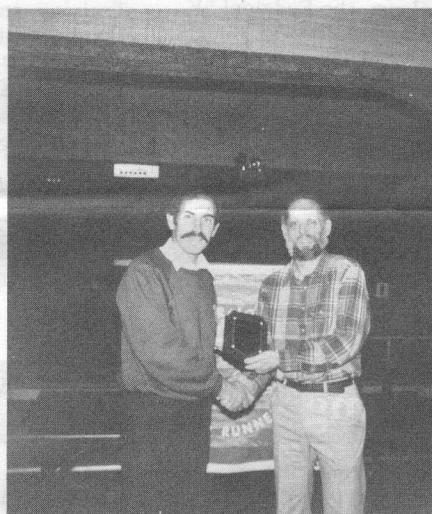
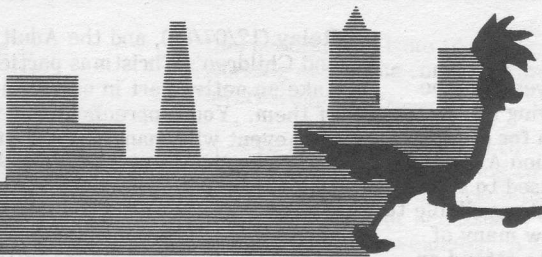


# Starting Lines

published by the Greater Lowell Roadrunners



Sue Taylor (left) and Colin Gouldson (right) are shown receiving female and male GLRR Runner of the Year Awards from club president John Aegerter. See related story on page 2.



## Upcoming Events

### GLRR/GCS NASHUA TO HYNES'

The annual Nashua to Hynes' Fun Run is scheduled for Sunday, March 9th. The run will start 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 a party. We need volunteers to help out at 3 water stops. To volunteer, contact Mary Bourret at work (617) 967-6573 or at home (603) 893-7377.

### FIFTH ANNUAL HYNES'/BUDWEISER ROAD RACE

The GLRR's tribute to St. Patrick's Day kicks off from Hynes' Tavern at 1:00 PM on March 16th. This year we expect 1000 pairs of Irish Feet to be Runnin'. Volunteers are still needed, contact Dennis Connors at 452-5327.

### GRAB BAG ROAD RACE RETURNS

The Greater Lowell Competitive Team, in conjunction with the Knickerbocker Club, will be staging a 5-mile Grab Bag Road Race on April 13th at 1:30 PM. Please run in this race. This is a good opportunity to win a trophy because all competitive runners will be working. Applications will be mail in the next Calendar of Events and will be available at all GLRR functions. For more information, contact Kevin Crispell at 256-1488

### CLUB MEETINGS

Club meetings are held on the last Monday of the month at the Knickerbocker Club in Lowell. The meetings begin at about 7:30 PM. Typically, over 70 members attend these business/social affairs. Come join the fun.

### FUDGICAL SERIES

Every Saturday morning January through March the GLRR sponsors a 5K run from Tewksbury High School, located on Pleasant St. Each run begins at 10:00 AM sharp! For additional information, contact Ben Fudge (851-3272).

### MEET THE COACH NIGHT

The GLRR has obtained the services of two top-notch running coaches and you will have the opportunity to meet them at the March 31st meeting. They are Bob Hodge, noted world-class runner, and George Davis, cross-country and track coach for the University of Lowell. Come hear them speak and get all the information on the new coaching program the GLRR will be offering this year.

# President's Message



John Aegerter

1985 was a good year for the GLRR. While reviewing all the events in preparation for giving the President's Recognition Awards, I was pleasantly surprised to see the large number of events available to the membership. How many of them were you able to attend or participate in?

The following events are scheduled again for 1986. Take part in one or more, either as a runner or helper: the Fudgical 5K Series (in progress), the Pot Luck Supper (02/15/86), the run from Nashua to Hynes' Tavern (03/09/86), the Hynes'/Budwieser 5-Mile Race (03/16/86), the 2-Mile Series, the Great Legs 5-Mile Road Race (07/86), the Jim Witt 5-Star Road Race, the Cape Cod Relays (10/18/86), the Run Your Turkey Off 15K (11/23/86), the Mill Cities

Relay (12/07/86), and the Adult's and Children's Christmas parties. Take an active part in one or more of them. Your appreciation of that event will change. Your ideas can make the event a better one. One person can make a difference.

The GLRR sponsored or conducted four new events in 1985. Can you add other new ones to the 1986 calendar? The four events were: the establishment of the Competitive Team, the Hash House Harriers Run, the Women's Track Training, and the Wang-GLRR Cross Country Meet. In 1985, the club also had a highly successful fund raising drive -- the Bermuda Raffle.

