

Starting Lines

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JULY 1987



Tim Tiches, Mary Tiches, Russ Laste, and Thelma Laste (left to right) enjoy a relaxing moment following the Mt. Washington Road Race. Both the Tiches and Lastes help run the first aid station during the race (see "Only One Hill," on page 6).



Upcoming Events

KIDS PROGRAM

The GLRR in conjunction with the RRCA® and Nike® will be sponsoring an instructional Track and Field Program for 6th-grade through 12th-grade youths. The program, called Kids in Distance Shape (KiDS), is part of the RRCA® national Children's Running Development Program®. The entire program will take place at Cawley Stadium in Lowell. The goals of the Program are: (1) to teach area youths that track-and-field activities are fun, and (2) to provide top-notch instruction and guidance to area youths. The Program will be directed by Coach George Davis and Coach Bob Hodge.

For a brochure outlining the program, write: GLRR, P.O. Box 864, Lowell, MA 01853.

CLUB MEETINGS

Club meetings are held on the last Monday of the month at the Knickerbocker Club unless otherwise announced. The meetings begin at about 7:30 PM. Typically, over 70 running enthusiasts attend these business/social/information affairs. Come join us and catch-up on the latest running news.

RACING TEAM MEETING

The next team meeting is scheduled at 6:45 PM just before the August general club meeting. Please attend!

NEAC 15K

The GLRR will be competing, as a team, in the New England Athletic Congress 15 Kilometer Championship on August 2nd in Worcester, MA. Why not join the fifty or so GLRRs planning to run? For details, contact Dave Camire 957-4230.

GLRR 2-MILE SERIES RETURNS

For the fourth consecutive year, the GLRR is hosting the popular 2-Mile Series. The series started on July 8th and will continue every Wednesday through August 5th at Cawley Stadium. The weekly meets, which are informal, groups runners of similar abilities into heats for a 2-mile race on the track. All races are free of charge and open to the general public. On the final evening, August 19th, we will have a run-off with the top winners in each heat winning prizes. To qualify for the finals, you must compete in at least two of the previous 2-mile heats. For additional information, contact: Mary Bourret (603) 893-7377.

Club Contacts



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NEW OFFICERS ELECTED

This year's Annual GLRR Club Meeting was very well attended, with good reason — annual club elections. A full slate of candidates ran for the six office and three board positions. All GLRR officers and board members are elected to a one-year term. Congratulations and good luck to the new board.

HAVE YOU RENEWED YOUR GLRR DUES?

If you have not paid your 1987-88 GLRR dues, please do so.

GLRR HOTLINE

You can get up-to-date running news by calling the GLRR Hotline at 452-9426. A pre-recorded message will update you on all the latest running action. Call right now!



New Members

WELCOME NEW MEMBERS

Don Monahan	Acton
Colleen Monahan	Acton
Ellen Bertram	Andover
David Johnson	Arlington
Brian Colcord	Atkinson, NH
Andrew Coppinger	Billerica
Dave Dunham	Billerica
Dave Heron	Billerica
James Sullivan	Billerica
John Whitlock	Billerica
Walter Murphy	Boxboro
Tom Petrie	Burlington
John Cotter	Cambridge
William Hagel	Chelmsford
John Windhol	Chelmsford
Ruth Ann Brasie	Concord
Iris Neofotistos	Dracut
Bryan Patnaude	Dracut
Sean Rourke	Dracut
Helene Thibodeau	Dracut
Brad Hurst	Dunstable
Deborah Rondeau	Haverhill
Richard Keane	Littleton
Gary Thornbloom	Littleton
Doug Anderson	Lowell
Stephen Conant	Lowell
Suzann Conroy	Lowell
Tom Foltz	Lowell
Ed Francis	Lowell
Ann Hogan	Lowell
Patti Kearns	Lowell
Sean Keddie	Lowell
William Manchenton	Lowell
Jack McNamee	Lowell
Barbara Notini	Lowell
Stephen Peterson	Lowell
Robert Ryan	Lowell

Helene Thibodeau	Lowell
Robert Ross	Marlboro
Gary Wallace	Nashua, NH
Ron Kita	Mt Vernon, NH
John Clifford	Salem, NH
Patricia Lenkauskas	Somerville
Rob Dentremont	Stoneham
David Fudge	Tewksbury

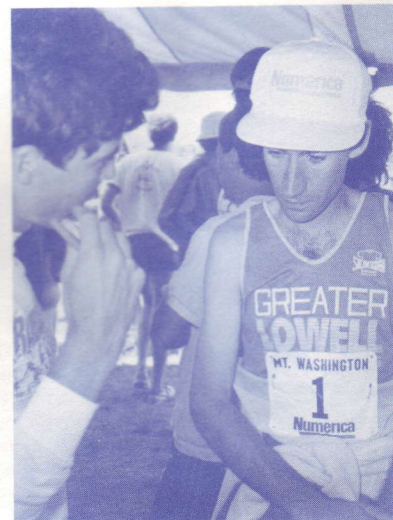
MEMBERSHIP DRIVE RESULTS

John Aukshunas

The 1987 GLRR Membership Drive was a success due to the contributions of a small group of dedicated GLRR members. Sixteen GLRR members participated in the drive and helped to recruit 45 new memberships during the 16 weeks of the drive. This increases the total membership approximately 15-percent. The results were reported and awards presented during the June general meeting.

