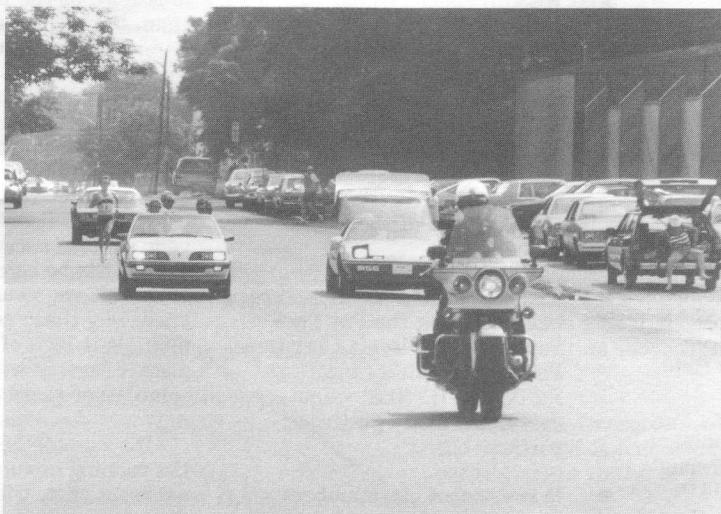


Starting Lines

published by the Greater Lowell Roadrunners



Nestled behind the two lead vehicles is Olympic bronze medalist Charlie Spedding, in route to winning the Jim Witt 5-Star Road Race. The 5-Star race, which was one week before the Olympic marathon, served as a tune-up for Charlie Spedding. Charlie, recently returned to Lowell to appear as the guest speaker at the January GLRR club meeting.



Upcoming Events

March 2

GLRR Pot Luck Supper: 7:00 PM at the Knickerbocker Club in Lowell. Contact Carrie Steiman 251-7134 for additional information.

March 3

Nashua to Hynes' Fun Run: Starting from the Nashua YMCA at 11:00 AM. The 16.1 mile run will follow the Mill Cities Relay course detouring in Lowell to Hynes' for beer and pizza. For more information contact Dave Camire 957-4230.

March 24

Merrimack Valley Striders' 3rd Boston Tune-up Run: The 30K run starts at 10:00 AM from the N. Andover VFW and finishes at the Winners Circle in Salisbury. No entry-fee, no timing, no awards, but lots of fun. You must arrange your own transportation back to the VFW. For information contact Marty 688-3340 or Ray 686-2824.

Club Meetings

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

Club Phone

Get the latest up-to-date running news by calling 452-9426. A pre-recorded message will fill you in on up-coming running events.

Club Uniforms

Get them while they last! Our supply is getting low; call Will Mason at 256-7171 to order uniforms.

Are You Listed in the GLRR Records?

Appearing in this edition of Starting Lines are the club records. If you are not included in this list and would like to be, send your best times to: Bob Lordan, 11 Revere Rd., Tewksbury, MA 01876

Weekend Running Experience

Spend a family weekend, camping and running, in the beautiful White Mountains with the Fudges. Scheduled dates are May 18th and 19th, June 8th and 9th, and June 15th and 16th. For additional information contact Ben or Pat Fudge at 851-3272.

Membership Drive

The GLRR will be conducting its first membership drive this coming summer. A brochure, explaining the benefits of joining the GLRR, will be available at the March club meeting. Specific information about the drive will be mailed to all members in the near future.

Club Raffle

At all GLRR club meetings a raffle is held. The funds, raised from these raffles, are used to defer the cost of the annual Christmas party. Help support the GLRR, by taking part in the raffle, at the next club meeting.

President's Message



Fran Maycock

HAPPY NEW YEAR to you all. It is now the year NINETEEN HUNDRED AND EIGHTY FIVE. It is a time to reflect on our accomplishments during the past year. Also, to realize what we can do to improve our organization during the upcoming year.

We have accomplished much during 1984. I will attempt to summarize the major milestones.

- We have been able to achieve a new level of financial stability. We are able to meet our financial obligations in a timely manner, without sacrificing the flexibility to spend some discretionary income on things which the membership is interested in.

- Firsts in the area of running events were several:

The first JIM WITT FIVE STAR ROAD RACE was a huge success drawing a quality field, including Olympic Bronze Medalist Charlie Spedding. This race was also a financial success thanks to our generous sponsor, JIM WITT PONTIAC.

The NEW ENGLAND JUNIOR OLYMPICS CROSS COUNTRY MEET held at the Dracut High School was the first major children's competition which the club has sponsored. A very positive experience for all involved.

The MILL CITY RELAYS competition was another first time success. Almost one hundred members competed, and several others provided support and assistance along the route. This was the largest competition event, in terms of the numbers of club members who participated, in the club's history, I'm sorry I was one of the few who missed it; I hear that the party after the race was AWESOME.

- We also continued our commitment to quality road races in the organization and management of the HYNES' Road Race, the GREAT LEGS Race, and the RUN YOUR TURKEY OFF Race. We also supported and assisted other organizations in the management of their road races.

