

# Starting Lines

published by the Greater Lowell Roadrunners

PO Box 864 Lowell Massachusetts 01853



Photo Betty Jenewin

Dave Dunham (left) was the individual NEAC Grand Prix winner for 1987. En route to winning this award, Dave won both the 20KM and 5KM NEAC Championships, placed second in the NEAC 15KM Championship, and placed fourth in the NEAC 8KM Championship. For his efforts, he has won an all expense paid trip to next year's Boulder Boulder 10KM in Boulder, Colorado. The Boulder Boulder race will double as the TAC National Championship for 1988. In addition to Dave's success in Grand Prix competition, he placed third in the NEAC Super Cross Country Meet, finished 49th in the National TAC Cross Country Championships, led the GLRR open team to a third place finish at the Cape Cod Relays, led the GLRR open team to a first place finish at the Mill Cities Relay, and won numerous local races including the AHEPPA, Cappy's Copper Kettle, and the East End Race.



## Upcoming Events

### COACHES NETWORK

Need coaching information during the winter months? As a GLRR member, you can now use the Coaches Network to get coaching advice between GLRR coaching sessions. Call the GLRR club phone (452-9426) and get weekly workouts from Coach Davis via the GLRR answering machine. The coach will change his message on a weekly basis.

### GLRR ANNUAL AWARDS NIGHT

On January 25th the GLRR will hold its annual awards night at the Knickerbocker Club. All GLRR members are encouraged to attend. The meeting will begin at 7:30 PM. Awards will be presented to the GLRR's outstanding contributors and athletes.

### FUDGICAL SERIES

Every Saturday morning, January through February, the GLRR sponsors a 5KM run from Tewksbury High School, located on Pleasant Street. The runs begin at 9:00 AM Sharp!

### UPCOMING EVENTS

Reserve these dates on your running calendar. March 5 — Special GLRR event (to be announced), March 6 — Nashua to Hynes Run, March 13 — Hynes/Budweiser Road Race, March 19 — GLRR Pot Luck Supper, March 27 — Boylston 30KM, April 18 — GLRR bus and hospitality suite for the Boston Marathon, April 27 — start of the Spring Coaching program.

### FIRST NEAC GRAND PRIX RACE

The Boylston 30KM, scheduled for March 27th, has been selected as the first NEAC Grand Prix race for 1988. Last year, the GLRR scored a record 79 points in the Grand Prix, more than any other NEAC clubs. In 1987, we got off to a terrific start when 52 GLRRs ran the 30KM. Our goal this year is to enter more than 60 runners. Please consider running this race (use the entry form enclosed in this envelope).

### TAC NUMBER RENEWAL

TAC numbers must be renewed on a yearly basis. If your TAC number begins with the number seven, it has expired. You must be registered with TAC to count in the NEAC Grand Prix or to run in the Boston Marathon.



## Club Contacts



### Officers

President	John Aegerter	667-4939
Vice-President	Eileen Curley	251-4179
Vice-President	Sue Lamontagne	250-0375
Vice-President	Mary Bourret	603/893-7377
Treasurer	Bill Mahoney	957-5910
Secretary	Donna Deveau	458-4143

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Masters Running	John Sutherland	851-6783
Female Running	Debora Cole	452-0922
Male Running	Kevin Crispell	250-9543
Social Activities	Mike FitzGerald	433-8175
Membership	George Rawnsley	256-0254

### Newsletter Staff

Editor	Dave Camire	957-4230
Printing	John Koumantzelis	454-6623
Mailing	Kathryn Harrington	967-6774

### Coaching Staff

Coach	George Davis	603/432-7287
Coach	Bob Hodge	368-0030

### A FEW WORDS FROM THE PRESIDENT

John Aegerter

The bylaws of our club should give form to our club by defining its essential parts. Since the last revision of the bylaws, there have been changes in the way the club functions. The board and I feel that the changes have been beneficial, therefore, we are currently working on rewriting the bylaws.

I am using this space to be sure that all members are aware of this. If you have any ideas or changes you would like to suggest, get in touch with any board member. Let us hear from you. It is planned that the new bylaws will be done early in 1988. A vote on them is planned for April. There will be changes which will affect next year's elections.



## New Members

### NEW MEMBERS

Alex Payne	Andover
Lynda Coye	Billerica
Susan Maslowski	Billerica
Kathy Norton	Billerica
Dan Verrington	Bradford
Jean Sullivan	Charlestown
Mary Jane Boyd	Chelmsford
Keith Curran	Chelmsford
Richard Marchand	Chelmsford
Becky Payton	Chelmsford
Michelle Rose	Chelmsford
Mike Scott	Clinton
Bill Harrington	Dracut
Bobby Kearns	Dracut
Don Alvey	Groton
Beth Slovenkai	Harvard
Don Slovenkai	Harvard
Andrew Schell	Londonderry
Derek Hunt	Lowell
Bob Judd	Lowell
Nicole Kanaracus	Lowell
Steve Kanaracus	Lowell
Rina Moussa	Lowell
Nicole Moussa	Lowell
Pamela Noel	Lowell
James Doyle Jr	Lowell
Philip Maia	Lowell
John Londa	Lowell
Bob McLeod	Lowell
Martin McIntosh	Lowell
Tom Morris	Lowell
Henri Sousy	Lowell
Donna Chaput	Lowell
Joe Regan	Lowell

Joe Vail	Lowell
Kathleen Vail	Lowell
Patricia Vail	Lowell
Don Lambert	Marlboro
Lisa Senatore	Medfield
Karen Rapallo	Medford
Paul Smyth	Methuen
Emily Atkinson	Newburyport
Kristine Noble	N. Andover

Stephen Berghash	N. Billerica
Laurie Stewart	N. Billerica
Robert Frey	Pelham
Leo Kashian	Reading
William Smith	Townsend
Sandra Spanos	Waltham
Gary Henrichs	Westford
Lisa Desforge	Wilmington
Cheryl Schleicher	Winchester

Photo Berna Finley



GLRR members shown Modeling our new clothing line. (front, left to right) Mary Bourret, Debora Cole, George Rawnsley, Bob Bassett, Tim Tiches, Hal Nystrom, (rear) Bob Lordan, Thelma Laste, Russ Laste, Eileen Curley, Sue Trudel, Ann Sartorelli, Marilyn Graves, Barbara Kimball, Norm Williams, Sue Lamontagne, and Mary Tiches.





## ONE @!!#@\*! CRAZY RUNNER I KNOW

Don Slovenkai

Every now and then you meet someone who's crazy ... I mean, *really* @!!#@\*! fanatic. Craziness and running seem to go hand in hand, so perhaps runners in general have a greater tolerance for various forms of insanity. We've all gone running in a November ice storm. (We tell our non-running friends that it was not sleeting when we started out, but they know better.) We've all run up hills that some folks get tired driving a car up. We've all run in 20 below windchill conditions despite our non-running friends warnings that we'll "freeze our lungs out!" Craziness seems to go with the territory.

But the thing that separates the *normal* crazy runner from the *really* @!!#@\*! crazy runner is the ability to organize a practical running schedule.

"You run a marathon?!" I've heard some non-runners say with amazement.

Not me, I'm a middle distance man. But I know several marathoners who run two each year.

"Two!" they say, "Wow!!"

They are still trying to figure out how a human being can run nonstop for 26 miles while I tell them that it is quite possible to run two and possibly three marathons a year at peak performance, if one schedules training and recovery properly.

"Wow!" they still say. "Crazy runners!"

