

Starting Lines

January 1989, Volume 09, Number 01

Future Events

Annual Awards Night

The GLRR Annual Awards Night is scheduled for January 30, 7:30 PM, at the Knickerbocker Club. Please plan on attending and honoring GLRR members who have excelled on and off the roads in 1988. It's also a good opportunity to catch-up on club news.

Fudgical Series

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

Senior's Team Forming

The GLRR is forming a male senior's team to compete in all GP races. Dave Weeks, team coordinator, is looking for interested seniors. For more information, contact Dave at 508/256-3459.

In this Issue

Gray Matter 2

Star Struck, a humorous account of meeting a star 3

1988 NEAC Grand Prix: GLRR on Top 8

Race Results to local and New England Races 9

Third at Nationals

GLRR Youths Make Strong Debut

by Dave Camire

Congratulations to the GLRR Youth cross country team and Coach Jesse Harris for an outstanding first season. In their debut race, the GLRR team had a fantastic day as the 13- and 14-year old boys dominated the New England TAC Junior Cross Country Championship race held at Bryant College in Smithfield, RI on Nov 13. The first four of 150 runners in the 4K race were GLRR team members.

The GLRR team finished first with a low score of 40 points and thus qualified for the Region I fi-

nals. Following the GLRR team were the Sentinel Striders of RI (88), NH Tracksters (123), and North Kingston of RI (248). All competitors for this race came from the New England TAC Association which includes NH, VT, MA, and RI.

At the Regions I Championships (includes New England plus ME and CT) on Nov 20th, the six member team finished second behind the Maine Harriers to qualify for the TAC Nationals. Members of the national qualifying team were:

Continued on Page 2



The start to the 1988 Mill Cities Relay in which the GLRR successfully defended as Merrimack Valley Champions.

Youths continued

Darin Sherer (3rd, 14:50), Neil Rosenblatt (9th, 15:16), Ryan Thair (11th, 15:19), David Watts (20th, 15:37), Ricky Cruz (36th, 16:14), and Andrew Lowenstein (78th).

On December 10th the team travelled to Reno, Nevada to compete in the TAC Junior National 4-kilometer Cross Country Championship. At Reno, the GLRR team of Darin Sherer (18th, 15:19), Ryan Thair (24th, 15:24), Niel Rosenblatt (39th, 15:40), David Watts (66th, 15:56), and Ricky Cruz (92th, 16:14) placed 3rd with 239 points behind Northern Arizona (50) and the Maine Harriers (237).

Gray Matter

by Will Mason

Jack Spratt would eat no fat.
His wife would eat no lean.
Spratt runs the mile in 4 minutes flat. His wife jerks 300 clean.

Cobbler, cobbler, mend my shoe.
Get it done by half past two.
Do it neat and do it strong.
I will pay you after I run long.

Deedle, deedle dumpling, my son
John, Went to bed with his stockings on.
One shoe off and one shoe on.

John just completed a marathon.

Hickory, dickory dock.
The mouse ran up the clock.
The clock struck one.
Down he did run.
With the best PR on the block.

To market, to market,
To buy a fat pig.
Home again, home again,
Jiggity-jig.

To market, to market,
To buy a plum bun.

Continued on Page 3

Not for the Faint of Heart

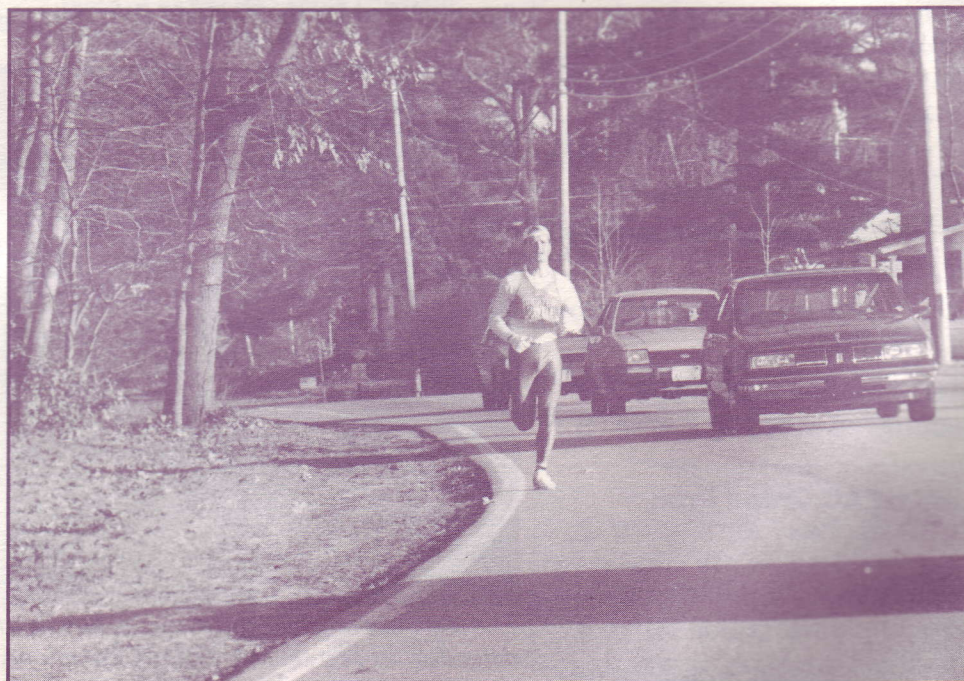
Quadruple Bypass

by Jay McCarthy

It wasn't that long ago that GLRR members were few and far between when it came to finishing first in any road race. Then, just a few short years ago, not only did we start winning races, but at the Indian Summer Classic, it marked the first time that GLRR had both the top male and top female cross the tape. Now, for the first time in GLRR history, we accomplished the running equivalent of the quadruple bypass. Back on June 27, GLRR runners finished first in the male and female divisions of both the Focus on Fitness 10K in Windham, NH and Cappy's Copper Kettle 5 Miler both held on the same day! Winning top honors in Wind-

ham were Lance Burgess and Cathy Norton, while Dave Dunham and Sue Maslowski did it for the green at Cappy's.

Lance Burgess played a part in this year's quadruple bypass and also ran on the GLRR's Fred Brown and MCR teams.