1st	Dave Camire	11 members
2nd	Pat Fudge	8 members
3rd	Bill Mahoney	5 members
4th	Pam Hodge	
	George Howe	
	Jim Marsh	

Thanks again to all of you that helped make this program successful.



Bob Hodge, shown being interviewed by *Runner's World Magazine*, tied the course record en route to winning his seventh Mt. Washington Road Race.



GRAY MATTER

Derek Dickinson's Dirty Death©

Will Mason

Derek Dickinson, 41 of Asheville, North Carolina, presently dead, lived his last five years without any teeth. He literally chewed them up eating rocks. Crunch! Snap! Ptooie!

Derek was an indirect victim of advice concerning proper diet and subsequent conscientious selection of foodstuffs. Once upon a time, like most real Americans, Derek ate meat and potatoes, supplementing this intake with chips, candy, soft drinks, beer, and occasional fruits and vegetables. Unfortunately, when Derek started his running career he also started his reading career.

Derek read hundreds of articles about running and it seemed to him that every third article had something to do with eating. He became fascinated with all literature about diets. Water diets. Juice diets. Pasta Diets. No nothing diets. Anything about diets.

At first Derek noticed that most articles urged some sort of moderation. Small amounts of meat, limited amounts of alcohol, a balance of protein, iron, and vitamins. Derek tried this moderation approach, and sure enough his running times improved. His appetite was, as it were, whetted.

Derek then decided that this approach to limited eating was not good enough. He concluded that if a little meat was good, none must be better, and so on. Finally he reduced his intake to water and fish. The Perrier people applauded and Derek got used to being called "Haddock Breath" at the office. "You don't see fat fish, do you?," he replied.

But fish was kind of like meat, so Derek forsook it too. The pounds peeled off and so did family and friends. But Derek started to get hungry. He realized he had to eat something, but what? Retrospective reasoning brought him to the solution.

His first abstention had been from meat that came from animals that ate meat. The next thing he

discarded from his diet was meat from animals that thrived on plants. The trend became clear. Like the meat-eating animals, and the plant-eating animals plants too were only the middlemen. (Light bulb!!) The true source of food-related energy was not plants. It had to be dirt.

So, Derek ate dirt. Common dirt. Sand. Rocks. Top soil. Stones. Boulders (at banquets). Pebbles (from snacks). After a while Derek did not represent a very good picture of health. The "Dirt Man" (as the press dubbed him) was down to 98 pounds from the "chubby" 158 that he had been as a (ughh) meat eater. He also shrank considerably from his previous height of 6'3", down to about 5'7". Some of his physical functions and most of his appearance deteriorated. The dried clay around his mouth was punctuated by occasional rivulets of brown spittle. His excrement was pure mud. On the other hand, his mind sparkled. He claimed he felt great and was, after all, regular. Surely he was receiving a least the daily recommended traces of minerals.

Derek's dirt diet might have been the greatest thing ever, but we will never know for the evidence was destroyed. In 1982 "Dirt Man" succumbed to a blast of misfortune. The killer was the Chinese nation, since it was the Chinese who invented gunpowder and, hence, firecrackers. It seems that on July 4th, while rummaging around for tasty morsels of granite, Derek mistakenly gobbled up a live cherry bomb. It looked like granite, gray and bite size, but it had an unexpected kick. The last thing that went through Derek's mind was his mud laden colon.

Derek was something of a local attraction, if not a hero, so the town fathers honored him. Maybe he was not from ashes, but he certainly went back to dust. His epitaph is inscribed on a small stone monument erected in the place which was reckoned to be ground zero. It said:

Derek "Dirt Man" Dickinson
November 20, 1940 – July 4, 1982

May God Rest his Soil.

This story is from *Lloyd's Llaws and other Running Anecdotes©*, authored by the GLRR member Will Mason.

A WORD ABOUT WORDEN

Phil Riley

Bob Worden, head athletic trainer at the University of Lowell and Director of Lowell's sports medicine clinic, Therafit, is a man who knows his business. Bob is a self-described "sports' nut," and he has been involved in sports as a trainer since he was a ninth grader at Newton North High School. His interests led him to Boston State where he completed a physical education and biology program. Bob's schedule as a student was anything but relaxed. He juggled his time between substitute teaching, working at a youth center, and taping sore joints as a high school trainer.