Then, just for the fun of it, I blow their mind by telling them about one particularly crazy runner I know. This runner, let's call him Bill Smith for convenience, is the absolute @!!#@\*!*ist* crazy runner I know. Bill is 31 years old, 5'7" tall, and 135 lbs ... perfect size for a runner. He is also a veteran of 9 marathons and boasts a 2:54 pr! Quite impressive.

*Bill has also only been running marathons for 9 months!*

"You're pulling my orthotics!" they say.



Photo Dave Camire

A @!!#@\*! Crazy Runner, spotted at this year's Mill Cities Relay.

Nope. He's for real.

"Nine marathons in nine months! That's crazy. That's insane!!"

Yep. But that's not all.

*Bill raced those marathons in only 4 months.*

"Four months? I bet he ran back to back marathons!" they say sarcastically.

Three in a row.

"And he's still alive to talk about it?"

That's what Bill does best – talk about his running schedule (or, shall we say, lack of). Bill's story is the kind that causes serious veteran runners to just shake their heads. He's been running for a year and a half. In his first four weeks of running he doubled his mileage each week up to an end of the month 120 miles (he later cut back to an "easy" 80 mile schedule).

Bill runs when he feels good enough to run – which is almost all the time. The day after Boston this year, where Bill ran a 3:14 due to a bad start, he ran 7 miles at a moderate pace to recover. After all, the New Jersey Marathon was the next weekend and he couldn't slack off too much. After New Jersey and a new pr (3:07), he raced every weekend for the next four consecutive weekends; a

regimin that included back to back 10K's (one Saturday, one Sunday) and a ten miler.

Then came Maine Coast. The Marathon. Again.

Bill ran as if he had been tapering for two weeks and posted a 2:57 and a new pr!

During the summer, Bill gave marathoning a rest and raced in 6 triathlons, culminating with the "Vermont Ain't Flat Half-Ironman Triathlon" (1.2 mile swim, 56 mile bike, and a half-marathon).

Correction.

Just after Labor Day, Bill met a triathlete who had been training diligently all summer for the grand-daddy of triathlons – the Ironman. 2.4 mile swim, 112 mile bike, and a marathon! When Bill discovered he was not that bad of a swimmer compared to this triathlete, he decided to enter the event. Two weeks before.

Bill ran a 4:07 marathon, but completed the Cape Cod Endurance Triathlon on September 12th in under 12 hours.

He ran the next day.

"Oh," he said, "Clarence DeMar (another marathon) is in two weeks and it's supposed to be a fast course!"





"Bill," I said, "You're nuts! Your out of your !!@#! mind! Do you ever worry about injury?" I have to admit I was beginning to loathe his theatrics, secretly wishing he *would* get injured. Injuries, after all, have kept me out of the marathon. After ten-plus years of running, rest and recovery is the only way I can continue running.

Bill ran a 3:04 in the Clarence DeMar, then a week later ran a 3:02 in a rainy Saratoga NY marathon.

Now at this point you're probably agreeing with me that Bill is one !!@#! crazy runner! You may even know someone like him. I doubt it. How many people do you know that "plan" a marathon one week in advance?

Bill completed his fall marathon "schedule" like this:

November 7th – Marine Corps Marathon, Washington D.C., 2:54 pr

November 14th – Falmouth Marathon, Cape Cod, 3:14

November 21st – Boston Peace Marathon, Boston, 3:04

Crazy Bill. He recovered on November 28th with a 1:21 in the Lowell Elks half marathon. Did I tell you he raced to a fourth place in the Fresh Pond 2.5 miler the day before? Did I mention Bill's race strategy?

"Race strategy??"

Yeah, Bill likes to lead the pack for the first couple of miles in a marathon!

!!@#! crazy runner!

## MASSAGE AND ITS EFFECT OF A GLRR

Mike Scott

First, let us take a look at what massage is and what its benefits are. There are many types and techniques of massage therapy, ranging from very light lymphatic massage to Rolfing or structural integration. The main technique that I'd like to inform you about is Sports Massage and its effects on athletes.

Massage is the oldest natural form of healing and preventative

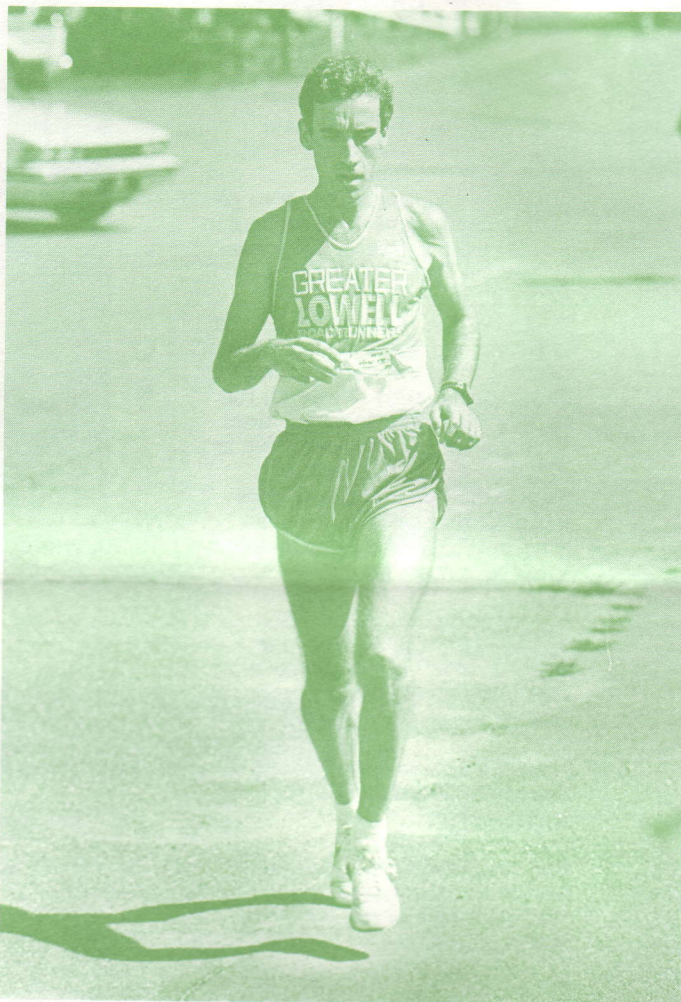


Photo Betty Jenewin

Bob Hodge defending his NEAC 15KM Championship in Worcester on August 2nd.

medicine. It is non prescription and therefore not harmful, although maybe addictive. As part of my practice, I prepare my clients by using Swedish technique for general loosening and to accustom the clients to the pressure used during the session.

Let's use an example that a few of you might be able to relate to. A while back, I was invited to speak at one of you club meetings, which I enjoyed thoroughly. Shortly after the meeting, I received a good number of phone calls for appointments because the Maine Coast Marathon was soon approaching. As we all know, to run a marathon successfully and to be pleased with your performance, you have to put in what sometimes seems like endless hours of training. It was much to my delight (but not surprise) that of

the six runners from the club who I worked on in the days before the race, all posted PR's.

Sports Massage is a technique that was introduced by Jack Meagher, who has worked on many athletes ranging from small show dogs, to world class runners, the the biggest athletes — horses. I've had the pleasant opportunity to meet him and watch him perform his skills.

Sports Massage, to some people, may feel as though it is invading or uncomfortable. This is not necessary if performed properly. In my own experience with message (I've received messages regularly), I've noticed remarkable improvement in all my times in events ranging from 5KM to half ironman triathlons. Massage has enabled me to race every weekend and remain basically injury free.