Gray Matter (Cont.)

Home again, home again,
The double is done.

Doctor Foster led at Glo'ster
In a shower of rain,
He stepped in a puddle up to his
middle and faded to second
again.

Pat-a-cake, pat-a-cake, baker's
man! Bake me a cake as fast as
you can. Roll it and pat it and
mark it with a B. And put it in
the oven for Billy and me.

Now I lay me down to sleep,
I pray the Lord my soul to keep.
And if I have one wish at all,
Just get me through that goddam
wall.

Thank You

by Jay McCarthy

Heartfelt thanks go out to the following club members for volunteering their time to work at this year's Oktoberfest 10K Road Race in Lowell: Scott Graham, Ken Whitcomb, Kathryn Harrington, Berna Finley, Nils Granquist, Dan Dorazio, Babs Kimball, Dave Weeks, Tom Carroll, Bob Hall, Colleen Conlan, Bill Mahoney, George Demetriou, Brian Colcord, Dick Marchand, Denny LeBlanc, Ed and Nancy Chapman, John Meehan, Deb Cole, Elihu Rozen. Special thanks to Tom Amiro for re-measuring and re-marking the race course. If I've forgotten anyone, I'm sorry!

"They're just ordinary people"

Star Struck

by Don Slovenkal

Did you ever meet a celebrity, up close, face to face? Someone big. Someone whose name headlines the tabloids and whose face shines on TV?

I once saw Jimmy Carter in Clinton, but that was from a distance. Too many sunglassed, rifle-toting secret service men between then-President Carter and the roped off crowd. I just wanted to see if his teeth were real.

Instead, reporter Clark Booth (on the sidelines much more accessible) produced even greater interest. "Hey! You're Clark Booth!!" News nuts, compared with political peepers, have it much easier.

Golf fanatics have an even easier time meeting their idols. Buy a ticket to a pro tournament and see all the big names (providing that the money's there). But these fans still find themselves roped off... part of the nameless-faceless "gallery." What's more, golf pros have a way of looking right through the crowd. Jack Nicklaus once looked right through me to check the scoreboard.

But runners, perhaps, have the best opportunity of all to meet the elite.

Top seeded runners flock to the big money races. Race directors hold pre-race clinics where, for a small fee, Mr. Average Runner can meet a celebrity. And then there's the race itself. There are all the top runners, shoulder-to-shoulder, front and center.

Some local races can attract world class athletes. Slattery's

Five-miler in Fitchburg, for example, has been host to Greg Meyer, Bill Rodgers, Geoff Smith, Mic O'Shea, Randy Thomas, and the lean, and then heavy, Patty Catalano. If you're bold enough, you can squirm to the front line and hear them chat. If you're even bolder, you can tap them on the shoulder and offer good luck. If you're bolder still, you can run like heck with them for the first couple hundred yards. Before her preeminence among American women runners, I once ran an entire race with this "pesty little skinny guy in a large baseball cap" who turned out to be Lynn Jennings.

Often, these celebrities make it even easier for the local runner - they mingle with the crowd. It's a common sight to see a big name runner having a post-race beer with hundreds of other happy finishers...

All of which makes these celebrity runners even more unique: they're really everyday people who just happen to run very fast. And, if you've ever had a chance to talk with an elite runner, you'll find it surprisingly easy. Don't be surprised if they begin asking you about your running!

So why am I still taken aback when I meet a famous runner???

There was Greg Meyer... standing by his car, foot propped up on the bumper, tying his shoe. Boston Marathon winner. No one around. No special treatment. Just there. Alone. And me.

I approached him in this unique "one-on-one" situation to wish him well. I don't recall what I said,

Continued on Next Page

Star Struck (Cont.)

but I remember that it wasn't very eloquent. (How did I get this coat of fur on my tongue all of a sudden?) Meyer, on the other hand, was very easy going and friendly. He asked me about my running! Posing with him for a picture (my wife happened to walk by with her camera), I felt part-tourist, part-peer. As we shook hands and parted, I told myself never to be intimidated by a famous runner again. They're just ordinary people!

Then I met Joan... Benoit... Olympic Gold medalist.

There she was, resting trailside at Sugarloaf Mountain, Maine. She had just completed the same run as me, weaving down the remote trail. She handled the bumps with ease.

I recognized her even though she wore mirrored sunglasses. It was my first visit to Sugarloaf and I heard that she skied there. But here? Now? With no one else around??

"Hi Joan," I said casually. (There was that coat of fur again.)

"Hello," she said. "Beautiful day, huh?"

She spoke back! To me! No one will ever believe this.

"How's the running going? I'm surprised your coach lets you ski!" Did I say that? I guess its true that you don't need a brain to speak. Of course her coach lets her ski! She's an excellent skier! And why bring up running? Its probably the last thing she wants to hear! Dummy!!

Then my brain said, "set world record... 2:22... won gold medal in '84... best in the world... here!... now!... alone!!"

Joan brought me out of a trance that seemed to last a week.

"What's your name?" she asked. "Do you run also?"

Me? You want to know who I am?? I told her and critiqued my upcoming races. I found myself name-dropping. "Bill Rodgers is supposed to run my company's roadrace."

Why did I do that? So what about Bill Rodgers! She asked me about me.

"Have you skied here before?" she asked.

I told her I was with a ski club from Massachusetts and this was my first trip to Sugarloaf. I then asked her where she was from.

Why did I do that?? Everybody knows she's from Freeport, Maine! More people associate Freeport with Joan Benoit than L.L. Bean.

"Freeport," she said, "a couple of hours from here."

Now it felt like I was talking with Joan Benoit for an hour, when in fact it was less than five minutes. We paused to watch another skier come down the trail and I mentally flogged myself for saying such stupid things in this once-in-a-lifetime encounter. Now, as the other skier approached, the opportunity was over.

"This is my husband, Scott Samuelson," Joan said. She introduced me as "Don."

I was greeted by a smiling face and friendly handshake.

"We've got to get going," Joan said. "Have a nice weekend. Nice meeting you!"

"Same," I said, "Bye."

I watched, mesmerized, as the two pom-pomed heads bounced down the slope. I stood there a while, thinking.

I'll never let myself become intimidated by another famous runner...

