

Starting Lines

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Betty Jenewin

Many GLRR runners can be spotted at the front of the pack at this year's NEAC 30KM (see story on page 8). The GLRR male team captured the gold while GLRR runners Dave Dunham and Bob Hodge finish one-two respectively.

Upcoming Events

THE GREAT LEGS

They are coming to Lowell once again. All those great legs will be back at Cawley Stadium on July 22 at 7:00 PM. This is the seventh year that GLRR has hosted this 5K race for women. The entry fee is \$6 and t-shirts will be given to the first 200 entrants. Hooded sweatshirts will be awarded to the top three finishers in each of the five age group categories. The top three finishers will get cash prizes. The various categories of team competitions has always gotten a good response and the teams that place will win prizes.

Both the Art Room in Chelmsford and Therafit Sports Medicine

Clinic in Lowell have made it possible for us to host such a race of this quality. Lady Finelli, a cosmetic distributor in Lawrence, will give away a gift bag to the runners. The WCGY Radio (93.7 FM) Van will be at the race to do a live broadcast. It's a fun evening whether you run the race or volunteer to help run it. Your participation means a successful race.

THE TWO MILES SERIES

The GLRR Two Mile Series will begin on Wednesday, July 6, at 6:30 PM at Cawley Stadium. All GLRR members, regardless of ability, are encouraged to participate in this fun event. More information will

be included in the calendar of events, but in the meantime, series directors Jay McCarthy (957-4456) or John Sutherland (851-6783) can answer any immediate questions you may have.

JIM WITT 5 STAR ROAD RACE

This year, Jim Witt Pontiac and the GLRR will serve as host to the NEAC 8KM Championship on October 2. The entire GLRR is urged to participate in this year's race. If you can't run, please volunteer to help on race day.

New Members



NEW MEMBERS

Michael Crimmins	Andover
Jeff Graham	Arlington
Peg Donovan	Auburn, NH
Roger Kram	Bedford
Bob Malieswski	Belmont
Kerry Goguen	Billerica
Dennis Hart	Billerica
Jim Lawless	Billerica
Bethann Peters	Billerica
Tina Rouine	Billerica
Coreen White	Billerica
Carl Reetz	Burlington
Patricia Chandler	Chelmsford

Robert DeMoura	Chelmsford
Bernard Ready	Chelmsford
Dave Long	Chelmsford
Helder Duarte	Derry, NH
Larry Minar	Dracut
David Sullivan	Fitchburg
Rod Ellsworth	Keene, NH
Dennis Suprenant	Lowell
Jacqueline Cox	Lowell
Robin Frankel	Lowell
Jeffrey Hull	Lowell
Garrett Casey	Lowell
Sean Casey	Lowell
Jim Fitzgerald	Lowell
Dick Lewis	Lowell
Ron Shaw	Lowell

Dennis Lordan	Malden
Luke Robichaud	Malden
Kersten Sorensen	Medford
Al Brackett	Merrimack, NH
Joyce Shipley	N. Chelmsford
Carl Soares	Nashua
Joan Russo	Newburyport
John Murphy	Pepperell
John McNamara	Tewksbury
Ann Handley	Tewksbury
Ed Petrovich	Tewksbury
Nelson Goes	Tyngsboro
Fred Messina	Waltham
Jane Connell	Westford
Michael Hogan	Westford



Running Around New England

CAMIRE'S COMMENTS

The following passage is from the *Exchange Zone*, the newsletter of the NEAC. "One of the most active and upwardly mobile clubs in our association is The Greater Lowell Road Runners. Their comraderie and team spirit at NEAC Grand Prix events is a model for all other clubs. Not coincidentally, the overall performance of this green and white clad outfit has improved markedly in recent years."

Tom Gorman (Methuen) gets my vote for most conscientious race director. The night before last year's Jim Witt 5-Star, Tom was involved in a head on collision on Rte 113. Despite having totalled his car and having minor injuries, Tom showed early to direct the race.

