

Starting Lines

published by the Greater Lowell Roadrunners

January 1987



1987 Mill Cities Relay organizers (left to right) Warren Church (Gate City Striders), Jack Pierce (Merrimack Valley Striders), John Aegerter (Greater Lowell Road Runners), and Eileen Curley (Greater Lowell Road Runners).

Upcoming Events



FUDGICAL SERIES

The Fudgical Series returns on Saturday January 3, 1987, and will continue every Saturday until February 28th. The NEW starting time is 9:00 am. Entry is just 25 cents and the race starts from Tewksbury Memorial High School located on Pleasant Street in Tewksbury. The race is a flat 5-kilometers.

CALENDAR OF EVENTS

The next issue of the Calendar of Events will be sent during the first week of January.

LATE STARTING LINES

Apologies are in order because this edition of Starting Lines is a bit late. We wanted to include results from both the 15K and Mill Cities Relay and this caused the delay. Starting Lines, hopefully, will be back on schedule in March.

CLUB MEETINGS

The next GLRR club meeting will be January 26 and will feature our Annual Awards Night. In February, Bob Worden, a physical therapist/trainer, will be the guest speaker. Typically, 70 plus running enthusiasts attend these social/business affairs. All meetings are held on the last Monday of the month at the Knickerbocker Club in Lowell.

HYNES' RACE

On March 15th, over 1000 runners are expected to be making the trek around St. Patrick's Cemetery for the 6th Annual Hyne's/Budweiser "Irish Feet are Runnin'" 5-Miler. Race directors McCarthy & McCarthy (Dennis and Jay) are hard at work to make this the most successful Hynes' race to date.

RACING TEAM INFO

We will have a brief meeting before the general club meeting on January 26th. Our new sponsorship package will be revealed and we will discuss plans for the upcoming John Muldoon Road Race. The meeting will begin at 6:30 PM sharp at the Knickerbocker Club. Please attend!

LLAST LLAWS

This edition of Starting Lines marks the end of an era, of sorts. Contained in this issue are the last five LLOYD's LLaws (number 95 to 100). Lloyd's LLaws have appeared in every edition of the GLRR Newsletter Starting Lines dating back to May of 1980. This editor would like to take this opportunity to thank Lloyd for both his wisdom and humor.

President's Message



John Aegerter

The Mill Cities Relay is the type of event that gives good vibes. Why? Because you support your club, support your team, and you have fun. You get involved in the event because you become more a part of this event than most. More members of the club participate in this race than any other running event we put on. I would like to see more participation by members at other events.

I use most of this space to encourage participation in club events. For those of you who are new, we have old standbys for next year: Pot Luck Dinner, Hynes' Race, Great Legs Race, The Jim Witt Race, and the Turkey Race. We also have some new ideas for consideration: Sunday morning runs open to the public along the Merrimack River and a Youth Program for this summer. Ideas or

energy from some of the new members might help to make both of these permanent GLRR sponsored events. The coaching program might be improved with a suggestion you have yet to share with me.

Have a Happy New Year on the Roads. Make participation in one of our new or old events one of your New Year resolutions.



Running with Greater Lowell

COACHES' CLIPBOARD

Coach George Davis
Coach Bob Hodge

Choosing a good running shoe can be important in preventing running related injuries. To help you with proper shoe selection, the GLRR coaching staff offers the following tips for selecting a "good" running shoe (refer to diagram).

Heel Counter - The heel counter should be made firm and perpendicular to the sole. It may have an achilles tendon notch in the upper rear aspect. Set the shoe flat on a table and observe it from behind the heel. The counter should be straight, not leaning inward; the entire upper portion of the shoe should be mounted straight up and down over the midsole.

Heel Lift - The heel should be elevated approximately 10 to 12 mm (1/2 - 3/4"). The heel should flare mildly, being about three inches wide at the base.

Last - This is the curvature of the shoe when looking at the shoe from the bottom. The straighter the last, the more stable the shoe, and vice versa.

Midsole - The portion of the shoe between the outer sole and the upper shoe. You should not be able to easily compress the midsole beneath the inner heel with your thumb. Present technology supports a "dual-density" midsole with denser material under the inner heel for control of pronation, and less dense material under the outer heel for cushioning impact. Also, when looking at the shoe from behind, the midsole should not angle in sharply to the heel counter, or the heel counter will lean easily on the midsole.

Forefoot Flexibility - You should be able to fold the sole upwards, toe to heel, with medium effort (less than ten pounds).

Outsole - Should be dense and durable (solid carbon rubber, polyurethane, Indy 500 compound). The outsole pattern depends on your running surface, but "waffle" patterns are good for general use and provide adequate traction.

In summary, appropriate running shoes can help prevent injuries as well as compensate for individual differences. Presented were some general guidelines for selecting shoes. If injuries persist even with "good" shoes, one should consult a health care professional for a Biomechanical Evaluation and assessment of training habits.