At the youth center, Bob had the good luck to meet the Admissions Director of Rivers School in Weston, a prestigious private high school. The school was going through a rough year of football injuries, and Bob was asked to "help" them through the crisis. Eight years later, having developed a physical education and athletic program for the school, he moved on to new adventures. His last season there he was quite busy. His job titles went something like this: (1) Director of Physical Education, (2) Director of Day Camps, (3) Head Baseball Coach, (4) Athletic Director, (5) J.V. Basketball Coach, (6) Assistant Basketball Coach, (7) Guidance Counselor, (8) Student Counsel Advisor, and last, (9) Student Chauffeur.

A bit burnt out, and somewhat confused as to what he really did for a living, Bob decided to focus on what he did best. He applied to the University of Lowell for the head trainer's position and won out over 125 other applicants. For the last six years Bob has been using his skills to work with local athletes and to develop programs that make services and educational information available to wide spectrum of local sports' enthusiasts.

His latest and most adventurous project is Lowell's Therafit. Bob's growing involvement with the community which included work with the Greater Lowell Vocational High School, Tyngsborough High School, and the GLRR among others, created "a

Continued on page 4



Worden continued

need for our own place." In concert with Susan LaRoche, a graduate of U. Lowell and a standout athlete herself, the idea of Therafit was conceived. Therafit is a growing enterprise with a focus on an expanding involvement of the local athlete.

For the runner, Therafit offers state of the art equipment and computer programs oriented towards a healthy and balanced body. The program utilizes a team approach between patient, physical therapist/athletic trainer, and physician, and it "ensures a minimum amount of time lost before a successful return to full activity." Some of the modes of treatment Therafit offers include the Cybex II isokinetic strength testing and conditioning system, Hydratfitness, complete modern hydrotherapy facilities including a six-person jacuzzi, universal weight equipment, a Nordic Ski Track, plus Fitron Bikes and an upper body bike system. A standard treatment takes about one and one-half hours and can be tailored to your needs. The overall goal is to develop an awareness in each patient that leads to "self-care." Therafit is a provider for most major insurance.

The Therafit staff also offers community lectures and workshops on a variety of topics related to sports and sports' medicine. Bob's overall goal for the future is to provide "expanding services throughout the Greater Lowell area by creating a number of satellite stations," where sore, tired and joint-weary athletes can find care and solace, but more importantly, where the athlete can find information and common sense that lead to long term health and balance.

THE TEMPO PACE FORMULA

Coach George Davis

During your weekly training you may be involved with daily runs, weekly long runs (10-15 miles), and a track workout. Key to improved endurance and speed is to keep the daily and long runs at less than 70% of race pace. Along with the track workout, include in your training program one or two runs which are at 70% of your 10K race pace. This is your tempo paced run. The tempo pace should be part of your training schedule.

For the average runner, the tempo paced run should be one or two workouts each week. For the elite runner, it should comprise two or three workouts each week. Included in this is the track workout.

Here is the formula for calculating your tempo pace. It is based on your 10K time. For the formula, treat your 10K time as a decimal value.

$$\begin{aligned} 10K \text{ time} \times 1.54 &= Y^1 \\ 120.24 - Y^1 &= Y^2 \\ Y^2 \times .7 &= Y^3 \\ Y^3 + 5.24 &= Y^4 \\ 329 / Y^4 &= Y^5 \end{aligned}$$

Y^5 is a decimal value where the whole number is the number of minutes but the value following the decimal needs to be multiplied by 60 seconds to determine the number of seconds in the pace.

Now for the example:

10K time of 29:24 (which is a race pace of 4:44/mile)

$$\begin{aligned} 29.25 \times 1.54 &= 45.05 (Y^1) \\ 120.24 - 45.05 &= 75.19 (Y^2) \\ 75.19 \times .7 &= 52.63 (Y^3) \\ 52.63 + 5.24 &= 57.87 (Y^4) \\ 329 / 57.87 &= 5.68 (Y^5) \end{aligned}$$

5.68 breaks done to 5 minutes and .68 of 1 minute, or 40.8 seconds (.68 X 60 = 40.8). Therefore, your tempo pace would be 5:41 per mile (number rounded up). That sounds like a nice, easy pace.

CAMIRE'S COMMENTS

A pair of GLRR Billerician's, Jane McElligott (30:39) and Dave Dunham (23:45), won the female and male divisions at the AHEPA 5-Miler (see results). For their efforts, each received an all-expensed paid trip for two to Hawaii.

Question: What four GLRR masters have been overall winners of local road races in the past two years? **Answer:** John Burke (Lowell) and Maureen Semekis (Lowell) won the YMCA 5-miler, Bob Hall (Hudson, NH) won the Early Bird 5-miler, and Will Mason (Chelmsford) won the Billerica Irish American 5-miler.