Lenny Sheehan (Andover) tore up the indoor track circuit this past winter. The GLRR master has improved markedly over this past winter. At the NEAC Indoor Track-and-Field Meet at Harvard on January 24, Lenny clocked a 4:34.4 mile. On March 20, Lenny ran the mile at the TAC National Indoor Championship in Baton Rouge, Louisiana. He placed third with a time of 4:27.7 behind Al Swenson (4:19) and Barry Brown (4:27.0).

The GLRR's popular 2-Mile Series will have to find a new home for this Summer. The track at Cawley Stadium will be under going maintenance during the month of July.

Dave Quintal (N. Andover) and **Lisa Senatore** (Medfield) easily won the male and female divisions of the Andover Strider's Cherry Pie Classic 5-Miler on February 21st.

The Jim Witt 5-Star has been selected as the 1988 New England Athletic Congress Championship.

The Newport Marathon has been revived as the Rhode Island Marathon and will be run on a newly designed course through the communities of Newport and Middletown. The race is scheduled for November 6, 1988.

The GLRR placed four runners on Ekiden Relay Teams. **Bob Hodge** and **Dave Dunham** represented Massachusetts and **Rod Ellsworth** and **Tom Anderson** represented New Hampshire.

This June, **Pippa Davis** (Westford) will be competing in 828-mile race across England. The event, dubbed the Jogle, is being run to raise money for bone marrow cancer research.

Wanted a new representative from the GLRR for the Mill Cities Relay. If you are interested contact John Aegerter.

Bob Hodge (Clinton) won the RRCA Eastern 10-Mile Championship with a time of 51:09 in Amherst, MA on February 28. Also competing over this tough course was **Don Alvey** (Groton) who finished 22nd with a time of 56:56.

The GLRR fielded a club record (for this race) fifty-one finishers

at the NEAC 30KM Championship. The previous high was fifty set in 1987.

Did you catch **Bob Hodge's** picture in the February edition of *City Sports*, in the April edition of *New England Runner* (pg. 72), and on the application of the *Lawrence Eagle Tribune 10-Miler*. If not, check out the May, June, and July editions of *Runner's World* where Bob can also be spotted.

Will **Dennis Connors** please report to the starting line -- any starting line.

Currently the GLRR has more NEAC registered athletes than any other New England Running Club. If you have not yet registered, please do so. Applications are available from the New England Athletics Congress, PO Box 177, Boston, MA 02113, or by calling 617/566-7600. Our club number is 068.

The Olympic Roast for **Bob Hodge** and **Dave Dunham** was a huge success and a lot of laughs. Thanks to everyone who participated and bought a ticket.

Special thanks to **Don Drewniak** of CMS for being a guest speaker at the roast. Don gave an interesting and humorous account of the Ekiden Relay and running in New England.

Special thanks to **Debora Cole**, **Phil Riley**, **John Koumantzelis**, **Norm Williams**, **Nils Granquist**, and **Phyllis Keane** for helping assist with the Boston Marathon support team. Again,

Running Around New England



because of these volunteers, GLRR and Wang Runners Club members had transportation to and from the marathon and hotel rooms at the finish stocked with a buffet and liquid refreshments.