Do you have an idea for a new running event? Bring it up at the general meeting, or talk to a board member. Your idea could prove valuable, but not until it is out in the open for discussion.

Propose a new social event. Did you go white water rafting? Have you an idea to improve one of our current social events? How could the Christmas parties be improved? The Pot Luck supper?

We had a good year in 1985 because many people worked to make it so. We have a large number of new members. Lets hear from you old and new members. Lets get together to talk about our club. What it is? What should it be doing? What do you do for it? What can you get out of it? Suggest a speaker for our general meeting. Supply that spark which starts us off in a new direction. I'll be glad to talk to anyone or any group. Call me at work (421-2011) or at home (667-4939).



## Running with Greater Lowell

### TWENTY GLRR MEMBERS RECEIVE PRESIDENT'S AWARD

Volunteers are the backbone of any non-profit organization. The GLRR is lucky to have many members who devote hours of volunteer time to improving the sport of running in the Greater Lowell area. At our January club meeting, club president John Aegerter honored twenty members who went the extra mile to improve our organization. The awards were divided into six categories: Preeminent Volunteer, Best Running Performance of the Year, Rookie of the Year, Timely Contribution, Project of the Year, and Outstanding Contributions to GLRR. Each recipient receive a beautifully engraved plaque. This newsletter isn't large enough to list all of these member's accomplishments and contributions. Therefore, listed below are the highlights of their accomplishments.

#### Preeminent Volunteers Award

This award was given to the members who were always there to help with GLRR events and functions. This year there were eleven recipients. They include JANET AMIRO who serves as club

secretary, keeps the minutes to all GLRR meetings, and is always there to help with GLRR events; BILL BOYD who always helps with GLRR races, is a member of the Competitive Team, and is willing to help with little notice; CHRIS BRENNAN who assisted with the Kid's X-mas Party, is a Competitive Team member, and is always in uniform (at races); DENNIS CONNERS who directs the Hynes' Race, manages the club phone, writes a regular column in Starting Lines, is a member of the Competitive Team, and always helps with club races;

PAT FUDGE who assisted with the Kid's and Adult's X-mas Party, co-hosted the white water rafting and mountain climbing trips, directs the Fudgical Series, and gives moral support to all runners; MIKE HODGE who always helps in organizing GLRR road races; RICH LAMONTANGE who maintains the club race equipment and helps at every race; JOE LONGTIN who helps at all GLRR races; DICK NADEAU who helps at all GLRR races; SHIRLEY NADEAU who assisted with the Kid's and Adult's X-mas Parties, helps with the Fudgical Series, and always helps with GLRR races; and MARY TICHES who handles the

membership list, is directing the GLRR t-shirt drive, assists with the kid's Christmas Party, and helps at all GLRR races.

#### Female Runner of the Year

Awarded to the female runner who represented the GLRR with outstanding athletic performance(s). This year's winner, SUE TAYLOR, placed 4th in the Ocean State Marathon with a time of 3:04:10. Sue also represented the GLRR at numerous team events throughout the year.

#### Male Runner of the Year

Awarded to the male runner who represented the GLRR with outstanding athletic performance(s). This year's winner, COLIN GOULDSON, placed first in the master's division of the Ocean State Marathon with a time of 2:35:45. Colin also represented the GLRR at numerous team events throughout the year.

#### Rookie of the Year

MARY BOURRET received this award for her work on directing the Howling Wolf Run. Mary pulled together a new group of volunteers to stage this event which is going to be on the 1986 GLRR calendar.

Continued on Page 3.





Continued from Page 2.

## Timely Contributions to GLRR

This award was given to members who make a significant contribution to running when it was needed. TOM AMIRO and WILL MASON received this award for co-coaching the women's racing program last summer and for heading-up the male open and male masters divisions of the competitive team. SUE LAMONTAGNE received this award for being race director of the Great Legs Road Race, running last year's pot luck supper, and for heading-up the female open division of the competitive team. All three members, Amiro, Mason, and Lamontagne, have run in innumerable races in the name of the GLRR.

## Special Project of the Year

ED STOTT was the recipient of this award for his work with the highly successful Bermuda Raffle. Ed, who also headed the Budget and Finance Committee, conceived and executed the raffle which was the club's largest "non-race" money maker for 1985.

## Outstanding Contributor to GLRR

DAVE CAMIRE received this award for conceiving and pushing the GLRR membership drive, serving as Competitive Team Coordinator, directing the 2-Mile Series, directing the Mill Cities Relays, and for serving as editor and major writer for Starting Lines.