NEAC Pushes to Expand Organized Running Opportunities

by Will Mason

While the interest in road running appears to have stabilized (at high levels to the surprise of the faddists and doomsayers), the interest in other types of running events is on the increase. Runners are looking to add other events to their menus - witness the growth of triathloning and biking among road runners. Recognizing this trend, the New England Athletics Congress (NEAC) is looking at alternatives to expand running opportunities.

Two alternatives are events that have been around longer than, say, Frank Shorter or Jim Concannon. These are track and cross country meets. Typically track and cross country events have been the domain of school harriers and national elites, save a few midsummer nightmares for masters and seniors and some between school activities for the young'ns. Why are there not plenty of these types of opportunities for the middle-of-

Continued on next page

Opportunities cont.

the-pack runner? It's a conundrum: there are few because of low interest; there is low interest because there are so few. To break this circle, the NEAC is putting a lot of energy into expanding these opportunities, both by highlighting the current interest and by stirring more enthusiasm.

Although I am a master of the macadam, for your interest I am enclosing a list of track meets in this area during this winter. It is an impressive list and speaks well for the organizers. Even if you do not want to participate, some snowy Sunday will convince you to forsake that terrible long run and go inside and watch what happens on the ovals. Beware: you might get caught up in the spirit and sign up for one. Me too!

As for cross country, the ideas are less firm, but perhaps even more enticing. For example, there is talk of adding a cross country race to the NEAC Grand Prix series (just talk; nothing in cement; this is grass roots thinking; etc!). Another idea is to stage a contracted cross country Grand Prix series separate from the road races. Not that a swift run through the glades on a frosty morn is preferable to running in traffic down Route 110, but it could be fun nonetheless.

Although the NEAC is hard at work for your benefit, it has not yet heard the best ideas. These are still in your head. My job was to pass along this information to you. Getting your ideas to the NEAC is your job.



Don Lambert and Nancy Chapman milling around after this year's Mill Cities Relay.

NEAC 1989 INDOOR TRACK AND FIELD SCHEDULE

1/15 - Brown Masters Meet;
Providence, RI (401) 728-2869

1/22 - New England TAC Championships and Invitational;
Harvard Univ. (617) 566-7600

1/28 - Boston U. Terrier Classic;
(617) 353-2911

1/29 - GBTC Invitational; Harvard Univ. GBTC/PO Box 236/
Newton, MA 02165

2/5 - Fleet/Ocean State Championships; Providence, RI (401) 278-6285

2/5 - New England vs. New York Dual Meet; Boston (617) 566-7600

2/12 - Women's Crusader Invitational; Worcester, MA (617) 793-2315/754-8853

2/19 - Taunton TC Age Group Meet; Taunton, MA (617) 824-8403

2/19 - Metropolitan Athletic Congress Meet; West Point, NY (212) 595-9640

2/20 - Demers Open Track Classic; Bates College, Lewiston, ME (207) 784-5403

2/25 - TAC/USA National Indoor Championship; Madison Square Garden, New York, NY

3/5 - Silver City Classic; Taunton,

Camire's Comments

The Cambridge Sport's Union (CSU) and the GLRR were the only clubs that fielded teams in five different divisions at this year's NEAC 5KM. All signs point to CSU as being a club on the rise in team competitions. This year they finished third in total Grand Prix points. Have you ever noticed that they modeled their uniform after the Korean flag — or is it the other way around?

The GLRR male open team went undefeated from late May through August. The streak included victories at the Maynard Elks 10KM, the Mt. Washington Road Race, the NEAC 5KM Championship, the Nashua Boy's Club 5-Miler, and the Yankee Homecoming 10-Miler.

Is there anyone out there who calls the Dubliner Road Race "the Dubs?"

The GLRR's domination of the NEAC Grand Prix was not isolated to team competition. In the individual Grand Prix, Dave Dunham repeated as male champion, Lisa Senatore won the female division, and Nancy Chapman won the female master's division. The male master's division was won by the BAA's Bernie Allen.

Lenny Sheehan won this year's TAC National Master's Cross Country Championship held in

Raleigh, North Carolina this past November.

A few thoughts on the Fred Brown (P-to-P) Relay

This year's GLRR/CMS party following the Relay was another success. Many thanks to Colin



Gouldson and CMS's Nick Kanaracus for organizing the event.

It's a credit to good sportsmanship to see GLRR and CMS, two fierce rivals during competition, sit back and enjoy each other's company after the competition. Isn't that what sports is all about?

The option of replacing an injured runner is a good rule. It's an insurance that should be used if necessary.

Abusing the injured runner rule for the sake of gaining time

shows little respect for fair play. Doing it year after year is cheating!

Of the top "club" teams at this year's relay, only the GLRR featured a true local team. Seven of our eight runners live within 10-miles of downtown Lowell. Our eighth runner was from Keene, NH.

Nike ended the last holdout of true amateurism left in New England by competing and winning this year's relay. Now there is talk that they are going to compete in next year's NEAC Grand Prix. I personally wish they would not "just do it."

Thoughts on the Mill Cities Relay (MCR)

Debora Cole (GLRR), Warren Church (GCS), and Jack Pierce (MVS) did an outstanding job organizing this year's event.

The original intent of the MCR was to develop a true Merrimack Valley Championship, keep it controlled, while building the camaraderie among the Valley's clubs. Admitting non-valley clubs, unfortunately, detracts from that goal.

The idea of running from Nashua to Lawrence for a brick boggles the mind.

1988 NEAC Grand Prix: GLRR Finishes on Top

by Dave Camire

At the beginning of the 1988 NEAC Grand Prix, one of our closest competitors informed me that we were "the favorites." This dubious distinction was a result of what we did in the previous year's Grand Prix. In 1987, as you may recall, we led all other New England running clubs by scoring a total of 79 Grand Prix points.

The journey to another successful Grand Prix championship began in March at the NEAC 30km Championship in Boylston, MA. *New England Running News* would later report that the GLRR team "shocked" CMS in winning the male open division. Although the male open division garners the most attention, the competition in the other three divisions would prove to be equally shocking.

The female open division provided, I think, the biggest shocker of the year. The GLRR women, who finished a distant fourth in 1987, waged a balanced and

steady attack to take the NEAC title. The GLRR team went from 13 GP points in 1987 to 29 GP points in 1988. Congratulations to the GLRR female open team.