Add Nancy Chapman (E. Hampstead, NH) to the list of overall winners who just happen to be masters. Nancy won the

Journey for Sight 4.5 miler in Hampstead, NH on May 30.

GLRR runners have been winning road races in record numbers so far this year. The following GLRRs have won the following races: Bob Hodge (Clinton) — I Love Henry's Wallpaper 5-miler, Lawrence 10-Mile Challenge, and the Mt. Washington Road Race, Steve Desisto (Malden) — Reading Rotary 10K, Sue Trudel (Lowell) — Wang Heart Run, Lance Burgess (Lowell) — John Muldoon Race, Will Mason (Chelmsford) — Irish American 5-miler, and Dave Dunham (Billerica) — AHEPA 5-miler and Copper Kettle 5-miler, Jane McElligott (Billerica) — AHEPA 5-miler, Walter Murphy (Boxboro) — Boxboro 4-Miler.

The GLRR had the best deal of any running club in the Valley at this year BAA Marathon. For \$15, club members received roundtrip coach transportation from Lowell to Hopkinton and from Boston to Lowell. At Boston, club members were treated to a hospitality suite at Howard Johnson's which included showers, a buffet, beer and softdrinks. Also, we had our own masseuse, four to be exact, and our own physical trainer to assist with blisters and cramps. Each GLRR runner also received a t-shirt commemorating the day. Many thanks to all the volunteers who help with this year's marathon program.

At last year's Spring/Summer coaching session forty GLRRs participated in the 10-week program. This year, that number is up to 71. Further evidence to the program's success, member's from one of "New England's most active" running clubs requested admittance to the program — sorry, GLRR members only!

The GLRR had an impressive showing at this year's Lexington Battle Green 10K'er despite the high humidity and 95 degree temps. Brad Hurst (Dunstable) placed 5th overall with a time of 32:54 and Tom Carroll (Lowell) placed 8th with a time of 33:58. In the masters' division, the GLRR dominated with Will Mason (Chelmsford) placing first with a time of 35:02 and Colin Gouldson (Chelmsford), returning from the injured reserved list, placing third with a time of 35:39.

Running With Greater Lowell



Walter Murphy's (Boxboro) first race as a GLRR'er was almost his last. It seems that the car in which Walter hitched a ride to descend down Mt. Washington, following the race, had brake problems. With about 1-1/4 miles to go, the brakes did just that — they went! The driver was forced to drive the car into the woods. Fortunately the car stopped before Walter's heart stopped.

Art Demers (South Pacific) will be returning from his three year stint in the Peace Corp in early August. Rumor has it that Arthur has been logging in about 100 mile per week and is returning in tip top shape.

The *Calendar-of-Events* is one of the best perks offered by the GLRR.

The highest finish ever by a GLRR team at the Cape Cod Relays was 6th.

Louie Aguiar (Westford) placed second in this year's NEAC 50-Mile Championships. The race, however, was only a tune-up for Louie's attempt at the Western States 100 miler. Incidentally, Louie is a past New England 50-Mile Champion.

Move over Bob Hall and Bob Hodge and make room for Brad Hurst on the GLRR's BH running team.

RAFFLE BAFFLE

Jay McCarthy

That's right; I'm baffled. Baffled at the small response I've had so far to the biggest raffle to hit road racing since the Ed Stott/Dennis Connors Bermuda Bungle. As if you didn't know by now, I'm talking about the GLRR Racing Team Raffle. You know — the one where two lucky individuals have the opportunity to win two color televisions sets. Now some time back, you were all

sent 8 or so chance books by yours truly. But has the response been overwhelming? Has my phone been ringing off the hook with demands for more books? Have I gotten enough cash back to pay for that summer rental on Nantucket? Is the Pope Yiddish? Come on, folks, we all know that Uncle Ernie is a borderline couch potatoe and needs a new tube so he can continue to watch re-runs of "My Mother the Car." And what about Blanche? She's dying to trash that old Emerson for something more glitzy. The bottom line is: we need the money. We only have until the Mill Cities Relays (December 6) to acheive our goal. And believe me, it will be on us faster than a gnat on Hectors' neck. So get with the program, because if you don't, I've been assured that I'll be called to the big Finish Line in the sky.

TAC and RRCA News

RRCA CONVENTION

Mike FitzGerald

Rockville, Maryland — As some of you know, I was "chosen" as the club delegate to this year's RRCA Convention held in Rockville, Maryland from May 14-17.

I was selected, unfortunately, not because of my wit, charm or looks, but because my wife, Laura, and I have very good friends, who live in Gaithersburg, Maryland. The Kerrigans, Ken and Liz, own a 3-story townhouse that is located within 15 minutes of the Montgomery County Road Runners, which was host of this year's convention.