Sport Massage consists of four strokes aside from the Swedish technique used for warming up the muscles. They are direct pressure, cross fiber friction, compression, and percussion.

After using easy, flowing strokes to relax the client's muscles, compressions follow. These are pressing motions given with the palm or heel of the hand. Depending upon what problem areas are found, this is followed either by friction, which is usually applied with the thumbs or fingertips in a manner in which the muscle fibers are separated, or direct pressure, in which a certain trigger point (pressure point) is worked by applying deep pressure for a count of 6-20 seconds. This is followed by percussion, a striking or Karate-chop type movement, which is not painful but used for bringing stimulation and circulation to the surface.

Sports Massage is very good for, and in a lot of cases needed, to remove lactic acid and other toxins that become stored in muscle tissue. With massage, fresh blood and oxygen are returned to the areas that need it. Also, a person can expect a better sense of overall well-being, better flexibility, more range of motion, speedier recovery time, and less chance of injury.

In ending this article, I would like to thank the members of the club for their time and the fun I've had while attending different events with some of the members. Anyone interested in making an appointment at either the Westford Regency, my office in Bolton, or would like any questions answered, please call 779-2994.

A few of the club members you may want to ask for references are: Bob Hodge, Will Mason, Bob Bassett, Berna Finley, John Aegerter and there are more. (I apologize if I didn't mention your name.)

*The author, Mike Scott, is a participant of many area road races and triathlons each year. He has completed his course study at the Bancroft School of Massage Therapy in Worcester, MA., and is a certified/licensed massage therapist, employing other qualified therapists who are available for appointments.*

## TOM'S TIDBITS

Tom Amiro

We've had Lloyd's Laws and Camire's Comments, so (in the same alliterative tradition) here's Tom's Tidbits, little items of interest.

My first tidbit sheds some light on the Tempo Run Formula described by Coach Davis in the July issue. I had two questions: (1) What was the formula based on? (2) Why were so many steps necessary? Coach Davis explained the former and I did a little algebra to test the latter.

The formula is based on work done by exercise physiologist David L. Costill, Ph. D. It boils down to figuring out the pace that results in 70% of your maximum possible oxygen consumption.  $VO_2$  consumption means the volume of oxygen you breathe in, which is measured in milliliters per kilogram of body weight per minute.

Max  $VO_2$  (for short) is a measure highly correlated with running performance. Your 10K time is used to estimate your current Max  $VO_2$  [ $120.8 - (1.54 \times 10K \text{ time})$ ] and your  $VO_2$  consumption at a given tempo pace is estimated [ $(329/\text{tempo pace}) - 5.24$ ]. The ratio of the two ( $VO_2/\text{Max } VO_2$ ) is set to equal .7 (for 70%) and the equation is solved for the tempo pace. If the volume of

oxygen you are consuming at a given pace is only 70% of what you can consume at maximum effort, you shouldn't be running too hard or too easy. Looks like the formula has a good basis, although I didn't see any research reported by Costill showing that training at 70% is better than at some other percentage.

For the second part, to ease your computational labor, I reduced the steps to one simple equation, as follows:

$$VO_2/\text{Max } VO_2 = .7$$

$$\frac{(329/\text{Tempo pace}) - 5.24}{120.8 - (1.54 \times 10K \text{ pace})} = .7$$

NOTE: The value 120.8 was taken from page 15 of Costill's book *Inside Running*. It seems the value 120.24 was wrong.

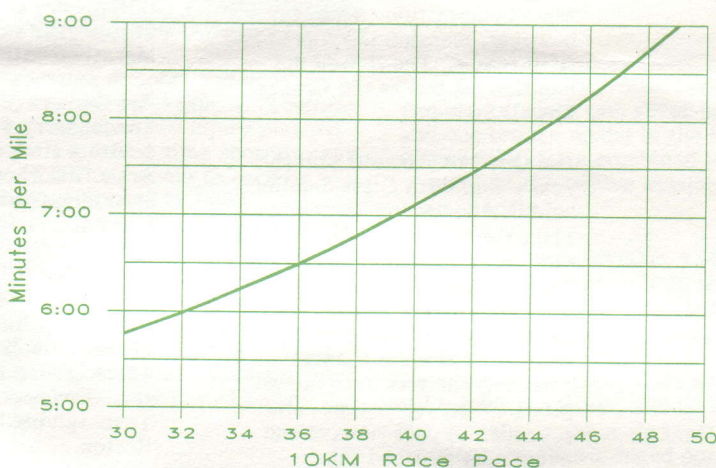
$$\frac{329}{.7 (120.8 - 1.54 \times 10K \text{ pace}) + 5.24} = \text{Tempo Pace}$$

NOTE: You can substitute for the .7 to figure other percent efforts.

$$\frac{305.195}{83.302 - 10K \text{ pace}} = \text{Tempo Pace}$$

Out of curiosity, I plotted the results for 10K times for 30 to 50 minutes (see Tempo Pace Computation Chart). The curve is slightly hyperbolic; i.e., the difference between the 10K pace (straight line) and the tempo pace increases the further out you go from about a 40-minute 10K. It probably means the formulas for estimating  $VO_2$  consumption breakdown for limiting values. For example, if your 10K pace is over

Tempo Pace Computation Chart





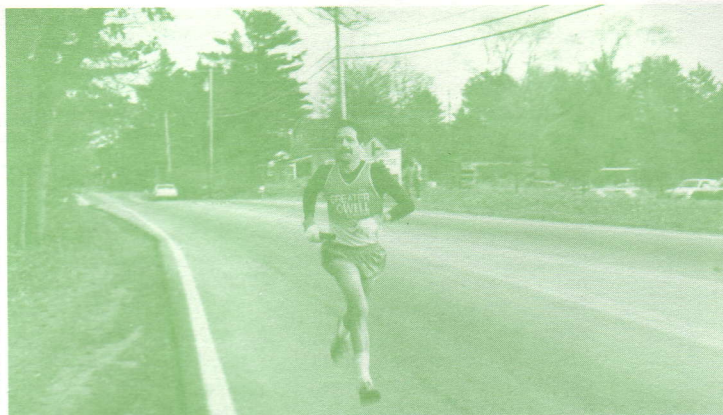
# Running with Greater Lowell



12 minutes per mile, your Max  $VO_2$  would be about zero, which means you are dead. Ruth Rothfarb is living proof that's not true. If you don't want to compute your exact pace, you can add about 45 seconds to your 10KM pace as a rule of thumb.

By the way, the correction of the value 120.24 to 120.8, which I took directly from Costill, lowers the computed tempo paces by approximately 3 seconds. I'm so happy, because now my tempo pace for the 10K I'd like to run is 6 minutes flat (instead of 6:03 as I had told Will Mason) and that's a nice, clean, pure, easy-to-compute number.

Photo Dave Camire



Don Alvey running leg two of the Mill Cities Relay. The GLRR were the overall Mill Cities Champion for 1987. We won and set course records in the male open, female open, and coed divisions.



## Running Around New England

### CAMIRE'S COMMENTS

**Bob Ross** (Marlboro) out paced a tough field of CMS runners to win the Charlton 5-miler on September 7th with a time of 27:02. Sources west report that the Charlton course is inhumanly hilly.

**Lance Burgess** (Lowell) and **Susan Trudel** (Lowell) both top the field at this year's Firefighters 5-miler.

Should we change our club uniform to a blue jacket and red tie? It would be appropriate, because we "get no respect." For example, a recent article in the *Boston Globe* on the NEAC Super Cross Country meet failed to mention the GLRR as a participant, even though we finished third in the team competition. They did, however, mention the fourth and fifth teams. The *Herald* did mention us, but as the Greater Lowell Striders.

