Weeks

Newport, RI — A certain feeling of despair surrounded the departure of a small group of GLRRs as they left the Greater Lowell area for the journey to Newport, R.I. and the 1983 Ocean State Marathon. I say small because our numbers were between 15 and 20 runners the year before and this fall our group had dwindled to some number less than ten. And I use the word despair because on Saturday morning when we left it was pouring rain and very windy. The forecast for Sunday sounded like more of the same throughout New England. Ten miles in the rain is tolerable, but 26.2 in these conditions brought on the feeling of being trapped, a true feeling of despair.

We'd all worked so hard to get this far, we certainly had to compete our mission, regardless of the poor weather conditions.

But, if you believe in prayer as I do and have lots of faith, then there was still some hope remaining. I prayed for better weather as we began our drive to Newport. And I'll be darned if the sun didn't come out as we drove through Brockton, and it remained sunny all the way to Newport. It not only stopped raining and cleared, it was beautiful the rest of Saturday. Our prayers had been answered and we were optimistic about the next day's weather.

Lookin' Forward To Newport '84

(continued)

As I peeked out the window the next morning a very happy and confident feeling came over me, some sun was out there, it was not going to rain, you could see that, and it even looked calm out there. With good weather assured I felt very good physically and mentally and was anxious for 11 o'clock to arrive.

As the start of the race approached the 1500 runners could relax, the weather would not be a factor on anyone's time. There was no excuse available to be blamed on heat, rain, wind or humidity. The big surprise was there was little to no wind anywhere on this 3 loop course and past history reminds us that this is very unusual for the Ocean State Marathon. On top of this good fortune, it was cloudy and 52 degrees, pretty much ideal conditions.

For the first time in the 8 year history of this marathon the course was changed. The shorter of the three loops (6.5 miles) had been moved from first in the order to last following the two 9.85 mile loops. Most of the runners felt this would get the two long loops out of the way first, including the hard cement surface of Bellevue Avenue. Psychologically knowing the short loop was all that was left we thought we would all blaze through it. Unfortunately this was not the case for yours truly.

As is usually the case with almost any size group of runners from a given club or organization, within our GLRR band of runners we had a few who did not do as well as was expected either by other club members or themselves, a few others who went out there and performed exactly what they were capable of, real solid

efforts around what they had done several times in the past, and happily a few members of our club set PRs for themselves and all club members congratulated them especially.

"Mr. Consistency" George Legrand, knocked-off another solid 2:53:15 effort. Bill Leahy came through with an outstanding effort in his first marathon, 3:06 on the nose. The author of this article was disappointed in his 3:06:14 time but knows I'll get a chance to redeem myself in 1984. It's hard to pinpoint for sure why I didn't perform up to my capabilities but I think it was either an "off day," or I'm doing something wrong in my training. I'll be "pooling" all of you GLRR members for tips in training so that the my next marathon will be more satisfying than the 1983 Ocean State. Dick Konchagulian ran a very commendable 3:06:48 and Dave Sousa had some difficulties along the way but showed great courage in finishing under difficult conditions in 3:28:09. We had a couple of PRs for two members of the GLRR and we want to publicize these two runners in particular. Sue Lamontagne ran her PR in 3:19:12 and at the same time fulfilled a big goal for her, qualifying for the 1984 Boston. Jean Boswell continues to lower her marathon time by running her PR in 3:32:07.

So, as I said earlier, we had a mixture of results in the 1983 Ocean State Marathon, but once again the race was very well organized and the weather was ideal. So, all and all, we had a good time and look forward to next year's Ocean State.

Results

FOR THE RECORD 1983 GLRR Club Records

Men's Open Division

Mile

1.	ART DEMERS	4:16
2.	DAN DALEY	4:28
3.	BOB DICK	4:49

2 Miles

1.	DAVE DUNHAM	8:55
2.	ART DEMERS	9:17
3.	DAN DALEY	9:52
4.	TOM AMIRO	10:22
5.	HENRY GAGNON	10:48
6.	JIM TOOHEY	11:05
7.	ALAN CHAMPAGNE	11:11
8.	RICK GILLIS	12:35

5 Kilometer

1.	DAVE DUNHAM	14:18
2.	ART DEMERS	14:42
3.	JIM STRONACH	15:34
4.	SEAN MCCORMACK	15:59
5.	DAVE CAMIRE	16:38
6.	TOM AMIRO	16:48
7.	WENDELL MACDONALD	17:13
8.	KEVIN KEARNS	17:25
9.	MIKE HODGE	17:42
10.	DENNIS CONNERS	18:09
11.	RICH LAMONTAGNE	18:18
12.	ALAN CHAMPAGNE	18:22
13.	JOHN BURKE	18:56
14.	RAFAEL RIOS	19:22
15.	ED STOTT	20:51
16.	BOB LORDAN	22:35

5 Miles

1.	DAVE DUNHAM	24:08
2.	DAVE CAMIRE	26:38
3.	TOM AMIRO	26:45
4.	JOHN WINN	27:53
5.	DENNIS CONNERS	27:58
6.	BOB DICK	28:09
7.	AL CHAMPAGNE	29:31
8.	FRAN MAYCOCK	29:47
9.	AL BISSETT	34:53
10.	BOB LORDAN	35:16
11.	HARRY MANN	35:31
12.	STEPHEN TICHES	36:52

10 Kilometer

1.	ART DEMERS	30:27
2.	SEAN MCCORMACK	32:37
3.	TOM AMIRO	33:19
4.	WILL MASON	33:25
5.	DAVE CAMIRE	33:52
6.	WENDELL MACDONALD	34:48
7.	DENNIS CONNERS	35:15

8.	JOHN BURKE	36:25
9.	ALAN CHAMPAGNE	37:01
10.	RICH LAMONTAGNE	37:35
11.	FRAN MAYCOCK	39:25
12.	HARRY MANN	43:03
13.	STEPHEN TICHES	43:41
14.	AL BISSETT	43:46
15.	BOB LORDAN	44:04

15 Kilometers

1.	SEAN MCCORMACK	47:38
2.	ART DEMERS	48:52
3.	DENNIS CONNERS	55:50
4.	ALAN CHAMPAGNE	1:00:06
5.	ED STOTT	1:02:35
6.	HARRY MANN	1:06:00
7.	BOB LORDAN	1:10:13