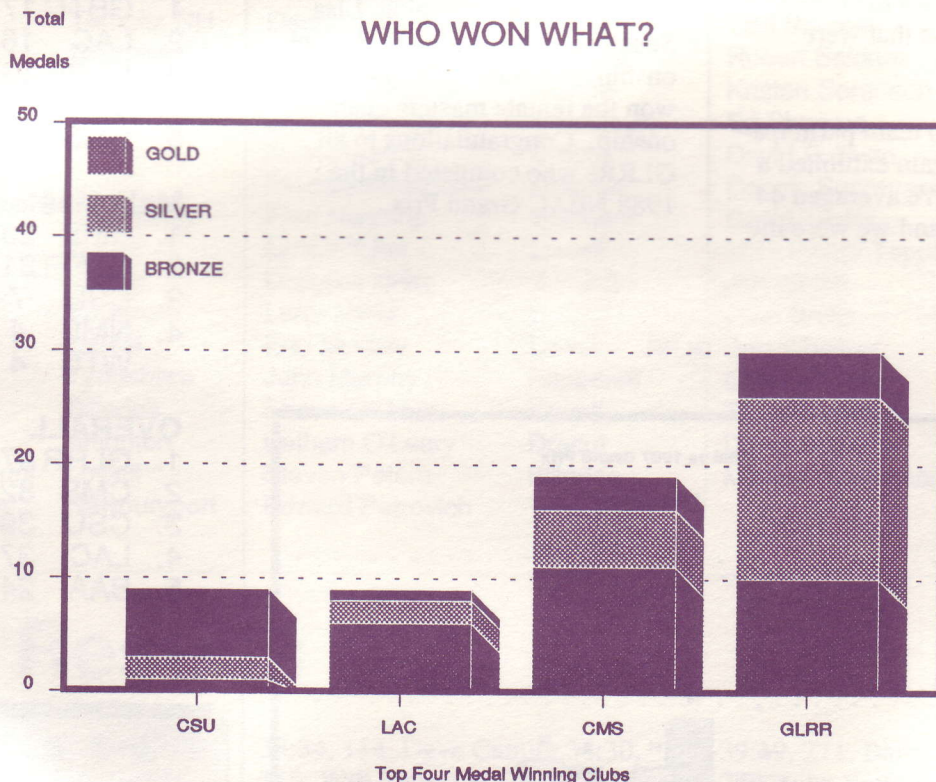
In the female masters division, the Greater Boston Track Club came out of the gates strong and never looked back en route to

came down to the last NEAC event — the marathon. It was here that CMS triumphed by 56 seconds to take the title. Congratulations to all GLRR and CMS male open runners on a well fought battle.

The masters' division had a different twist than the open. The GLRR fell behind CMS early as

CMS won the first three GP races. Despite being plagued by injuries throughout the year, the GLRR team fought back to take the race down to the wire at the marathon. At the marathon, CMS prevailed and took the title from the GLRR for the first time in three years. Congratulations to both teams on a well fought race.

WHO WON WHAT?



winning that division. The GLRR, last year's champions, finished a strong third behind the Liberty Athletic Club.

Both the male and male masters divisions developed into a fierce battle between GLRR and CMS. The open division provided a seesaw battle that

Reason for GLRR's Grand Prix Success

Just about any club can concentrate on one or two divisions and do well. A club's true strength, however, is measured in how it does in all divisions. It is here that the GLRR had no equal in 1988.

Continued on Page 8

Starting Lines 7

Grand Prix cont.

The GLRR led all NEAC clubs with a record total of 97 Grand Prix points. This was an 18-point improvement over 1987. Our closest competitor, with 82-points, was CMS. After CMS, the next closest team was CSU with 39-points.

For the second consecutive year, the GLRR led all clubs in total medals by winning 30 team medals. This included ten gold medals. The GLRR medalled in 30 of the 32 competitions we entered (this includes the two senior competitions that were held).

When it came to team participation, the GLRR again exhibited a strong showing. We averaged 44 finishers per race and we were the

only club, again for the second consecutive year, to field a team in every division of every Grand Prix race. To quote Don Allison, managing director of NEAC, "if there were a gold medal to be awarded for team spirit, Greater Lowell would win it!" Unfortunately exhibiting team spirit is not an official category, thus explaining our absence of competition. As illustrated in the chart below, our 1988 participation increase by 17% over 1987.

We had three of the four New England Grand Prix individual champions. Dave Dunham repeated as male champion, Lisa Senatore won the female championship, and Nancy Chapman won the female masters championship. Congratulations to all GLRRs who competed in the 1988 NEAC Grand Prix.