**Jim Quadros** (Lowell) won this year's Run With Class 5-miler, held in Andover on September 11th, the hard way! Jim led the race from the start, however, course marshalls inadvertently directed him off course. When Jim eventually was redirected back on course, to join the runners guided correctly, he was in fifteenth place. Wasting no time, Jim preceded to pass runners and eventually finished third. Realizing their error, race officials

awarded Jim his much deserved first place trophy.

**Bob Hall** (Hudson, NH) won the masters division of the Nashua Boy's Club 5-miler on August 22nd with a time of 26:55. Bob also won the master's division of the Slattery's 5-miler in Fitchburg with a time of 27:02.

**Sue Trudel** (Lowell) topped all female runners at this year's Oktoberfest 10Ker with a time of 37:50. Susan was rewarded with a \$100 first prize.

**Don Alvey** (Groton), running in his first race as a GLRR, won the Hollis 10K on November 1 with a time of 34:37. Don also was the first GLRR finisher, ninth overall, at this year's Boston Peace Marathon with a time of 2:33.

**Art Demers** (Pelham) won the Londonderry 5-miler on November 1 with a time of 25:54. This was Art's first race victory since returning from the Peace Corps this Fall.

**Bob Hodge** (Clinton) successfully defended his Run Your Turkey Off 15KM title by winning with a time of 48:02. Bob continued winning Thanksgiving Day races by winning this year's Jordan Marsh Thanksgiving Day 5-miler in Boston.

How about this excerpt from the newsletter of the Colonial Road Runners of Abington, MA., "*Since this [the Human Race] also was an N.E.A.C. championship, we had to endure the expected loud boisterousness of the Greater Lowell Roadrunners.*" CRR also report on our responses to GLRR divisional winners, "*SCREAM! YELL! CHEER! past the aspirin, PULEEZE!!!*" Correct me if I'm wrong, but do I detect a bit of sarcasm here?

**Nancy Chapman** (E. Hampstead, NH) won the female masters division at this year's Exeter Kiwanis 10K held on August 28th with a time of 39:00.

**Berna Finley** (Chelmsford) quietly is establishing herself as one of the finest female senior runners in New England. To date, Berna has won the gold for her age division at the NEAC 30KM Championship, NEAC 5KM Championship, NEAC 20KM Championship and the RRCA 10 Mile National Championship. Berna has also won the silver medal at the NEAC 15KM Championship and 8KM Championship. At the NEAC 10KM Championship, she won the bronze medal.

Who is the best hill runner in New England? **Bob Hodge** (Clinton), who else? Bob continued his



# Running Around New England



excellent hill running by winning this year's Wilton 15KM, one of New England's hilliest 15KM, with a time of 46:07.

Finally, the GLRR bids farewell to Bob "Maddog" Ludwig who recently moved to our 50th state. Bob was one of the toughest runners to wear a GLRR singlet. At last year's P-to-P Relay, Bob ran the anchor leg for our masters team. When Bob received the baton we were in fourth position. With about two miles remaining, Bob pulled a calf muscle. This did not prevent Bob from finishing, he limped/ran the last two miles in considerable pain and did not lose one position. Ya done good Bob, best of luck in Maui.

## FROM THE MAILBOX

Dear Dave,

Can you imagine what happened to the spirit of New England's largest running club when they woke up on Monday, August 3, and peered into the *Worcester Evening Gazette*? They saw the pictures of two Greater Lowell Road Runners winning races in our own back yard!

We are recovering but it certainly was a big shock to us. We are all extremely grateful for the spirit and enthusiasm that all of the GLRR people brought to the races in Worcester on August 2. Being host to such friendly and fun loving runners was a pleasure.

We'll see you soon.

Yours truly,  
Nick Kanaracus  
President, C.M.S.

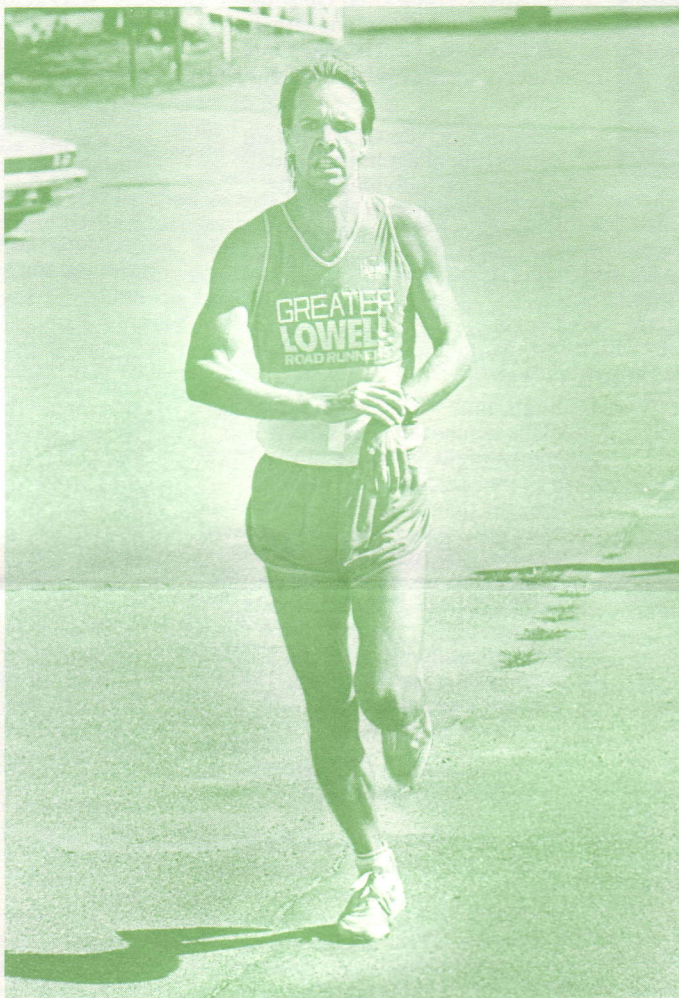


Photo Betty Jenewin

John Aukshunas winning the Shamrock 5KM which was held in conjunction with the NEAC 15KM on August 2nd.

## Team Competitions

### NEAC 15KM CHAMPIONSHIP: A Goliath Task

Worcester, MA — Competing in the back yard of the Central Mass Striders can be an intimidating experience. Lets face it, their record of winning team competitions is perhaps the best of all NEAC running clubs. Nevertheless, about fifty GLRRs journeyed to Worcester State College to participate in the NEAC 15KM Championship on August 2nd.

The NEAC 15KM Championship and a 5KM race were held as part of the Shamrock Games; a weekend

celebration of sport and Irish culture. John Aukshunas, returning to racing after two injury plagued years, wasted no time showing that the GLRR had come to race by winning the 5KM in 16:13. Moments later, Bob Hodge made it a clean sweep for the GLRR by winning the 15KM with a time of 46:05. (Photos of both John and Bob appeared in the October edition of Running Times.) Right behind Bob was Dave Dunham, who finished second with a time of 46:09.

The team competition boiled down to a battle between host CMS and

the visiting GLRR. Both clubs won two gold medals, one silver medal, and one bronze medal in the team competition for a combined total of eight of the twelve available team medals.