10 Miles

1.	JIM STRONACH	50:15
2.	TOM AMIRO	54:18
3.	DAVE CAMIRE	54:55
4.	SEAN MCCORMACK	55:23
5.	WENDALL MCDONALD	58:04
6.	DENNIS CONNERS	58:42
7.	KEVIN KEARNS	58:45
8.	JOHN BURKE	1:00:35
9.	RICK LAMONTAGNE	1:00:44
10.	FRAN MAYCOCK	1:02:26
11.	MIKE HODGE	1:02:53
12.	ALAN CHAMPAGNE	1:03:23
13.	BOB LORDAN	1:18:56

20 Kilometers

1.	TOM AMIRO	1:07:54
2.	ALAN CHAMPAGNE	1:20:40
3.	HARRY MANN	1:35:00

Half-Marathon

1.	TOM AMIRO	1:12:27
2.	TOM CAPPELLUZZO	1:13:15
3.	DAVID CAMIRE	1:14:07
4.	SEAN MCCORMACK	1:14:13
5.	TOM MIXON	1:16:00
6.	BOB DICK	1:17:30
7.	FRED WHITEHOUSE	1:18:40
8.	DENNIS CONNERS	1:21:42
9.	RICH LAMONTAGNE	1:22:01
10.	ALAN CHAMPAGNE	1:28:24
11.	ED STOTT	1:32:36
12.	HARRY MANN	1:35:00
13.	ALLAN BISSETT	1:42:50

25 Kilometers

1.	TOM AMIRO	1:28:49
2.	DAVE CAMIRE	1:29:06
3.	DENNIS CONNERS	1:35:36
4.	MIKE LANTZ	1:36:00
5.	RICH LAMONTAGNE	1:40:45
6.	ALLAN BISSETT	2:08:00
7.	BOB LORDAN	2:08:08

Results

(continued)

FOR THE RECORD 1983 GLRR Club Records (continued)

30 Kilometers

1.	SEAN MCCORMACK	1:40:26
2.	TOM AMIRO	1:45:18
3.	FRANK DURKIN	1:51:18
4.	WENDALL MCDONALD	1:51:18
5.	RICK LAMONTAGNE	1:57:31
6.	DENNIS CONNERS	1:58:38
7.	RAFAEL RIOS	1:59:25
8.	FRED WHITEHOUSE	1:59:55
9.	JOHN BURKE	2:02:40
10.	ED STOTT	2:07:10
11.	TOM MORAN	2:24:19
12.	MIKE LADD	2:32:10

Marathon

1.	SEAN MCCORMACK	2:24:36
2.	JIM STRONACH	2:27:18
3.	ART DEMERS	2:28:58
4.	TOM AMIRO	2:30:03
5.	FRANK DURKIN	2:37:00
6.	TOM MIXON	2:38:00
7.	DAVE CAMIRE	2:38:47
8.	DENNIS CONNERS	2:40:12
9.	JOHN BURKE	2:40:30
10.	KEVIN KEARNS	2:43:17
11.	RICK LAMONTAGNE	2:44:26
12.	MIKE LANTZ	2:50:10
13.	WENDELL MACDONALD	2:52:00
14.	FRAN MAYCOCK	2:59:37
15.	BILL LEAHY	3:04:00
16.	ALAN CHAMPAGNE	3:05:27
17.	ED STOTT	3:09:00
18.	HARRY MANN	3:36:43
19.	BOB LORDAN	3:39:54

50 Kilometers

1.	DENNIS CONNERS	3:56:27
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50 Miles

1.	WILL MASON	6:15:49
2.	DENNIS CONNERS	6:56:40

Men's Masters

1 Mile

1.	WILL MASON	4:56
2.	DENNIS LEBLANC	5:12
3.	BEN FUDGE	5:19

2 Miles

1.	DENNIS LEBLANC	11:24
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5 Kilometers

1.	COLIN GOULDSON	17:30
2.	DENNIS LEBLANC	17:41
3.	WILL MASON	17:59

4.	DAVE WEEKS	18:29
5.	GEORGE PRIVE	19:11
6.	BEN FUDGE	19:26
7.	BILL BOYD	21:08
8.	JOE CRAVEN	21:46
9.	DICK STACKPOLE	22:05
10.	JOE VAIL	22:22
11.	DICK NADEAU	22:28

5 Miles

1.	WILL MASON	26:44
2.	ROD BOUCHER	28:47
3.	GEORGE LEGRAND	29:08
4.	DAVE WEEKS	29:35
5.	DENNIS LEBLANC	29:29
6.	BEN FUDGE	30:17
7.	BILL BOYD	30:46
8.	GEORGE PRIVE	31:04
9.	DICK NADEAU	35:03
10.	TIM TICHES	38:02

10 Kilometers

1.	WILL MASON	34:10
2.	GEORGE LEGRAND	36:06
3.	DAVE WEEKS	37:02
4.	DENNIS LEBLANC	37:40
5.	BILL BOYD	37:46
6.	BEN FUDGE	38:10
7.	GEORGE PRIVE	39:06
8.	DICK NADEAU	42:19
9.	TIM TICHES	44:34
10.	BENTLEY HERBERT	44:50

15 Kilometers

1.	WILL MASON	54:08
2.	BILL BOYD	58:36
3.	BEN FUDGE	59:31
4.	DAVE WEEKS	1:00:02
5.	DENNIS LEBLANC	1:00:02
6.	GEORGE PRIVE	1:01:04
7.	DICK NADEAU	1:08:28

10 Miles

1.	WILL MASON	56:07
2.	COLIN GOULDSON	58:45
3.	GEORGE LEGRAND	1:01:04
4.	DAVE WEEKS	1:03:47
5.	BEN FUDGE	1:03:59
6.	GEORGE PRIVE	1:04:10
7.	DENNIS LEBLANC	1:04:20
8.	BILL BOYD	1:05:01
9.	DAN BRENNAN	1:10:31
10.	DICK NADEAU	1:14:16
11.	TIM TICHES	1:15:30

20 Kilometers

1.	DAVE WEEKS	1:20:06
2.	GEORGE PRIVE	1:22:11
3.	BILL BOYD	1:25:09

Results

(continued)

FOR THE RECORD 1983 GLRR Club Records (continued)

Half-Marathon

1.	WILL MASON	1:16:38
2.	CHARLIE KEEFE	1:22:02
3.	DAVE WEEKS	1:23:34
4.	GEORGE LEGRAND	1:25:15
5.	DENNIS LEBLANC	1:29:02
6.	BEN FUDGE	1:30:01
7.	BILL BOYD	1:31:00
8.	DICK NADEAU	1:34:44
9.	TIM TICHES	1:43:44