1988 NEAC Grand Prix Final Standings

Female Open

1. GLRR 29
2. LAC 21
3. CMS 20
4. WTC 19
5. CSU 9

Male Open

1. CMS 35
2. GLRR 34
3. BAA 18
4. CSU 16
5. GSH 14

Female Masters

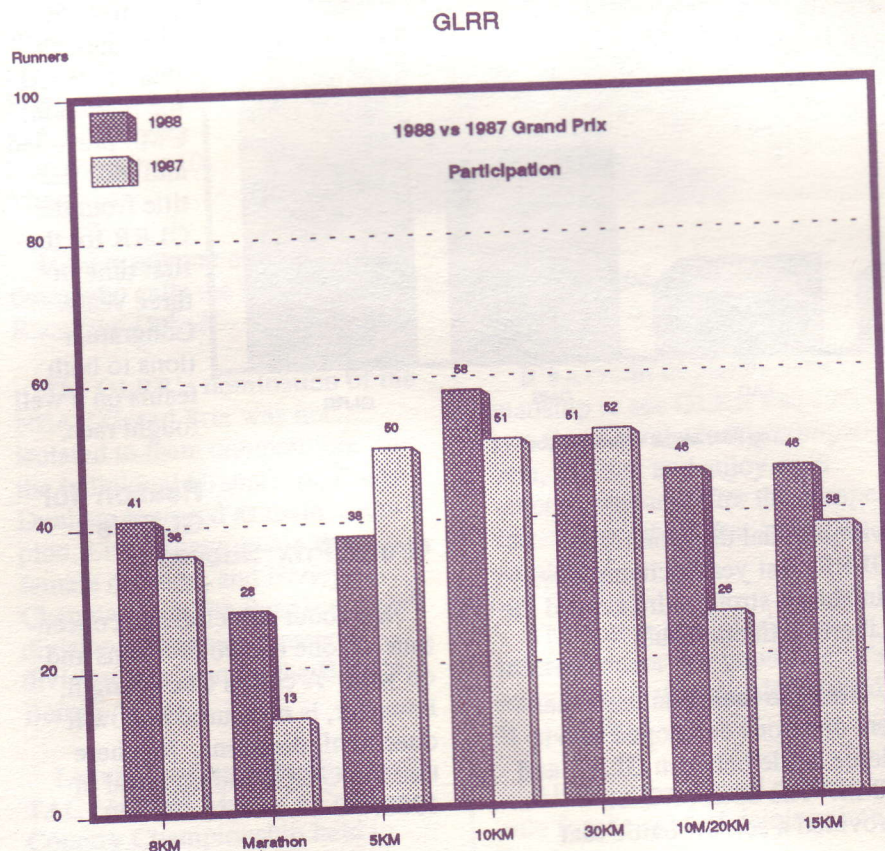
1. GBTC 17
2. LAC 16
3. GLRR 13
4. CSU 7
5. CMS 4

Male Masters

1. CMS 23
2. GLRR 21
3. CSU 7
4. NMC 4
- WTC 4

OVERALL

1. GLRR 97
2. CMS 82
3. CSU 39
4. LAC 37
5. BAA 24



1989 GP Schedule

30KM	Boylston, MA	03/19/89
10MI	Worcester, MA	05/07/89
10KM	Nashua, NH	05/13/89
5KM	Greenwich, RI	06/25/89
15KM	Wilton, NH	09/24/88
26.2	Falmouth, MA	10/29/89

GLRR Welcomes New Members

Willard Bigelow	Acton	Ann Handley	Wilmington	Bernard Ready	Chelmsford
Al Brackett	Merrimack	Dennis Hart	Lowell	Jessica Reardon	Lowell
Bob Bradford	Westford	Andrea Hayden	Wilmington	Bill Redmond	Waltham
Edward Cantin	W. Acton	Michael Hogan	Westford	Carl Reetz	Burlington
Willard Carvalho	Lowell	Jeffrey Hull	Lowell	Luke Robichaud	Malden
Mike Casner	Keene, NH	Brenda Johns	Bradford	Donald Robitaille	Dracut
Mark Catizone	Lowell	David Janes	Pinehurst	Kris Romano	Tewksbury
Mike Chamberas	Chelmsford	Rodger Kram	Bedford	Tina Rouine	N. Billerica
Patricia Chandler	Chelmsford	Diana Kyricas	Tewksbury	Joan Russo	Newburyport
Catherine Col	Ipswich	Rick Larnard	Newburyport	Robert Ryan	Marlboro
Jane Connell	Westford	Jim Lawless	Billerica	Jeanine Shaughnessy	Lexington
JoAnn Copolla	Tewksbury	Dick Lewis	Lowell	Ron Shaw	Lowell
Jacqueline Cox	Lowell	Joellyn Livesey	Lowell	Joyce Shipley	Chelmsford
Michael Crimmins	Andover	Dave Long	Chelmsford	Tim Shue	Worcester
John Crowther	Temple, NH	Dennis Lordan	Malden	Carl Soares	Nashua, NH
Bob Demoura	Chelmsford	Bob Malieswski	Belmont	Robert Saldani	Tewksbury
Peg Donovan	Auburn, NH	James McGaugh	Boston	Kristen Sorenson	Medford
Helder Duarte	Derry, NH	John McNarmara	Tewksbury	Ed Shugrue	Chelmsford
Brian Emsley	Pepperell	John Meehan	Dracut	David Sullivan	Fitchburg
James Fitzgerald	Lowell	Stoddard Malhado	Littleton	Dennis Suprenant	Lowell
Edward Flanagan	Tewksbury	Fred Messina	Waltham	David Taylor	Nashua, NH
Robin Frankel	Lowell	Lynn Michel	Lowell	Christopher Toppin	Nashua, NH
Peter Garrigan	Lowell	Douglas Miller	Windham	Jim Walsh	Derry, NH
William Gibiney	Windham	Larry Minar	Dracut	John Wells	Lowell
Scott Gleason	Lowell	Erin Murphy	Lowell	Bob Wheeler	Windham
Nelson Goes	Tyngsboro	John Murphy	Pepperell	Coreen White	Billerica
Kerry Goguen	Billerica	Shaun O'Brien	Lowell	Terence White	Chelmsford
Jeff Graham	Arlington	Betham O'Leary	Dracut	David Williams	Lunenburg
Rebecca Guidaboni	Lowell	Steven Peters	Billerica	Michael Woodman	Brockton
Linda Rose Haley	Newburyport	Edward Petrovich	Tewksbury		

Race Results

NEAC 10KM CHAMPIONSHIP Nashua, NH May 5, 1988

MALE DIVISION 1. Frank Powers* 29:02, 2. Andy Ronan* 29:05, 3. John Clopeck* 29:07, 4. Dave Dunham 29:17, 28. Walt Murphy 31:15, 41. Lance Burgess 31:46, 54. Tom Carroll 32:08, 56. Jeff Beane 32:19, 58. Bob Hall 32:23, 67. Rick Dawe 32:44, 70. Gary Wallace 32:49, 86. Lenny Sheehan 33:24, 96. Don Alvey

33:34, 114. Dave Camire 34:30, 118. Will Mason 34:34, 121. Dave Long 34:40, 126. Colin Gouldson 34:56, 138. Bruce Brown 35:26, 139. Ken Whitcomb 35:26, 144. Dick Marchand 35:29, 151. Bill Smith 35:39, 155. Clint O'Brien 35:51, 175. Rafeal Rios 36:21, 178. John Burke 36:35, 186. Dan Dorazio 36:53, 228. Robert Zitzow 38:09, 233. Joe Vail 38:22, 247. Lee Dickey 38:58, 249. George Demetriou 39:03, 256. Jay McCarthy 39:11, 263. John Morrison