## Outstanding Contributor to GLRR

BEN FUDGE received this award for hosting the white water rafting and mountain climbing trips, for his work on the Kid's and Adult's Christmas Parties, for serving as uniform director, and for directing the Fudgical Series and co-directing the Run Your Turkey Off Road Race.

## KEEPING MOTIVATED

Tom Amiro

Chelmsford -- Whatever your reason is for running, whether it be for fun, health, or competition, you may someday reach a point where you need to renew your motivation. Perhaps your race times have stopped dropping by leaps and bounds, or maybe you are no longer challenged by your present variety of running. When

this occurs, it is time to start working at making running more interesting.

I've found the best way to motivate myself is by trying to continually set personal records. By records I do not necessarily mean speed improvements. A running record can be anything you have never done before during your running career. For example, one of my recent records was seven straight days of no running.

The first thing you have to do is to keep a running log. Without a log book you can't tell whether you're doing the same old thing or not. You might think keeping a detailed log is the surest way to make your running less spontaneous and interesting. Not so! Remember Mr. Mason's article about runners being such creatures of habit. Logless runners still run the same routes at the same pace, with the same people, and so on.

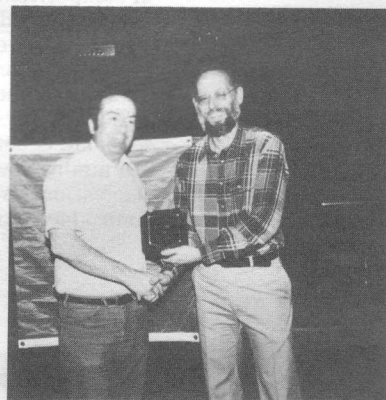
Once you keep track of what you are doing you can set all sorts of records. Here's a list of possibilities:

- Consecutive days with 2 or more runs.
- Most races in a year, week, or day.
- Longest interval between races, between days off.
- Highest mileage in a single year, week, day, or run.
- Highest number of miles under a certain pace (e.g., 6 minute pace) per week, day, or run.
- Fastest time on a 20 mile training run.
- Fastest times for distances from 100 yards to 50 miles.
- Fastest times on favorite personal courses.
- Highest number of runs over a certain distance (say 15 miles) in a month, week, or day.
- Most number of different routes run in a single week.
- Most number of miles on the track, quarters, halves, miles, etc.
- Shortest or longest time between marathons.

You don't have to set a record intentionally. In reviewing your log you may discover something new and record worthy. At the very least, you'll have lots of statistics at the tip of your tongue to unload in conversation with other runners.

If your motivation starts to wane, set a new objective and shoot for it. For awhile it will give you something to run for. For example, you could choose to run a personal best for 2 miles on the track. The GLRR 2-mile series, which is held during the summer months, is a perfect vehicle for helping you to meet this objective.

For the very serious competitive runner, motivation is no less a concern than for a fun or health conscious runner. Maintaining high intensity training year after year becomes wearisome. You can't just set one goal like "getting faster." You can't just follow the "more and more" philosophy either. There comes a time when setting a new weekly mileage record is counter productive to better running. Winning the race, or beating your arch rival, or setting a PR time provides some reinforcement, but it isn't enough. The more little objectives you set and achieve along the way, the easier it will be to keep motivated.



Dick Nadeau shown receiving a Preeminent Award from GLRR President John Aegerter.



Shirley Nadeau shown receiving a Preeminent Award from GLRR President John Aegerter.

# Running With Greater Lowell



## PREPING FOR BOSTON

Colin Gouldson

Tradition would have us believe that in spring a young man's fancy turns to love and the fair sex. If this were true, then on Patriots Day the BAA Marathon would consist of a bunch of old galoots chasing old maids down highway 16 dressed in nothing more than bombay bloomers, cotton singlets, and old tennis shoes dragged out of granny's closet. The rest of us would have long ago abandoned that useless 26.2 mile trek for more meaningful endeavors like wooing fair maidens in yonder shopping mall.

In reality, sensibility prevails. We pursue dreams according to our mode of living. We are not crazies to want to take part in up to 21 mile runs each Sunday morning for the so called glory of staggering across a finish line that has been crossed, cursed, or caressed by hundreds before us. The marathon becomes a very serious business for many who seek to personally excel in competition, so much so that even diets and special training schedules have been adopted.

Here is one such plan I would like to share. Be wary though, this schedule is not for everyone. If you are aiming for the 2:40's its a suggestion. Will Mason and Tom Amiro have adaptations of this

schedule. Will tells me his maximum for any week is 80 miles and that he follows the "fast on Wednesday" regime. On the other hand, Tom prefers the 130 mile per week gruel and eats all the time. Whatever your training, during your final week run a little over half your highest mileage per week.