25 Kilometers

1.	BILL BOYD	1:46:01
2.	DAVE WEEKS	1:48:29
3.	BEN FUDGE	1:48:30
4.	DICK NADEAU	1:59:17
5.	TIM TICHES	2:08:08

30 Kilometers

1.	COLIN GOULDSON	1:49:25
2.	WILL MASON	1:52:51
3.	DAVE WEEKS	2:03:40
4.	JOE SCANLON	2:08:13
5.	GEORGE PRIVE	2:09:50
6.	BEN FUDGE	2:11:29

Marathon

1.	COLIN GOULDSON	2:34:45
2.	WILL MASON	2:37:20
3.	ROD BOUCHER	2:47:32
4.	JOE SCANLON	2:50:00
5.	GEORGE LEGRAND	2:52:33
6.	BEN FUDGE	2:52:33
7.	BILL BOYD	2:57:56
8.	DENNIS LEBLANC	2:58:03
9.	GEORGE PRIVE	3:01:30
10.	DAVE WEEKS	3:02:48
11.	JOE VAIL	3:06:42
12.	RUSS LASTE	3:06:42
13.	DICK NADEAU	3:30:55
14.	BENTLY HERBERT	3:33:04
15.	TIM TICHES	3:35:09
16.	DICK STACKPOLE	3:38:17

50 Kilometers

1.	WILL MASON	3:17:00
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Women's Open Club Records

1 Mile

1.	KATHY NORTON	5:18
2.	MARGARET DOENGES	6:27

2 Miles

1.	MARGARET DOENGES	13:43
2.	CARRIE STEIMAN	14:39
3.	KATHY BELLEVILLE	15:15

4.	SUSAN SCHULTZ	18:45
5.	BARBARA MAYNARD	18:54
6.	EDIE LORDAN	19:20

5 Kilometers

1.	SHELLEY ATKINSON	20:38
2.	SUE LAMONTAGNE	20:46
3.	BECCIE UNDERWOOD	20:59
4.	MARGARET DOENGES	22:11
5.	KATHY NORTON	22:21
6.	JEAN BOSWELL	22:30
7.	CHRIS BRENNAN	22:51
8.	ANN DEMPSEY	23:13
9.	DONNA GOULDSON	23:34
10.	BETSY SCHUMAKER	24:55
11.	JANET AMIRO	26:15
12.	JOAN CAMIRE	29:04

5 Miles

1.	LILLIAN PELTZ	31:02
2.	SUE LAMONTAGNE	33:24
3.	MARGOT REMINGTON	33:41
4.	BECCIE UNDERWOOD	34:02
5.	MARGARET DOENGES	34:53
6.	LINDA MACDONALD	35:22
7.	JUDY NEILAND	37:18
8.	CARRIE STEIMAN	37:23

10 Kilometers

1.	KATHY COLE	36:46
2.	LILLIAN PELTZ	38:14
3.	LISA JACQUES	39:46
4.	SUE LAMONTAGNE	42:03
5.	MARGARET DOENGES	44:10
6.	LINDA MACDONALD	42:51
7.	CARRIE STEIMAN	47:16
8.	DIANA MORGAN	48:19
9.	DONNA GOULDSON	52:50
10.	JANET AMIRO	56:47

15 Kilometers

1.	MARGARET DOENGES	1:09:00
2.	CHRIS BRENNAN	1:11:02
3.	JUDY NEILAND	1:12:34

10 Miles

1.	LILLIAN PELTZ	1:08:26
2.	MARGOT REMINGTON	1:08:30
3.	SUE LAMONTAGNE	1:09:46
4.	MARGARET DOENGES	1:12:30
5.	JEAN BOSWELL	1:16:44
6.	CATHY MORSE	1:16:55
7.	CARRIE STEIMAN	1:19:46
8.	JUDY NEILAND	1:26:17

Half-Marathon

1.	SUE LAMONTAGNE	1:34:26
2.	MARGARET DOENGES	1:37:10
3.	JUDY NEILAND	1:44:30
4.	JEAN BOSWELL	1:47:37
5.	CARRIE STEIMAN	1:48:09

Results

(continued)

FOR THE RECORD 1983 GLRR Club Records (continued)

25 Kilometers

1.	SUE LAMONTAGNE	1:55:06
2.	MARGARET DOENGES	2:00:48
3.	JUDY NEILAND	2:15:43
4.	CARRIE STEIMAN	2:22:00

Marathon

1.	SUE LAMONTAGNE	3:19:12
2.	ANN GUSTUS	3:20:00
3.	MARGARET DOENGES	3:23:33
4.	JEAN BOSWELL	3:32:00
5.	LINDA MACDONALD	3:41:56
6.	CARRIE STEIMAN	3:46:20
7.	JUDY NEILAND	3:55:08
8.	MARIA DEMARINES	4:01:58