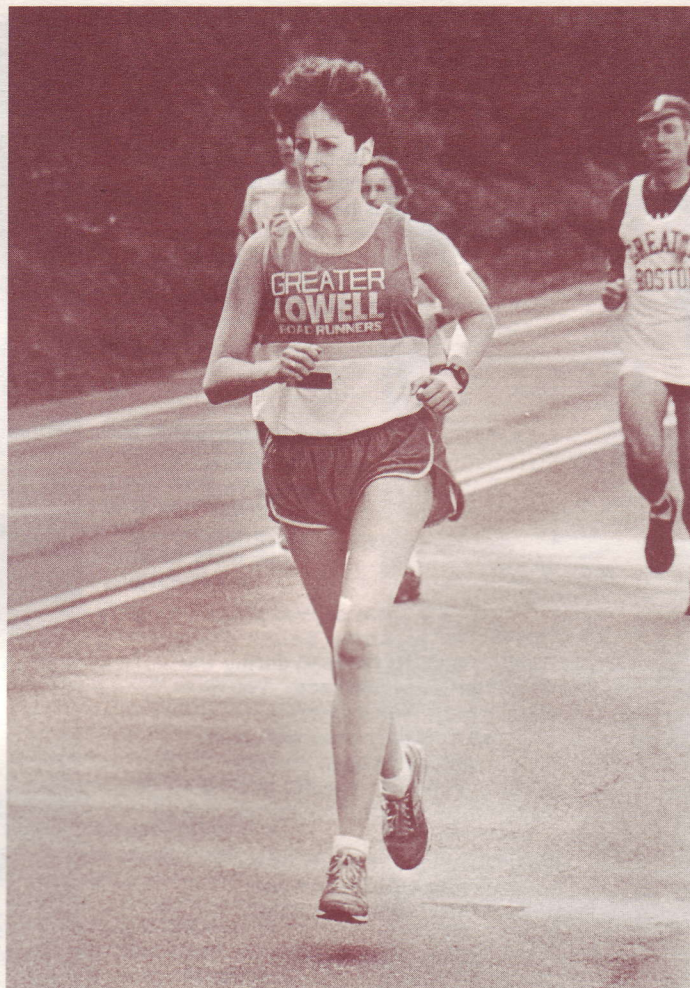
Lance Burgess (Lowell) and Lisa Senatore (Medfield) won the male and female divisions at this year's Wang Heart Run. Jean Boswell (Chelmsford) won the female masters division.

Four GLRR's ran excellent races at this year's Penn Relays. Competing in the 10KM were Dave Dunham (29:20), Rod Ellsworth (29:35), Tom Anderson (30:00), and Mike Wright (30:19).

Congratulations to Bob Hodge on his fabulous seventh place finish at this year's U.S. Olympic Trials.

Betty Jenewin

The GLRR's Lisa Senatore (right) currently is in second place in the NEAC Individual Grand Prix, one point behind Liz Miller of the New Balance TC. The GLRR female open team is currently leading their division in the NEAC Grand Prix.



Running with Greater Lowell

SAND, SUN, AND SHEEHAN INSPIRE RUNNERS AT INTERNATIONAL 10KM

Berna Finley

Bermuda — Hoping to find paradise and relief from the New England deep freeze, a group of GLRRs wafted their way to Bermuda in mid-January only to encounter a chin scraping race course, high humidity and a mini-hurricane.

But the 12 member GLRR contingent that joined some 550 runners from around the world for the Bermuda International 10KM came away two days later feeling we had, after all, run into Eden.

In response to pre-race guru Dr. George Sheehan's charge to "take

this body; subject it to the challenge . . . and find that specialness in ourselves," Greater Lowell put together three teams and reached for that insight which Sheehan promised would propel us over the hills. In the process we had fun. And we left a gaggle of spectators with visions of green and gold against a background of pink sand and blue Atlantic.

Babs Kimball, Cookie Graves, and Bob Lordan were one, two, and three across the finish line for Greater Lowell followed by George Rawnsley, Max Ward, Mary Bourret, Mary Tiches, Berna Finley, Tim Tiches, Eileen Curley, Ann Sartorelli, and Bob Bassett.

While only the first three teams overall received official recognition, Greater Lowell

celebrated some unofficial accomplishments. Both the female masters team, led by Mary Tiches, and the male masters, with Bob Lordan upfront, came in first in their respective categories. The female open team placed third, with Babs Kimball setting the pace.

As we conquered the last hill of the undulating course, we turned into National Stadium to the cheers of our imported support team including Jack Kimball, Peg Bassett, Jim Graves, Edie Lorden, and Barbara Ward.