39:19, 271. Barry Pearson 39:29, 279. John Sutherland 39:24, 281. Don Lambert 39:35, 285. Dave Weeks 39:40, 300. John Meehan 39:59, 311. Bob Milholland 40:20, 313. Dennis McCarthy 40:26, 378. John Maslowski 42:30, 380. Dave Crocker 42:32, 473. Carleton Bowen 45:08, 485. Tim Tiches 45:30, 492. Mike Curtis 45:44, 528. Bob Lordan 46:39, 533. Dan Sullivan 46:49, 570. Nils Grand-

Continued on page 10

Starting Lines 9

NEAC 10KM Cont.

quist 48:12, 598. Jack Keefe 49:01, 664. Roger Kram 52:39, 665. Jim Shelton 52:43, 699. Bob Bassett 56:43

FEMALES 1. Martha Geisler (LAC) 33:41, 2. Liz Miller (NBTC) 33:46, 3. Martha White (Reebok) 34:09, 7. Lisa Senatore 35:36, 18. Karen Rapallo 38:55, 26. Nancy Chapman 39:52, 30. Sue Maslow-ski 40:28, 51. Jean Boswell 42:51, 55. Barbara Kimball 43:07, 61. Marilyn Graves 43:31, 69. Anne Windhol 44:42, 87. Mary Bourret 47:16, 95. Gail Gikas 47:49, 96. Berna Finley 47:54

TEAMS

MALE 1. NIKE, 2. RCTC, 3. CMS, 4. GLRR, 5. BAA **FE-MALE** 1. WTC, 2. LAC, 3. GLRR, 4. CMS, 5. CSU **MALE MASTERS** 1. CMS, 2. GLRR, 3. WTC, 4. BAA **FEMALE MAS-TERS** 1. LAC, 2. GBTC, 3. GLRR

NEAC 5KM Team Championship July 17, 1988 Greenwich, R.I.

INDIVIDUAL RESULTS

MALE OPEN 1. Andy Ronan (RCTC) 14:27, 2. Dave Dunham 14:36, 3. Kiernon Tumbleton (RCTC) 14:41, 5. Tom Anderson 15:03, 8. Brad Hurst 15:15, 11. Art Demers 15:20, 13. Lance Burgess 15:24, 25. Scott Gleason 15:53, 30. Bob Hall 15:57, 31. Lenny Sheehan 16:00, 33. Gary Wallace 16:02, 35. Tom Carroll 16:05, 39. Dave Long 16:27, 46. Will Mason 16:48, Larry Miner 16:54, 50. Colin Gouldson 16:55, 56. Elihu Rozen 17:13, 67. Mike Fitzgerald 17:40, 73. Dick Marchand 17:50, William Smith

18:07, 86. Ricky Cruz 18:14, 89. Dave Camire 18:19, 102. George Demetriou 18:47, 110. Don Lambert 19:12, 119. John Sutherland 19:43, 131. Joe Vail 20:20, 143. William Mahoney 20:50, 161. Bob Lordan 22:15, 168. Grant White-way 22:52, 175. Niles Grandquist 23:51,

FEMALES 1. Mary Lammi (CMS) 16:54, 2. Wiley Fulham (LAC) 17:23, 3. Diane Tedford (Reebok) 17:26, 4. Peg Donovan 17:42, 13. Kathleen Norton 19:03, 14. Karen Rapallo 19:06, 20. Nancy Chapman 19:57, 28. Lisa Deforge 20:42, 30. Jean Boswell 20:51, 34. Marilyn Graves 21:06, 36. Barbara Kimball 21:09, 56. Kate Geary 22:25, 72. Berna Finley 24:01

TEAM RESULTS

MALE OPEN 1. GLRR 75:38, 2. CMS 76:18, 3. BAA 79:18, 4. CSU 81:29, 5. GSH 84:16, 6. RCTC 84:55, 7. GCS 89:00, 8. WTC 92:26 **FEMALE OPEN** 1. CMS 54:29, 2. GLRR 55:21, 3. LAC 56:19, 4. WTC 56:49, 5. CSU 58:23, 6. GSH 59:29, 7. GBTC 59:32 **MALE MASTERS** 1. GLRR 83:30, 2. CSU 83:34, 3. CMS 84:13, 4. WTC 91:06 **FE-MALE MASTERS** 1. GBTC 61:28, 2. LAC 62:45, 3. GLRR 64:48, 4. BAA 65:26, 5. CSU 73:27 **MALE SENIORS** 1. CSU 56:09, 2. GLRR 62:24, 3. GSH 68:34

300 finishers, results courtesy of
race director Ron Boemker (TTC)

YANKEE HOMECOMING 10 MILE ROAD RACE Newburyport, MA August 2, 1988

1. Paul McGovern 50:22 (NBTC), 2. Dave Dunham 51:06, 3. Paul Hammond 51:34 (WRT), 5

Scott Hayward 51:57, 9. Scott Gleason 52:52, 11. Dave Quintal 53:19, 14. Lance Burgess 54:07, 17. Tom Carroll 54:40, 19. Bob Hall 54:52, 22. Gary Wallace 55:31, 23. Don Alvey 55:58, 29. Dan Verrington 56:59, 41. Steve Peterson 58:48, 51. Rick Larnard 59:50, 53. Colin Gouldson 59:56, 78. Bill Smith 61:29, 79. Dave Camire 61:31, 112. Ken Whitcomb 63:26, 121. Martin McIntosh 63:50, 156. Edwin Matos 65:04, 161. Mike Fitzgerald 65:13, 162. Rich Keane 65:14, 165. Karen Rapallo 65:18, 173. Jeff Haas 65:42, 187. George Demetriou 66:10, 251. John Meehan 68:39, 263. Nancy Chapman 68:59, 264. John Sutherland 69:00, 289. Dan Bowse 69:48, 326. Steve Pepe 70:50, 330. Steve Kanaracus 71:13, 395. Jean Boswell 72:54, 562. Gerard Ottaviano 76:45, 574. Kathryn Harrington 76:56, 638. Judy Romvos 78:32, 646. Rick McCartney 78:39, 674. Patty Tobin 79:39, 722. Mike Curtis 80:42, 744. Berna Finley 81:21, 771. Russ Laste 81:58, 793. Bob Lordan 82:51, 810. Chris Florence 83:30, 811. Bill Florence 83:31, 885. Tim Tiches 85:55, 902. Mary Tiches 86:30, 958. Nils Granquist 88:25