Women's Masters Club Records

5 Kilometers

1.	ANN SARTORELLI	23:09
2.	BETSY SCHUMAKER	24:02
3.	ANN CRAVEN	28:15
4.	SHIRLEY NADEAU	29:53

5 Miles

1.	ANN SARTORELLI	37:39
2.	MARY TICHES	38:01

10 Kilometers

1.	ANN SARTORELLI	37:39
2.	SANDRA HAYES	47:24
3.	MARY TICHES	47:58
4.	SHIRLEY NADEAU	57:51

15 Kilometers

1.	ANN SARTORELLI	1:14:00
2.	SANDRA HAYES	1:16:28

10 Miles

1.	BETSY SCHUMAKER	1:16:33
2.	ANN SARTORELLI	1:17:34
3.	MARY TICHES	1:22:00
4.	SANDRA HAYES	1:22:00

Half-Marathon

1.	ANN SARTORELLI	1:45:55
2.	SANDRA HAYES	1:47:20
3.	MARY TICHES	1:47:58

25 Kilometers

1.	ANN SARTORELLI	2:08:48
2.	MARY TICHES	2:11:44

30 Kilometers

1.	BETSY SCHUMAKER	2:30:11
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Marathon

1.	MARY TICHES	3:47:08
2.	THELMA LASTE	4:17:44

7.4 MILE GRAB BAG ROAD RACE LOWELL, MA 08/21/83

1.	JOSE SOLORZANO	37:35
2.	KEVIN RETELLE	37:44
3.	JAKE SULLIVAN	38:33
4.	BOB DERRAH	38:40
5.	SUMNER BROWN	38:47
6.	JOHN HAWRONSKY	39:56
7.	DENNIS O'BRIEN	39:57
8.	PETER STIPE	40:22
9.	CHRIS CLEARY	40:44
10.	DANIEL GOSSACK	41:09
11.	RON SWASEY	41:14
12.	EDIN CARDONA	41:19
13.	THOMAS CAPPELLUZZO	41:41
14.	DAN YOUNG	42:10
15.	FRANK TROMBLY	42:18
16.	FRED TORRES	42:36
17.	DENNIS TIMMONS	42:59
18.	ANDREW SAUER	43:15
19.	JOHN WESCOTT	43:17
20.	JOSEPH O'CONNOR	43:22
21.	GARY MCGUINNESS	43:25
22.	PHIL QUINN	43:37
23.	JIM HINES	43:47
24.	STANLEY FELDMAN	43:49
25.	FRANKIE KEANE	43:51
26.	JOE KEITH	44:04
27.	PAUL FANNING	44:05
28.	LEORNARD CIANCIOLO	44:14
29.	WALTER RIDER	44:26
30.	PEDRO GOMEZ	44:28
31.	JOHN BUMP	44:34
32.	DOUGLAS GRANGE	44:48
33.	KEVIN MCKEON	44:54
34.	ANDRE BEAULIEU	45:07
35.	KEVIN MELIA	45:10
36.	GIUSEPPE GIANNONE	45:15
37.	MICHAEL CASTROS	45:16
38.	BILL GALLANT	45:36
39.	STEVE BENOIT	45:42
40.	BRYAN MURPHY	45:50
41.	PAUL MOLVAR	45:53
42.	MARK O'BRIEN	45:56
43.	DENNIS COLLINS	45:59
44.	GUS BIDWILL	46:01
45.	JOHN GRAY	46:27
46.	JAY LANDERS	46:28
47.	ROGER GORC	46:32
48.	DIANE AMOS	46:36
49.	GEORGE LAVASH	46:43
50.	JOHN PROULX	46:43
51.	RALPH DANGMAIER	46:47
52.	PERRY SEAGROVES	47:01
53.	JOSEPH TRUBALZ	47:02
54.	WARREN DRAPER	47:03
55.	STANLEY ROBERTSON	47:04

Results

(continued)

7.4 MILE GRAB BAG ROAD RACE LOWELL, MA 08/21/83 (continued)			
56.	ROGER SWAN	47:21	109. RICHARD JONES 49:59
57.	STEPHEN CARROLL	47:22	110. KEN HUGHS 50:50
58.	RICHARD FALES	47:24	111. MARTIN CASSIDY 50:04
59.	MARK HILLNER	47:25	112. SHAUN SCANLON 50:07
60.	JOSEPH MILIZIAN	47:25	113. JOHN MORAN 50:11
61.	DANIEL CAHILL	47:34	114. GODSELL 50:11
62.	BRIAN MARTIN	47:36	115. MICHAEL EPPOLITI 50:16
63.	SHELDON LEBLANC	47:43	116. PAUL DIBENEDETTO 50:20
64.	CHARLES MCGUIRE	47:43	117. ROBERT PIONGREE 50:21
65.	KENNETH IVES	47:43	118. DONALD WARREN 50:28
66.	RUTH KOSLON	47:45	119. BRUCE JOHNSTONE 50:30
67.	PAUL BREINES	47:46	120. BILL OLSON 56:33
68.	BERNARD CLANCY	47:49	121. RICHARD FALES 50:42
69.	JOHN BUCHHEISTER	47:50	122. MARK WENZEL 50:43
70.	WILLIAM BELLEMORE	47:50	123. MARTY FISCH 50:47
71.	GARY BEVIS	47:51	124. JEANNE CANALE 50:49
72.	PHILIP SIPKA	47:52	125. JIM ENTWHISTLE 50:50
73.	GEORGE DIRAGO	47:59	126. PAUL TRESS 50:58
74.	WILLIAM LEAHY	48:06	127. UNOFFICIAL 50:59
75.	GEORGE GIBBS	48:10	128. LEONARD GAUDETTE 51:03
76.	MAUREEN BLACKWELL	48:15	129. WAYNE MCDONALD 51:12
77.	DANIEL DALTON	48:17	130. KENNETH JUBETT 51:14
78.	LARRY FOX	49:19	131. WILLIAM BOYD III 51:17
79.	DANIEL MURPHY	48:22	132. RICHARD CANALE 51:18
80.	WINK MCCARTHY	48:25	133. KAY MCDONALD 51:21
81.	RICHARD LEANDRI	48:34	134. JOHN BETHELL 51:27
82.	JOHN GRANT	48:36	135. PAUL DONAGHUE 51:41
83.	MALCOLM COLEY	48:37	136. STEVE CONNOR 51:42
84.	DONALD WEBER JR.	48:39	137. DONALD JOHNSON 51:50
85.	RICHARD GAGE	48:40	138. BRUCE DRESSEN 51:58
86.	RUBEN GOMEZ	48:41	139. ROSA CRUZ 52:08
87.	CATHERINE HISSEM	48:41	140. BRAD SMITH 52:08
88.	JOSEPH LIVA	48:43	141. KEITH GOODWIN 52:16
89.	ANN SIPKA	48:47	142. PAMELA OEST 52:17
90.	ALAN SWAHN	48:50	143. PHILIP KEELEY 52:20
91.	GEOFFREY HASSARD	48:50	144. RAYMOND BELANGER 52:27
92.	JAMES BUCKLEY	48:58	145. TIM PELLETIER 52:31
93.	SEAN MCDERMOTT	48:59	146. GEORGE PAPANOTAS 52:32
94.	RONALD BELL	49:02	147. DAVID ABATIS 52:40
95.	JOHN MURRAY	49:02	148. BRIDGET MELEAN 52:40
96.	ROBERT DANGELMAIER	49:05	149. GERALD MULRONEY 52:41
97.	THOMAS CESARZ	49:07	150. DOMINIC BARDIER 52:43
98.	WILLIAM MCDERMOTT	49:09	151. ALAN HELPERN 52:56
99.	JOE RYAN	49:15	152. VALERIE KAVALSKI 52:58
100.	DOLYNE DIVINO	49:21	153. PHILLIP JONES 53:04
101.	NICK ANASTASI	49:24	154. BRIAN FEIBERG 53:09
102.	THOMAS SAVOCA	49:25	155. GRANT WHITEWAY 53:11
103.	GEORGE LEGRAND	49:27	156. JAMES WILLIAMS 53:14
104.	DAVE SOUSA	49:27	157. JAY MCCARTHY 53:14
105.	DEL CHRISTMAN	49:29	158. KEN DEMPSEY 53:16
106.	DICK SMITH	49:34	159. MARK DRISCOLL 53:23
107.	KEVIN KENNEDY	49:42	160. MICHAEL STIGERS 53:23
108.	ROBERT COTE	49:47	161. BARRIE BURTON 53:25
			162. TIMOTHY MCGAUGHEY 53:26
			163. PERDUE CHICKEN 53:31
			164. GEOFFREY CLEAR 53:39
			165. LOU FALEK 53:46