- Several social activities were held including the Pot Luck Supper, a Children's Christmas Party, an Adult's Christmas Party, the HYNES' volunteer party, and many post race parties.

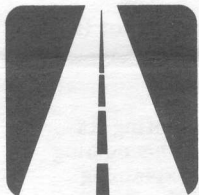
- In support of our members we conducted the Marathon Clinic, the Starting Lines Series, the 1-2-3 Mileage Club, the Fudgical Series, the Two Mile Series, and the Children's Summer Track Meets.

- Our highly competitive Men's Open runners won the NEAC Marathon Team Championship for the second consecutive year. They also finished tied for third in the NEAC Gran Prix while competing in only 3 of 7 races.

This is a rather lengthy summary, and so it should be. We have attempted to provide something for every member of the club, to assure that we are meeting the expectations and needs of each person. Obviously, we can not please all of the people all of the time, but we are making an effort to do as much as we can.

With this list of accomplishments one might ask what we can do to improve our club? That is my question to each of you. What is it that our club is providing to its membership. Each year we lose some of our members, and that is to be expected. However, we would also like to know why these people leave the club. Is it lack of interest, dissatisfaction with the club, or some other reason?

We want to be able to provide the running community, of which we are a part, with the services and experiences they expect. In order to accomplish this we need to understand what those expectations are. Each of us has our own ideas of what this organization should be. The future of the club is in your heads; our dreams, notions and expectations. Please feel free to contribute "what you think," or "what you want," or "how you feel" so the club can continue to work toward meeting your needs.



Road Race Schedule

March 10

Hynes' Tavern 5-Mile Road Race: 1:00 PM from Hynes' on Gorham St., in Lowell. Volunteers are needed, contact Dennis Connors 452-5327.

March 24

N.E.A.C. 30K Championship: 11 AM from Tahanto Regional H.S., Boylston. Entry is \$3 pre (\$4 post). Contact: CMS, Box 2, Greendale Station, Worcester, MA 01606 (617) 869-6541 or 464-2608.

March 31

Wang Heart Run: 5-Mile and 1.6 mile race: 1:00 PM at the Wang facility on Pawtucket Blvd. (Rt. 113). Entry is \$5 pre, and \$6 post.

January 5 - March 30

Fudgical Series: A 3.1 mile race starting at 10:00 AM on Saturday mornings from Tewksbury High School, located on Pleasant St., Tewksbury. Entry-fee is 25 cents.

April 21

Reading Rotary 10K: 10:30 at the Reading YMCA. Contact: Allan Bissett, Reading Rotary Club, Box 61, Reading, MA 01867 (617) 944-1141

May 18

Diet Pepsi 10K (N.E.A.C. Men's championship): Starts on Main St., in Nashua, NH. Contact: Phil Quinn, 22 Indiana Dr., Nashua, NH 03060



CONNERS' CORNER

Give yourself a treat and read John Parker's "Once A Runner."

I'll bet you have had more bad races than good ones.

Disallowing Salazar's N.Y.C. Marathon time three years after the fact is a joke.

I'll bet Ken Young is boring to live with.

Thoughts on the BAA Marathon -- Any story about old Johnny Kelly is sure to include:

- Tarzan Brown
- Heartbreak Hill
- Number of second place finishes
- Not related to Johnny Kelly the younger
- All of the above

Amby Burfoot was ugly when he won the 1968 BAA Marathon.

Clarence DeMar may have won seven Bostons, but its been written about seven million times. And, I'm tired of reading about his enlarged heart.

The facilities at the start are the worst -- talk about lack of professionalism.

I'd like to know how many complimentary numbers are given away.

How is it you can't find your car or your warm-up clothes after the race, but within five minutes of entering the garage you know the exact times of everybody you run with.

But enough about that!

If Bill Boyd would just take my advice and lose 20 pounds, he'd really improve his times -- of course his pants wouldn't stay up with glue.

On the same subject George Legrand is down to .00001 % body fat.

Dave Sousa has the best training form I've ever seen.

If you have a few hours to spare, ask Dan Wasileuskas about his first marathon. He will tell you mile by mile by mile --- "He was there."

GRAY MATTER

Will Mason

"I'll be there. . . ."

The big galoot must be six foot ten, even barefoot, naked in the shower. A Marine, standing next to a dismayed me on the day after Boston. God, I hate the day after Boston! "How'd ya do Sunday?" (Of course Boston is always Monday.) "Gee, the first woman beat you. (Hell, I think most of the women beat me.) And then the dreaded words from the galoot: "You'll see me at the starting line next year." Sure, Jarhead. When pigs fly!

Don't you think it strange from someone to predict the exact second for completing some obscure race of questionable distance three months hence? I mean the average runner couldn't tell you what's for dinner tonight. But somehow a bold statement to run a race flows easy: "You can count on me!"