In the male open division, CMS edged the GLRR by 1:20 in spite of our two runners finishing first and second. The Whirlaway Team finished in third position. In the female open division, CMS won the gold, BAA the silver, and GLRR the bronze. In the male masters division, the GLRR edged out CMS by 2:53 to win the gold with the





# Team Competitions



Waltham Track Club finishing third. In the female masters division, the GLRR edged out Liberty by 1:31 with CMS finishing third.

Individually, the GLRR led all competing clubs in the medal count. Our individual medal winners were: Bob Hodge (gold/open), Dave Dunham (silver/open), Nancy Chapman (gold/masters), Jean Boswell (bronze/masters), Berna Finley (silver/seniors), and Bob Hall (silver/masters).

In all, nine New England running clubs competed. The GLRR had thirty-eight finishers in the 15KM and five finishers in the 5KM. Special thanks to CMS for hosting the race. After the GLRR hosted the 1986 NEAC 15KM Championship, no one bid on this year's 15KM. CMS graciously offered to fill the gap in the Grand Prix schedule by hosting a 15KM. As a result, the Shamrock 15KM was born and the NEAC had another well run race.

## **NEAC 5KM CHAMPIONSHIP: *Just Clicks of the Clock***

Concord, NH — This year's NEAC 5KM Championship, or Couples Race, was held in a steady downpour in Concord, NH on September 13th. Despite the unfavorable weather conditions, over sixty ardent GLRRs participated in this annual event. When the splashing and splashing had ended, just four clicks of the clock separated the GLRR and CMS male open teams. In the male masters division, only five clicks of the clock separated the GLRR and CMS male masters teams. This was the closest NEAC finish in recent memory — especially if you consider that just one second separated the combined GLRR and CMS male open and male master teams.

In the male open division, the GLRR's Dave Dunham and Bob Hodge both broke the course record en route to finishing first and second, respectively. CMS, however, finished third, fourth, fifth, and sixth and as a result won the gold medal by four seconds. Finishing third was the Whirlaway Racing Team.

In the male masters division, our luck changed and we out paced CMS by five seconds to win the gold medal. This was an important

victory for the GLRR masters who took a commanding 2-point lead in the Grand Prix. The Whirlaway team won the bronze.

In the female open division, the GLRR placed sixth gaining one Grand Prix point. The winner was Liberty followed by Whirlaway and Waltham. In the female masters division, the GLRR placed second winning the silver. CMS won the gold.

Individually, the GLRR had several outstanding performances. Dave Dunham (Billerica) led all runners shattering the previous course record by sixteen seconds to win the gold. Bob Hodge (Clinton), who also broke the course record, followed in second place winning the silver. In the male masters' division, Bob Hall (Hudson, NH) ran an outstanding 16:39 to win the silver medal. Again, as happened in Worcester, only nationally ranked Larry Olsen finished ahead of Bob. In the female senior's division, Berna Finley (Chelmsford) continued her winning ways by capturing another gold medal.

Again, as in most NEAC Grand Prix races, the enthusiasm and team spirit exhibited by the GLRR was unmatched by any other running club.

## **GLRR FINDS THAT THINNESS COUNTS IN 19<sup>th</sup> CHUBB RUN**

Jay McCarthy

Concord, NH — The steady rain falling in Concord, NH on the morning of September 10<sup>th</sup> didn't dampen the spirits of the 13 runners from the GLRR who participated in the 19th annual Chubb Life 10 Mile National Championship.

This year, the Green Team placed 2nd in both the Female Open and Male Masters categories. Scoring for the ladies were the "Swift Susans" (Trudel and Lamontagne) and Donna Shanahan. The Gallopin' Geezers were led by Bob Hall, Colin Gouldson, and Don McHugh.

Individually, Sue Trudel finished third in the women's division while Bob Hall, Berna Finley, Donna Shanahan, Tom Carroll, Don McHugh, Sue Lamontagne and Colin Gouldson all garnered age group awards. Results are posted in the results section.

## **NEAC 20KM CHAMPIONSHIP: *On a Roll with Greater Lowell***

Marshfield, MA — Is it possible for a looped course to have more uphill than downhill? If it is, the Marshfield 20KM is the course. Despite the hills, thirty or so GLRRs traveled to Marshfield, MA to compete in race number five on the 1987 Grand Prix Circuit.

In the male open team division, the GLRR, led by 1987 NEAC 20KM Champion Dave Dunham, won the gold. The BAA (silver) placed second and CMS (bronze) placed third. This was the first victory for the GLRR male open team in four years. Previous to this championship, we finished second in three of the previous four 1987 NEAC Championships events. Scoring for the team were Dave Dunham, Walter Murphy, Gary Wallace, Tom Carroll, and Phil Riley.

In the male masters division, the GLRR won its fourth New England title and in doing so increased the lead in the Grand Prix to 5 points. Finishing second were the Marshfield Road Runners and third the Waltham Track Club. NEAC individual silver medalist Bob Hall led the GLRR masters followed by Will Mason, Charlie Pratt, Denny Leblanc, and Dan Dorazio.

In the female masters division, the GLRR, led by 1987 NEAC 20KM Champion Jean Boswell, won the gold medal placing them into a three way tie with CMS and LAC for the Grand Prix title. To date, the GLRR female masters have won two golds, two silvers, and a bronze. Scoring for the team were Jean Boswell, Pippa Davis, and Berna Finley.

In the female open division, the GLRR, led by Sue Lamontagne, Ann Windhol, and Mary Bourett won the bronze medal. This placed our team into fourth position in the Grand Prix Series.

The GLRR had the largest contingent of all competing NEAC clubs and was the only club to score in all four divisions..

## **NEAC 8KM CHAMPIONSHIP: *Greater Lowell in Complete Control***

Jaimaca Plain, MA — The Green Machine rolled into Jaimaca Plain to compete in the NEAC 8KM Championship and rolled out with



# Team Competitions



cases of Lightship Beer, lobsters, three team championships, and the 1987 Individual Grand Prix winner.

For the second consecutive NEAC Championship, the GLRR won three of the four team divisions. In the male open division, Dave Dunham led the GLRR to another team title by placing fourth with a time of 23:50. Dave's finish guaranteed him the Individual Grand Prix Championship and a trip to next year's 10K National Championship in Boulder, Colorado (see cover story). Also scoring for the male open team were Walter Murphy, Gary Wallace, John Aukshunas, and Tom Carroll.

In the male master's division, Bob Hall won the 1987 NEAC 8KM Championship and in the process led his team to victory. This marked the fifth NEAC Championship for the GLRR masters in 1987 and secured them their second consecutive NEAC masters division championship. Also scoring for the masters team were Will Mason, Dennis Leblanc, Dan Dorazio, and John Sutherland.

In the female masters division, Nancy Chapman won the 1987 8km NEAC Championship and led her team to the gold. This marked the second consecutive team title for the GLRR masters and third team championship of 1987. Also scoring for the female masters were Jean Boswell and Ann Sartorelli. With only one race remaining, the marathon, the GLRR female masters are in first ahead of second place CMS by 2 points. Barring any major foul-ups, the GLRR Female masters are positioned to win their first NEAC division title.

In the female open division, the GLRR placed fifth overall. Scoring for the team were Sue Lamontagne, Barbara Kimball, and Marylyn Graves. This showing enabled the GLRR to hold on to fourth place in the NEAC Grand Prix standings.

Again, the GLRR was the only club to field a team in every division.

## P-to-P RELAYS

Dave Camire

I was going to write a story about how well the GLRR did and how much fun we had afterwards, but I decided it was too much work. Instead, here are a few

"incoherent" thoughts about this year's relay.