Results

(continued)

7.4 MILE GRAB BAG ROAD RACE LOWELL, MA 08/21/83 (continued)			
166.	MORT HOULE	53:46	219. HENRY GREEN JR. 56:29
167.	MARTHA RUMIEY	53:47	220. JEFFERY MAYCOCK 56:30
168.	WILLIAM CHARLES	53:51	221. DICK ABODEELY 56:32
169.	JOHN LEE	53:51	222. PAUL GOYETTE 56:37
170.	BOB SHEEHAN	53:52	223. WARREN GILBERT 56:40
171.	ALLAN BISSETT	53:53	224. ISMAEL GOMEZ 56:42
172.	HARRY MANN	53:55	225. BILL WYMAN 56:43
173.	DENNIS THOMPSON	54:03	226. PAUL THOMAS 56:47
174.	JAMES CONNERS	54:06	227. ED BERGAN 56:49
175.	DAVID FERRIERO	54:08	228. NICHOLAS LECSIN 56:49
176.	ROBERT FORTIER	54:10	229. ANNA DONOVAN 56:50
177.	BRUCE LECUYER	54:11	230. JACK KEEFE 56:50
178.	ROBERT THOMPSON	54:12	231. MILTON DESCOTENUX 56:52
179.	JOHN JOY JR.	54:13	232. KEN GOODIN 56:52
180.	RICHARD HERRON	54:14	233. ARNOLD EVANS 56:56
181.	JACK HEFFERNAN	54:18	234. JOE DOYLE 56:57
182.	RACHEL ANDERSON	54:19	235. CHRISTOPHER HORTON 56:58
183.	ERIC SCHEAUR	54:19	236. BILL REILLY 57:04
184.	JOHN DASZKIEWICZ	54:20	237. DAN BURKE 57:04
185.	MICHAEL BOUCHARD	54:29	238. JOHN PENNYCOOK 57:06
186.	DAN EMERSON	54:31	239. CRAIG YOUNG 57:08
187.	JAMES MARSH	54:34	240. THOMAS HAZEN 57:12
188.	ROBERT JONES	54:38	241. ANTHONY RODDY 57:18
189.	RUSS KEITH	54:41	242. BILL CARROLL 57:23
190.	ERNEST YASSO	54:44	243. BOB MCLEOD 57:25
191.	STEVE CRAIG	54:50	244. THOMAS RODDY 57:34
192.	MAURICE PELCHAT	54:55	245. PATRICK LEARY 57:37
193.	VICKIE SEARS	54:57	246. JOHN SHELTON 57:39
194.	THEODORE GUY	54:58	247. MARVIN DAVIS 57:43
195.	KAREN KELLY	55:00	248. GARY JACOBSON 57:47
196.	BRADFORD DEE	55:02	249. ARTHUR KOBBS 57:49
197.	ROBERT DONAHUE	55:09	250. FRANK DESANTIS 57:55
198.	RAYMOND LABRAEQUE	55:11	251. SUSAN TRUDEL 57:57
199.	BRENDAN DESILETS	55:11	252. WALTER NELSON 58:00
200.	PHILLIP SWEET	55:22	253. TIM WHELAN 58:00
201.	DANIEL TRUDEL	55:32	254. UNOFFICIAL
202.	JOE BURKE	55:33	255. JOHN RING 58:22
203.	DONALD TAYLOR	55:36	256. BRUCE RUPPUECI 58:32
204.	DAVE BRENNAN	55:39	257. MARIE RICCO 58:34
205.	ROBERT TORINO	55:40	258. JOHN SIMONS 58:38
206.	BUTCH DROSKY	55:44	259. RICHARD TOMCZYK 58:40
207.	KATHLEEN KELLY	55:44	260. ROBERT DINJIAN 58:41
208.	BOB MCCARTHY	55:45	261. CHARLES STORY 58:45
209.	RAYMOND BEAULIEN JR.	55:47	262. CARL GREENBAUM 58:49
210.	BRIAN SIFFERIAN	55:52	263. UNOFFICIAL
211.	HARRY VASSILAKOS	55:54	264. JOYCE SUSLOVIC 58:56
212.	ALBERT FARRIS JR.	55:56	265. JASON HOYT 58:59
213.	GAIL KELLEHER	55:57	266. JAMES BATEMAN 59:00
214.	MICHAEL SULLIVAN	56:02	267. THOMAS MCPHER 59:00
215.	MILES PAGE	56:22	268. ERIC SCHEUER 59:07
216.	RICHARD CURTAIN	56:22	269. DAVID LUNDBERG 59:08
217.	MICH TARASOVIC	56:23	270. CLAIRE LITAIEN 59:09
218.	MATTHEW GETTINGS	56:26	271. JOHN READ 59:10
			272. BERRY DORN 59:12
			273. MAL FULFORD 59:12
			274. BETTY MOLVAR 59:13
			275. EDWARD CHVIRUK 59:15

Results

(continued)