The level of absurdity backing up the statement is frequently proportionate to the level of suds consumed.

Team races bring out the most promise, noted mainly for the breach: "Yeah, I always wanted to run the Cape Cod Relays. What time?" And at one o'clock the night before the race the team captain is still on the phone. "Lessee, Uncle George used to run in school. Maybe he'll run the short leg. He can't have lost much since '43."

If you haven't noticed this positive bent to unreal commitment of runners, it is perhaps due to the weight of the other end of the scale.

"Next Sunday, eh. Gee, I have to change my oil." "Right after Christmas? Five miles? Golly, I'll have to see how my mileage is this Fall." "I dunno. What's George doing?"

They won't be there.

But I think there are more of us leaning the other way. "Well, it is our anniversary and our daughter's first communion. Plus my mother is coming from Australia that day." And, with some thought and a twinkle, "But Mom could grab a cab from Logan to the church and my wife could drop me off on the

way. Sure, as long as I'm home by six."

"You'll see these shoes at the starting line!"

It is the second day after the Fourth of July and do you know what I got in the mail today? A letter from Dennis, reporting the results of the team championship for the 50 miler held last November in Buffalo. He wants a few of us to commit right now. This is absurd. The race date is November 18th. Do you realize the planning that would go into this. I mean, I would have to use Cape Ann as a tuneup. Then, I could pick up some junk marathon, maybe Dixville Notch or that crazy up-the-mountain thing in Western Mass. Then a hard, but not all out marathon. Maybe with Ben's crew. Gimme another beer.

"I'll be there!"

HALF BACKPACK WILL TRAVEL

Janet Amiro

Chelmsford -- The general opinion seems to be that when you live in Chelmsford a car is a must. We really depend on cars for everything including the smallest errands to the center. Have you ever stopped to think about what it would be like if there wasn't one available? When our infamous '69 Chevy wagon finally decided to roll over and play dead it created real problems. Luckily, being a runner enables you to accomplish many things which might not be possible otherwise. There is a utility in running which you may have never discovered.

As a parent you find yourself -- with many school obligations: teacher's meetings, Brownies, chaperoning field trips. A one or two mile walk to the school, often combined with your daily run is no problem. To attend holiday workshops and pick-up supplies, just jog on over with your friendly backpack. Even Great Legs Road Race meetings at Carrie's often included a run home after another generous member had provided a ride over.

The list of errands which can be accomplished is long: trips to the post office (I'd much rather run to Parlment Plaza than do battle with Chelmsford traffic), return library books, go to the market for the basics, shop for Christmas gifts at

Running with Greater Lowell



Marshall's, purchase cold remedies for a child at Pages' Pharmacy. My trips include a weekly jaunt for cub scout supplies.

When I was looking for a state-of-the-art running watch and only one store in the area had only one left, I asked them to please hold it until the afternoon when I would be able to run down to buy it.

And how about the inconvenience of dropping a car off for repairs? Just run over to pick it up. When I told the dispatcher at Hallissy it would take me over an hour to get there she said, "From Chelmsford, just come down 495!" "But, I'm running over was the reply."

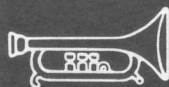
Even a job is not out of the question. In December I was offered a Christmas job at Sears at exactly the same time I decided to hibernate. I didn't mull it over too long. I decided I'd just run home. (This is where a one mile walk, to get a bus, seems inconsequential.) By the time I arrived home, my children would have been off the bus and in the house for fifteen minutes.

The backpack which was originally Tom's for running to or from work, has turned out to be a favorite running companion. The lack of a car does not have to prevent or limit you in doing what you really want as long as you have backpack, you will travel.

LLOYD'S LLAWS

"Devoted to Excellence in Mediocrity"

66. Married runners are too tired to have affairs.
67. There is nothing worse than falling in stride aside a windsucker.
68. Running in the summer rain is like being twelve again.
69. Real runners are afraid of down hill skiing.
70. Ultra-distance runners train at race pace and race at training pace.



Announcements

NEW FORMAT

As you can see Starting Lines has adopted a new format. This format enables us to cut our newsletter cost in half.

MASON SECOND IN CHICAGO

Chelmsford's Will Mason placed second in 40-45 age group at America's Marathon in Chicago. Congratulations to Will.

GLRR WINS N.E.A.C. MARATHON CHAMPIONSHIP

Led by Chelmsford's Tom Amiro (2:28:04, 2nd) the GLRR captured its second consecutive New England title in the marathon. Tom was followed by Chelmsford's Jim Durkin (2:37:55, 6th) and Dracut's Dave Camire (2:38:29, 7th).

GLRR FIRST IN FIRST MILL CITIES RELAY

The GLRR placed first in all divisions at the First Mill Cities Relay held on December 2nd.

CLUB SCORING 1. GREATER LOWELL ROAD RUNNERS

14:04:00, 2. GATE CITY STRIDERS 16:08:08, 3. MERRIMACK VALLEY STRIDERS 16:44:56 (see related story).