As for diet, I discovered the following diet in a Montreal newspaper while in that city for the '82 marathon. I performed minor surgery on it to suit my particular habits. The bottom line! Experiment until you have something you think is successful and use it. If you perform badly you can always blame the "experimental" diet or the last week of training.

### PRE-MARATHON RUN & DIET LOG

| Day   | Distance   | Total  |
|-------|--|--------|
| 7 Sun | 18 mi. AM<br>6:15-6:30 pace<br>Meal - Diet   | 18 mi. |
|       | B - None<br>L - Normal<br>D - Normal   |        |
| 6 Mon | 8 mi. PM<br>Meal - Diet  | 24 mi. |
|       | B - eggs, bacon<br>L - cold meat, cheese, salad<br>D - chicken, cabbage or<br>broccoli, tomatoes |        |

Tue 5 8 mid-day 32 mi.

#### Meal - Diet

B - eggs, bacon  
L - same as Mon.  
D - fish (sole), green beans

Wed 4 15 mi. AM 47

#### Meal - Diet

B - FAST or eggs, bacon  
L - FAST or same as Mon.  
D - small meal - schnitzel or salad

Thu 3 8 mi. PM 55

#### Meal - Diet

B - Yogurt, toast, muffin (mid morning)  
L - Peanut butter sandwich, banana, cake  
D - pasta, linguini, bread, fruit

Fri 2 NO RUN

#### Meal - Diet

B - yogurt, bagel, muffin, mid-morning  
L - sandwich, bananas, raisins, etc.  
D - pasta - linguini, bread, fruit

Sat 1 6 AM easy 61

#### Meal - Diet

B - Pancakes, yogurt, and/or fruit  
L - Dried apricots, bread, baked food  
D - Spaghetti, bread, salad (early)

Sun 0 26.2 RACE DAY

#### Meal - Diet

B - None  
L - DRINK BEER, some food  
D - eat-eat-eat



## Club Contacts

### OFFICERS

|            |                 |          |
|------------|-----------------|----------|
| President  | John Aegerter   | 667-4939 |
| Vice-Pres. | Ben Fudge       | 851-3272 |
| Vice-Pres. | Dan Wasileuskas | 459-2784 |
| Vice-Pres. | Dennis Conners  | 452-9426 |
| Treasurer  | Dennis McCarthy | 452-0675 |
| Secretary  | Janet Amiro     | 256-2547 |

### BOARD OF DIRECTORS

|                      |                |          |
|----------------------|----------------|----------|
| Budget/Finance       | Bill Boyd      | 454-5508 |
| City Liaison         | John Burke     | 452-7154 |
| Men's Competition    | David Camire   | 957-4230 |
| Women's Competition  | Sue Lamontagne | 250-0375 |
| Social Activities    | Bob Lordon     | 851-4765 |
| Master's Competition | Will Mason     | 256-7171 |

### NEWSLETTER STAFF

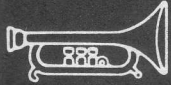
Dave Camire and John Koumantzelis



Mary Tiches shown receiving a Preeminent Award from GLRR President John Aegerter.



# Announcements



## GLRR TRACK WORKOUT AT LEXINGTON

The weekly Wednesday GLRR track workouts have change location from Tufts to Lexington High School. There is a \$1 fee for running in the field house which has a 160 yard track. To reach Lexington High from Rt. 93 and Rt. 3 take Rt. 128 South to Rt. 4 & Rt. 225 towards Lexington. Proceed up Rts. 4 & 225 (Mass. Ave.) for 1.5 miles to a traffic light (near Friendly's) where you will go right onto Worthen Rd. Follow Worthen to the intersection of Waltham St. You'll see the round dome field house to your left. Turn left and immediately left again, go to the back of the school and park.

## CLUB MAILINGS

Starting Lines, the GLRR Calendar of Events, and Footnotes are mailed third class by bulk mail permit. This class is not forwarded or returned to the sender and is delivered only if the address is completed and correct. Any changes or discrepancies in your address should be brought to the attention of Mary Tiches (256-2446).

## BOYLSTON 30K CHAMPIONSHIPS

The GLRR is looking for runners of abilities and ages to compete in this team event. If you are interested, call one of the team captains listed under TAC and RRCA News.

## GLRR CLUB HOTLINE

Get up-to-date local running news by calling 452-9426. A pre-recorded message will update you on future running events.

## CLUB UNIFORMS

The easiest way to help promote the GLRR is to wear a club singlet and shorts while racing. Call Ben Fudge at 851-3272 to order your set.