7.4 MILE GRAB BAG ROAD RACE LOWELL, MA 08/21/83 (continued)

276.	SUSAN RUBI	59:17
277.	JACK LEONARD	59:20
278.	MICHAEL BERRY	59:21
279.	RICHARD BEAN	59:30
280.	EDWARD GRZYB	59:41
281.	DANIEL CHAMPAGNE	59:42
282.	JOHN NOONAN	59:47
283.	CARL FITZGERALD	59:48
284.	WENDELL PIRECE	59:49
285.	KEVIN BRESLIN	59:53
286.	ROBERT WARE	59:56
287.	BARBARA WARE	59:56
288.	UNOFFICIAL	
289.	MARC DESHAIES	59:58
290.	DENNIS SZEGEUX	60:04
291.	WILLIAM SMITH	60:06
292.	GAIL CASTRIOS	60:07
293.	KEN MCINTIRE	60:07
294.	JOHN BLAKE	60:19
295.	GARY MOORE	60:54
296.	DAVID MUNGOVAN	60:59
297.	MICHAEL VEVES	60:59
298.	CLIFFORD PIPER	61:09
299.	CONNIE SIGNOR	61:09
300.	JAMES BARRETT	61:11
301.	RICHARD ENO	61:14
302.	JOSEPH CARROLL	61:16
303.	WILLIAM NOLL	61:24
304.	JOHN INGALLS	61:27
305.	RAMMOHAN NARAYAN	61:31
306.	ALAN SEARS	61:48
307.	MAURICE NOONAN	61:50
308.	JOSEPH RENNIE	62:01
309.	JUDY NEILAND	62:07
310.	CAROLWADE	62:09
311.	JOHN TINNEL	62:11
312.	JEAN KEAMY	62:12
313.	WALTER CHAPMAN	62:12
314.	PAULA QUINN	62:13
315.	JOHN ZIMMERMAN	62:21
316.	ROBERT GIRAND	62:23
317.	JOSEPH ANTIFONARIO	62:28
318.	JOSEPH LYNCH	62:35
319.	MARILYN ZAJAC	62:46
320.	DAVID CRONK	62:47
321.	ROBERT HUNTER	62:53
322.	MARK DICKSTEIN	63:30
323.	RICHARD DETHOMAS	63:40
324.	NORMAN BURGESS	63:41
325.	MICK PAUL	63:42
326.	JOHN VALLONE	63:47
327.	RAYMOND BISSETTE	63:50
328.	MARTHA LOGAN	63:59

329.	BARRY ROBINSON	64:12
330.	JOHN SULLIVAN	64:15
331.	SCOTT DAVIS	64:15
332.	MERRILL SANDLER	64:53
333.	SUSAN MURRAY	65:05
334.	RICHARD MARCUS	65:22
335.	ROBERT CAHNERS	65:37
336.	CLAIRE DUROCHER	65:42
337.	ROBERT BUSSEN	66:27
338.	JOSEPH BRIGHT	66:28
339.	CARRIE NOLL	66:43
340.	TAFT MURRAY	66:55
341.	STEPHEN O'NEILL	67:06
342.	DAVID MARCHAND	67:16
343.	JANET ROBERTSON	67:28
344.	WILLIAM KOVTOVBAS	67:51
345.	CHARLES MORANCY	68:07
346.	MARK BRYAN	68:07
347.	KEVIN MCSHANE	68:07
348.	BONNIE SAUVE	68:16
349.	JAMES HUNKO	68:32
350.	JAMES SILVIA	68:44
351.	CHRIS PETERS	68:51
352.	GEORGE O'HARE	68:51
353.	GAIL LABRECQUE	69:01
354.	DONNA DIECKAOFF	69:01
355.	JOSEPH KAMAL	69:30
356.	JOY MALLIAROS	69:30
357.	DEREK LANTERY	70:09
358.	BETH WONG	70:10
359.	THOMAS HILDRETH	70:14
360.	UNOFFICIAL	
361.	HAZEL PALMER	71:06
362.	MICHAEL SOUSA	71:55
363.	MEG HEFFERNAN	73:57
364.	MARY MENDELL	102:48

Grab Bag 1.4 Mile Fun Run

1.	JAMES CHUTE	7:59
2.	DAVE LYNCH	8:01
3.	ROBERT ELIASSEN	8:33
4.	JOSHUA KRELL	8:52
5.	MICHAEL DALEY	9:06
6.	BILL NICHOLLS	9:07
7.	NICK BONIFANTI	9:25
8.	DIANE MCPARTLIA	9:31
9.	DAVID NULL	9:34
10.	DEREK REEVER	9:34
11.	JAMES LAWLESS	9:47
12.	GREG GILBERT	9:48
13.	HAROLD FRIBERG	9:53
14.	MICHAEL SIFFERLEN	9:53
15.	SCOTT GEROW	9:53
16.	JACK BURNS	9:57
17.	DAVID SOLOVIEFF	10:05
18.	SANDRA CORCORAN	10:10

Results

(continued)

Grab Bag 1.4 Mile Fun Run (continued)

19.	JOHN MILKO	10:14
20.	JEFFREY VALLI	10:18
21.	CHRISTIAN BRACKETT	10:16
22.	CROSBY BRACKETT	10:36
23.	JOHN-PAUL BILODEAU	10:42
24.	JOHN MCDONOUGH	10:47
25.	ALAN WOODS	10:48
26.	CHARLIE STEVENS	10:51
27.	GARY HASTINGS	10:52
28.	GARY MARCOTTE	10:55
29.	JEFF CORCORAN	11:01
30.	DAVID PLISKA	11:04
31.	TRACY CHARLES	11:04
32.	BONNIE COSTEDIO	11:06
33.	CARRIE MAILLE	11:10
34.	ROGER BELL JR.	11:15
35.	JAY ROBINSON	11:16
36.	HEIDI WIBERG	11:22
37.	DEREK SMITH	11:26
38.	BENJI SMITH	11:28
39.	BRADFORD MATTHEWS JR	11:32
40.	KEVIN GALLANT	11:34
41.	BRADFORD MATTHEWS	11:36
42.	GREG FREDERICK	11:41
43.	CAROL HOKANA	11:41
44.	DAVID DESANTIS	11:45
45.	JONATHON DRELL	11:48
46.	FRANK GORDON	11:53
47.	JACQUELINE BURNS	11:57
48.	JAMES COSTOS	11:58
49.	JENNIFER LAMONTAGNE	11:59
50.	TIMOTHY SPITTLE	12:01
51.	TAD CHARLES	12:09
52.	PAMELA WIKLUND	12:12
53.	ROBERT ZIETKOWSKI	12:13
54.	BEAU LAMONTAGNE	12:18
55.	WILLIAM GIANIS	12:18
56.	BRENDAN CORKERY	12:18
57.	BRAD GALLANT	12:21
58.	DEBORAH BRADLEY	12:24
59.	ROBECCA GOLDSTON	12:24
60.	BETH ROBINSON	12:27
61.	TODD RUMLEY	12:30
62.	STEPHANIE CREEGAN	12:33
63.	RON ENIS	12:37
64.	ROGER BAKER	12:38
65.	JENNIFER DRISCOLL	12:40
66.	SCOTT GREENBAUM	12:47
67.	GREG AMIRO	12:48
68.	SUK WONG	12:50
69.	EDWARD MILKO	12:56
70.	NICOLE BENOIT	13:05
71.	CHRISTOPHER MAILLE	13:16
72.	KEVIN CHURIK	13:18