RACE EQUIPMENT HELP NEEDED

Dan Wasileuskas needs two professional people organize race equipment for all club sponsored races. Please contact Dan at 459-2784.

GLRR HOST NEAC JR.

CROSS-COUNTRY OLYMPICS

Last November the GLRR hosted the NEAC Junior Cross Country Junior Olympics at Dracut High School. The meet was very successful -- due to the hard work of meet director Fran Maycock. There were 789 youths from all over New England participating in the ten-race event.

MASTERS SPEED WORK

Male and female masters interested in doing speedwork at Tewksbury High School on Tuesday and Thursday evenings (6:00 PM) should contact Ben Fudge at 851-3272 by March 5th. All levels welcomed.

HELP WANTED

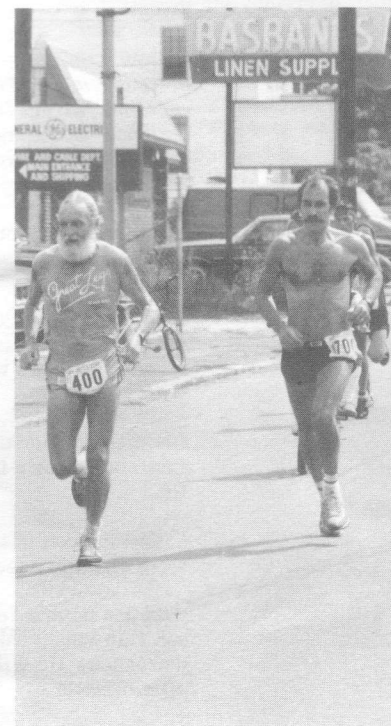
We are looking for one or more club members to conduct the 1985 GLRR Marathon Clinic. Please help us out -- call Ben Fudge at 851-3272.

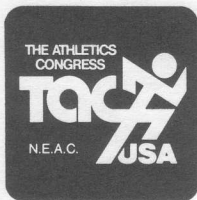
WOMEN'S QUESTIONNAIRE

Don't say we did not try. Please send these in. We would really like to organize some Women's running activities. Most respondents are interested in a weekly, group long run and/or track workout. If you need another form, please call Sue Lamontagne at 250-0375.

CAPE COD RELAYS

The GLRR had its highest finish ever in this year's relay. The blue team of Tom Carroll, Dave Camire, Greg Wood, Glen Thomas, Tim Niven, John Mulray, Tom Amiro and Jim Stronach finished sixth overall in a time of 7:45:41. They were followed by the red GLRR team that finished 104th overall. The GLRR women's team finished 190th in 10:56:00.





NEAC GRAN PRIX GROWS

In 1984 the NEAC instituted its Gran Prix Series to stimulate club participation in the New England Championship races. This year they have expanded the Gran Prix to include the Master's Division. Following is a list of the events which comprise the Series for each division.

March 24

Boylston 30K, Boylston, MA. Men, women, and masters.

May 18

Diet Pepsi 10K, Nashua, NH. Men.

July 21

Butternut 15K, Great Barrington, MA. Men, masters.

Aug. 25

Milford Miles 10K, Milford, NH. Masters.

Sept. 2

Around Cape Ann 25K Race, Gloucester, MA. Men, women.

Sept. 14

Bud Light 5K Couples Race, Concord, NH. Men, women masters.

Oct 6

Norton Centennial Marathon, Worcester, MA. Men, masters.

Oct. 14

Bonne Belle 10K, Boston. Women.

Dec. 14

Springfield 20K, Springfield, MA. Men, women masters.

The prize structure is as follows:

	Men	Women	Masters
1ST	\$500	\$500	\$250
2ND	\$300	\$300	\$150
3RD	\$150	\$150	\$75
4TH	\$100	\$100	\$50
5TH	\$50	\$50	\$25

To be eligible the club must be an NEAC member club, and each member or the team must be a TAC member, PRIOR TO THE START OF THE RACE.

The Greater Lowell Road Runners is an NEAC member club, and as of 12/31/84 we had 54 registered TAC individual members. Our men's open team finished tied for third in 1984, but competed in only 3 of the seven championship races, as a team. I believe we have the talent to improve on that in 1985, and the women and masters could do very well also.

NOTE: The women's masters athletes must compete in the women's open division. Master includes male athletes only, as defined by the NEAC.

FOOTNOTES

All due paying members of the Greater Lowell Road Runners should be receiving Footnotes, the publication of the RRCA. Footnotes is published four times per year; Spring, Summer, Fall, and Winter. If you are not receiving Footnotes call Mary Tiches 256-2446.

Running Around New England

WHAT GOES UP MUST COME DOWN

Tom Amiro

Weirs Beach, NH -- Running is monotonous enough as it is, so I try not to do the same things over and over: like run the same race year after year. But there I am again, running and writing about the Weirs Beach Road Race.

