

Starting LINES

Greater Lowell Road Runners, P.O. Box 864, Lowell, MA 01853 508/452-9426 February 1992

1992 NEAC Grand Prix Slime Challenge

The NEAC Grand Prix race schedule has been announced. As a club, we are always looking to make a strong presence at each of these races. This year, we would like to reach an all-time high for club participation in the NEAC Championship Races. In an effort to stimulate this participation, we are announcing the 1992 GLRR NEAC Grand Prix Slime Challenge. Our goal is to slime the roads of the NEAC Grand Prix courses with green.

Many of you may be aware of, or even be participants in the Hockomock Swamp Rat Series of road races. The Slime Challenge will be very similar to the Swamp Rat Series. If you have no idea of what the Hockomock Swamp Rat is, then I feel sorry for you. Very briefly, the HSR is a Journal of New England Road Racing (quoted from the cover of the publication) with a unique individual, Peter Wallan, at the helm. To find out more, contact the HSR at 44 Highland Street; Sharon, MA 02067.

The Slime Challenge is a competition within the club based upon member's participation and perfor-

mance in the NEAC Grand Prix Series. Now before you stop reading this because you are a back-of-the-pack type of runner, I urge you to read on. The aforementioned Peter Wallan has graciously allowed GLRR to use a unique scoring system that will put just about everyone on the same playing field. There will be a few adjustments to better accommodate the club.

Each club member who participates in a NEAC race will receive points based on the following rules:

Basic Points

- +4 points - First GLRR Finisher
- +3 points - Second GLRR Finisher
- +2 points - Third GLRR Finisher
- +1 point - All Other GLRR Finishers

Age & Sex Bonus Points

(In addition to basic points)

- +2 points - First GLRR Master (40+)
- +2.5 points - First GLRR Sr. (50+)
- +2.5 points - First GLRR Vet (60+)
- +2.5 points - First GLRR Female
- +1.5 points - Second GLRR Female
- +0.5 point - Third GLRR Female

Atrocious Weather Bonus Points

To Be Determined - For all GLRR finishers in a Slime Challenge race held in extremely bad weather conditions (heat, cold, wind, etc.). The Slime Challenge Panel of Judges will make all final decisions.

Appearance Bonus Points

- +10 points - Members who runs all 7 races
- +7 points - Any member who runs 6 races (including the marathon)
- +6 points - Any member who runs 6 races (not including the marathon)
- +5 points - Any member who runs 5
- +4 points - Any member who runs 4
- +3 points - any member who runs 3
- +2 points - Any member who runs 2

Course Difficulty Bonus Points

Add the difficulty points noted in the race table on page 3 to your Basic Points.

Special Bonus Points

(You can only gain or lose 1 point per race in this category.) +1 point - Any photograph of you which clearly

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HYNES ROAD RACE

The 11th Hynes' Tavern Road Race is scheduled for March 15. Once again, I need your help to maintain the quality of this event. From a fund raising point of view, "the Hynes" has been one of the most lucrative GLRR endeavors. Last year, over \$4,500 in race profits went back into the club treasury as a result. This message is particularly aimed at those members of the club who may be interested in helping out, but have been reluctant to do so in the past. **WE NEED YOUR HELP!!** Plain and simple, that's what makes the Hynes Race so successful: volunteers. Please consider donating some of your time this year. It doesn't take a lot of energy or expertise and the perks are fairly decent. All volunteers will receive a free 5-color t-shirt and admission to the volunteer's party scheduled for March 1. The party will feature free beer, pizza and soda, and maybe even a surprise or two. So, if you've helped out in the past, I thank you; if you want to help out this year, give me a call at (508) 957-4456 or sign up at the next club meeting. Thanks. -- Jay McCarthy

Bus to Boston Marathon

Package includes bus transportation to the start of the Boston Marathon, hotel rooms with showers, refreshments and bus transportation back to Lowell. Send your name, address, phone number and a check for \$15.00 (\$20.00 for non-GLRR members) made payable to the Greater Lowell Road Runners to: Mary Bourret, 30 Heritage Hill, Windham, NH 03087. **NO PHONE CALLS, PLEASE!!** You will be provided with all necessary information upon receipt of payment.

Slime Series Continued

shows your race number and race name. If there are no race numbers given out for a particular race, then the race is excluded from this category. You must be clearly identified in the photo and you must be wearing a GLRR singlet and shorts.

-1 point - Same as above except for the uniform part. **-1 point** - Any photo of you competing in another race on the same day as a Slime Race, provided you don't run both races. In addition to a photograph, you can also submit the race results of a race.

