

Record Field Runs Mill Cities Relay

Greater Lowell Enters Twenty-Four Teams and Wins Sixth MCR Championship

Shortly after the award ceremony for this year's MCR, Jack Pierce received a phone call at the British Club. "Hi Jack, I'm sending a cab up from the Prince Grotto in Lowell to pickup my team's bricks," said the voice at the other end. Jack, who was amazed that someone would pay cab fare for a few bricks, suggested that the Postal Service would be a much cheaper alternative.

Then there's the guy in Lawrence who has been adding a Mill Cities brick to his fireplace each year. He hopes to live long enough to complete the job! By my estimates, this guy will have to run Mill Cities Relays through the year 2115. If the success of this year's race is any indication of longevity, the event possibly could be around in 125 years.



MCR trophy belongs to the GLRR for another year.

This year, a total of 72 Merrimack Valley teams competed in the event. The GLRR accounted for a record 24 teams. (Imagine entering this many

teams in the Lake Winnepesaukee Relay.) We also dominated the team competition, winning the male and female open, master, and senior divisions. As a club, we placed first for the sixth time in the seven year history of the race.

This year's relay was perhaps the best organized to date. Improvements included mile markers on each leg, clearly marked exchange zones, and an improved race packet. Special thanks go to all the participating clubs: Gate City Striders, Greater Lowell Road Runners, Merrimack Valley Striders, Andover Striders, Winners' Circle Running Club, North Shore Striders, Wang Runners' Club, and the Sanders' Snails. Next year's Mill Cities Relay is scheduled for December 1.

1991 Grand Prix Schedule



Dubliner Race Selected as the 8KM Championship

On December 10th, the NEAC selected the 1991 Grand Prix slate. At that meeting, the NEAC adopted several new rule changes. Senior and master runners will be allowed to score on multiple teams. For example a senior runner could, if his/her time qualifies, score on three teams (seniors, masters, and open). Masters could score on two teams (open and masters). The amount of runners needed to score for a team was changed for both female and senior teams. Five runners are required for distances of 10KM and below and three runners for distance above 10KM. Congratulations to Lowell's own Dubliner Road Race which was selected as the 1991 8KM Championship Race. The 1991 schedule follows:

New Bedford, MA	13.1M	11:00 AM	3/17/91
Worcester, MA	10M	1:30 PM	5/5/91
Winthrop, MA	10KM	10:00 AM	6/8/91
Greenwich, RI	5KM	10:00 AM	8/25/91*
Lowell, MA	8KM	11:30 AM	9/1/91
Wilton, NH	15KM	12:00 AM	9/22/91
Falmouth, MA	26.2M	11:00 AM	10/27/91

* Date may change to 8/18/91

MCR Results

Coed Masters			
1.	GCS A	K. Morey	3:11:35
2.	GCS B	P. Keith	3:30:12

Coed Open			
1.	WCRC A	A. McGuinness	2:44:38
2.	GLRR A	J. Haas	2:45:12
3.	GLRR B	P. Riley	2:47:41
4.	NSS	P. Malinowski	3:07:04
5.	GLRR C	B. Colcord	3:13:42
6.	WCRC B	C. Manning	3:20:26
7.	GLRR D	B. Fudge	3:28:35
8.	MVS	I. Burns	3:44:10

Female Masters			
1.	GLRR A	S. Lamontagne	3:37:04
2.	GCS	J. Levesque	3:43:28
3.	GLRR B	M. Tiches	3:45:03

Female Seniors			
1.	GLRR	H. Palmer	4:26:00

Female Open			
1.	GLRR A	K. Rapallo	2:55:55
2.	WCRC	S. Passler	3:10:37
3.	GCS	V. Sears	3:30:08
4.	GLRR B	L. Lamaire	3:36:05
5.	NSS	C. Malinowski	3:50:34
6.	WRC	D. Wakefield	3:54:53