Portions of this article were reprinted from the American Physical Rehabilitation Network News.

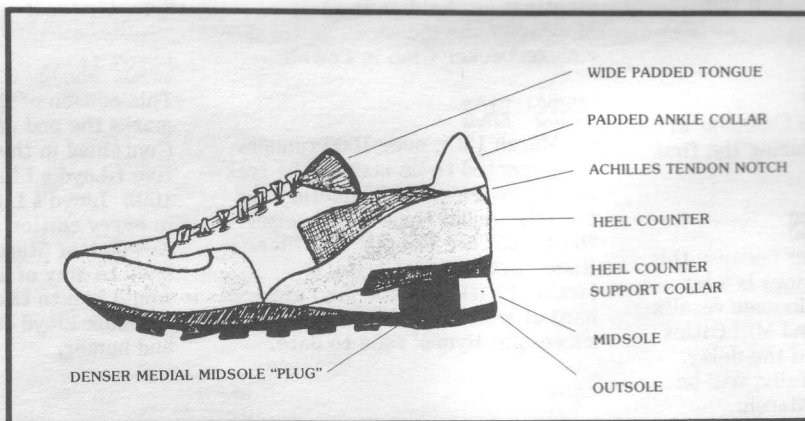
GRAY MATTER

"1 RPM"

Will Mason

It was a cold, dark, windy day in November and Dave said that he needed something for Starting Lines in two weeks. For me that meant February; therefore, I should shoot for a theme in the middle, say around January 1. What could be more natural than to report on New Year's resolutions? Finally, while attempting to tie my shoes and let Jim C. get his butt and that terrible pace away from me during the Mill Cities Relay, it occurred to me that the Newsletter readers would like to know my resolutions for 1987. (Just kidding. I am the only one

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Running With Greater Lowell



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interested!) So, in a clever moment, I thought that one resolution per month would be appropriate. (At that time a little Andy Rooney voice said: "Did you ever wonder where the V in 'resolye' goes when the word becomes 'resolution'?") Nevertheless, here are my 12 New Year's Resolutions, 1 resolution per month (RPM).

1. I will never poke fun at the Whirlaway Club folks, no matter how fast-footed and thin-skinned they are.
2. I will no longer refer to the Peace Marathon as "Tom's Great 19 Miler."
3. I will learn to spell John Aooeaartegeeier's name correctly.
4. I will not ask Dan Woz what all those hunters do at night up there in those lonely cabins in the woods where nobody can see them.
5. I will not chide Marathon Tours, the travel agency, for not being able to recruit more participants than the Fudges, the traveling family, do for their famous trips.
6. I will not laugh at jokes of the Gate City Striders just because they are funny people (compared to what they use to be).
7. I will not vote for any of the current Club officials ever again; they don't do a damn thing for this Club!!
8. I will not run Boylston or Boston.
9. I will not run any more with those runners from Andover or Merrimack Valley because the never take running seriously and offer baloney sandwiches. Besides, I cannot afford \$5.60 for cleaning every time I leave my jacket behind at Thrifty-way.
10. I will not hang around after races to drink beer and bat the breeze.

LLOYD'S LLAWS (continued)

- Devoted to Excellence in Mediocrity -

96. Every runner has pictured herself winning the big race.
97. Generally, you think better when you run; always, you run better when you think.
98. You never see a course advertised as being "inaccurately measured."
99. Most running stories are repetitive.
100. Most running stories are repetitive.



Running Around New England

John Burke (Lowell) won this year's Lowell YMCA 5-Miler, held on October 25th, with a time of 28:18. In the female division, Maureen Semekis (Lowell) won with a time of 34:53. This is the first time that both the overall male and female finishers of a Lowell road race were masters.

QUESTION: Who was that GLRR runner pictured, from behind, in the October 20th edition of Sportsactive in the Boston Globe? HINT: The runner had "LOWELL" imprinted on the back of his singlet and was running by a windmill.

ANSWER: It was Tom Carroll running leg 3 of the Cape Cod Relays.

Steve Chamberlain (Burlington) finished 1600 out of 21000 at this year's New York City Marathon. This was Steve's first marathon. He finished with a time of 3 hours and 9 minutes placing him 6th in the 19 & under age category.

Tom Carroll (Lowell) was the first American finisher at this year's Dublin City Marathon in Ireland. The race, held October 27th, had over 6000 finishers. Tom finished 20th overall with a time of 2:35.

Dan Berkowitz (Littleton) has been burning up the roads as of late. On October 5th, Dan won the Skip Henault 5-miler in Fitchburg with a time of 26:36. On November 2nd he won the Veryfine 5-miler in Littleton with a time of 25:53. On November 9th he won the Martin Rimkus 5.2-miler in Hudson, MA with a time of 28:14. And, he finished 2nd at the Run Against Cancer Race, held in Andover on November 16th, with a time of 32:20.