## ARE YOU LISTED IN THE GLRR RECORDS?

If you want to be included in the official GLRR club records, send your times to: Bob Lordan, 11 Revere Rd., Tewksbury, MA 01876.

## MONTHLY CLUB RAFFLE

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

## EQUIPMENT/CLOCK/CHRONOMIX RENTALS

The GLRR rents its race clock, chronomix, and race equipment. If you know of any race in need of the clocks, contact John Aegerter at home (667-4939) or at work (421-6984). Prices are: clock and chronomix \$125 (includes operator), finish line equipment \$50.

## X-MAS PARTY HUGE SUCCESS

This party gets better every year! Hostess Sharon Roux welcomed many GLRRs to the Tewksbury Knights of Columbus Hall on December 6th (did I get the date right?) for our annual Christmas party. I'll venture to say that this was our largest party ever. If you didn't attend, you missed a great time. The meal was tasty, the entertainment was super, and the conversation centered around running. What more could one ask? Many thanks to Sharon and her staff of hard working volunteers who included Linda McCarthy, Joan Stott, Pat Fudge, and Shirley Nadeau.

## KID'S X-MAS PARTY LOTS OF FUN

Santa. Presents. Running around. Clowns. Pictures. Goodies. Singing. Screaming. What a party! Even the kids had a great time. Many thanks to Ben and Pat Fudge and their helpers for organizing another great Kid's Christmas party.

## RAFFLE TO BERMUDA UPDATE

Many thanks to Ed Stott for the hours of work he put into making the GLRR Bermuda Raffle a great success. Also, thanks should go to you for selling over \$3000 worth of tickets. The winning ticket was bought by GLRR member Dennis "Rum Swizzle" Conners.

# Running Around New England

## FUDGICAL SERIES BEGINS

Kevin Crispell

In what has become an area tradition for local runners, the famous "Fudgical 5K Series" of races has started over in Tewksbury. Sponsored by the GLRR, these weekly 5K races are held every Saturday morning during January, February, and March regardless of weather conditions. Each race starts at 10 a.m. from the entrance to Tewksbury High School. The entry-fee is 25 cents. Now this is what you get for the quarter: (1) an official number (2) a police escort (3) a flat course (4) a chance to make the Boston Globe

if you finish in the top five, and (5) a great post race party at the home of Ben and Pat Fudge. Ben is the race coordinator and the godfather of countless area runners.

So far, I've raced in the first five races and can give you an insiders view of the race. It has drawn an average of 65-75 runners with 74 toeing the line one Saturday. What amazed me is the range of racing ability which is attracted to this little 5K race. Some of the best runners in the area (including southern New Hampshire) have shown up for this race the past two weeks. For example, last Saturday saw seven runners break 17 minutes for a

slightly long course. On the other hand, most runners run the distance in times of 20-25 minutes so you can see that there is a wide range of racing ability among the participants.

I like the race because it serves as a good opportunity for a speed workout. Even though it's early in the year, it doesn't hurt to start laying a good base for those 5-milers and 10-K's this spring and summer.

Well, how about you? Will we see you next Saturday? It sure is a lot more fun than staying inside watching cartoons with the kids.

# Team Competitions



## GLRR AWARDED NEAC 15K CHAMPIONSHIP

Runners from all over New England will be converging on Greater Lowell territory next November when the GLRR will host the NEAC 15-K championship. The GLRR was awarded the championship at the quarterly NEAC meeting held in Lowell on December 28th. In addition to individual competition, the race will feature a team competition which will include a male open, female open, male masters, and female masters division. The race, under the direction of Ben Fudge, is run on one of the most scenic and challenging courses in the Valley. It should be a great race.

## COMPETITIVE TEAM MEETING

The next meeting is schedule for March 31st, 6:30 PM at the Knickerbocker Club. This is a very important meeting -- all team members please attend! At the General Meeting (at 7:30 PM) a special award presentation will be made to competitive team members.

## SPRINGFIELD 20K AND 25K

Sixteen GLRR journeyed to Springfield on December 15th to compete in the final two races on the 1985 NEAC Grand Prix Series. Despite the cold (around 20 degrees) and the treacherous conditions (severe icing on the roads), the GLRR came away with two silvers (female open and male masters) and one bronze (male open) in the team competition. Running for the male masters in the 25K were: Colin Gouldson (2nd), Jim Concannon (3rd), John Burke (4th), Bill Boyd, and Walter Murphy. Running for the female open in the 25K were: Sue Taylor (3rd), Sue Lamontagne, Jean Boswell (2nd), and Maureen Semekis (3rd). Running for the male open team in the 20K were: Jim Stronach, Tom Amiro, Derek Hartwick, Dave Camire, Jim Durkin, Kevin Crispell, and Jay McCarthy.