Janet and I have run the race for the fifth time in a row. Every other year or so we're reminded what a colorful race it is; one that deserves to be mentioned.

The race has just about everything you could ask for: a good price (\$1), t-shirts, good competition, a challenging course (hills), light refreshments, immediate results, and lots of prizes (3-deep in lots of age groups).

For a small race, usually a hundred or so runners, the competition is more than you would expect. The race has seen the likes of B.J. Fowler, who owns the course record (18:13). Mark Kimball, who won this year (18:21). Ray Currier, Bruce Butterworth, Anthony Quinn (of Saucony), Tom

Mixon (of Billerica), and not to mention our own Will Mason, who came away with 10 gallons of gas the year before last. In the last three years, I've been 6th, 8th, and 9th, which is about where I usually place in races with much bigger fields.

Besides the down-home quality of the race, the course is its most endearing feature. The course is an out-and-back, which means you get to fly down the same hills you previously climbed up, and vice-versa. Mark Kimball even noted the difficulty he had going down the steep hills. (I swear I was almost gaining on him on the inclines.) It takes a few years of running the race to get used to the hills. I really love the turn-around-point, since it comes at the top of the worst hill and is exactly half-way into the race. Once you make the turn you know the worst is over and you run like hell to make it back to the start/finish line, so your second half is faster than the first. Although the overall distance of 3.9 is suspect, it is no matter. You can not compare your times on this roller-coaster course to your flat-land times, but you can

compare your times year after year. For the fifth year in a row Janet and I have set new PR's, taking over 6 minutes each off our first year's time.

After the race, the watermelon tastes great, but the awards ceremony is the real treat. All they have is merchandise prizes, and you get what you get, but they go far and deep. The prizes are geared towards the age groups. The kids get tickets for the Weirs Beach slide, etc. Somehow they must have this image of 30 to 39 year old runners being bigger than 20 to 29 year old runners. A few years ago I won an extra-large pair of shorts and this year I won a large knit shirt that is going to look pretty dapper on my father-in-law.

Club Contacts

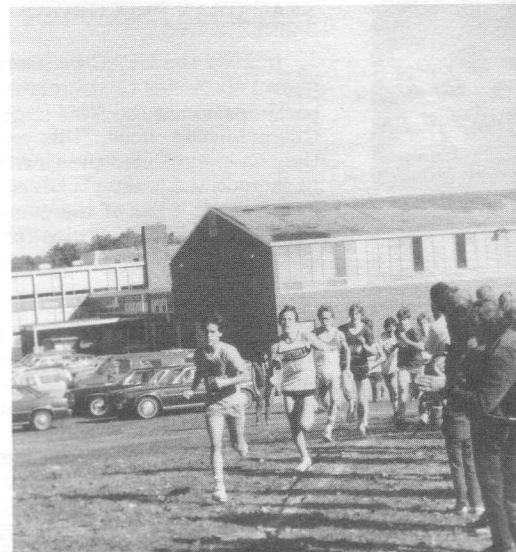


OFFICERS

President	Fran Maycock	251-4203
Vice-Pres.	Ben Fudge	851-3272
Vice-Pres.	Carrie Steiman	251-7134
Vice-Pres.	Dan Wasileuskas	459-2784
Treasurer	Dennis McCarthy	452-0675
Secretary	Janet Amiro	256-2547

BOARD OF DIRECTORS

Membership/Newsletter	David Camire	957-4230
Club Uniforms	Will Mason	256-7171
Budget/Finance	Ed Stott	851-4463
Fran Maycock	Clock/Chronomex	251-4203
City Liaison	John Burke	452-7154
Statistics	Dan Trainor	453-1585
Marketing/Media	Dennis Connors	452-9426
Men Competition	Tom Carroll	459-4422
Dan Wasileuskas	Equipment	459-2784
Women Competition	Sue Lamontagne	250-0375
Youth Events	Jim McGuirk	452-4856
Social Activities	Ann Craven	452-1087



Results

NOTE: The following list of GLRR Club Records was compiled by Bob Lordan.

MEN'S MASTERS DIVISION

1 Mi.

Will Mason	0:04:56
Dennis Leblanc	0:05:12
Ben Fudge	0:05:19

10 Miles

Will Mason	0:56:07
Colin Gouldson	0:58:45
George Legrand	1:01:04
Dave Weeks	1:03:47
Ben Fudge	1:03:59
George Prive	1:04:10
Dennis Leblanc	1:04:20
Bill Boyd	1:05:01
Ray Carroll	1:07:29
Dan Brennan	1:10:31
Tom Moran	1:11:10
Dick Nadeau	1:14:16
Tim Tiches	1:15:30

10K

Will Mason	0:34:10
George Legrand	0:36:06
Dave Weeks	0:37:02
Bill Boyd	0:37:46
Ben Fudge	0:38:10
George Prive	0:39:06
Don Provencher	0:40:26
Ray Carroll	0:41:37
Dick Nadeau	0:42:19
Tim Tiches	0:43:29
Tom Moran	0:43:52
Bentley Herbert	0:44:50
George Howe	0:48:15