The entire convention was very well-handled and ran smoothly. I was impressed by the total commitment by the members of the MCRR club who should be applauded for their work.

My wife and I arrived on May 14th and were promptly escorted by our friends to an outdoor cookout and fun run. The cookout was a very enjoyable affair. During this time, I was able to run 5-miles with several delegates from various

parts of the country. My wife assisted in setting up the salad bar. My good friend, Ken, was in charge of the beer kegs all night and I kept up the club reputation by being the last person to leave. In fact, Ken and I not only finished the keg, but returned it to the package store and were rewarded with two free beers. What a great city!

Later that evening, I proceeded to read Ken and Liz my previous article about the dog bite, as well as Will Mason's article about his "poor bowels." Due to my not-so-sober condition, the articles were slurred together and a winner could not be decided. (Personally, I thought Will wrote a "sh---ty" article.)

Friday and Saturday the convention was in full force with various seminars being held on an hourly basis. There was also a trade exposition including all the big names such as Nike, Adidas, Avia, and Reebok. The seminars were very informative and people such as Don Kardong, Harold Tinsley, Jack Ward, and Keith Peters were involved in these programs.

Friday night a 5K TGIF Race was held which I ran in flashing the green, white, and gold colors. I am happy to say, I finished 11th out of approximately 200 with a time of 17:54. I was very pleased with this despite humidity that would make a sauna seem more comfortable. Afterwards, we all headed to an Italian Restaurant for alot of pasta and beer.

On Saturday evening the RRCA Awards Banquet was held and was quite enjoyable. We sat with Keith Brantley, who was RRCA Road Runner of the Year. Keith was willing to answer all my questions during the evening, but unfortunately I could not get him to become a member. Ken and I tried to copy Keith's eating habits during the evening in hopes of keeping up with him during the 10K National Championship on Sunday. (I hate to ruin the story, but it didn't work for either of us.)

The last day, Sunday, the 10K race was held at 8:00 AM at Fritzbee's Restaurant. The course was very challenging and over 4000 runners left the starting line. I am happy

Continued on page 6



Convention continued

to announce my "friend" Keith Brantley won the race in a time of 29:30. I was right behind him in a time of 37:13. (I know I shouldn't have had the salad dressing.)

After the race, Fritzbee's setup approximately 30 tables of various foods, goodies, and beverages, which were outstanding and very filling.

All and all, it was a very interesting and enjoyable convention. Even my wife, who does not run and keeps asking, "What do mean you have another race?," had a good time.

I am already looking forward to next year's convention in Indiana. Please choose me, again?

Remaining NEAC Grand Prix Races

Aug 2	15K, Worcester, MA
Sept 12	5K, Concord, NH
Sept 27	20K, Marshfield, MA
Oct 25	8K, Jamaica Plain, MA
Nov 15	Marathon, Falmouth, MA

1987 NEAC GRAND PRIX STANDINGS (includes 30K & 10K)

Male Open

1.	CMS	12
2.	BAA	6
3.	GLRR	5
3.	RCTC	5
4.	JWAC	4
4.	CSU	4
5.	WRT	3
5.	GSH	2
6.	GNBTC	1

Male Masters

1.	GLRR	5
1.	CMS	5
3.	WTC	2
4.	GSRT	1

Female Open

1.	CMS	11
2.	LAC	6
3.	WTC	4
4.	GLRR	3
4.	BAA	3
6.	GSRT	2
7.	WRT	1

Female Masters

1.	CMS	4
2.	LAC	3
3.	GLRR	2

Total Points

1.	CMS	32
2.	GLRR	15
3.	BAA	9
4.	LAC	8
5.	RCTC	5
5.	WTC	5
7.	JWAC	4
7.	CSU	4
7.	WRT	4
10.	GSRT	3
11.	GSH	2
12.	GNBTC	1

CLUB LEGEND

BAA	Boston Athletic Assoc.
CMS	Central Mass Striders
CSU	Cambridge Sports Union
GBTC	Greater Boston Track Club
GCS	Gate City Striders
GFTC	Grt Framingham TC
GLRR	Grt Lowell Road Runners
GNBTC	Grt New Bedford TC
GSRT	Granite State RT
GSH	Grt Springfield Harriers
JWAC	Johnson & Wales AC
LAC	Liberty Athletic Club
NHAA	N.H. Athletic Alliance
RCTC	Rich Classic Track Club
WTC	Waltham Track Club
WRT	Whirlaway Racing Team



Team Competitions

NEAC 10K CHAMPIONSHIP

Nashua, NH — For the past two year's, the most competitive NEAC Championship has been the Pepsi Free 10K. The race, which is expertly organized by the Gate City Striders, featured the most intense competition to date on the Grand Prix circuit.

How intense was the competition? The male open team winners, from the Central Mass Striders, had an average time of 30:17 per runner! (Remember it takes five runners to score on the male open team.)