NOTE: All photographs should be sent to the Club address: *GLRR, P.O. Box 864, Lowell, MA 01853; Attention: 1992 GLRR Slime Challenge.*

An attempt to return any photo will be made provided a self-addressed stamped return envelope is include with the photo. Also, please include a note which contains the name of the person who is to receive or lose a point along with the name of the race. Any photo submitted may be used in a future club publication.

If you are not convinced that the scoring system works, consider the following two points. One: the Slime Challenge is modeled after the Swamp Rat Series which is currently in the 9th race of a 20 race series. So far the top 10 individuals consist of 4 male open runners, 2 female open runners, 2 male masters, 1 female master, and 1 male veteran. Two: the prizes described below will be the same for the top runners in the series with the exception of the #1 scorer.

Other Rules

1. Open to paid-up GLRR members, only. If you join in mid-series, earlier races don't count.
2. If the Slime Challenge Panel of Judges are unable to obtain the results of a race, then that race is discounted.
3. Updates and standings will be published in the club newsletter.
- 4.. Any appeal, complaint, or comment should be sent to the club address mentioned above.
5. The Slime Challenge Panel of Judges has the last word on every-

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GLRR Youth Schedule

WINTER

Events will be kept low key this Winter. Everyone should be doing a little running on their own, possibly augmented by other sports. Due to the increased user fees being assessed by the Chelmsford School system, it has gotten too expensive to have indoor practices and meets at Chelmsford High School.

For those that like distance running, GLRR conducts a 5K (3.1 miles) road race every Saturday morning, from Tewksbury High School, through the 15th of February. A fee of 25 cents is charged each week.

We also may run is a couple of indoor meets (Taunton and Yale) in March. Announcements will follow.

SPRING/EARLY SUMMER

Practices will start on April 6 and run through June 18, every Monday and Thursday evening from 6:00 P.M. to 7:30 P.M. at the Chelmsford High track.

We plan to run in a couple of road races (5K or less), in addition to the TAC (end of June), AAU (July), and Hershey (June - July) competitions.

We also hope to run a series of meets at CHS with other teams from the Greater Boston area.

LATE SUMMER

Late summer will also be kept low key to give the kids time to relax and get some swimming in. No practices will be held but running will be available for those who want to participate.

National competitions for those who qualify (late July). The GLRR Two Mile Series will be expanded this year to provide some shorter youth races. The series starts July 8 at 5:45 P.M. at Cawley Stadium in Lowell, and will continue each Wednesday evening through August 26. We can compete at the Needham Track Meet (July), and try to get in a few road races. Sometime in the middle of all of this,

we are going to plan a team outing - possibly to Mount Monadanock (we can all get some hill work in).

FALL

Practice for what looks to be an outstanding Cross Country season will begin on August 17 at 5:30 P.M. at the CHS track, and continue each Monday and Thursday through at least the 8th of October.

We will again run a series of Sunday afternoon Cross Country meets at CHS to get the teams set for TAC and AAU competitions.

The AAU National Championship will take place in early December in Pennsylvania. The TAC location has yet to be announced. After our strong showing in the 1991 AAU Nationals, we expect to be at the 1992 Nationals "going for the gold".

AGE GROUPINGS FOR 1992

<u>Division</u>	<u>Born</u>
Sub-Bantam	1984 and After
<i>(When allowed; otherwise combined with Bantam)</i>	
Bantam	1982 - 1983
Midget	1980 - 1981
Youth	1978 - 1979

And for those runners, when not competing at the High School level:

Intermediate	1976 - 1977
Young Men & Women	1974 - 1975

All of the above is being provided to allow a little bit of advance notice of what we hope will occur in 1992. Things will change and when they do, we will do our best to give as much advance notice as possible. -- Dick Curtin, GLRR Youth Director

The Grande Report

Destination: Taylor Wine Marathon and Relay (NY) (Oct. 13, 1991) Sights: awesome peak foliage, 8 hour-long drive made longer by Dave Audet blasting rap music. Fortunately for me I turned off my Miracle Ear. Elaine (Pechow) and Jerry (Rosa) participated in the relay (2 legs for Rosa who paced me, kept me ahead and beat '84 Olympian Jeff Galloway by 2 minutes in 3:17). Jeff told me the day before he was going to jog it. Right, Jeff!! Armed to the teeth with 2 Power Bars, he didn't stand a chance. Finishing at the winery, participants had their fill of champagne. Rosa drank 6 bottles!

Destination: Green Mountain Marathon (VT) (Oct. 19, 1991) Big time PRs in the Half Marathon for Rosa (1:22; 2nd Master) and Elaine Pechow, while Dave Audet, running in the lead for 24.5 miles finished second overall in the 2:40s. Steve Pepe did a 3:11, paced by Rosa. Your's truly, still injured, worked the finish line.