Will Mason (Chelmsford) is one of the GLRR's most durable runners. The schedule Will followed this fall supports that claim. On 10/18 Will ran the 14.3 mile leg of the Cape Cod Relays, leading his team to a 4th place finish. On 10/26 he won the masters division (2:43) of the Ocean State Marathon; on 11/02 he won the master's division (28:22) of the Londonderry 5-miler; on 11/08 he won the masters division (1:17) of the Lowell Elk's Half-Marathon; on 11/16 he won the masters division (34:46) of the Run Against Cancer 10K in Andover; on 11/23 he was fourth master in the Boston Peace Marathon (2:49); on 11/30 he won the masters division of the Andover 5-mile XC race; and finally, on 12/07 he ran the 9.8

mile leg of the Mill Cities Relay where his team finished third. Eight races in eight weeks, including 2 marathons and 2 relays.

Durability must be a trait of Greater Lowell Road Runners -- Steve Desisto (Wakefield) is another example of that claim. During a 36 week period, Steve ran 33 races. Amazingly, he won five and placed in the top 10 twenty-five times.

Wait! You think those guys are durable? Well, GLRR member Pipa Davis (Westford) is one of the top women ultra-runners in North America. In 1985 Pipa was rated 21st overall at 50 miles and 10th overall at 100K (62 miles). Most recently, she placed first in the female division (4th overall) at the Sri Chinmoy 5-Day Race. Pipa set a new course record covering 311 miles. En route to her victory, she set a pr for 48-hours covering 160 miles.

Jack Murphy (Lowell), competing in his first race as a senior, won the 50-59 division of the Lowell Elks Half-Marathon with a time of 1:29:26.

Team Competitions



MASTERS MASTER 25K

Gloucester, MA -- This year's stroll around Cape Ann proved to be a romp for the GLRR master teams. Our male masters, led by Colin Gouldson (1:32:18), finished first, ahead of second place CMS. And our female masters, led by Ann Sartorelli (2:03:11), edged out LAC to place first. As a result of their victories, both teams are the 1986 NEAC 25K Master's Team Champions. This is the second time this year that our master teams have won matching New England titles. They accomplished this feat earlier at the Boylston NEAC 30K Championship. In the male open division, Tom Carroll (1:26:24) paced the team to its second consecutive third place finish. Although the team improved their time by 15:32 over 1985, tougher competition made it difficult to gain ground. On the female side, Sue Lamontagne (1:53:06) led her open team to a sixth place finish. Again, as in all previous NEAC Championships, the GLRR was one of two clubs to field teams in all divisions. Located on the result's page are complete team and individual GLRR results.

COUPLES RACE

Concord, NH -- What is the most competitive race on the Grand Prix circuit? Answer: The Bud Light Couples Race. For the past two years, this New Hampshire race has served as the NEAC 5K Championship and the team competition has been fierce. In all, 27 teams from 11 Massachusetts and New Hampshire running clubs competed in this year's event. In the male masters division, Will Mason (16:30) led the GLRR to a second place finish. The male masters improved their team time by 1:26 over 1985. The GLRR female masters and male open, led by Jean Boswell (21:56) and Lance Burgess (15:24) respectively, placed fourth. The male open team improved their team time by 42 seconds over 1985. The female open, led by Sue Trudel (19:50), placed eighth overall. For the first time this year, three clubs (GLRR, CMS, and BAA) fielded teams in all four divisions. Located on the result's page are complete team and individual GLRR results.

APPLEFACTS ON APPLEFEST

Hollis, NH -- This year's Applefest Half-Marathon, hosted by the Gate City Striders and held on September 27th, turned out to be a dual-meet between the GLRR and CMS. Out of the top ten finishers, seven were from the two clubs. Although the GLRR had more top ten finishers, the CMSers edged us out to win the male open team title. In the female division, the Waltham Track Club won. The GLRR women could have won, however, only two of the five competing GLRR women indicated on their application that they were GLRR members. If any one of the other three had written "GLRR" on their application, we would have won! This is a continual problem. In all, 22 GLRR members entered the race -- only 15 indicated that they were GLRR members. When entering a race with a team division, please indicate on your application that you are a GLRR member -- regardless of you pace! Listed on the results page are complete individual and team results.