Results Courtesy of Dave Camire

DUBLINER ROAD RACE (5 Miles) Lowell, MA September 4, 1988

1. Dave Dunham 23:27, 2. Dave Quintal 24:19, 3. Brian Moody 24:24 (MVS), 4. Richard Dawe 24:33, 5. Scott Gleason 24:36, 8. Dave Cremin 24:40, 9. John Mulrey 24:43, 11. Artie Demers 24:50, 12. Lance Burgess 25:00, 16. Pat Sweeney 25:34, 21. Dave Long 26:27, 22. Will Mason 26:31,

Continued on page 11

Dubliner cont.

23. Larry Minar 26:34, 28. Dan Daley 27:14, 30. Bruce Brown 27:22, 32. Bob Jarek 27:32, 37. Leo Kashian 27:41, 39. Barry Foster 27:51, 41. Phil Maia 27:58, 44. Fred Whitehouse 28:03, 45. Kathryn Harrington 28:05, 46. William Carvalho 28:07, 48. Dan Dorazio 28:11, 51. Dick Marchand 28:22, 52. Don Foley 28:24, 55. Mike Hogan 28:36, 58. Ricky Cruz 28:48, 69. Edwin Matos 29:34, 71. Lisa Senatore 29:37, 79. Joe Vail 29:54, 98. Bobby Kearns 30:35, 107. John Morrison 30:54, 109. Steve Kanaracus 30:54, 117. John Koumantzelis 31:13, 121. Sue Maslowski 31:18, 135. Anthony Chamberas 31:41, 145. Dave Weeks 32:03, 157. Ed Sheehan 32:22, 158. Kate Geary 32:26, 169. George Legrand 32:35, 198. Tom Gorman 33:24, 200. Bob Mulholland 33:32, 234. Wm. Harrington 34:24, 235. Ed Moloney 34:25, 238. Patty Tobin 34:29, 243. Wink McCarty 34:32, 285. Jim Dolan 35:30, 312. Mike Kilmartin 35:58, 320. Chris Brennan 36:06, 331. Fern Piper 36:21, 336. Joe Regan 36:30, 342. Nils Granquist 36:38, 366. Bill Florence 37:04, 370. Kevin Tobin 37:11, 379. Donna Deveau 37:19, 391. Joe Craven 37:35, 407. Roger Montbleau 37:52, 439. Jack Keefe 38:55, 457. Pam Hodge 39:29, 459. Joe Longtin 39:30, 519. Cliff Piper 41:30, 544. Jim Shelton 42:30, 561. Bill Kilmartin 43:16, 566. Irene Texeira 43:27, 570. Shirley Nadeau 43:50, 571. Dick Nadeau 43:50, 591. Bob McLeod 45:22, 651. Jim MacDonald 58:58

Results Courtesy of Dave Camire

AROUND CAPE ANN 25K Gloucester, MA September 5, 1988

1. Dan Dillon 1:20:48 (NIKE), 2. Bob Winn 1:22:44*, 3. Tom Cash 1:25:51*, 4. Tom Carroll 1:26:30, 63. Mike Fitzgerald 1:43:47, 74. John Poisson 1:45:57, 86. Tom Hines 1:47:10, 106. J. Sutherland 1:48:61, 114. Bill Boyd 1:49:30, 138. John Meehan 1:51:31, 165. Dan Tonelli 1:54:27, 172. Fred Messina 1:54:59, 188. Barry Keohane 1:55:52, 195. D. McCarthy 1:56:23, 221. Jean Boswell 1:58:18, 247. Babs Kimball 1:59:52, 250. Barry Pearson 2:00:03, 269. Ben Fudge 2:01:12, 274. Paul Carrant 2:01:26, 309. Max Ward 2:04:13, 327. Dan Bowse 2:05:11, 340. Lee Dickey 2:07:09, 349. Mike Curtis 2:08:24, 351. Dick Nadeau 2:08:35, 353. Russ Laste 2:08:42, 359. Berna Finley 2:09:47, 387. G. Rawnsley 2:12:14, 390. Ann Sartorelli 2:12:37, 391. Eileen Curley 2:12:40

481 Finishers, Results Courtesy of Tom Carroll

NEAC 15KM CHAMPIONSHIP Wilton, NH September 25, 1988

INDIVIDUAL RESULTS

1. James Fallon (RCTC) 45:54, 2. Andy Ronan (RCTC) 46:11, 3. Dave Dunham 46:53, 4. Tom Anderson 47:11, 10. Dave Quintal 49:02, 14. Brad Hurst 49:12, 16. Tom Carroll 49:37, 18. Walter Murphy 49:53, 20. Bob Bradford 50:16, 28. Lenny Sheehan 51:07, 30. Dan Verrington 51:15, 31. Don Alvey 51:17, 39. Phil Riley 52:16, 54. Bob Hall 54:26, 55. Bruce Brown 54:38, 56. Dave Camire 54:43, 62. Will Mason 55:17, 63. Colin Gouldson 55:18, 65. Peg Donovan 55:44, 69. Tom Foltz

56:19, 76. Dennis Leblanc 57:44, 77. Dan Dorazio 57:44, 79. Bill Smith 58:10, 85. Roger Kram 58:33, 88. Dick Marchand 59:15, 89. Lisa Senatore 59:22, 111. Jim Concannon 1:01:05, 113. Gary Wallace 1:01:19, 116. Gera Cejka 1:01:22, 117. Karen Rapallo 1:01:37, 121. Joe Vail 1:01:51, 122. Susan Maslowski 1:02:18, 123. Kathy Norton 1:02:21, 134. Nancy Chapman 1:03:16, 158. John Sutherland 1:05:40, 168. John Koumantzelis 1:06:04, 176. Jean Boswell 1:06:41, 190. Barbara Kimball 1:07:51, 194. Marilyn Graves 1:08:08, 202. Jay McCarthy 1:09:00, 207. Max Ward 1:09:35, 222. Mike Hodge 1:11:15, 224. Pippa Davis 1:11:22, 239. George Rawnsley 1:13:14, 244. Mike Curtis 1:13:38, 258. Mary Tiches 1:14:49, 262. Nils Grandquist 1:15:16, 267. Berna Finley 1:15:28, 269. Ann Sartorelli 1:15:43, 272. Eileen Curley 1:16:09, 277. Chris Bellinger 1:16:57, 285. Tim Tiches 1:18:17, 329. Bob Bassett 1:30:59