CMS has, unquestionably, the fastest male open team in New England. I really doubt that an open running club could challenge CMS's male team. I predict that the BAA has finished second for the last time. The female division of the relay is soft. The Hartford Track Club masters are the best masters team in the universe. On a percentage basis (number of members per club) the Whirlaway Racing Team finished first. The GLRR wins the Most Improved Club award. Next year's most improved will be either the Waltham Track Club or the Marshfield Road Runners.

The relays should be renamed the Fred Brown Relays. The Barnstable police are nasty. The participating clubs should do more to support each other. Dave Dunham ran the fastest leg of the day. The GLRR did not protest the BAA's tactical move in the seventh leg. Sadly, some clubs do not compete within the spirit of the rules.

The GLRR and the Hartford Track Club were the only clubs to win both first and second in one division. Of the top three teams, the GLRR had the most home grown runners followed by the BAA then CMS. The last ten teams had more fun than the first ten. The relay got more coverage in BRN when they sponsored the race. Anyone who complains to Fred Brown about the race should be shot.

After the race, there are some pretty bizaare people at the Provincetown Inn and I'm not talking about the CMSers (except perhaps Don Drewniak). CMS started partying early, GLRR finished late. Nick Kanaracus and Colin Gouldson did a first rate job of organizing the joint GLRR/CMS party. The Provincetown hotel/motel owners are the biggest winners on relay weekend. No one should have to run two legs of this race. The weather for next year's relay will be lousy. On a regional basis, the Merrimack Valley was second to none.

The Fred Brown Relay (that's what I'm calling it for now on) is the best race in New England. It was rumored that two people were struck by automobiles this year. The seventh leg is the toughest.

Everyone should buy their beer from the liquor store which allows us to use their parking lot as a baton transfer point.

What happened to the team from Boston that was rumored to consist of running shoe company hotshots. If a running shoe company ever does wins this race, I will do everything in my power to start a boycott against their shoes. This race is for running clubs that promote and support the sport of running, not for teams that only exist to promote a product. Just my opinion.

## NEAC MARATHON CHAMPIONSHIP: We Win Again

Falmouth, MA — The Falmouth Marathon, held on November 15, was the last race in this year's NEAC Grand Prix Championship. Thirteen GLRRs journeyed to the Cape to compete and the results show that the number thirteen was not unlucky for the GLRR on this day.

In the male open division, the team of Vinny Fleming (bronze medalist), Phil Riley, and Dave Camire were the overall gold medal winners. This marked the third consecutive NEAC Championship won by the GLRR male team. Finishing second was the BAA followed by CMS in third.

In the male masters division, the team of Will Mason (bronze medalist), Colin Gouldson, and Jay McCarthy placed second to the Marshfield Road Runners to win the silver medal. Finishing third was the ever improving Waltham Track Club.

The most remarkable effort of the day was exhibited by the GLRR female masters team. The team consisted of Nancy Chapman (silver medalist), Jean Boswell, and Pippa Davis. Not only did the GLRR female masters win the gold, but they won the silver in the female open division. (The NEAC rules allow female masters to score in both the open and masters categories.) More importantly, however, the GLRR female masters won their division in the Grand Prix. This marks the first time a GLRR female team has finish first overall in the Grand Prix. Congratulation ladies.





## FINAL 1987 NEAC GRAND PRIX STANDINGS

(includes 5K, 8KM, 10K, 15K, 20K, 30K, Marathon)

### Male Open

1.	Central Mass. Striders	31
2.	<b>Grtr Lowell Road Runners</b>	<b>29</b>
3.	Boston Athletic Assoc	14
4.	Cambridge Sports Union	13
5.	Whirlaway Racing Team	11
6.	Grtr Springfield Harrs	6
7.	Rich Classic Track Club	5
8.	Johnson & Wales AC	4
9.	Berkshire Road Rats	3
10.	Waltham Track Club	2
11.	Greater New Bedford TC	1
11.	Greater Boston TC	1

### Male Masters

1.	<b>Grtr Lowell Road Runners</b>	<b>24</b>
2.	Central Mass. Striders	13
3.	Waltham Track Club	11
4.	Marshfield Road Runners	8
5.	Falmouth Track Club	3
6.	Whirlaway Racing Team	2
7.	Granite State RT	1
7.	Cambridge Sports Union	1
7.	Cape Cod Athletic Club	1

### Female Open

1.	Central Mass. Striders	20
2.	Waltham Track Club	19
3.	Liberty Athletic Club	17
4.	<b>Grtr Lowell Road Runners</b>	<b>13</b>
5.	Boston Athletic Assoc	8
6.	Whirlaway Racing Team	6
7.	Grtr Springfield Harrs	5
7.	Greater Boston TC	5
8.	Granite State RT	4
9.	Cambridge Sports Union	2

### Female Masters

1.	<b>Grtr Lowell Road Runners</b>	<b>13</b>
1.	Central Mass. Striders	10
3.	Liberty Athletic Club	8

## Overall Point Total

1.	<b>Grtr Lowell Road Runners</b>	<b>79</b>
2.	Central Mass. Striders	74
3.	Waltham Track Club	33
4.	Boston Athletic Assoc	26
5.	Liberty Athletic Club	25
6.	Whirlaway Racing Team	19
7.	Cambridge Sports Union	16
8.	Grtr Springfield Harrs	11
9.	Marshfield Road Runners	8
10.	Greater Boston TC	6
11.	Granite State RT	5
11.	Rich Classic Track Club	5
13.	Johnson & Wales AC	4
14.	Berkshire Road Rats	3
14.	Falmouth Track Club	3
16.	Greater New Bedford TC	1
16.	Cape Cod Athletic Club	1

## Club Legend

BAA	Boston Athletic Assoc.
BRR	Berkshire Road Rats
CCAC	Cape Cod Athletic Club
CMS	Central Mass Striders
CRR	Colonial Road Runners
CSU	Cambridge Sports Union
FTC	Falmouth Track Club
GBTC	Greater Boston TC
GCS	Gate City Striders
<b>GLRR</b>	<b>Grtr Lowell Road Runners</b>
GNBTC	Grtr New Bedford TC
GSH	Grtr Springfield Harriers
GSRT	Granite State RT
HTC	Hartford Track Club
IATC	Irish American TC
JWAC	Johnson & Wales TC
LAC	Liberty Athletic Club
MRR	Marshfield Road Runners
O'COF	O'Connors Over Fifties
POE	Pieces of Eight
RCTC	Rich Classic TC
WPTC	Westchester Puma TC
WRR	Wampanoag Road Runners
WRT	Whirlaway Racing Team
WTC	Waltham Track Club

## NEAC '87 GRAND PRIX: #1

In 1987 the GLRR had its best year ever in terms of team competition. We led all NEAC clubs in total points with 79, both our male and female masters won their divisions, our male team finished 2nd, and our female team finished 4th.

The GLRR led all clubs with 21 team medals and 11 team championships. We averaged 40 runners per race and we were the only club to field a team in every division of every Grand Prix race.

Individually, we had 11 New England Champions led by Dave Dunham the overall Individual Grand Prix winner. As a club, we improved 33 points over 1986 which is the largest 1-year point increase ever recorded in Grand Prix competition. Congratulations to all GLRR runners who competed in the 1987 Grand Prix.

## 1988 NEAC GRAND PRIX

Mar 27	30KM	Boylston
May 1	10 Mi.	Worcester
May 14	10KM	Nashua, NH
Jul 17	5KM	Providence, RI
Sep 26	15KM	Wilton, NH
Oct 2	8KM	Lowell
Nov 13	26.2	Falmouth

Our own Jim Witt 5-Star Road Race, scheduled for Oct. 2, was awarded the 1988 NEAC 8KM Championship.