MASTERS NATIONAL CHAMPS

Concord, NH -- The GLRR male and female masters team, led by Colin Gouldson (57:42) and Jean Boswell (76:23), won matching 1986 RRCA 10-Mile National Team Championships. For the male masters, it was their second consecutive 10-mile national title. The race, held in New Hampshire's capital city on September 21st, featured team competition in four divisions (open/master male and female). Our female open team, led by Sue Lamontagne (69:24), placed second behind Team Northeast of Lebanon, N.H. The GLRR male open team, led by Phil Riley (52:59), placed third overall improving by 12:12 over their 1985 time. In addition to an abundance of GLRR team spirit, we won many individual awards and placed a team in every division. Listed on the results page are complete individual and team results.

NEWPORT MARATHON

Newport, RI -- Race five on the NEAC Grand Prix was the Marathon, held October 26th in overcast, cool, and wealthy Newport, R.I. The GLRR male masters team, led by Will Mason (2:43 and 1st master), placed first

to win the NEAC Marathon team title. This was a significant victory for our masters. As you may recall, the GLRR masters have been engaged in a tough year long battle with CMS for top honors in the NEAC Grand Prix. The Newport victory enabled the GLRR to gain a substantial 3-point lead over the CMSers who placed fourth overall. In the open division, the GLRR male open team, led by Tom Amiro (2:30:09, 5th overall), placed fifth overall in the team division. This finish enabled the GLRR men to secure sole position of 4th place in the Grand Prix. Previously, we shared 4th place with CSU. For the first time this year, the GLRR was unable to field a full contingent of teams.

SCREEN FIVE

Salem, NH -- The GLRR male open team led by Lance Burgess (25:33), placed 4th in this year's Screen Five Road Race held in Salem, NH on November 9th. In all, 18 male teams competed in the event held by the GLRR's team sponsor -- Salem Screen Printers. The GLRR female team, led by Sue Trudel (32:27), placed 7th out of 13 teams. The GLRR had the second largest number of entrants of all the clubs/teams entered. (Bunton Builders of Goffstown, NH entered the most with 88.) This is quite a feat if you consider that forty-four GLRRs competed in the Lowell Elk's Half Marathon the previous day and a large portion of our racing team officiated the Screen Five Race.



Mike Fitzgerald (front) and John Poisson (rear) running leg one of the Mill Cities Relay.

Team Competitions



NEAC 15K CHAMPIONSHIP

Tewksbury, MA -- The NEAC 15K Championship, hosted by the GLRR, was held under unusually warm conditions for November 23rd -- sunny and around 60 degrees. The field was very competitive considering it was the final NEAC Grand Prix race and scheduling conflicts with the Boston Peace Marathon and the Slattery's 5-Miler in Fitchburg. Nevertheless, over 300 runners entered the race. GLRR coach Bob Hodge shattered the existing course record en route to a victory with a time of 46:56. In all, the

first eleven finishers surpassed last year's course record. The GLRR male open team, led by Lance Burgess (49:51), finished fourth overall just 11 seconds behind the third place BAA. The male masters team, led by Jim Concannon (55:44), placed second overall. The female open team, led by Susan Trudel (61:53), placed 4th overall. And, the female masters team, led by Jean Boswell (69:36), placed 3rd overall. In addition to the GLRR, only one other club fielded a team in each division. Listed on the results page are complete individual and team results.

MILL CITIES RELAY

Lawrence, MA -- The GLRR male team of Dan Berkowitz, Lance Burgess, Phil Riley, Steve Desisto, and Tom Carroll set a course record (2:35:20) en route to finishing first at this year's 28.9-mile MCR. The GLRR female team of Sue Trudel, Patti Tobin, Sue Taylor, and Sue Lamontagne matched the male team in placing first in the female division with a time of 3:17:19. In all, the GLRR fielded 18 teams in the relay, finishing first in three of the six divisions and second in the remaining three.



New Members

Ting Lei
Dr. Paul Courant
Marilyn Graves
Gregg Silver
George Carpenter
Jack Murphy
Deborah Cole
Steve Coupe

Cambridge
Chelmsford
Chelmsford
Chelmsford
Groton
Lowell
Lowell
Lowell

Mark Sartanowicz
Frank Gallo
Jeff Haas
Donna Shanahan
Jim Crawford
Pipa Davis
Richard Davis
George Demetriou

Malden
Pepperell
Tewksbury
Tyngsboro
West Newbury
Westford
Westford
Westford

Barry Foster
Don McHugh
Brian Raymond
Joe Regan
Nathan Lake
Gerry Whitney
James Graham

Westford
Lowell
Lowell
Lowell
Stratford, NH
Lowell
Methuen



TAC and RRCA News

THE 1986 GRAND PRIX REVIEW

Dave Camire

The New England Athletic Congress (NEAC) Grand Prix is growing. In 1985, a total of fourteen teams scored Grand Prix points. In 1986, that number grew to twenty. In 1985, just two clubs from outside of Massachusetts placed in the Prix. In 1986, that number grew to eight -- five from Rhode Island and three from New Hampshire. It appears that team competition, in New England, is finally catching on. And, the NEAC Grand Prix is the nucleus of this activity.