15K

Will Mason	0:54:08
Dave Weeks	0:57:47
Bill Boyd	0:58:36
Ben Fudge	0:59:01
Dennis Leblanc	1:00:16
George Prive	1:01:04
Allan Bissett	1:08:07
Dick Nadeau	1:08:28
Tom Moran	1:09:01

2 Miles

Dennis Leblanc	0:11:24
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20K

Dave Weeks	1:20:06
George Prive	1:22:11
Bill Boyd	1:25:09

25K

Ben Fudge	1:43:00
Dave Weeks	1:44:03
Dick Nadeau	1:59:17
Tim Tiches	2:01:33

30K

Colin Gouldson	1:49:25
Will Mason	1:52:51
Dave Weeks	2:03:40
Joe Scanlon	2:08:13
George Prive	2:09:50
Ben Fudge	2:11:29
Ray Carroll	2:16:00
Tom Moran	2:24:00

5 Miles

Will Mason	0:26:44
Rod Boucher	0:28:47
George Legrand	0:29:08
Dennis Leblanc	0:29:29
Dave Weeks	0:29:35
Ben Fudge	0:30:17
Bill Boyd	0:30:46
George Prive	0:31:04
Ray Carroll	0:33:06
Dick Nadeau	0:35:03

Tom Moran	0:35:33
Tim Tiches	0:35:33
George Howe	0:36:18

50 K

Will Mason	3:17:00
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5K

Colin Gouldson	0:17:30
Dennis Leblanc	0:17:41
Will Mason	0:17:59
Dave Weeks	0:18:29
George Prive	0:19:11
Ben Fudge	0:19:26
Bill Boyd	0:20:08
Tim Tiches	0:21:42
Joe Craven	0:21:46
Dick Stackpole	0:22:05
Joe Vail	0:22:22
Dick Nadeau	0:22:08
George Howe	0:22:44

13.1 Miles

Will Mason	1:16:38
Charlie Keefe	1:22:02
Dave Weeks	1:23:34
George Legrand	1:25:15
Dennis Leblanc	1:29:02
Ben Fudge	1:30:01
Bill Boyd	1:31:00
Dick Nadeau	1:34:44
Tom Moran	1:35:21
Tim Tiches	1:37:00

26.2 Miles

Colin Gouldson	2:34:45
Will Mason	2:37:20
Rod Boucher	2:47:32
Joe Scanlon	2:50:00
George Legrand	2:52:33
Ben Fudge	2:57:56
Bill Boyd	2:58:03

Results



Dave Weeks	2:59:25
Dennis Leblanc	3:01:30
George Prive	3:02:48
Joe Vail	3:06:42
Ray Carroll	3:16:36
Russell Laste	3:28:57
Dick Nadeau	3:30:55
Bentley Herbert	3:33:04
Tim/Tiches	3:35:09
Dick Stackpole	3:38:17

WOMEN'S MASTERS DIVISION

10 Miles

Betsy Schumaker	1:16:33
Ann Sortorelli	1:17:34
Sandra Hayes	1:22:00
Mary Tiches	1:22:00

10K

Ann Sartorelli	0:46:17
Mary Tiches	0:47:12
Sandra Hayes	0:47:24
Hazel Palmer	0:56:25
Shirley Nadeau	0:57:51

15K

Ann Sartorelli	1:14:00
Sandra Hayes	1:16:28

25K

Ann Sartorelli	2:08:48
Mary Tiches	2:10:01

30K

Betsy Schumaker	2:30:11
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5 Miles

Ann Sartorelli	0:36:18
Mary Tiches	0:38:01
Hazel Palmer	0:45:38

5K

Ann Sartorelli	0:23:09
Betsy Schumaker	0:24:02
Mary Tiches	0:24:06
Hazel Palmer	0:25:21
Ann Craven	0:28:15
Shirley Nadeau	0:29:53

13.1 Miles

Ann Sartorelli	1:45:55
Mary Tiches	1:46:52
Sandra Hayes	1:47:20

26.2 Miles

Mary Tiches	3:47:07
Thelma Laste	4:17:44
Hazel Palmer	5:04:02

MEN'S OPEN DIVISION

1 Mile

Art Demers	0:04:16
Dave Dunham	0:04:16
Dan Daley	0:04:28
Tom Carroll	0:04:46
Bob Dick	0:04:49
Dan Murphy	0:05:28

10 Miles

Jim Stronach	0:50:15
Tom Amiro	0:54:18
Tom Carroll	0:54:49
David Camire	0:54:55
Sean McCormack	0:55:23
Dennis Connors	0:57:27
Wendell MacDonald	0:58:04
Kevin Kearns	0:58:45
Rafael Rios	0:58:45

John Burke	1:00:35
Rich Lamontagne	1:00:44
Fran Maycock	1:02:26
Mike Hodge	1:02:53
Alan Champagne	1:03:23
Dan Murphy	1:09:04
Lee Dickey	1:09:32
Bob Lordan	1:18:56