73.	JANICE CLANCY	13:18
74.	KATHERINE BENOIT	13:21
75.	MARY-ANNE MURPHY	13:22
76.	DIANE ZUPKOSKY	13:28
77.	KAREN YOUNG	13:32
78.	WILLIAM KLOSEK	13:33
79.	WILLIAM BARTH	13:34
80.	JOHN POULHOT	13:34
81.	CATHY VEILLETTE	13:36
82.	KEVIN HEFFERNAN	13:40
83.	DIANE KLETT	13:41
84.	KAREN TAYLOR	13:43
85.	DEEJAY GAGNON	13:49
86.	RONNA RAMALHO	13:44
87.	JAMES KING	13:50
88.	JAMIE GREENBAUM	13:54
89.	SUSAN GILBERT	13:54
90.	LAVERNE SILVESTER	13:56
91.	JOANNA KING	13:56
92.	JOANNE CHABOT	13:59
93.	ERIK JONES	14:17
94.	SHEILA JONES	14:31
95.	BONNIE MACLELLAN	14:32
96.	MARYBETH MARCOTTE	14:33
97.	TIMOTHY QUEILETTE	14:38
98.	JUDITH CREEGAN	14:39
99.	ELIZABETH DEWARE	14:39
100.	ERIN BURNS	14:40
101.	EILEEN BURNS	14:40
102.	JOAN GRIFFITH	14:40
103.	RICHARD RYS	14:42
104.	LINDA WEBLEY	14:43
105.	PAULA CRONK	14:44
106.	TINA CRONK	14:45
107.	MARYANNE MUNGOVAN	14:46
108.	PAMELA ROBICHAUD	15:00
109.	HANK CHABUZ	15:01
110.	AMY KEOUGH	15:07
111.	UNOFFICIAL	
112.	EILEEN MASON	15:09
113.	PATRICIA FRIBERG	15:11
114.	STEPHANIE GILBERT	15:13
115.	DONNA MCMAHAN	15:15
116.	DONNA CHARK	15:24
117.	PATRICIA TAPIER	15:25
118.	UNOFFICIAL	
119.	PATRICIA WENZEL	15:45
120.	KELLY GOULDSON	16:11
121.	DATHLEEN BATTEN	16:14
122.	MICHELLE MCDONALD	16:20
123.	PATTIE ALLEN	16:24
124.	DONNA CAMERON	16:47
125.	SISSY CRONK	16:51
126.	ERIK BATEMAN	16:54
127.	THERESE MCGLOIN	16:55
128.	KIM BATTEN	17:11
129.	JENNIFER BATEMAN	17:20

Results

(continued)

Grab Bag 1.4 Mile Fun Run (continued)

130.	HEATHER GORDON	17:50
131.	ELIZABETH BERNARD	17:50
132.	WENDY BERNARD	17:51
133.	CHRISTOPHER MILLS	18:26
134.	JODY THOMPSON	18:47
135.	UNOFFICIAL	
136.	JOHN MORAN	19:11
137.	KELLY GURELKIS	19:31
138.	KATY GIANIS	19:36
139.	KATHLEEN GIANIS	19:37
140.	UNOFFICIAL	
141.	UNOFFICIAL	
142.	JAMIE BATEMAN	20:34
142.	WILLIAM BATEMAN	20:34
143.	KATHY BATEMAN	20:34
144.	KRISSY BATEMAN	20:34

AROUND CAPE ANN 25K GLOUCESTER 09/05/83

1.	L. OLSEN	1:22:55
2.	R. JOHNSON	1:23:53
3.	B. JGOE	1:25:44
13.	TOM AMIRO	1:28:49
19.	COLIN GOULDSON	1:31:38
21.	KEVIN KEARNS	1:32:14
34.	DAVID CAMIRE	1:35:20
41.	DENNIS CONNERS	1:35:37
53.	WILL MASON	1:37:01
67.	JOHN BURKE	1:39:03
148.	BILL BOYD	1:46:12
184.	DAVE WEEKS	1:48:40
189.	RICH LAMONTAGNE	1:48:56
237.	BEN FUDGE	1:51:47
319.	SUSAN LAMONTAGNE	1:57:24
391.	MARGARET DOENGES	2:03:09
392.	GARRETT CASEY	2:03:17
393.	BARRY PEARSON	2:03:21
396.	ED STOTT	2:03:43
442.	ALBERT FARRIS	2:07:42
447.	TIM TICHES	2:08:08
448.	BOB LORDAN	2:08:08
449.	RUSSEL LASTE	2:08:08
459.	MITCH KORBEB	2:08:54
464.	GEORGE PRIVE	2:09:37
470.	BENTLEY HERBERT	2:09:59
480.	DAN BRENNAN	2:10:50
524.	MARIA DEMARINES	2:15:08
531.	JUDY NEILAND	2:15:43
532.	ANN SARTORELLI	2:15:43
533.	MARY TICHES	2:15:55
553.	ALLAN BISSETT	2:17:41
564.	RICHARD NADEAU	2:19:18
609.	THELMA LASTE	2:25:09

CAPE COD RELAYS 10/15/83

1.	CMS "A"	7:16:27
2.	BAA "A"	7:25:43
3.	CSU "A"	7:29:59
4.	TRI VALLEY	7:34:21
5.	MOHEGAN STRIDERS	7:36:22
6.	HARTFORD T.C.	7:37:48
7.	CMS "B"	7:38:34
8.	MVS "A"	7:39:01
9.	GLRR "A"	7:40:19
10.	WINGAERSHEEK RR	7:41:48

YANKEE HOMECOMING 10 MILER NEWBURYPORT, MA 09/02/83

1.	M. KIMBALL	49:50
2.	W.F. NEWHALL	49:56
3.	D. KIMBALL	51:28
20.	MARK BASHOUR	53:47
24.	ART DEMERS	54:29
31.	TOM AMIRO	55:06
41.	DAVE CAMIRE	55:54
63.	KEVIN KEARNS	57:20
89.	TOM CAPPELLUZZO	59:01
100.	RAFAEL RIOS	59:31
150.	DENNIS CONNERS	1:01:46
174.	RICK LAMONTAGNE	1:02:24
177.	FRAN MAYCOCK	1:02:26
180.	GEORGE LEGRAND	1:02:35
193.	KENNETH ACKERLEY	1:03:02
243.	DAVE SOUSA	1:05:01
244.	BILL BOYD	1:05:01
334.	BARRY PEARSON	1:07:16
428.	BILL FLORENCE	1:09:18
442.	WINK MCCARTHY	1:09:30
446.	GEORGE PRIVE	1:09:33
525.	SUE LAMONTAGNE	1:11:57
544.	WAYNE MCDONALD	1:12:47
603.	MARGARET DOENGES	1:14:35
607.	TOM MORAN	1:14:45
635.	TIM TICHES	1:15:36
640.	JOE CRAVEN	1:15:38
680.	JEAN BOSWELL	1:16:34
689.	ALBERT FARRIS	1:16:58
695.	JACK KEEFE	1:17:11
776.	BOB LORDAN	1:19:24
799.	RUSSEL LASTE	1:19:52
810.	CARRIE STEIMAN	1:20:16
929.	JOE ZACHARER	1:25:31
949.	JUDITH NEILAND	1:26:21
953.	MARY TICHES	1:26:39
1034.	THELMA LASTE	1:33:06
1062.	ANN CRAVEN	1:37:39