Our goal for this year's 10K Championship was simple — improve on last year's team performance. Improve we did! In each division we made substantial gains.

In the male open division, the GLRR finished eight overall and improved by +4:26 over 1986. However, despite this improvement, the team slipped

one place from our seventh place finish in 1986. This drop can be attributed to tougher competition and the entry of two excellent Rhode Island clubs which did not compete in 1986 — the Rich Classic Track Club and the Johnson & Wales Track Club.

Our female open team made substantial gains (+9:11) over 1986. As you may recall, in 1986 not one of our female runners broke 41-minutes. This year, we had four runners under 40-minutes — an impressive improvement. This secured a sixth place finish and the team was rewarded by placing in the Grand Prix scoring.

Both our male and female masters teams also recorded improvements. Our male masters improved by +1:56, winning the silver medal for the second consecutive year. Our female masters, improved by an amazing +15:13 to win the bronze medal. Incidentally, our female masters showed the largest time

improvement of any team that competed in 1986 and 1987.

In all, fifty-one GLRRs competed in the 10K Championship. Officially, forty-six GLRR marked on their race application that they belong to the GLRR. This tied us with CMS for the largest contingent at the race.

ONLY ONE HILL!

Dave Camire

Pinkham Notch, NH — The twenty-seventh running of the Mount Washington Road Race featured two firsts for the GLRR. It was the first time we entered as a team, and it was the first time Bob Hodge has won the race as a GLRR member.

En route to his seventh Mount Washington victory, Bob passed the halfway mark in 28:05 putting the elusive 60-minute barrier in serious danger. Unfortunately, strong 30 to 50 mph winds at the

Team Competitions



top half of the course put the 60-minute barrier and the \$1,000 bonus out of his reach. However, Bob did manage to match the course record of 1:01:14 set by Gary Crossan and regained the title of King-of-the-Mountain.

In all, twenty-one GLRR members made the 3-hour journey north to either compete or assist on the course. With defending champion Cambridge Sports Union returning,

we realized that winning the team competition would be an uphill battle (pun intended).

Surprisingly, the toughest competition did not come from a running club, but from the United States Biathlon team. The bi-guys, as they would later be dubbed, ran an impressive race to win the team competition. (Rumor has it they didn't even bring their big guns.) The GLRR

finished a strong second followed by the White Mountain Milers in a distant third.

In all, it was a very successful weekend of running. Special thanks to Tim and Mary Tiches, Russ and Thelma Laste, and John Sutherland for running the first water station and to Jeff Mann for transporting everyone's equipment to the summit.



Results

Wang Heart Run 8K 03/29/87

1.	Michael Lavallee*	25:15
2.	Lance Burgess	25:50
3.	Dan Berkowitz	25:58
5.	Tom Carroll	26:11
6.	Phil Riley	26:43
8.	Dave Camire	27:16
9.	John Boutselis	27:31
11.	Bryan Patnaude	27:48
15.	Scott Graham	28:08
20.	Elihu Rozen	28:36
21.	Don Foley	28:48
30.	Bruce Brown	29:15
39.	Edwin Matos	30:00
47.	Bill Plaistek	30:19
48.	Denis Beaudry	30:20
49.	Chip Bradley	30:25
50.	Paul Jezowski	30:30
58.	Susan Trudel	31:11
83.	Dave Weeks	32:27
85.	Del Christman	32:34
86.	Barry Pearson	32:37
87.	Robert Milholland	32:41
104.	John Carroll	33:41
107.	Sean Burgess	33:47
110.	Marcella Theeman	33:55
120.	Bill Florence	34:15
127.	Patty Tobin	34:35
150.	James Lightfoot	35:27
157.	Wayne White	35:39
164.	Jay Keddie	35:50
166.	George Howe	35:56
169.	Dan Wasileuskas	36:05
171.	Brock Hotaling	36:09
172.	Bill Rakip	36:11
192.	Richard Nadeau	36:42
198.	Joseph Regan	36:51
199.	Kesely Hotaling	36:53
218.	Scott Sheehan	37:32
224.	James Dangora	37:46
225.	Ralph Steere	37:47
244.	Debora Cole	38:33
246.	Max Ward	38:43
261.	Kevin Tobin	39:12
268.	Marianne Keefe	39:31
273.	Pam Hodge	39:57
274.	Mike Hodge	40:00
275.	Barbara Ware	40:02
276.	Jim Shelton	40:04
290.	Nils Grandquist	40:30

292.	Donna Deveau	40:37
343.	George O'Hare	43:11
349.	Edward Sheehan	43:39
385.	Candy Wasileuskas	46:13
388.	Irene Texeira	46:29
428.	Ed Francis	56:50