## NEWPORT MARATHON

The GLRR women's team, led by a fourth place finish of Sue Taylor (3:04), finished second at the NEAC Marathon Championship held in Newport, RI on November 3rd. Sue was followed by Jean Boswell (3:34) and Mary Bourret (3:37). In all, seven teams competed for the team title. Team standings are listed on the results page. On an individual note, Colin Gouldson finished first in the Master's division with a time of 2:35 and Jim Stair finished tenth overall with a time of 2:32.

## MILL CITIES RELAY

The GLRR won four of the five team titles and consequently the overall Mill Cities club trophy. In all, a record 54 teams from nine Merrimack Valley running clubs competed in this year's event. Next year's relay is scheduled for December 7th. Overall team and club standings are listed under results. The GLRR is looking for a new director for the Mill Cities Relay. If you are interested, contact Dave Camire 957-4230.



## TAC and RRCA News

### RRCA TO HAVE BOOTH IN BOSTON

The RRCA will be sponsoring a booth at the Boston Marathon Expo. By sure to drop by and see what's going on. Also, the RRCA National Convention will be held in Portland Maine on the weekend of May 15, 16, and 17.

tougher. For us to improve, we will need a total club effort. Please contribute by running in as many NEAC team championships as possible. **REMEMBER:** All races include a men's open, female's open, men's masters, and a female master's category. See you in Boylston.

### March 22

30-Kilometers. Boylston, MA.

### May 17

10-Kilometers. Nashua, N.H.

### September 1

25-Kilometers. Gloucester, MA.

### September 13

5-Kilometers. Concord, N.H.

### October 26

Marathon. Newport, R.I.

### November 23

15-Kilometers, Tewksbury, MA.

### I'LL COMPETE, BUT WHAT DO I DO?

Do you want to compete in an NEAC championship race? Contact one of the GLRR's team captains. They have applications and can supply directions, carpool

information, and the latest on our "infamous" after race tailgate parties. Join in on the fun.

### Male Open

Tom Amiro 256-2547

### Female Open

Sue Lamontagne 250-0375

### Male Masters

Will Mason 256-7171

### Female Masters

Jean Boswell 256-5059

### Male Seniors

Grant Whiteway 663-2026

### Team Coordinator

Dave Camire 957-4230

### LLOYD'S LLAWS (Continued)

Devoted to Excellence in  
Mediocrity

81. The first woman's model of a man's shoe is always powder blue.
82. Your first opportunity for a trophy was at a race you did not run.
83. Next to jockeys, runners are the most weight-conscious group in America.
84. Runners make lousey bowlers.
85. Bowlers make lousey runners.



# New Members



## The Greater Lowell Road Runners

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |          |  |  |  |  |           |  |  |  |  |
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| LAST NAME   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | FIRST NAME  |  |  |  |  |          |  |  |  |  |           |  |  |  |  |
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| OCCUPATION  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |          |  |  |  |  |           |  |  |  |  |
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| 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.

Do you know someone who would like to run with us? Give them this application.

## NEW MEMBERS

Richard Franzosa  
Richard Larnard  
Bill Claybrook  
Mark Dudley  
Michael Curtis  
Gregory Hintlan  
Donald Dee  
James Kilmartin  
David Heath  
Derek Hartwick  
William Tarmey  
Fred O'Neil  
Scott Sheehan  
Daniel Sullivan  
Mark Roberts

Acton  
Amesbury  
Concord  
Dover, NH  
Harvard  
Lexington  
Lowell  
Lowell  
Lowell  
Lowell  
Pelham, NH  
Pelham, NH  
Tewksbury  
Tewksbury  
Tewksbury