Post race party time at the Elbow Beach Hotel included a gourmet banquet, congratulatory speeches from Bermudian dignitaries and an evening at the local pub. The next day we chose one of the more than



a dozen runs we would have liked to take along the beaches and followed it with a dip in the ocean and more gourmet food.

Then, before any of us were ready, the ruthless demands of jobs and families called us back to the ice and snow. But these days in our minds we run with visions of sand, surf, and sunshine. And we talk about where next year's run will take us.

Dear Bob,

On behalf of the Merrimack Valley Striders, I would like to extend our heartfelt congratulations on your outstanding performance in the United States Olympic Marathon Trials.

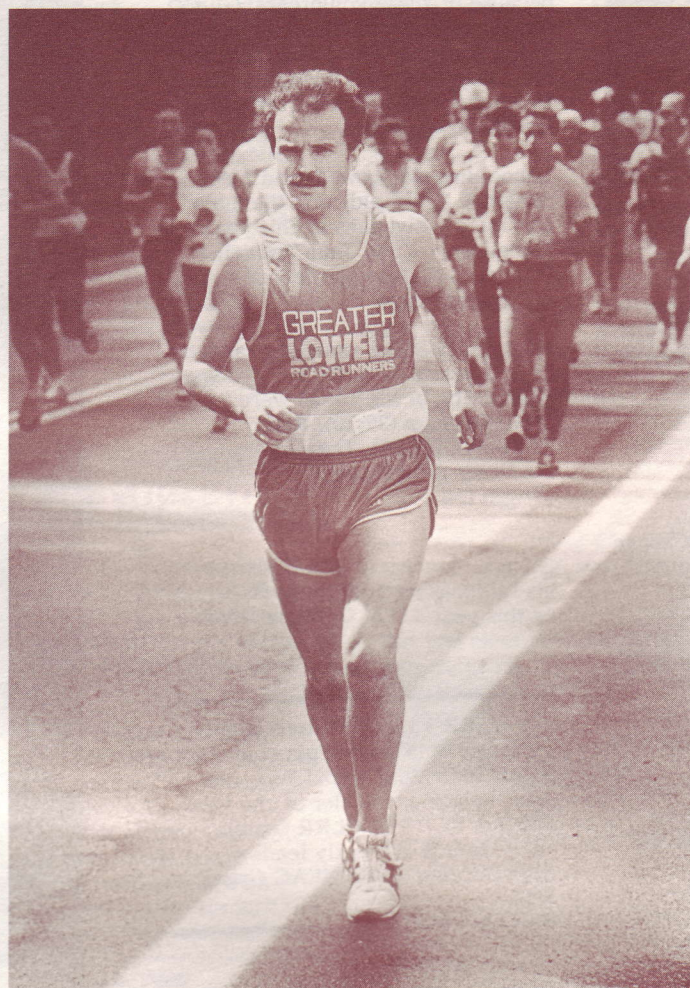
It was with a great deal of pride that we watched that Kelley Green singlet surge to the lead during the middle miles of the race. You represented the Greater Merrimack Valley area well, and we couldn't have been prouder (with the possible exception of if you'd worn our club's singlet.)

Bob, congratulations on your seventh place finish and best wishes for continued success.

Your friend down Rte 495,

Thomas Licciardello
President
Merrimack Valley Striders

Betty Jenewin



Rafeal Rios (Billerica) was one of over fifty GLRRs to compete in this year's NEAC 30KM Championship in Boylston, MA. The next NEAC Championship Race is the 5KM scheduled for July 17 in Greenwich, RI.

TIP FOR THE FIRST TIME TRIATHLETE

Martin McIntosh

Many athletes have an interest in competing in triathlons, dubbed "the sport of the 80's," but they are somewhat reluctant because they do not know what to expect. Unlike the pure road races where all you have to do is show up with a pair of running shoes (shorts are also recommended), a triathlon takes much more logistical coordination. Presented below are some "tricks of the trade" that I have picked up last year in my premier year of triathlon competition, but first some history and definitions.