428 Finishers. Results courtesy of Jay McCarthy (GLRR).

NEAC 10K CHAMPIONSHIP 05/16/87 — Nashua, NH

Male Finishers

1.	Richard O'Flynn*	28:49
2.	Michael Gagne*	28:54
3.	Paul Craig*	29:18
65.	Tom Carroll	32:53
67.	Phil Riley	32:55
73.	Bob Hall	33:04
77.	Bob Ross	33:16
84.	Jim Stair	33:25
100.	Jim Stronach	33:54
107.	Dave Camire	34:11
119.	Tom MacDonald	34:45
120.	Will Mason	34:45
128.	Ken Whitcomb	35:00
139.	Charlie Pratt	35:29
141.	John Burke	35:35
151.	Donald Foley	36:05
153.	Mark Dudley	36:14
195.	Dan Dorazio	37:41
198.	Bob Ludwig	37:46
221.	John Cahalane	38:29
239.	Don McHugh	38:52
245.	Stephen Pepe	39:03
247.	Jay McCarthy	39:05
254.	Dave Weeks	39:13
305.	George Demetriou	40:29
315.	Barry Pearson	40:41
403.	George Howe	42:38
421.	Rick McDonnell	42:56
477.	George Rawsley	44:09
482.	Tim Tiches	44:21
484.	Walter Murphy	44:25
538.	Gerard Ottaviano	46:02
592.	Roger Montbleau	47:22
603.	Norm Williams	47:43

618.	Jack Keefe	49:03
641.	Jay Keddie	48:40
675.	Jim Marsh	50:00

Female Finishers

1.	Charlie Haversat*	33:14
2.	Leatrice Hayer*	33:27
3.	Mary Lammi*	34:15
26.	Sue Trudel	38:44
30.	Betsy Bacon	39:05
32.	Margaret Maloney	39:22
35.	Nancy Chapman	39:50
65.	Patty Tobin	42:42
77.	Susan Belden	43:52
80.	Donna Shanahan	44:15
82.	Anne Windhol	44:21
84.	Mary Bourret	44:26
93.	Jean Boswell	44:52
96.	Marilyn Graves	45:03
97.	Barbara Kimball	45:06
106.	Gail Gikas	46:16
108.	Debora Cole	46:51
124.	Maureen Semekis	48:17
130.	Berna Finley	48:50
133.	Betty Bourett	49:24

1004 Finishers. Results courtesy of Phil Quinn (GCS).

* Designates a non-GLRR runner

NEAC 10K CHAMPIONSHIP 05/16/87 — Nashua, NH TEAM RESULTS

Male Open

1.	CMS	151:25
2.	RCTC	153:10
3.	JWAC	156:33
4.	WRT	159:36
5.	BAA	159:57
6.	CSU	163:46
7.	GBTC	165:26
8.	GLRR	165:31
9.	GSH	171:13
10.	NHAA	172:29

Results continued on page 8



Male Masters

1.	CMS	172:49
2.	GLRR	176:59
3.	WTC	200:25

Female Open

1.	LAC	108:22
2.	CMS	109:12
3.	WTC	111:11
4.	BAA	113:11
5.	GSRT	114:00
6.	GLRR	117:11
7.	GCS	117:46
8.	WRT	117:55
9.	GBTC	118:02

Female Masters

1.	LAC	122:04
2.	CMS	123:43
3.	GLRR	136:57

Reading Rotary 10K

05/16/87 — Reading, MA

1.	Steve Desisto	34:14
2.	Marty Cohen*	35:10
3.	Bob Gillon*	36:08
13.	Tom Hines	38:37
16.	Bill Devlin	39:22
21.	Bill Boyd	40:20
22.	Dan Bowse	40:23
24.	Ben Fudge	40:51
25.	John Aegerter	40:52
26.	Bob Milholland	41:11
41.	Dennis McCarthy	44:07
55.	Dick Nadeau	45:41
58.	Judy Romvos	46:02
63.	Alan Bissett	46:33

103 Finishers. Result courtesy of Ben Fudge (GLRR)

Maine Coast Marathon

05/23/87 — Biddeford, ME

106.	John Poisson	3:08:44
110.	Dennis McCarthy	3:09:27
111.	Ben Fudge	3:09:28
128.	Bill Boyd	3:12:47
131.	Rich Lamontagne	3:12:53
142.	John Aegerter	3:14:12
158.	Dan Bowse	3:17:13
221.	Dan Wasileuskas	3:26:48
226.	Jean Boswell	3:28:11
247.	Barbara Kimball	3:32:37
261.	Judy Romvas	3:35:30
262.	Marilyn Graves	3:35:48
263.	Ann Sartorelli	3:35:53
291.	George Rawnsley	3:40:41
294.	Tim Tiches	3:41:56
321.	Max Ward	3:47:26
393.	Bob Bassett	4:13:41
397.	Donna Shanahan	4:15:49
415.	Eileen Curley	4:30:15

Results courtesy of Ben Fudge (GLRR).