Destination: Chicago Marathon & 5K (Oct. 27, 1991) Elaine and Jerry took in the 5K with Jerry breaking 18 minutes. Dave Audet broke 3 hours. Your's truly struggled in 3.5 hours plus. I had Elaine give me a plastic bag just before the finish line. I got more goodies than if I went trick or treating for days. The post-race party was the best: free food and bar drinks plus a DJ and Mr. "T" in his white Rolls.

Destination: Atlantic City Marathon & 10K While Elaine and Jerry ran the 10K (2nd Master for Jerry again), Dave and I ran the marathon. This was probably the stupidest thing (besides getting married) I ever did in my life. We ran in 50 mph wind gusts, sleet, rain, hail, snow and sand-in-your-face conditions. PWs (Personal Worst) were par for the course. I can't mention Audet's time, but I was not too far behind. Upon leaving, they wouldn't let the plane take off for 4 hours. Suffice it to say that it was a bad day. I also lost my shirt (not on the course, but in the casino). - **Steve Grande, GLRR Correspondent**

P.S. -- Dave Audet completed 5 marathons in 6 weeks.

NASHUA TO HYNES RUN

DATE: Sunday, March 1, 1992.
TIME: Beginning at 9:00 A.M.

WHERE: From the Nashua YMCA to Hynes' Tavern in Lowell. The course basically follows the Mill Cities Relay route. Two informal waters stops will be located at Sanders and the Wang facility on Pawtucket Boulevard.

MISC.: The starting times from the Nashua "Y" are staggered to allow all runners to arrive at Hynes' Tavern at approximately the same time.

There will be a party at Hynes' beginning at 12:00 noon. Pizza, beer and soda will be provided. Admission is free to Hynes Road Race volunteers, only. Non-volunteers will be charged \$3.00. Please pay Jay McCarthy before leaving the "Y".

(PACE/MILE) LEAVE THE "Y",
(9:30) 9:00 A.M., (9:00) 9:07 A.M.,
(8:30) 9:15 A.M., (8:00) 9:22 A.M.,
(7:30) 9:30 A.M., (7:00) 9:37 A.M.,
(6:30) 9:45 A.M., (6:00) 9:52 A.M.,
(5:30) 10:00 A.M.

Slime Series Continued

thing. Any excessive complaining could result in the loss of points!

Prizes

The overall winner will receive a plaque listing his or her performances in the Slime Challenge.

The top scorers (actual number to be determined) will receive a handsomely designed GLRR Slime Challenge commemorative sweatshirt, soon to be a hot collector's item in the club.

All members who participate in 3 or more races will receive a certificate similar to the winner's plaque listing each of their individual performances.
-- **Dave LaPierre, Slime Challenge Director**

Race	City	Distance	Date	Difficulty Points
Stu's 30K	Boylston	18.6 Mi.	3/8	+3
Just Do It 20K	Pittsfield	12.4 Mi.	3/28	+2 (just for getting there)
Winthrop Hospital 10K	Winthrop	6.2 Mi.	6/6	0
Chiropractic 5K	Worcester	3.1 Mi.	6/28	0
Yankee Homecoming	Newburyport	10 Mi.	7/28	+1
Dubliner 8K	Lowell	5 Mi.	9/6	0
Cape Cod Marathon	Falmouth	26.2 Mi.	10/25	+2

*Help Us Slime New England
at the Boylston 30KM on March 8*

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GLRR Events Calendar

February 22

GLRR Twosome Race (Westford, MA). Contact Brian Colcord for an application 603/362-5307.

February 24

Monthly meeting featuring cross-country star Dan Dillion as the guest speaker. The meeting begins at 7:30 PM at the Knickerbocker Club in Lowell, MA.

March 1

Eleventh Annual Nashua-to-Hynes Run. For more information see the article on page 3.

March 8

NEAC 30KM Championship in Boylston, MA. Contact racing team manager Colin Gouldson 508/256-1632 for more information.

March 15



Eleventh Annual Hynes/Budweiser Irish Feet are Runnin' 5-Mile Road Race. Volunteers are still needed, contact race director Jay McCarthy at 508/957-4456. Volunteer and receive a commemorative t-shirt.

March 21

GLRR Awards Banquet at the Irish American Club in Westford. Keep this evening open on your calendars for a great time. Details will be published in the March Starting Lines.

**There is no Monday night
March club meeting. The
Awards Banquet will take
the place of that meeting.**

Starting **LINES**

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**GREATER
LOWELL
ROAD RUNNERS**

P.O. Box 864, Lowell, MA 01853