At the conclusion of this year's Grand Prix, the GLRR ranked number two in total team scoring with 46 points. This is the second consecutive year the GLRR has garnered the second highest point total. Although club point total is not a category in the Grand Prix, it is an indicator of our club's commitment to the Grand Prix and team running.

This year was the most successful ever in terms of GLRR team victories and participation. In all, the GLRR won five team titles and our male masters finished first overall in their division. The GLRR fielded teams in 22 of 24 possible team categories. At four races, the 5K, 10K, 25K, and 15K, the GLRR had the largest contingent of any running club. And, our overall participation increased by 64 percent over 1985 despite the Grand Prix having one less race than 1985.

Comparisons between 1985 and 1986 further highlight the GLRR's increased participation in the Grand Prix. In 1985, a total of 133 GLRR finishers were recorded in seven Grand Prix races. We averaged 19 GLRR finishers per race that year. This past year, a total of 208 GLRR finishers were recorded in six Grand Prix races. Our average increased to 35 GLRR finishers per race.

We did a good job in spreading out the scoring in 1986. A total of thirty-four different club members contributed by scoring points for

the club. Five members, Ann Sartorelli, Sue Lamontagne, Will Mason, Dave Camire, and Jim Concannon, scored in five of the six races.

Although mass participation was key to our success, good organization and club spirit were also important contributors. Continued success in the NEAC Grand Prix will depend on us being more prepared than ever. The competition will be tougher! You can be certain that participation will increase and the veteran clubs will be prepared. We are going to need your help to meet their challenges.

How can you help with this club effort? Simple. Run in as many NEAC Championships as possible. If you cannot run, think about forming a support crew. The Boston Athletic Association (BAA) does an excellent job at this. They regularly have a support crew at all the team races they participate in. The first race on the 1987

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Grand Prix is the Boylston 30-Kilometer on March 22. Last year, 30 GLRRs participated in this race. The result was three team championships. This year, lets try to increase that number! Lets see a large GLRR running/support contingent at this event.

MORE NEAC NEWS

This year we have a solid slate of seven excellent races. Added to the 1987 NEAC Grand Prix will be an 8K and 20K race. The 25K, which previously had been held in Gloucester, has been dropped for 1987.

1987 GRAND PRIX CIRCUIT

03/22	30K	Boylston, MA
05/16	10K	Nashua, NH
08/02	15K	Worcester, MA
09/12	5K	Concord, NH
09/27	20K	Marshfield, MA
10/24	8K	Jamaica Plain, MA
11/15	26.2	Hyannis, MA



Results

1986 NEAC GRAND PRIX
STANDINGS
INCLUDES 30K, 10K, 25K, 5K,
15K, and Marathon

Male Masters

1.	Grt. Lowell Road Runners	19
2.	Central Mass. Striders	17
3.	Johnson & Wales TC	5
4.	Empire One RC	4
4.	Waltham Track Club	4
5.	Cambridge Sports Union	2
5.	Boston Athletic Assoc.	2
6.	Sugarloaf Mt. AC	2
6.	North Medford Club	1
6.	Providence TC	1

Female Masters

1.	Liberty Athletic Club	12
2.	Central Mass. Striders	11
3.	Grt. Lowell Road Runners	8
4.	Boston Athletic Assoc.	3
5.	Gate City Striders	2
6.	Franklin Bolts T.C.	1
6.	Granite State R.T.	1

Male Open

1.	Central Mass. Striders	28
1.	Boston Athletic Assoc.	28
3.	Whirlaway Racing Team	24
4.	Grt. Lowell Road Runners	12
5.	Cambridge Sports Union	9
6.	Johnson & Wales TC	6
6.	Grt Springfield Harriers	6
6.	Greater Boston T.C.	6
9.	N.H. Athletic Alliance	1
9.	Newport Running Club	1

Female Open

1.	Central Mass. Striders	21
2.	Waltham Track Club	18
3.	Liberty Athletic Club	15
4.	Whirlaway Racing Team	12
5.	Granite State R.T.	11
6.	Boston Athletic Assoc.	8
7.	Grt. Lowell Road Runners	7
8.	Greater Boston T.C.	4
8.	Johnson & Wales T.C.	4
10.	Cambridge Sports Union	2
10.	Newport Running Club	2
12.	Colonial Track Club	1