10K

Dave Dunham	0:30:12
Art Demers	0:30:27
Sean McCormack	0:32:16
Dave Camire	0:33:16
Tom Amiro	0:33:19
Will Mason	0:33:25
Rafael Rios	0:33:56
Tom Carroll	0:34:04
John Boutselis	0:34:11
Dennis Connors	0:34:12
Wendell MacDonald	0:34:28
John Burke	0:36:25
Alan Champagne	0:37:01
Fran Maycock	0:37:02
Bill Plaistek	0:37:17
Rich Lamontagne	0:37:35
Bill Nichols	0:38:39
Dennis McCarthy	0:39:43
Dan Murphy	0:40:22
Phil Kay	0:41:58
Harry Mann	0:43:03
Allan Bissett	0:43:46
Bob Lordan	0:44:04

15K

Sean McCormack	0:47:38
Art Demers	0:48:52
Dennis Connors	0:55:50
Alan Champagne	1:00:06
Ed Stott	1:02:35
Bill Nichols	1:02:43
Harry Mann	1:06:00
Lee Dickey	1:06:29
Bob Lordan	1:10:13

2 Miles

Dave Dunham	0:08:55
Art Demers	0:09:17
Dan Daley	0:09:52
Tom Carroll	0:10:04
Tom Amiro	0:10:06
Henry Gagnon	0:10:48
Rich Lamontagne	0:10:48
Jim Toohey	0:11:05
Alan Champagne	0:11:11
Fran Maycock	0:11:16
Daniel Murphy	0:11:31
Bill Plaistek	0:11:56
Bill Nichols	0:12:18
Rick Gillis	0:12:35

20K

Tom Amiro	1:07:54
Alan Champagne	1:20:40
Harry Mann	1:35:00

25K

Tom Amiro	1:28:49
David Camire	1:29:06
Tom Carroll	1:30:18
Dennis Connors	1:35:36
Mike Lantz	1:36:00
Rich Lamontagne	1:40:45
Dennis McCarthy	1:42:57
Allan Bissett	2:01:00
Bob Lordan	2:08:08

30K

Sean McCormack	1:40:26
Tom Amiro	1:45:18
David Camire	1:45:36
Frank Durkin	1:51:18
Wendell MacDonald	1:51:55
Rafael Rios	1:52:40
Rich Lamontagne	1:57:31
Dennis Connors	1:58:38
Fred Whitehouse	1:59:55
John Burke	2:02:40
Fran Maycock	2:05:48
Ed Stott	2:07:10
Tom Moran	2:24:19
Mike Ladd	2:32:10

5 Miles

Dave Dunham	0:23:50
Jim Stronach	0:24:04
Tom Carroll	0:26:04
Tom Amiro	0:26:05
Dave Camire	0:26:28
John Boutselis	0:27:25
Dennis Connors	0:27:37
John Winn	0:27:53
Bob Dick	0:28:09
Rich Lamontagne	0:28:18
Fran Maycock	0:29:12
Bill Plaistek	0:29:29
Allan Champagne	0:29:31
Dennis McCarthy	0:30:10
Bill Nichols	0:30:15
Dan Murphy	0:30:33
Allan Bissett	0:34:38
Bob Lordan	0:34:55
Harry Mann	0:35:31

50 Miles

Will Mason	6:15:49
Dennis Connors	6:56:40

50K

Dennis Connors	3:56:27
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5K

Art Demers	0:14:42
Jim Stronach	0:15:34
Sean McCormack	0:15:59
Dave Camire	0:16:38
Tom Amiro	0:16:48
Tom Carroll	0:16:47
Dennis Connors	0:17:10
Wendell MacDonald	0:17:15
Kevin Kearns	0:17:25
Mike Hodge	0:17:42
Rich Lamontagne	0:18:18
Alan Champagne	0:18:22
Bill Nicholls	0:18:30
John Burke	0:18:56
Fran Maycock	0:18:56
Rafael Rios	0:19:22
Ed Stott	0:20:51
Bob Lordan	0:21:59

13.1 Miles

Tom Amiro	1:12:27
Tom Cappelluzzo	1:13:15
Dave Camire	1:13:53
Sean McCormack	1:14:13
Tom Mixon	1:16:00
John Boutselis	1:17:19
Bob Dick	1:17:30
Fred Whitehouse	1:18:40
Rafael Rios	1:19:11
Fran Maycock	1:19:13

Results



Dennis Connors	1:21:42
Rich Lamontagne	1:22:01
Bill Plaistek	1:24:00
Alan Champagne	1:28:24
Dennis McCarthy	1:28:45
Ed Stott	1:32:36
Harry Mann	1:35:00
Dan Murphy	1:40:01
Allan Bissett	1:42:13