TEAM RESULTS

MALE 1. GLRR 4:01:55, 2. CMS 4:08:36, 3. CSU 4:11:40, 4. GSH 4:18:23, 5. BAA 4:48:16, 6. MVS 4:53:15, 7. SS 5:35:45, 8. GCS 5:36:11 **MALE MASTERS** 1. GLRR 4:32:27, 2. CMS 4:34:21 **FEMALE** 1. LAC 2:55:34, 2. GLRR 2:56:28, 3. MVS 2:57:05, 4. WTC 3:04:07, 5. BAA 3:07:03, 6. GSH 3:14:32, 7. CSU 3:18:31, 8. CMS 3:30:44, 9. GBTC 3:38:04 **FEMALE MASTERS** 1. LAC 3:07:59, 2. CSU 3:19:21, 3. GLRR 3:21:19, 4. GBTC 3:38:04

332 finishers, results courtesy of race director Walter Bausha

**SLATTERY'S TURKEY TROT
5-Miles, Fitchburg, MA
November 11, 1988**

1. Dean Crowe (NBTC) 23:26, 2. Rich Mulligan (IRE) 23:27, 3. Andy Ronan (RCTC) 23:28, 35. Mark Fontaine 28:52, 38. Martin MacIntosh 28:58, 42. Scott Graham 29:07, 112. Steve Kanaracus 32:04, 124. Barry Pearson 32:29, 521. Nicole Kanaracus 57:07

Results courtesy of Don Drewniak (CMS)

**NEAC MARATHON CHAMPIONSHIP
November 13, 1988
Falmouth, MA**

INDIVIDUAL RESULTS

1. Mike Cotton (CT) 2:20:30, 2. Paul Hammond (WRT) 2:26:37, 3. Michael Leonard* 2:27:09, 7. Walt Murphy 2:33:55, 8. Don Alvey 2:35:34, 13. Phil Riley 2:38:57, 40. Tom Foltz 2:53:51, 43. Colin Gouldson 2:54:46, 51. Bob Hall 2:59:19, 52. Rich Keane 2:59:26, 88. Gera Cejka 3:11:31, 90. Lisa Senatore 3:11:57, 91. Charlie Pratt 3:12:01, 95. Nancy Chapman 3:12:20, 153. Mike Fitzgerald 3:25:08, 168. Sue Maslowski 3:29:10, 173. Kathy Norton 3:29:44, 203. Joe Vail 3:37:17, 224. John Koumantzelis 3:42:10, 242. Pippa Davis 3:48:21, 251. Jean Boswell 3:50:02

TEAM RESULTS

MALE 1. CMS 7:47:30, 2. GLRR 7:48:26, 3. BAA 8:26:08, 4. GSH 8:39:12, 5. CSU 9:43:43 **MALE MASTERS** 1. CMS 8:38:36, 2. GLRR 8:47:30, 3. FTC 10:03:16, 4. SMAC 10:44:17 **FEMALE OPEN** 1. GLRR 9:52:38, 2. GSH 10:06:46 **FEMALE MASTERS** 1. GLRR 10:50:43

394 finishers, results courtesy of race director Courtney Bird (FTC)

**FREEZER FIVE ROAD RACE
Sterling, MA
January 1, 1989**

1. Rich Ovian (CMS) 25:54, 2. Tim Murphy (CMS) 25:57, 3. Neil Faugno (CMS) 26:04, 6. Don Alvey 26:28, 10. Mark Asaro 27:50, 11. Don Slovenkai 27:57, 21. Mark Fontaine 29:29, 68. Steve Kanaracus 32:40, 214. Joe Longtin 41:56, 275. Nicole Kanaracus 57:33

Results courtesy of Don Drewniak (CMS)

**FOCUS ON FITNESS 10K
ROAD RACE
Windham, NH
June 26, 1988**

Overall Male 1. Lance Burgess 31:53, 2. Tom Carroll 32:27, 3. Art Demers 32:39, **Overall Female**, 1. Kathy Norton 39:49, 2. Mary Zickus 40:51*, 3. Linda Haley 41:14*, **19 - 29 (Male)**, 1. Eddie Nutter 32:56*, 2. Dan Verrington 33:10, 3. Dave Audet 35:08*, **40 - 49 (Male)**, 1. John Rembis 36:11*, 2. Ray LaCroix 37:16*, 3. Dick Marchand 37:39, **40 - 49 (Female)**, 1. Jean Boswell 42:47, 2. Brenda Cardoza 51:11*, 3. Nita Beals 56:25*

Results Courtesy of Nancy Chapman

Run That by Me Again!?

by Don Alvey

While on a routine training run at noontime during the heat wave, three of us ran into Dave Dunham, arguably New England's finest road racer, also on a training run. After asking us where we were headed, he changed directions and ran along with us. As often happens, our conversation turned to running injuries and the treatment thereof. One of us (I won't mention his name here; he knows who he is) had recently injured his hamstring, taken two days off, and was back on the roads again. He was severely chastised by Dave for not having his injury treated by a professional. On the defensive, our friend shot back, "You had a strained hamstring not too long ago and you're still running."

"Yes," said Dave, "but I saw a

doctor and took his advice. He told me I could run as long as I didn't do hills. So I haven't done a hill all summer."

I could tell all three of us reacted similarly to this remark. First, casual acceptance, then creeping doubt, and finally, incredulity. Wait a minute... This is the guy who won the Mt. Washington road race last month and set a course record in the process!

"WHAT?!?!" We all cried.

Dave just smiled. "Hills, I said. Mountains don't count."

Send your articles, race results, and information to: Jay McCarthy, *Starting Lines* Editor, 57 Arkansas Drive, Dracut, MA 01826.