## Results

### YANKEE HOMECOMING 10 MILER

07/28/87 — Newburyport, MA

1.	Buddy Bostick*	50:49
2.	Stephen Curran*	51:31
3.	Art Sorrell*	51:45
37.	Fred Whitehouse	56:08
142.	Mike FitzGerald	1:01:52
218.	Ken Whitcomb	1:04:19
219.	Will Mason	1:04:19
220.	Colin Gouldson	1:04:19
221.	Dave Camire	1:04:19
248.	Kevin Crispell	1:04:56
261.	Bill Devlin	1:05:10
272.	Steve Kanaracus	1:05:32
308.	Steve Pepe	1:06:25
318.	Mike Scott	1:06:37

368.	John Sutherland	1:07:45
456.	Gerald Ottaviano	1:09:36
495.	Sue Maszowski	1:10:40
497.	Grant Whiteway	1:10:42
512.	Barry Pearson	1:11:09
538.	Dan Wasileuskas	1:11:37
555.	Tom Gorman	1:12:02
648.	Rick McCarthy	1:14:01
667.	Bill Florence	1:14:23
779.	Barbara Kimball	1:16:35
791.	Russell Laste	1:16:52
804.	Fern Piper	1:17:08
826.	Debora Cole	1:17:45
901.	Berna Finley	1:19:47
949.	Jack Keefe	1:20:48
976.	Dennis Connors	1:21:31
997.	Michael Ladd	1:22:10
1060.	Roger Montbleau	1:23:56
1319.	Hank Mulholland	1:42:08

### NEAC 15K CHAMPIONSHIP

08/02/87 — Worcester, MA

1.	Bob Hodge	46:05
2.	Dave Dunham	46:09
3.	Frank Ritchie*	46:26
7.	Walter Murphy	47:58
11.	Ernesto Riano	48:26
15.	Gary Wallace	49:03
16.	Brad Hurst	49:47
21.	Phil Riley	50:21
23.	Bob Hall	50:26
31.	Jim Stronach	51:20
40.	Tom Carroll	52:25
53.	Dave Camire	54:21
55.	Colin Gouldson	54:28
59.	Will Mason	54:58



# Results



60.	Ken Whitcomb	55:10	7.	Jim Quadros	25:48	17.	Lance Burgess	14:59
61.	Charlie Pratt	55:17	11.	Fred Whitehouse	26:23	18.	Art Demers	15:03
65.	Rafeal Rios	55:45	13.	Joe Regan	26:59	20.	Phil Riley	15:09
81.	Dan Dorazio	57:38	18.	Dave Long	28:13	22.	Mike Wright	15:13
83.	Scott Graham	58:18	19.	Donald Foley	28:17	24.	Walter Murphy	15:16
84.	Mike Fitzgerald	58:22	27.	Dan Dorazio	28:56	25.	Bob Ross	15:18
88.	Jim Concannon	58:54	31.	Kevin Melia	29:04	36.	John Aukshunas	15:35
100.	Kevin Crispell	60:03	40.	Bryan Patnaude	29:37	39.	Bob Hall	15:37
103.	Don McHugh	60:34	63.	Philip Maia	30:43	41.	Brad Hurst	15:44
113.	John Sutherland	62:57	73.	Edwin Matos	31:09	43.	John Mulrey	15:50
119.	Nancy Chapman	63:20	75.	Sean Keddle	31:14	45.	Jim Stronach	15:51
128.	John Aegerter	64:41	78.	Steve Kanaracus	31:16	50.	Dave Quintal	15:57
138.	Sue Lamontagne	65:43	84.	Del Christman	31:27	62.	Tom Amiro	16:20
142.	Anne Windhol	66:51	87.	Sean Burgess	31:34	66.	Dave Camire	16:28
147.	Jean Boswell	67:42	91.	Donald McHugh	31:38	69.	Will Mason	16:33
156.	Tim Tiches	68:45	104.	Robert Milholland	32:07	75.	Colin Gouldson	16:42
162.	George Rawnsley	69:10	131.	Sue Maslowski	32:59	80.	Tom MacDonald	16:53
163.	Barbara Kimball	69:14	139.	Sue Lamontagne	33:17	82.	Leo Kashian	16:55
172.	Maralyn Graves	70:43	141.	Shaun Lessieur	33:19	85.	Ken Whitcomb	17:02
181.	Pipa Davis	72:07	151.	Dave Crocker	33:36	88.	Charlie Pratt	17:04
183.	Debora Cole	72:19	159.	George Legrand	33:46	90.	Clint O'Brien	17:06
189.	Mary Bourret	74:05	178.	Patty Tobin	34:20	91.	Mike Fitzgerald	17:06
195.	Berna Finley	74:30	185.	Barry Sheehan	34:32	102.	Ricky Cruz	17:25
197.	Richard Davis	74:57	188.	Tom Gorman	34:36	104.	Rafeal Rios	17:34
205.	Maureen Semekis	77:24	190.	Wink McCarthy	34:38	125.	Richard Lamontagne	18:18
206.	Nils Grandquist	78:03	201.	George Rawnsley	35:00	133.	John Sutherland	18:45
			202.	Donna Shanahan	35:00	135.	Dave Weeks	18:49
			225.	George Howe	35:26	137.	Jay McCarthy	18:54
			226.	Marilyn Graves	35:26	141.	Don McHugh	19:04
			239.	James Lightfoot	35:45	163.	Grant Whiteway	20:23
			241.	Mike Kilmartin	35:48	177.	George Rawnsley	20:52
			242.	Louise Lamaire	35:49	181.	Tim Tiches	21:09
			260.	Fred O'Neill	36:10	190.	Beau Lamontagne	21:51
			272.	Joseph Regan	36:22	203.	Nils Grandquist	23:04
			323.	Chris Brennan	37:07	223.	Bob Bassett	24:34
			331.	Gail Gikas	32:18			
			332.	Nils Grandquist	37:21			
			351.	Berna Finley	37:49			
			361.	Eileen Curley	38:06			
			367.	James Shelton	38:23			
			368.	Jack Keefe	38:24			
			377.	Joe Longtin	38:32			
			398.	Kevin Tobin	38:57			
			399.	Dennis Connors	38:58			
			402.	Bob Lordan	39:01			
			425.	Wayne White	39:35			
			486.	George Marsh	41:02			
			516.	Bob Bassett	41:57			
			546.	George O'Hare	42:52			
			572.	Ed Sheehan	43:43			
			578.	Irene Texeira	44:12			
			599.	Kathy Kelley	45:08			
			613.	William Tarmey	45:43			
			656.	Shirley Nadeau	49:40			
			657.	Richard Nadeau	49:44			
			684.	Martha Logan	54:18			
			692.	James MacDonald	60:11			