The Triathlon first appeared in 1975 in Hawaii, the event now known as the "IRONMAN". It started as an argument to

determine the most difficult endurance event in Hawaii: the 2.4 mile rough water swim, the Kwui 112 mile bike race or the Hawaiian Marathon. It ended in agreement: Combine all 3 events into the ultimate endurance event. The first time the event was held 15 people started and 12 finished. The winning time was about 10.5 hours. The course records for the event: Dave Scott: 8:29:37 (Swim: 50:53, Bike: 4:48:32, Run: 2:49:12) and Paula Newby-Fraser: 9:49:14 (Swim: 57:03, Bike: 5:32:05, Run: 3:20:06). These times are incredible on their own, but much more considering these times were

set on a difficult course of a rough water swim, a hilly cycle and run through lava fields, high humidity, strong winds and temperatures well over 100 degrees.

Since 1975 the sport has grown dramatically and competition is in several different distances. The triathlons are categorized according to distance class as SHORT (often called "sprint"), INTERNATIONAL, LONG and ULTRA distances. In the 13 races of the 1986 Bud Light championship series, run at the INTERNATIONAL distance, more than 20,000 athletes participated.

	SWIM	CYCLE	RUN
SHORT	1k or less	25k or less	5k or less
INTERNATIONAL	1K - 2K	25K - 50K	5K - 10K
LONG	2K - 5K	50K - 100K	10K - 30K
ULTRA	4K or more	100k or more	30k or more

Running with Greater Lowell



Here are some tips for competing. If you need assistance in training ask an experienced triathlete, but only ask one, because you will not get the same answer twice.

EQUIPMENT

Proper equipment is a must! The following list of equipment is standard for most triathletes.

Bicycle and related equipment

You need a bike for the obvious reasons. All triathlons will insist on a SNELL or ANSI approved helmet. Special cycling shoes or shorts are optional. Cycling shoes are less important on the short courses but the soft soles of running shoes can really slow you down. As far as shorts go wear something to prevent chaffing or put vaseline on your seat. A water bottle is also recommended. Depending on how badly you want to complete, you may bring extra tubes, patch kit, pump and other extras on the race with you. Since no help is allowed during the race by others you will have to fix your own flats along the course. Usually only the LONG or ULTRA distance triathlons do you need this type of equipment.

Swimming equipment

A Comfortable swim suit is needed. Comfortable because you will probably wear it throughout the entire race. A pair of goggles for seeing better is usually a must. A bright colored swim cap is provided by the race and it must be worn by all participants for safety.

Running equipment

Bring the proper equipment you usually run in. A singlet is optional but you must have your number displayed. Some athletes make an elastic strap to pin the number on. This strap just slips over the head and saves a few seconds. Running shorts are also optional. Some athletes run in the swim suit or in the cycling shorts. What you swim, cycle and run in is your own choice.

Other equipment

A dish pan or bucket (yes that's right a dish pan) full of water is useful for washing off the sand from your feet before putting on cycling shoes or socks. The sand can do a lot of chaffing if you are not careful. For some women (lucky or unlucky ?), a brazier may

be needed to put on over your swim suit before the cycle or run. Triathlon suits are available that allow completion of the event without changing. They are expensive but will save you time.

PREPARATION AND COMPETITION

These very helpful hints will make your first triathlon more enjoyable. Here is what to expect during the course of the event.

Before the Race

As in a road race check in, and get your numbers. Numbers? Yes, more than one! First you have your number written in permanent marker on your arms and legs so you can be identified when you swim, and an additional two numbers are given to you for your bike and for the run.

Place your bike and other equipment in the transition area.