26.2 Miles

Jim Stronach	2:23:38
Sean McCormack	2:24:36
Tom Amiro	2:28:04
Art Demers	2:28:58
Dave Camire	2:36:26
Frank Durkin	2:37:00
Tom Mixon	2:38:00
Dennis Connors	2:40:12
Kevin Kearns	2:43:17
Rich Lamontagne	2:44:26
Tom Carroll	2:46:09
Wendell MacDonald	2:47:36
Rafael Rios	2:48:04
Bill Plaistek	2:49:03
John Boutselis	2:50:31
Fran Maycock	2:59:37
Bill Leahy	3:04:00
Alan Champagne	3:05:18
Ed Stott	3:09:00
Lee Dickey	3:11:27
Dennis McCarthy	3:19:01
Daniel Murphy	3:34:31
Harry Mann	3:36:43
Bob Lordan	3:39:54

WOMEN'S OPEN DIVISION

1 Mile

Kathy Norton	0:05:18
Margaret Doenges	0:06:27

10 Miles

Lillian Peltz	1:08:26
Margot Remington	1:08:30
Sue Lamontagne	1:09:46
Margaret Doenges	1:12:30
Jean Boswell	1:16:44
Cathy Morse	1:16:55
Carrie Steiman	1:19:46
Judy Neiland	1:26:17
Janet Amiro	1:28:44

10K

Kathy Cole	0:36:46
Lillian Peltz	0:38:14
Lisa Jacques	0:39:46
Sue Lamontagne	0:41:46
Margaret Doenges	0:42:46
Linda MacDonald	0:42:51
Ginny Whiteway	0:47:08
Carrie Steiman	0:47:16
Diane Morgan	0:48:19
Janet Amiro	0:51:50
Donna Gouldson	0:52:50

15K

Sue Lamontagne	1:03:24
Margaret Doenges	1:09:00
Chris Brennan	1:11:02
Judy Neiland	1:12:34
Janet Amiro	1:21:33

2 Miles

Sue Lamontagne	0:12:36
Margaret Doenges	0:13:43
Carrie Steiman	0:14:39
Kathy Belleville	0:15:15
Susan Shultz	0:18:45
Barbara Maynard	0:18:54
Edie Lordan	0:19:20

25K

Sue Lamontagne	1:55:06
Margaret Doenges	2:00:48
Judy Neiland	2:15:43
Janet Amiro	2:18:29
Carrie Steiman	2:22:00

5 Miles

Lillian Peltz	0:31:02
Sue Lamontagne	0:33:10
Margot Remington	0:33:41
Beccie Underwood	0:34:02
Margaret Doenges	0:34:09
Linda MacDonald	0:35:22
Judy Neiland	0:37:18
Carrie Steiman	0:37:23
Janet Amiro	0:40:26
Janice Carroll	0:48:51

5K

Shelley Atkinson	0:20:38
Sue Lamontagne	0:20:46
Beccie Underwood	0:20:59
Margaret Doenges	0:22:11
Kathy Norton	0:22:21
Jean Boswell	0:22:30
Chris Brennan	0:22:51
Ann Dempsey	0:23:13

Donna Gouldson	0:23:34
Janet Amiro	0:24:52
Betsy Schumacher	0:24:55
Joan Camire	0:29:04
Janice Carroll	0:29:05

13.1 Miles

Sue Lamontagne	1:34:26
Margaret Doenges	1:37:10
Judy Neiland	1:44:30
Jean Boswell	1:47:37
Carrie Steiman	1:48:09

26.2 Miles

Sue Lamontagne	3:19:12
Ann Gustus	3:20:00
Margaret Doenges	3:23:22
Jean Boswell	3:32:00
Linda MacDonald	3:41:56
Carrie Steiman	3:46:20
Judy Neiland	3:55:08
Maria Demarines	4:01:58

JUNIOR DIVISION

1 Mile

Michelle Holbrook	0:06:18
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10K

Jeff Maycock	0:42:51
Stephen Tiches	0:43:41
Daniel Champagne	0:48:20

15K

Daniel Champagne	1:15:20
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2 Miles

Jeff Maycock	0:12:38
Michelle Holbrook	0:13:41
Jen. Lamontagne	0:15:16

3K

Jeff Maycock	0:11:11
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5 Miles

Daniel Champagne	0:34:42
Stephen Tiches	0:36:52

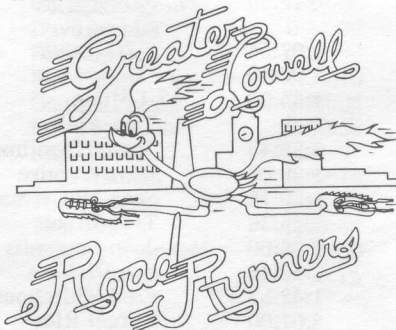
5K

Daniel Champagne	0:21:57
Jeff Maycock	0:22:54

13.1 Miles

Daniel Champagne	1:49:20
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GREATER LOWELL ROAD RUNNERS
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LOWELL, MA 01853



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