# Results

## 1985 MILL CITIES RELAY/29.1 MI. 12/01/85 -- TEAM STANDINGS

| POS. | CLUB    | DIV. | TIME    |
|------|---------|------|---------|
| 1.   | WCRC    | MO   | 2:24:30 |
| 2.   | GLRR    | MO   | 2:28:48 |
| 3.   | AS "A"  | MO   | 2:35:38 |
| 4.   | MVS     | MO   | 2:38:37 |
| 5.   | GLRR    | MM   | 2:38:41 |
| 6.   | AS "B"  | MO   | 2:43:01 |
| 7.   | SSRC    | MO   | 2:44:14 |
| 8.   | AS "C"  | MO   | 2:45:48 |
| 9.   | WRC     | MO   | 2:47:55 |
| 10.  | WCRC    | MM   | 2:48:43 |
| 11.  | SSRC    | MO   | 2:48:54 |
| 12.  | MVS     | MM   | 2:50:37 |
| 13.  | GLRR #3 | C    | 2:50:41 |
| 14.  | NHAA    | MM   | 2:52:24 |
| 15.  | GLRR #3 | MO   | 2:52:43 |
| 16.  | GLRR #5 | MO   | 2:53:20 |
| 17.  | AS      | MM   | 2:53:56 |
| 18.  | NHAA    | MO   | 2:54:22 |
| 19.  | MVS "B" | MO   | 2:54:52 |
| 20.  | GLRR #1 | FO   | 2:57:22 |
| 21.  | MVS "C" | MO   | 2:57:48 |
| 22.  | GCS "A" | MM   | 3:02:17 |
| 23.  | GLRR #1 | MM   | 3:04:16 |
| 24.  | MVS     | C    | 3:05:10 |
| 25.  | GLRR #7 | MO   | 3:05:17 |
| 26.  | WCRC    | MO   | 3:07:40 |
| 27.  | GLRR #2 | MO   | 3:10:44 |
| 28.  | GCS **  | MO   | 3:11:41 |

|     |         |    |         |
|-----|---------|----|---------|
| 29. | NHAA    | FO | 3:13:57 |
| 30. | GLRR #2 | C  | 3:13:01 |
| 31. | MVS     | FO | 3:15:07 |
| 32. | WRC #3  | MO | 3:15:32 |
| 33. | GLRR #4 | MO | 3:16:11 |
| 34. | MVS "D" | MO | 3:16:45 |
| 35. | SSRC    | C  | 3:19:10 |
| 36. | GCS "A" | FO | 3:19:16 |
| 37. | GCS "C" | C  | 3:19:54 |
| 38. | MSRC    | MM | 3:19:56 |
| 39. | MSRC    | C  | 3:20:30 |
| 40. | SSRC #5 | C  | 3:21:25 |
| 41. | WRC #2  | MO | 3:22:30 |
| 42. | GLRR #6 | MO | 3:23:03 |
| 43. | GLRR #3 | MM | 3:23:43 |
| 44. | SSRC #3 | MM | 3:24:57 |
| 45. | GLRR #2 | MM | 3:27:16 |
| 46. | GLRR #2 | FO | 3:29:12 |
| 47. | GCS "A" | C  | 3:29:37 |
| 48. | GLRR #1 | FM | 3:33:40 |
| 49. | WRC     | FO | 3:33:45 |
| 50. | GCS "B" | MO | 3:33:37 |
| 51. | WCRC    | MM | 3:46:02 |
| 52. | GLRR #1 | C  | 3:46:04 |
| 53. | GLRR #3 | FO | 3:51:13 |
| 54. | GLRR #2 | FM | 4:00:00 |

### Division Legend

MO = Male Open  
FO = Female Open  
MM = Male Masters  
FM = Female Masters  
C = Coed

## 1985 MILL CITIES RELAY 12/01/85 -- CLUB STANDINGS

|    |      |          |
|----|------|----------|
| 1. | GLRR | 10:55:31 |
| 2. | MVS  | 11:49:30 |
| 3. | NHAA | 12:45:51 |
| 4. | WCRC | 12:50:31 |
| 5. | GCS  | 13:03:28 |
| 6. | AS   | 13:06:52 |
| 7. | SSRC | 13:19:34 |
| 8. | WRC  | 13:43:39 |
| 9. | MSRC | 14:17:42 |

NOTE: Club times are an accumulation of the fastest times of the male open, female open, coed, and male masters teams from each club.

THE 1986 MILL CITIES RELAY IS SCHEDULED FOR DECEMBER 7th.

# Results



## 1985 NEW ENGLAND ATHLETIC CONGRESS GRAND PRIX STANDINGS

| Pos. | Club | Pts. |
|------|------|------|
| 1.   | CMS  | 26   |
| 2.   | GSH  | 20   |
| 3.   | GLRR | 15   |
| 4.   | BAA  | 13   |
| 5.   | WRT  | 8    |
| 6.   | NEPC | 2    |
| 7.   | NMC  | 2    |
| 8.   | GBTC | 1    |

| Pos. | Club | Pts. |
|------|------|------|
| 1.   | CMS  | 18   |
| 2.   | GLRR | 9    |
| 3.   | NMC  | 7    |
| 4.   | GSH  | 4    |
| 5.   | CSU  | 2    |
| 6.   | NEPC | 1    |

| Pos. | Club | Pts. |
|------|------|------|
| 1.   | LAC  | 19   |
| 2.   | CMS  | 13   |
| 3.   | GBTC | 12   |
| 4.   | GLRR | 8    |
| 4.   | BAA  | 8    |
| 6.   | J&W  | 5    |
| 7.   | CSU  | 3    |
| 8.   | CAC  | 3    |
| 9.   | NRC  | 2    |
| 10.  | SMAC | 1    |
| 11.  | WRT  | 1    |

Scoring: 5 points for first, 4 for second, 3 for third, 2 for fourth, and 1 for fifth.