This is called the transition area because since this is the place you will make the transition from the swim to bike and the bike to run. Sometimes separate transition areas for swim to bike and bike to swim. Bike racks are usually provided. This is a good time to scout the entrance and exit to determine the best place for your bike for quick, easy transitions. Make sure you have plenty of room to layout all of your equipment so you can access it easily. Also make sure you will not be blocked in! You have just made your first strategic move of the race and you have not even started!

Prepare yourself, relax and do not be intimidated by expensive bikes and other equipment as I was in my first triathlon. It is usually a good warmup. If you have any questions feel free to ask or mimic other people and you'll learn. Just before the start of the race get used to the water by swimming a hundred yards or more.

The Swim

The start of the swim for most first time triathletes is very threatening. Most triathlons start with all competitors in the water to avoid a dangerous running start. You can imagine what happens when people crowded together like a road race suddenly become vertical and thrashing at the starting gun! Several methods to avoid a head kick are available and



Betty Jenewin

1987 GLRR Male Runner of the Year Dave Dunham is off to a fast start in 1988.

most people I know follow these rules regardless of their swimming skill. Ask yourself "Am I a 'Fast' swimmer?". If the answer is not a definite YES! then you will be a definite candidate for a head kick if you are in the middle of the pack! The easy solution to this is starting in the back or to the side. The best approach for first timers is to just wait about 10 to 15 seconds after the starting gun. The crowd will break apart very quickly.

The swimming part of the race is not bad, unlike the start. The most difficult thing to do is to swim in a straight line! I have yet to see a lake with lane markers on the bottom. The best strategy during the swim is to draft (swim behind) on another swimmer. Not only is this legal but I would encourage it. The swimmer in front of you will lead the way and also break the



water so it is easier for you to swim.

The finish of the swim is easy. Just stop swimming, run up the beach to your bike, if you positioned it correctly it should be easy to find, wash off your feet and change your clothes for the cycling portion.

Cycling

Expect your legs to feel weak when you start cycling. How weak they feel will depend on how hard you swim. Your body has pooled a lot of blood to the upper body from your legs during the swim and it will take time for your body to now pool the blood to your legs. It is important to take water early in the bike since most people sweat and lose a lot of water while swimming, regardless of the temperature. The cycling portion of the race is a perfect time to load on water for the run and it is recommended highly. You will be provided water on the bike at water stops but not always in a water bottle so be prepared and bring your own water bottle. DRAFTING is not allowed during the cycling portion of the triathlon and can get you disqualified if you do so.

Running

As many of you may have heard the start of the run will feel terrible. During the cycling portion of the race your body has saturated your legs with blood, but to a different muscle group than those needed for running. Because cycling requires more blood in its muscle group than that of running, not only are you running weak but you are also moving an extra pound or so of weight in your legs. Try running with one pound ankle weights and you will get a good idea of how it feels. DO NOT STOP during this portion of the race. In a triathlon you will feel better at the end of a run than at the start. I would recommend running after cycling several times in training before the triathlon so you will know what to expect. The extent of this effect will also depend on how hard you cycle. Remember: take a lot of fluids.

The triathlons usually have a lot of good food for the participants so enjoy and gloat over your accomplishment with others when finished!

GAMES RUNNERS PLAY

Don Slovenkai

It began harmlessly enough: five guys out for their daily training run. It was Friday and the end of a long week of running, so when Rick suggested that we run the Locke Road course "easy", no one contested. We started down Rt. 110 at a comfortable 7-minute pace while Rich, as usual, pulled ahead by about 20 yards.

During the first mile or so our chatter was incessant; we discussed everything from the Celtic's streak to Wang's stock drop. The fact that we were running became less apparent. We seemed to be moving together as if bound by an irresistible force.

I took notice of our distinctly individual running styles: Don's high-elbow gallop, Rick's piston-leg prance, Dave's crooked shuffle, and Rich's up-on-the-toes stride. We crossed the first mile mark at about seven minutes, vaguely aware that Rich had now lengthened his lead to about 50 yards.