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Fudgical Series 1991

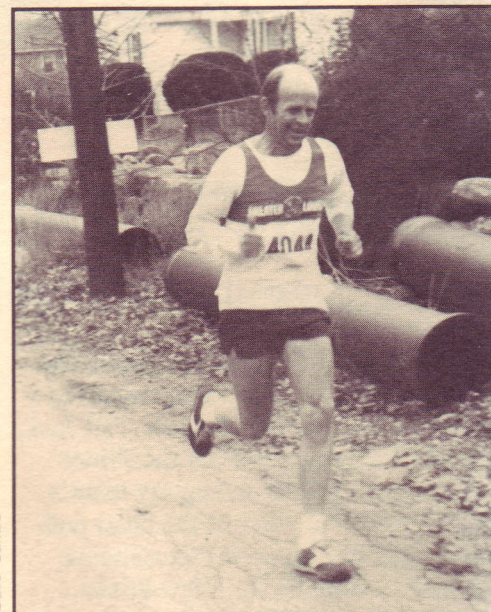
Saturday Morning 5KM Road Races

Ever get that feeling, around January 2nd as a matter of fact, that you need to get back on track after derailing over the holidays from a general overindulgence in everything? A great way to do just that is to participate in the "The Fudgical Series" races held every Saturday morning at Tewksbury High School. Taking its name from Ben-you-know-who, the 5K course is a flat, 5 turn course that winds its way through the beautiful countryside of Tewksbury.

Like we say in our pitch for the Two Mile Series, runners of all capabilities are encouraged to participate. You don't

get a t-shirt, but the price is right (\$.25). It's a great way to test your speed, or lack thereof, or perhaps just to get the bones moving. Also, most participants generally go out for cool down runs of varying distances afterwards, so there's always a group toglom on to.

So make that New Year's resolution and set aside the first 8 Saturday mornings of 1991 for the GLRR Fudgical series. A great way to end the post-holiday blahs. — Jay McCarthy



Dave Camire

Founding race director Ben Fudge of Tewksbury, MA.

1990 NEAC Grand Prix

GLRR Scores Over 100 points for Second Year

The final standings of this year's NEAC Grand Prix suggests that parity among the top four running clubs is becoming a reality. In previous years, GLRR or CMS would amass three times as many points as the third place club. This is no longer true! In 1990 the Grand Prix truly became a Great Race.

In this year's Series, the GLRR did a great job totalling a club record 105 Grand Prix points (2 points higher than 1989). This placed us second to CMS who recorded an impressive 111 points. Over the past five years, the GLRR vs. CMS Grand Prix rivalry has become one of the hardest fought contests in the country. During that time, GLRR has scored 430 Grand Prix points to CMSes' 440.

In the team categories, our male masters were perhaps the most dominate team to participate in this year's series. They won six of the seven events. Our Male Team placed second and our Male Seniors were third. On the distaff side, our female team placed fourth and our

female masters third.

Individually, it was a clean sweep for the GLRR men. Dave Dunham won his third consecutive male open title, Tom Carroll won the male masters title, and Doug MacGregor won the male seniors title. Congratulations to every GLRR member who participated in this year's NEAC Grand Prix. The final standings follow:

- Male Open** — 1. CMS 38, 2. GLRR 31, 3. CSU 28, 4. BAA 24, 5. FB 14, 6. GSH 9, 7. FTC 2, 8. SMAC 1
- Male Masters** — 1. GLRR 37, 2. CMS 26, 3. CSU 24, 4. TVFR 19, 5. BAA 7, 6. GCS 5, 7. GNBTC 3, 8. OSAC 2, 9. SMAC 2, 10. FTC 1
- Male Seniors** — 1. (Tie) BAA 12, CMS 12, 3. GLRR 7
- Female Open** — 1. CMS 27, 2. (Tie) LAC 22, BAA 22, 4. GLRR 15, 5. (Tie) CSU 11, GBTC 11, 7. TVFR 9, 8. GSH 5, 9. OSAC 4,
- Female Masters** — 1. LAC 26, 2. CSU 23, 3. GLRR 15, 4. (Tie) BAA 8, CMS 8, 6. GBTC 6, 7. (Tie) GFTC 1, GCS 1
- Overall** — 1. CMS 111, 2. GLRR 105, 3. CSU 86, 4. BAA 73, 5. LAC 48

— Dave Camire

MCR Results (Continued)

Male Masters

1.	GLRR A	S. Melhado	2:32:57
2.	GLRR A-	T. Foltz	2:47:18
3.	NSS	A. Sproul	2:58:03
4.	MVS	J. Pierce	2:59:58
5.	WCRC	R. Aucoin	3:01:30
6.	GCS	B. Main	3:06:11
7.	AS A	P. O'Sullivan	3:07:17
8.	GLRR B	J. McCarthy	3:10:07
9.	AS B	M. Castrios	3:15:33
10.	GLRR C	B. Gibney	3:18:37
11.	SS	B. Berkins	3:23:23
12.	GLRR D	B. Lordan	3:31:59