Overall Total Team Points

1.	Central Mass Striders	76
2.	Grt. Lowell Road Runners	46
3.	Boston Athletic Assoc.	39

NEAC 25K CHAMPIONSHIP
09/01/85 -- Gloucester, MA

Tom Carroll	1:26:24
Phil Riley	1:26:34
Steve Desisto	1:29:38
Tom Amiro	1:29:39
Dave Camire	1:31:21
Colin Gouldson	1:32:18
Will Mason	1:33:07
Ken Whitcomb	1:34:02
Tom MacDonald	1:34:17
Jim Concannon	1:37:03
Bill Leahy	1:38:04
Dennis Leblanc	1:38:04
Kevin Kearns	1:38:05
Rafeal Rios	1:39:02
Kevin Crispell	1:39:49
John Poisson	1:41:38
Mike Fitzgerald	1:42:42
Bob Ludwig	1:42:51
Cam Amos	1:47:57
Rich Lamontagne	1:48:49
John Sutherland	1:49:45
Bill Boyd	1:50:07
Dave Weeks	1:51:00
Sue Lamontagne	1:53:06
Dennis McCarthy	1:53:35
Ben Fudge	1:55:29
John Aegerter	2:00:20
Mary Bourret	2:03:00
Ann Sartorelli	2:03:11
Berna Finley	2:04:04
Jean Boswell	2:04:56
Russ Laste	2:05:14
Mitch Korby	2:06:00
Betty Bourret	2:06:30
Dan Wasileuskas	2:07:00

NEAC 25K CHAMPIONSHIP
TEAM STANDINGS
09/01/86 -- Gloucester, MA

Male Open

1.	BAA
2.	CMS
3.	GLRR
4.	WRT
5.	CSU
6.	GBTC

Female Open

1.	LAC
2.	WRT
3.	CMS
4.	GBTC

5.	BAA
6.	GLRR
7.	WTC

Male Masters

1.	GLRR
2.	CMS
3.	CSU
4.	WTC

Female Masters

1.	GLRR
2.	LAC
3.	CMS

NEAC 5K CHAMPIONSHIP
09/13/86 -- Concord, NH

Female Results

1.	Mary Lammi*	16:41
2.	Charlene Morrett*	16:54
3.	Julie Leclair*	17:07
37.	Sue Trudel	19:50
40.	Sue Lamontagne	20:01
44.	Beccie Underwood	20:13
61.	Chris Brennan	21:34
70.	Jean Boswell	21:56
77.	Maureen Semekis	22:10
82.	Donna Daveau	22:23
83.	Ann Sartorelli	22:25
88.	Berna Finley	22:56
99.	Mary Tiches	23:33
105.	Karen Whitcomb	24:02

Male Results

1.	Mike Dodge*	14:27
2.	Rick Doiron*	14:36
3.	John Fiola*	14:45
23.	Lance Burgess	15:24
25.	Phil Riley	15:27
31.	Dan Berkowitz	15:39
34.	Tom Carroll	15:46
40.	Steve Desisto	15:53
48.	Tom Amiro	16:06
63.	Will Mason	16:30
64.	Dave Camire	16:33
67.	Ken Whitcomb	16:35
70.	Colin Gouldson	16:41
74.	Jim Concannon	16:50
88.	Mike Fitzgerald	17:20
92.	John Burke	17:30
114.	Bob Ludwig	18:09
124.	Jay McCarthy	18:42
125.	Dave Weeks	18:43
129.	John Sutherland	18:52
170.	Tim Tiches	21:14
239.	Jim MacDonald	33:26

Results



NEAC 5K CHAMPIONSHIP 09/13/86 -- Concord, N.H.

Male Open

1.	CMS	74:03
2.	BAA	75:45
3.	WRT	76:23
4.	GLRR	77:35
5.	CSU	78:43
6.	GSH	81:37
7.	WTC	85:16
8.	GBTC	85:36
9.	GCS	87:16

Male Masters

1.	CMS	81:56
2.	GLRR	85:41
3.	BAA	88:16
4.	WTC	93:47

Female Open

1.	BAA	52:30
2.	WTC	52:53
3.	CMS	52:59
4.	WRT	54:52
5.	GSRT	56:20
6.	LAC	58:01
7.	GCS	59:23
8.	GLRR	60:04
9.	GBTC	61:21
10.	GSH	62:21

Female Masters

1.	LAC	58:01
1.	BAA	58:01
2.	CMS	65:09
3.	GLRR	66:32

RRCA 10 MILE NATIONAL CHAMPIONSHIP 09/21/85 -- Concord, NH

1.	Henry Rono*	50:32
2.	Mike Casner*	50:52
3.	Art Sorrell*	51:44
6.	Phil Riley	52:59
17.	Steve Desisto	55:15
18.	Tom Carroll	55:17
20.	Dave Camire	55:53
27.	Colin Gouldson	57:42
41.	Scott Graham	60:44
45.	Robert Ludwig	61:41
66.	Rich Lamontagne	64:34
71.	Jay McCarthy	65:19
76.	John Sutherland	66:09
108.	Sue Lamontagne	69:24
160.	Jean Boswell	76:23
161.	Marcella Theeman	76:23
168.	Ann Sartorelli	77:18
174.	Maureen Semekis	78:23
176.	Berna Finley	78:49
177.	Tim Tiches	79:02
178.	Mary Tiches	79:03
206.	Bob Bassett	89:06