### Club Legend

|      |                          |
|------|--------------------------|
| GLRR | Gr. Lowell Road Runners  |
| AS   | Andover Striders         |
| BAA  | Boston Athletic Assoc.   |
| CAC  | Commonwealth Athl. Club  |
| CMS  | Central Mass. Striders   |
| CSU  | Cambridge Sports Union   |
| GBTC | Gr. Boston Track Club    |
| GCS  | Gate City Striders       |
| GSH  | Gr. Springfield Harriers |

|      |                            |
|------|----------------------------|
| J&W  | Johnson & Wales T.C.       |
| LAC  | Liberty Athletic Club      |
| MSRC | Middlesex Striders R.C.    |
| MVS  | Merrimaack Valley Striders |
| NEPC | New England Pioneer Club   |
| NHAA | N.H. Athletic Alliance     |
| NMC  | North Medford Club         |
| NRC  | Newport Runners Club       |
| SMAC | Sugarloaf Athletic Club    |
| SSRC | Sanders Snails R.C.        |
| WCRC | Winner's Circle R.C.       |
| WRC  | Wang Runner's Club         |
| WRT  | Whirlaway Racing Team      |

### NEAC 20K CHAMPIONSHIP 12/15/85 -- SPRINGFIELD (male open)

|    |      |         |
|----|------|---------|
| 1. | GSH  | 6:00:36 |
| 2. | CMS  | 6:04:43 |
| 3. | GLRR | 6:07:40 |

### NEAC 25K CHAMPIONSHIP 12/15/85 -- SPRINGFIELD (male masters)

|    |      |         |
|----|------|---------|
| 1. | CMS  | 8:49:42 |
| 2. | GLRR | 9:00:38 |

### NEAC 25K CHAMPIONSHIP 12/15/85 -- SPRINGFIELD (female open)

|    |      |         |
|----|------|---------|
| 1. | CMS  | 5:25:45 |
| 2. | GLRR | 5:42:59 |

### OCEAN STATE MARATHON 11/03/85 -- NEWPORT, RI

|    |                   |
|----|-------------------|
| 1. | LAC               |
| 2. | GLRR              |
| 3. | Commonwealth A.C. |
| 4. | Newport RC        |
| 5. | Sugarloaf A.C.    |

## ROAD RACE SCHEDULE

### March 16

Hynes'/Budweiser Irish Feet are Runnin' 5-Mile Road Race. Starts at 1:00 PM from Hynes' Tavern on Gorham St., in Lowell. Volunteers are needed, contact Dennis Conners 452-5327. A GLRR hosted race.

### March 23

N.E.A.C. 30K Championship. Starts at 11:00 AM from Tahanto Regional H.S., Boylston. Contact: CMS, Box 2, Greendale Station, Worcester, MA 01606.

### April 6

Wang Heart Run, 5-mile (8K certified) and 1.6 mile race. Starts at 1:00 PM at the Wang facility on Pawtucket Blvd. (Rt. 113), Lowell.

### April 13

Grab Bag 5-Mile Road Race. The race starts at 1:30 PM from the Knickerbocker Club in Lowell. Runners are needed. A GLRR sponsored race.

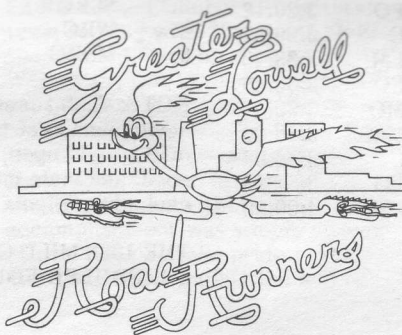
### April 27

Reading Rotary 10K and 1.5-mile race. The 1.5-mile race starts at 9:30 AM and the 10K starts at 10:30 AM. Both race begin at the Reading YMCA. For additional information call Allan Bissett 944-1141 or Dave Hurley 944-7280.

### May 17

Diet Pepsi 10K (N.E.A.C. Championship race). Starts at 9:00 AM on Main St., in Nashua, N.H. Hosted by the Gate City Striders.

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



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