Male Open

1.	GLRR A	B. Hurst	2:29:48
2.	WCRC A	D. Henniger	2:29:55
3.	GLRR B	D. Dunham	2:32:15
4.	MVS A	D. Quintal	2:35:21
5.	GCS A	J. Summarell	2:43:36
6.	NSS A	M. Page	2:43:45
7.	AS A	J. Philips	2:48:30
8.	WCRC B	L. Knapp	2:49:09
9.	GLRR C	D. Tyler	2:52:22
10.	MVS B	L. Midohla	2:54:06
11.	GCS B	V. Tran	2:54:24
12.	WCRC C	B. Manning	2:56:10
13.	WRC A	G. Demetriou	2:56:59
14.	GCS C	J. Lysik	2:58:14
15.	AS B	D. LaBrode	3:02:20
16.	AS C	P. Savage	3:02:26
17.	AS D	A. Catolano	3:02:48
18.	AS F	P. Savage	3:03:22
19.	GLRR D	S. Grande	3:03:35
20.	GLRR F	J. Koumantzlis	3:04:00
21.	WRC B	D. Richardson	3:12:13
22.	SS A	M. Mawn	3:14:44
23.	MVS C	B. Cronis	3:15:52
24.	NSS B	C. Flint	3:17:41
25.	GLRR G	R. McCartney	3:28:43

Continued on Page 3

Two Mile Series- 1990

Series Participants With Their Best Two Mile Times (Unless Otherwise Noted)