Results

(continued)

APPLEFEST HALF MARATHON HOLLIS, NH 09/25/83

1.	B. BUTTERWORTH	1:08:24
2.	K. RETELLE	1:09:44
3.	R. CURRIER	1:10:25
8.	TOM AMIRO	1:12:26
13.	TOM CAPPELLUZZO	1:13:14
16.	DAVE CAMIRE	1:14:07
17.	ART DEMERS	1:14:07
25.	JOHN BOUTSELIS	1:18:00
35.	ROD BOUCHER	1:19:24
66.	DAVE WEEKS	1:23:38
68.	GEORGE LEGRAND	1:23:56
82.	JIM DOWNEY	1:25:07
83.	DAVE SOUSA	1:25:14
84.	JOHN TANNHEIMER	1:25:14
143.	GEORGE PRIVE	1:30:37
159.	DON HOGAN	1:31:25
167.	JOE VAIL	1:31:48
203.	BARRY PEARSON	1:35:12
272.	JACK KEEFE	1:41:32
276.	JEAN BOSWELL	1:41:58
287.	ALLAN BISSETT	1:43:05
341.	CLAIRE FRASSICA	1:49:32
345.	JOE ZACHARER	1:50:02
349.	ALBERT FARRIS	1:50:48
425.	JIM MACDONALD	2:23:34

Applefest Team Standings

1.	ATHLETIC ALLIANCE	3:34:48
2.	GREATER LOWELL #1	3:39:47
3.	GARDNER	3:45:46
4.	RAY'S RUNING SHOP	3:57:11
5.	ATHLETIC ALLIANCE	4:03:04
6.	GREATER LOWELL #3	4:08:21
7.	GATE CTY STRIDERS	4:11:57
8.	DEC RUNNING CLUB	4:15:16
9.	GREATER LOWELL #2	4:18:11
10.	FITNESS RESOURCES	4:22:14
11.	DEC RUNNING CLUB	4:25:23
12.	MASON MARATHONERS	4:41:22
13.	GATE CTY STRIDERS	4:47:07

EARLY BIRD 5 MILE RACE CHELMSFORD 09/17/83

1.	DAVID CAMIRE	26:55
2.	TOM AMIRO	27:01
3.	WILL MASON	28:00
5.	DENNIS CONNERS	28:14
8.	ROD BOUCHER	28:55
10.	JOHN BURKE	29:07
12.	DAVE WEEKS	29:42
16.	BEN FUDGE	30:17
21.	WILLIAM BOYD	30:48
23.	ANDY CHANDONNET	30:55
28.	WILLIAM MCCARTHY	31:17
29.	JOHN BUCHHEISTER	31:19
36.	BARRY PEARSON	31:37
39.	PHIL KAY	31:59
41.	JIMMY TRUDEL	32:31
44.	MIKE HODGE	32:54
45.	GEORGE PRIVE	32:56
46.	WILLIAM WINN	32:57
47.	HUGH MCNEIL	33:26
50.	EDWARD STOTT	34:02
52.	MARGARET DOENGES	34:10
53.	RICHARD ANDREWS	34:12
64.	JOE CRAVEN	35:18
65.	BOB LORDAN	35:33
68.	TOM MORAN	35:39
69.	DAVID CROCKER	35:42
70.	JACK KEEFE	35:44
71.	JOHN KOUMANTZELIS	35:51
73.	CHRISTINE BRENNAN	36:08
76.	RICHARD NADEAU	36:20
82.	ANNA DONOVAN	37:08
84.	DAN MURPHY	37:11
89.	DAN TRAINOR	37:21
91.	CLAIRE FRASSICA	37:24
92.	JUDY NEILAND	37:24
93.	MARIA DEMARINES	37:53
96.	CARRIE STEIMAN	38:14
101.	C.J. SMITH	38:27
103.	TINA SOUSA	38:50
116.	JANET AMIRO	42:13
117.	DEBBIE DONOGHUE	42:27
120.	LINDA WEEKS	43:48
126.	JIM SHELTON	45:11
127.	JOE LABELLA	45:22
130.	NANCY WHEELER	46:19
137.	KERRY CRAVEN	47:49
139.	ANN CRAVEN	48:22

If You Can't Beat'em Join'em

The Greater Lowell Road Runners

<input type="text"/>															<input type="text"/>																								
LAST NAME															FIRST NAME																								
<input type="text"/>																														<input type="text"/>									
ADDRESS																														BIRTHDATE									
<input type="text"/>															<input type="text"/>					<input type="text"/>					<input type="text"/>														
CITY															STATE					ZIP CODE					SEX (M/F)														
<input type="text"/>																														(<input type="text"/> <input type="text"/> <input type="text"/>)					<input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>				
OCCUPATION																														TELEPHONE									

TYPE OF MEMBERSHIP DESIRED (check one)

- | | |
|---|---|
| <input type="checkbox"/> REGULAR (\$10.00) | <input type="checkbox"/> NEW MEMBER |
| <input type="checkbox"/> STUDENT (\$ 5.00) | <input type="checkbox"/> RENEWAL |
| <input type="checkbox"/> FAMILY (\$15.00) (list family members below) | <input type="checkbox"/> ADDRESS CORRECTION |

MAIL APPLICATIONS TO:

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

MAKE CHECKS PAYABLE TO:

Greater Lowell Road Runners Inc.

In case of injury while competing, I waive all rights and claims for damages or injuries against The Greater Lowell Road Runners Club, Inc. and its Members.

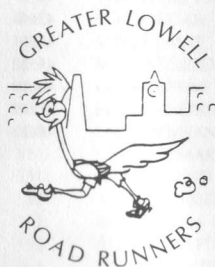
Signature of Member(s)

Signature of Parent or Guardian (if under 18)

- ☐ I am interested in becoming more actively involved in the Club.



GREATER LOWELL ROAD RUNNERS
P.O. BOX 864
LOWELL, MA 01853



— BULK RATE —
U.S. POSTAGE
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LOWELL, MA 01853
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