AHEPA 5-Miler

06/07/87 — Lowell, MA

1.	Dave Dunham	23:45
2.	John Clopeck*	23:53
3.	Lance Burgess	25:46
4.	Joe Regan	26:37
5.	Jim Stronach	26:43
10.	Don Foley	29:09
17.	Jane McElliott	30:39
18.	Steve Dion	30:40
29.	Del Christman	32:13
30.	Susan Trudel	32:19
32.	Sean Keddie	32:28
33.	Bob Milholland	32:30
39.	Bob Kearns	33:09
49.	Bernie Underwood	33:53
54.	Bill Florence	34:15
55.	Dave Crocker	34:23
58.	George Howe	34:38
59.	George Marsh	34:39
61.	Jack Murphy	34:51
71.	Dan Woz	35:51
74.	Patty Tobin	36:04
78.	Jim Dolan	36:15
81.	Max Ward	36:28
100.	Roger Montbleau	37:46
102.	Joe Cravin	37:53
104.	Fred O'Neil	38:03
105.	Chris Brennan	38:15
115.	Joe Longtin	39:25
116.	Charles Gaffney	39:32
119.	Kevin Tobin	39:44
122.	Fred Cox	39:55
127.	George Chamberas	40:31
133.	Nils Granquist	40:55
142.	William Tarmey	41:35
144.	Bob Bassett	42:09
151.	George Marsh	43:24
160.	George O'Hare	44:57
174.	Irene Teixeira	46:44
180.	Candy Wasileuskas	46:57
196.	Ann Craven	51:22

205 Finishers. Results courtesy of John Aukshunas (GLRR)

CAPPY'S COPPER KETTLE 5-MILES

06/29/87 — Lowell, MA

1.	Dave Dunham	25:03
2.	Lance Burgess	25:50
3.	Bruce Labonte*	25:54
5.	Jim Stronach	27:00
6.	Bob Derrah	27:06
7.	Phil Riley	27:23
9.	Will Mason	28:48
10.	Dave Camire	28:54
12.	John Whitlock	29:07
16.	Don Foley	29:32
27.	Clint O'Brien	30:25
28.	Dan Dorazio	30:33
33.	Bill Leahy	30:59
42.	John Poisson	31:26
47.	Don McHugh	31:44
51.	Charlie Keefe	31:53
56.	Steve Pepe	32:11
57.	Bill Boyd	32:12
59.	Bernie Clancy	32:24

75.	Ben Fudge	33:27
85.	Bill Claybrook	33:54
104.	Dave Crocker	34:36
117.	Sean Lussier	35:21
126.	Dan Woz	35:59
130.	Jim Dolan	36:09
134.	Bill Florence	36:17
136.	Grant Whiteway	36:18
138.	Jim Doyle	36:21
141.	Joe Regan	36:27
145.	Max Ward	36:41
146.	Jean Boswell	36:42
147.	Jim Lightfoot	36:47
156.	Jim Kilmartin	36:56
166.	John Sullivan	38:42
169.	Iris Neofotis	39:01
173.	Chris Brennan	39:09
178.	Jim Marsh	39:24
179.	Roger Montbleau	39:28
184.	Joe Longtin	39:58
187.	Berna Finley	40:09
188.	Jack Keefe	40:15
205.	Nils Grandquist	41:02

Results were incomplete at press time

MT WASHINGTON ROAD RACE

7.6 MI.

06/22/87 — Pickham Notch, NH

1.	Bob Hodge	1:01:14
2.	Domingo Tibaduiza*	1:02:51
3.	Matt Ebner*	1:05:23
23.	Walter Murphy	1:12:43
31.	Tom Carroll	1:13:14
42.	Brad Hurst	1:16:19
51.	Fred Whitehouse	1:17:25
108.	Dave Camire	1:24:03
115.	Colin Gouldson	1:24:21
129.	Will Mason	1:25:31
131.	Mark Dudley	1:25:40
134.	Jim Concannon	1:25:49
273.	Rick Larnard	1:35:54
557.	Ann Sartorelli	1:54:34
561.	Fern Piper	1:54:52
576.	George Rawnsley	1:56:12
585.	Mary Bourret	1:57:13

Team Results

1.	U.S. Biathlon Team	5:57:28
2.	Greater Lowell R.R.	6:00:05
3.	White Mt. Milers	6:08:28

RESULTS NEEDED

As you will note, this edition of Starting Lines contains many race results. In the future, we hope to print the results from all local races, however, we need some help. If you are a race director, or associated with a local race, please forward your results to: Dave Camire, 22 Winsor Drive, Dracut, MA 01826. We will print the first three male and female finishers and all GLRR finishers. This is a great way to get free publicity.