Allison, Kevin (11:13) Amiro, Janet (16:28)
 Argereon, Steve (12:08) Asaro, Mark (10:11)
 Beauchesne, Eric (9:40) Beaudry, Eric (11:17)
 Bennett, Keith (12:43) Bezdek, Joyce (13:03)
 Blackburn, Chris (13:10) Boswell, Jean (13:39)
 Bourret, Mary (13:47) Bowse, Dan (11:57) Boyd, Bill (12:23)
 Boyd, Mary Jane (11:19) Brown, Bruce (10:24)
 Burgess, Lance (9:26) Burk, Rick (11:52)
 Burke, John (10:57) Camire, Dave (10:07) Cardoza, Brenda (14:47)
 Cardoza, Marty (11:37) Carpenter, George (13:34)
 Carroll, Tom (9:50) Cassadine, Michael (10:43)
 Cassola, Stephen (12:21) Chamberas, George (13:23)
 Chamberas, Mike (9:07) Chatima, Edward (15:10)
 Col, Cathy (12:31) Cole, Deb (13:58)
 Collemer, Marilu (15:46) Connell, Jane (13:34)
 Connell, Steve (12:39) Coppola, Andrea (13:55)
 Coppola, Joanne (16:18) Crawford, Jim (10:36)
 Cremin, Dave (9:02) Crockner, Dave (12:15)
 Cruz, Ricky (10:35) Cruz, Patty (14:33)
 Cruz, Danny (5:18; 800 Meters) Cunningham, Dave (12:09)
 Curtin, Kevin (13:11) Curtin, Richard (13:36)
 D'Arcangelo, Dave (9:54) Davis, Jeff (11:33)
 DeAngelis, Doug (9:43) DeJesus, Eddie (10:41)
 Demers, Artie (9:33) Demetriou, George (11:05)
 Deschenes, Eric (13:03) Deschenes, Mark (10:18)
 DiPietro, John (12:08) Dolan, James (12:28)
 Donovan, Gerry (12:22) Dunham, Dave (8:57)
 Febbi, John (12:11) Fetteroll, Carl (11:24)
 Finley, Berna (15:57) Fishman, Jayme (9:28)
 Fitzgerald, Jim (11:42) Fitzgerald, Robin (15:58)
 Fleming, Andy (15:53) Fleming, Jeanne (16:21)
 Fleming, Tom (10:48) Foley, Bill (11:26) Foltz, Tom (10:46)
 Forsyth, Maureen (13:12) Forsyth, Peggy (14:13)
 Garcia, Andres (11:15) Gargiulo, Charlie (10:55)
 Garrigan, Peter (11:29) Geary, Kathy (11:53)
 Georges, Frank (15:43) Georges, Frank Jr. (11:47)
 Georges, Maria (19:20) Georges, Rita (21:24)
 Gill, Russ (12:27) Gleason, Kevin (13:10)
 Gonzalez, Migdoel (11:01) Goodwin, John (9:48)
 Grande, Steve (12:01) Granquist, Nils (13:55)
 Grant, Mick (4:29; 1600 Meters) Graves, Cookie (13:20)
 Graves, Jay (14:46) Graves, Katie (13:37)
 Grzyb, Eddie (13:28) Haas, Jeff (10:43)
 Hall, Bob (9:51) Healy, Mike (11:53)
 Hodge, Bob (9:03) Hookway, Bob (12:06)
 Huntington, Rob (11:39) Hurst, Brad (9:28)
 Hurton, Mike (10:37) James, Darren (4:56; 1600 Meters)
 Johnson, Charles (12:41) Johnson, Paul (10:26)
 Jones, Carlton (11:26) Joseph, Dick (11:19)
 Judd, Bob (11:52) Kaskons, Eileen (14:02)
 Kaskons, Peter (13:11) Kessler, Keith (11:14)
 Kimball, Babs (13:22) King, Andy (12:31)
 King, Tommy (12:00) Koumantzelis, John (11:27)
 Krikorian, Sam (14:51) Langathianos, Chris (11:34)
 Lapierre, Dave (9:47) Lemaire, Louise (13:49)
 Loring, Rich (11:38) MacDonald, Jim (19:54)
 MacDonald, Tom (10:47) Martinello, Joe (12:53)
 Maslowski, Allyson (3:43; 800 Meters)
 Maslowski, John (13:12) Maslowski, Sue (11:40)
 Mason, Will (10:47) Maynard, John (11:18)
 McCartney, Rick (12:30) McGinty, Tom (11:33)
 McLaughlin, Ken (18:26) McLeod, Jim (12:47)
 Melhado, Stoddard (10:05) Mercier, Craig (9:47)
 Miller, Mary (19:56) Miller, Michael (13:38)
 Moloney, Ed (11:53) Moreno, Kevin (10:55)
 Morrison, Jeanne (14:05) Morrison, John (11:12)
 Mullin, Peter (11:15) Murphy, Jack (12:19)
 Murphy, Mike (10:42) Murphy, Walt (9:47)
 Nadeau, Dick (13:30) Nasatka, Roger (9:34)
 Nelson, Penny (13:47) Nichols, Ben (11:56)
 Noble, Kris (12:56) O'Connell, Tom (13:13)
 Ottaviano,

Plantar Fasciitis

One of the most common causes of heel pain in the running athlete is Plantar Fasciitis. If you're one of the unlucky individuals with this condition you'll notice it in the morning when you get out of bed. You'll feel it in the heel area with radiation towards the arch. Paradoxically with activity the discomfort will diminish through a phenomena called Post-Static Dyskinesia; when it's inactive and cold it hurts, while warming and exercise/activity decreases the pain. The plantar fascia is a thick broad ligament which originates along the bottom of the heel bone (calcaneous) and terminates in thin fibrous attachments in the ball of the foot. It has the ability to store energy, and is the primary structure involved in forward progression during the gait cycle. Both high arched (supinated) and flat footed (pronated) feet are susceptible to Plantar Fasciitis, but the major culprit is hyperpronation which results in the inward torque of the ligament at it's insertion on the heel bone. Development of heel pain is usually gradual and therefore healing may take some time. Sudden onset of heel pain is usually indicative of a different problem. It is important to seek treatment early on in the course of the problem. Early recognition and treatment may prevent the problem from becoming chronic. Plantar Fasciitis of longstanding duration may exhibit secondary symptoms of heel spurs and infracalcaneal bursitis. The ultimate treatment is rest for up to six months, but that means no running - a fate worse than death! Multiple treatment options are available for those wishing to accelerate the healing time. Be sure your shoes are in good shape. Physical therapy, including ultrasound and cross friction massage, may be helpful. Low dye taping and cortisone injections are warranted in more recalcitrant cases. Nonsteroidal anti-inflammatory medications may be used in conjunction with any of the previous modalities. The ultimate solution and prevention of future recurrence of plantar fasciitis will involve the fabrication of biomechanical orthoses to control the aberrant foot function (pronation, supination). These will control the forces at the plantar fascial attachments and keep you running pain free. -- Dr. Rodney Gallo

(Dr. Gallo is a member of both the American College of Podiatric Medicine and the Greater Lowell Road Runners.)