219 Finishers
results courtesy of Granite
State Racing Service

Team Results

Male Open

1.	CN	45
2.	WRT	51
3.	GLRR	102
4.	GCS	295

Male Masters

1.	GLRR	148
2.	GSRS	393

Female Open

1.	GSRS	400
2.	GLRR	429

Female Masters

1.	GLRR	518
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APPLEFEST HALF-MARATHON 09/27/86 -- Hollis, NH Teams Division

Male Open

1.	CMS	3:36:14
2.	GLRR	3:38:51
3.	SS	4:04:59
4.	BPRC	4:51:26

Female Open

1.	WTC	5:43:18
2.	DRC	5:58:25

APPLEFEST HALF-MARATHON Individual Results

1.	Steve O'Connell*	1:09:14
2.	Michael Slavin*	1:10:41
3.	Phil Riley	1:11:14
5.	Tom Amiro	1:13:24
6.	Dave Camire	1:13:53
8.	Jim Stair	1:14:25
11.	Steve Desisto	1:14:56
15.	John Boutselis	1:17:06
24.	Bill Leahy	1:20:33
26.	John Burke	1:20:50
28.	Scott Graham	1:21:02
38.	Bob Ludwig	1:22:27
129.	Barry Pearson	1:32:22
178.	Dan Brennan	1:37:27
222.	Fern Piper	1:41:03
253.	Jay Keddie	1:42:23
266.	Ann Sartorelli	1:43:53
269.	George Rawnsley	1:48:43
303.	Mary Tiches	1:50:23
304.	Tim Tiches	1:50:24
326.	Gail Gikas	1:54:50
329.	Eileen Curley	1:55:50
330.	Frank Gallo	1:55:51
365.	Bob Bassett	2:03:42

SCREEN FIVE (8K) 11/09/86 -- Salem, NH

Male Division

1.	Steve Binns*	22:41
2.	John Gregorek*	22:50
3.	Bruce Bickford*	23:09
4.	JP Ndagisenga*	23:19
5.	Ed Eyestone*	23:24
50.	Lance Burgess	25:33
79.	Tom Carroll	26:33

94.	Steve Desisto	27:09
111.	Bryan Patenaude	27:35
159.	Clinton O'Brien	28:43
164.	Scott Graham	28:50
183.	Paul Jezowski	29:24
205.	Mike Fitzgerald	29:47
217.	Jeff Haas	29:56
271.	Don Foley	30:37
308.	Brian Raymond	31:03
348.	Ting Lei	31:33
401.	Bernard Clancy	32:00
427.	Gerard Ottaviano	32:16
442.	John Koumantzelis	32:23
449.	Dennis Leblanc	32:32
470.	Jim Crawford	32:38
563.	Barry Pearson	33:14
687.	Barry Keohan	34:52
709.	Robert Milholland	34:52
712.	Walter Murphy	34:52
806.	John Morrison	35:38
823.	John Aegerter	35:39
831.	Richard McDonnell	36:25
900.	Walter Adley	36:38
1114.	Ralph Steere	38:27
1180.	Kevin Tobin	39:07
1216.	Ron Quellet	39:38
1268.	Roger Montbleau	40:04
1304.	Jay Keddie	40:32
1361.	Jim Shelton	40:56
1541.	William Tarmey	43:21
1771.	Jim MacDonald	51:24

Female Division

1.	Lynn Jennings*	27:09
2.	Mary Lammi*	27:31
3.	Darleen Beckford*	27:58
4.	Ellen Weglarz*	28:04
5.	Julie Peterson*	28:12
45.	Susan Trudel	32:27
56.	Patty Tobin	33:21
66.	Sue Lamontagne	34:10
102.	Donna Shanahan	36:11
107.	Jean Boswell	36:33
141.	Betty Bourret	37:50
143.	Marilyn Graves	37:53
144.	Maureen Semekis	37:55
258.	Donna Deveau	41:11
293.	Karen Whitcomb	41:52
417.	Chris Bellinger	44:37
483.	Terri McDonald	46:02

NEAC 15K CHAMPIONSHIP 11/23/86 -- Tewksbury, MA Individual Results

1.	Bob Hodge	46:56
2.	Bart Patracca*	47:17
3.	Robert Murdock*	47:31
14.	Lance Burgess	49:29
17.	Fred Whitehouse	50:18
24.	Steve Desisto	51:03
30.	Tom Carroll	52:15
36.	Dave Camire	53:21
40.	Ken Whitcomb	54:15
51.	Jim Concannon	55:44
58.	Dennis Leblanc	56:54
61.	Jeff Haas	57:19
66.	Scott Graham	57:54
67.	Rick Larnard	57:58
69.	Mike Fitzgerald	58:01
74.	Bill Leahy	58:51
79.	Dan Dorazio	59:24