223 Finishers — Results courtesy of Don Dreniak CMS

## NEAC 15K CHAMPIONSHIP

### Team Results

#### Male Open

1.	CMS	3:57:42
2.	GLRR	3:59:02
3.	WRT	4:12:53
4.	BRR	4:16:28
5.	CSU	4:17:14
6.	BAA	4:27:48
7.	GSH	4:28:24

#### Male Masters

1.	GLRR	4:32:47
2.	CMS	4:35:40
3.	WTC	5:12:05
4.	GSH	5:17:42

#### Female Open

1.	CMS	3:00:04
2.	BAA	3:05:53
3.	GLRR	3:15:54
4.	GSH	3:16:19
5.	WTC	3:16:34
6.	LAC	3:24:40

#### Female Masters

1.	GLRR	3:23:09
2.	LAC	3:24:40
3.	CMS	3:46:13

## DUBLINER 5-MILER 09/09/87 — Lowell, MA

1.	Lance Burgess	24:42
2.	Enesto Riano	24:54
3.	Art Demers	25:04
6.	Phil Riley	25:12

694 Finishers — Results courtesy of Race Director Ted Gagnon

## NEAC 5KM CHAMPIONSHIP 09/13/87 — Concord, NH

### Male Division

1.	Dave Dunham	14:08
2.	Bob Hodge	14:15
3.	Rick Doiron*	14:33
12.	Gary Wallace	14:52

## 244 Finishers

### Female Division

1.	Darlene Beckford*	16:49
2.	Ann Peisch*	17:14
3.	Nancy Corsaro*	17:15
22.	Susan Trudel	18:19
42.	Susan Lamontagne	19:57
50.	Jean Boswell	20:15
62.	Debora Cole	20:57
66.	Barbara Kimball	21:16
67.	Marilyn Graves	21:19
68.	Pipa Davis	21:24
85.	Jenifer Lamontagne	22:33
89.	Berna Finley	22:43
91.	Eileen Curley	22:57
92.	Mary Tiches	23:02
111.	Doreen Burgess	24:47

153 Finishers — Results Courtesy of Fitness Resources

## NEAC 5KM CHAMPIONSHIP Team Results

### Male Open

1.	CMS	73:16
2.	GLRR	73:20
3.	WRT	78:03
4.	CSU	79:54
5.	GSH	80:00
6.	WTC	81:22
7.	BAA	83:09



# Results



## Male Masters

1.	GLRR	84:02
2.	CMS	84:07
3.	WRT	91:22
4.	WTC	93:45

## Female Open

1.	LAC	51:21
2.	WRT	52:05
3.	WTC	53:09
4.	CMS	54:14
5.	GSRT	54:29
6.	GLRR	58:35

## Female Masters

1.	CMS	63:17
2.	GLRR	64:23

## NEAC 20KM CHAMPIONSHIP 09/27/87 — Marshfield, MA

1.	Dave Dunham	1:03:10
2.	Reno Stirrat*	1:04:02
3.	Larry Olson*	1:04:07
7.	Walter Murphy	1:06:10
8.	Gary Wallace	1:06:14
13.	Tom Carroll	1:08:08
15.	Phil Riley	1:08:43
21.	Bob Hall	1:10:21
24.	Tom Amiro	1:11:13
29.	Dave Camire	1:12:48
32.	Will Mason	1:13:19
35.	Tom Foltz	1:13:51
41.	Charlie Pratt	1:14:41
54.	Dennis Leblanc	1:18:33
56.	Ken Whitcomb	1:18:52
61.	Dan Dorazio	1:19:43
91.	Jean Boswell	1:27:40
96.	Sue Lamontagne	1:28:12
103.	Ann Windhol	1:30:16
136.	Tim Tiches	1:37:11
131.	Mary Bourret	1:36:23
137.	Debra Cole	1:37:30
140.	Marilyn Graves	1:38:43
147.	Pippa Davis	1:40:35
148.	Berna Finley	1:40:58
155.	Eileen Curley	1:45:43
159.	Mary Tiches	1:48:32
160.	Ann Sartorelli	1:48:33

166 Finishers

## NEAC 20KM CHAMPIONSHIP 09/27/87 — Marshfield, MA

### Male Open

1.	GLRR	5:32:25
2.	BAA	5:40:29
3.	CMS	5:48:17
4.	CSU	5:54:25

### Female Open

1.	WTC	4:02:03
2.	GSH	4:18:16
3.	GLRR	4:34:51
4.	CSU	4:36:23

## Male Masters

1.	GLRR	6:15:56
2.	MRR	6:47:16
3.	WTC	7:02:26

## Female Masters

1.	GLRR	4:49:13
2.	CMS	4:51:24
3.	LAC	4:53:30

## CHUBB LIFE 10-MILER 09/20/87 — Concord, NH

### Male Results

1.	Mike Casner*	51:02
2.	Michael Fadil*	51:07
3.	Art Sorrell*	52:08
18.	Bob Hall	55:30
22.	Tom Carroll	56:33
31.	Ken Whitcomb	58:27
32.	Colin Gouldson	58:48
71.	Don McHugh	65:01
77.	Dave Weeks	76:11
84.	Jay McCarthy	77:26

198 Finishers

### Female Results

1.	Chris Maistro*	59:12
2.	Terry Hersh*	60:09
3.	Susan Trudel	64:23
10.	Susan Lamontagne	71:08
14.	Donna Shanahan	73:14
18.	Debora Cole	75:29
30.	Mary Bourret	79:15
42.	Berna Finley	80:23

43 Finishers — Results courtesy of Jay McCarthy

## NEAC 8KM CHAMPIONSHIP 10/24/87 — Jaimaca Plain, MA

### Male Open

1.	GLRR	2:07:28
2.	BAA	2:07:57
3.	CSU	2:09:57
4.	CMS	2:13:03
5.	GBTC	2:29:39

### Male Masters

1.	GLRR	2:24:19
2.	WTC	2:44:44
3.	CSU	

### Female Open

1.	GBTC	1:31:53
2.	LAC	1:33:07
3.	CMS	1:34:18
4.	WTC	1:36:43
5.	GLRR	1:52:41

### Female Masters

1.	GLRR	1:43:22
2.	LAC	1:44:33
3.	CMS	

## NEAC SUPER X-COUNTRY 10KM 11/15/87 — Marlboro, MA

1.	Richard Nerurkar*	29:39
2.	Greg Lautenslager*	29:49
3.	Dave Dunham	29:57
9.	Rod Elsworth	30:57
17.	Mike Wright	31:43
29.	Art Demers	32:54
34.	Brad Hurst	33:14
36.	Jeff Beane	33:29
40.	Tom Amiro	34:19

### Team Results

1.	NIKE	151:14
2.	RCTC	156:57
3.	GLRR	158:45
4.	BAA	160:14

## CAPE COD MARATHON 11/15/87 — Falmouth, MA

1.	Jim Fallon*	2:20:22
2.	Gregg Cornell*	2:26:18
3.	Vinny Fleming	2:26:59
15.	Will Mason	2:38:58
19.	Phil Riley	2:40:30
23.	Dave Camire	2:42:20
25.	Tom Carroll	2:42:34
50.	Rich Keane	2:50:57
56.	Colin Gouldson	2:53:18
124.	Nancy Chapman	3:09:30
144.	Bill Smith	3:12:59
205.	Robert Zitzow	3:24:01
206.	Jay McCarthy	3:24:06
215.	Jean Boswell	3:25:40
372.	Pippa Davis	3:56:15

## CAPE COD MARATHON Team Results

### Male Open

1.	GLRR	7:49:49
2.	BAA	8:06:47
3.	CMS	8:10:21
4.	GSH	9:26:08
5.	WTC	10:05:24

### Male Masters

1.	MRR	8:52:17
2.	GLRR	8:56:22
3.	WTC	9:50:59
4.	FTC	10:31:59
5.	CMS	11:52:51
6.	CCAC	12:05:49

### Female Open

1.	WTC	10:22:16
2.	GLRR	10:31:25
3.	CSU	11:36:22

### Female Masters

1.	GLRR	10:31:25
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\* Indicates a non-GLRR runner