Gerard (11:34) Palmer, Hazel (16:45) Pancoast, Ed (4:41; 1600 Meters)
 Pearson, Barry (11:53) Piccolo, Arthur (14:12)
 Poisson, John (11:23) Rapallo, Karen (11:43)
 Reason, Bob (10:42) Rhodes, Brian (10:18)
 Ristaino, Lou (9:24) Rosa, Jerry (11:37)
 Roy, Steve (13:53) Rozen, Elihu (10:32)
 Sarno, Courtney (3:51; 800 Meters)
 Senatore, Lisa (10:37) Shelton, James (15:24)
 Sheridan, Billy (16:55) Smith, Bill (10:25)
 Smith, Sherman (14:16) Soldani, Bob (11:15)
 Stronach, Jim (9:56) Sullivan, Dan (12:01)
 Sullivan, Patsy (12:50)
 Sullivan, Patty (12:45)
 Sullivan, Su (19:40)
 Talty, Mike (4:55; 1600 Meters)
 Tbah, Rachid (9:09)
 Thomas, Glen (10:36)
 Thornbloom, Gary (11:40)
 Toppin, Chris (12:51)
 Trull, Mike (11:53)
 Tyler, Dave (10:38)
 Urquiola, Vic (12:38)
 Vail, Joe (11:14)
 Vail Marianne (15:36)
 Vail, Nancy (13:10)
 Wallace, Gary (9:31)
 Warren, Rachel (13:07)
 Whitcomb, Karen (14:16)
 Whitcomb, Ken (10:30)
 Whitcomb, Ryan (12:12)
 White, Terry (10:15)
 Whitney, Jennifer (16:45)
 Worcester, Paul (10:34)
 Wunderlich, Marc (13:25)

(3:12:49), Steve Grande (3:16:45), Jerry Rosa (3:16:48), John Aegerter (3:37:17), Dick Nadeau (3:57:59)

MCR Results (Continued)

26.	AS G	J. Gilford	3:24:00
27.	GCS D	B. Thompson	3:24:43
28.	MVS D	D. Regan	3:26:48
29.	WRC C	S. Stevenson	3:28:02
30.	GLRR H	M. Dionne	3:28:17
31.	GLRR I	G. Howe	3:29:53
32.	MVS E	M. Dowe	3:31:41
33.	MVS F	C. Jennings	3:32:14

Male Seniors

1.	GLRR A	D. Lambert	2:49:53
2.	GCS	W. Church	3:04:04
3.	WCRC	R. Randall	3:09:18
4.	GLRR B	T. Tiches	3:34:43

Club Division

1.	Greater Lowell Road Runners	10:43:52
2.	Winner's Circle Running Club	11:26:40
3.	North Shore Striders	12:39:26

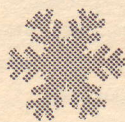
Clarence DeMar Marathon

September 23, 1990

Gilsum, NH

Dave Tyler (2:44:30), John Holmes (2:44:45), John Sutherland (3:04:36), John Morrison (3:04:44), John Poisson (3:06:08), Bill Devlin (3:08:05), Dan Coskren (3:11:48), Tom Hines (3:12:01), Ben Fudge

Run the Fudgical Series on Saturdays



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Starting LINES

GLRR Events Calendar

January and February



Fudgical Series — A 5KM race every Saturday morning at 9:00 AM from Tewksbury High School on Pleasant St. The races are timed and the first five male and female finishers are listed in the Boston Globe. Cost 25-cents per person, Event Director Nancy Stronach.

January 28



GLRR Club Meeting at the Knickerbocker in Lowell. These meetings feature guest speakers, films, and a good social atmosphere. Meetings begin at 7:30 PM.

2-Mile Series Video



Available for \$15.00. Contact John Sutherland at (508) 851-6783.



Dave Labriode Andover Striders

Gera Cejka running the last leg of the Mill Cities Relay.

Starting LINES

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