Results



81.	Michael Prifti	59:34
91.	Dave Weeks	60:29
93.	Jay McCarthy	60:37
97.	Bob Ludwig	61:05
102.	Sue Trudel	61:53
103.	John Koumantzelis	61:55
109.	Don McHugh	62:25
110.	Barry Pearson	62:27
112.	Steve Pepe	62:33
127.	Dave Maille	63:52
129.	George Demetriou	63:56
135.	Barry Keohan	64:28
143.	Tom Moran	65:06
148.	Susan Lamontagne	65:58
152.	George Carpenter	76:42
160.	George Howe	68:09
164.	Wayne White	68:28
165.	Donna Shanahan	68:42
168.	George Rawnsley	68:51
173.	Ray Tremblay	69:26
177.	Jean Boswell	69:36
179.	Marcella Theeman	69:58
180.	Ann Sartorelli	69:58
181.	Marilyn Graves	70:10
188.	Ann Windhol	70:48
190.	Maureen Semekis	71:01
191.	Walter Murphy	71:02
192.	Dennis Connors	71:03
205.	Jack Keefe	73:09
210.	Fred O'Neil	74:12
219.	Roger Montbleau	75:26
228.	John Sullivan	77:41
230.	William Tarmey	78:34
237.	Chris Brennan	79:45
250.	Hazel Palmer	89:23

NEAC 15K CHAMPIONSHIP
11/23/86 -- Tewksbury, MA
Team Results

Male Masters

1.	CMS	4:35:51
2.	GLRR	4:54:49

Female Masters

1.	LAC	3:19:43
2.	CMS	3:22:50
3.	GLRR	3:31:47

Male Open

1.	CMS	4:03:55
2.	WRT	4:12:05
3.	BAA	4:16:25
4.	GLRR	4:16:48
5.	CSU	4:16:59

Female Open

1.	WTC	2:50:40
2.	GSRT	2:50:57
3.	WRT	3:00:56
4.	GLRR	3:17:27
5.	LAC	3:19:43
6.	CMS	3:22:50

OCEAN STATE MARATHON 10/26/86 -- Newport, RI

1.	Misael Fossas*	2:24:01
2.	Michael Slavin*	2:26:40
3.	Peter Hopkins*	2:27:06
5.	Tom Amiro	2:30:09
18.	Dave Camire	2:37:55
26.	Will Mason	2:43:31
69.	Bill Leahy	2:55:29
75.	Ken Whitcomb	2:56:15
79.	Tom MacDonald	2:56:28
124.	Cam Amos	3:03:39
131.	Dennis Leblanc	3:05:28
167.	John Sutherland	3:09:42
196.	John Poisson	3:13:04
209.	Mike Fitzgerald	3:13:43
407.	Jim Graham	3:40:01
468.	Betty Bourret	3:46:47
626.	Dan Brennan	4:11:56

OCEAN STATE MARATHON 10/26/86 -- Newport, RI

Male Open

1.	J&W
2.	BAA
3.	WRT
4.	CMS
5.	GLRR
6.	NRC

Male Masters

1.	GLRR
2.	J&W
3.	EORC
4.	CMS
5.	SMAC
6.	SCS

Female Open

1.	CMS
2.	J&W
3.	WTC
4.	NRC
5.	CTC

Female Masters

1.	CMS
2.	GCS
3.	FBTC

MILL CITIES RELAY 12/07/86 -- Nashua to Lawrence

Male Open

1.	GLRR	2:35:30
2.	WCRC	2:41:16
3.	AS	2:41:42

Female Open

1.	GLRR	3:17:19
2.	GCS	3:18:39
3.	WCRC	3:24:16

Male Master

1.	WCRC	2:43:50
2.	GLRR	2:50:04
3.	GLRR	2:51:00

Female Master

1.	GLRR	3:33:52
2.	GCS	3:37:43
3.	GLRR	4:22:39

Coed

1.	WCRC	2:48:38
2.	GLRR	3:01:51
3.	GCS	3:17:54

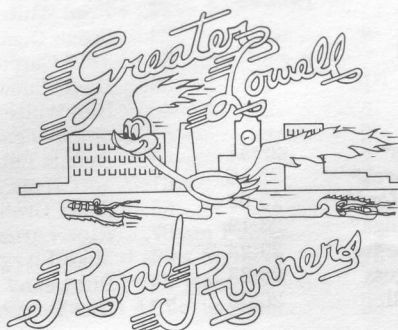
Senior

1.	AS	3:12:10
2.	GLRR	3:27:10

Results courtesy of Eileen Curley

* Non-GLRR runners

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