The chatter carried into the second mile but became more sporadic. A few off color remarks about Rick's red underwear and "seasoned" socks, the upcoming races that gave our running purpose, and the benefits of cross-training. Then someone mentioned the fact that Rich was pulling away - now by over 100 yards. Almost instantly, we again became runners, engaged in a training run.

"What's he up to?" I asked. "I thought this was going to be a recovery run?"

"You know Rich," Rick answered, "he always goes out fast, even on easy days. He'll drop back."

Yet he was stretching his lead - gradually and methodically. After two miles he was simply a speck moving up the long hill on Dalton Road.

Then something strange happened. Like birds that fly with one mind in tight formation, we collectively began to run faster. Two hills that loomed ahead became fortresses to charge. No longer was there any talk, just the sound of rhythmic breathing. At three miles, despite the hills, we

increased our pace to 6:45 and held ground with the distant shadow of Rich.

Between miles 3 and 4 the course became flat with a gradual downhill. "We're going to do negative splits," I thought. I was glad that I felt good today. Some days, a challenge like this can be mentally devastating. I wondered what the others were thinking as we quickened our pace. This was obviously going to turn into a tempo run. Right now, like it or not, the game was "Catch Rich or Drop Out."

To make the effort easier, I began to do what many runners often do: fantasize. This is a game runners play all the time; in solo runs, races, while going up hill, while overtaking an opponent. A typical fantasy is to pretend you're a world class athlete in a major race, say the Boston marathon. In your mind, you set the stage:

You've been plagued by injury since you've risen to the apex of the running world. Sports writers wonder about your great disappearing act. Your name is continually referenced in the past tense. Now, after months of solitude and intense training, you're back in the limelight ready to give it hell. You hear the TV announcers speculate with excitement, "and a surprise in today's field, trying to regain his past glory with a strong showing today is ..."

Suddenly your training run becomes an event. Today, our Locke Road run is the 10K Masters Championships. Don is the scrappy Frank Shorter. Dave, with his unorthodox movements, is Bill Rogers. Rick is the burley Barry Brown. Rich, Tracy Smith, hot off the track. And me? Let's see ... an improbable contestant in the 10K ... Jim Ryan, tall with his head cocked slightly to the left. We are running together in a tight pack led by Shorter and Rogers.

We catch Rich at mile 4 on the long downhill of Locke Road. He acknowledges us as we pass, obviously tired from pushing up the hills. Running solo for more than half the run, he wasn't part of the game.

"I'm going to run steady," Rich says. "You go on." I realize for the first time that we really have been running faster. With two



miles to go, I get the split as I watch Dave sprint out. I continue my fantasy:

The scenario has changed with 2 miles to go in the 10K Masters Championship. Rogers sprints ahead with 2 miles to go and hangs onto a 20 yard lead. Brown drops back as Shorter and Ryan charge a short hill to close the gap on Rogers. With almost 1 mile to go, the order is Rogers, Shorter, and Ryan ...

I check my watch at the next mile mark: 5:30. Somehow, I'm not surprised. We haven't spoken for the last mile. Now its all out.

On any given day, Dave and Don can beat me hands down in a tempo run. But because we started easy, I was a fair match in the last mile. If there was any advantage, it was my long stride and good kick. As we rounded off Steadman St. back onto Dalton, the drama played out:

Rogers and Shorter are shoulder to shoulder with one-half mile to go! Ryan is a stride behind but looks strong. The announcer continues, "Rogers and Shorter look very serious, intent on winning. I wonder how Ryan feels. After all, he made his mark on the track at a much shorter distance ... Wait! Was that a smile?! Ryan saw our camera at the half-mile mark and, yes! I believe he smiled! Ryan looks very confident now and I think the other two know it!"

As we cross Rt. 110 with a little more than a quarter-mile to go, I gain a few strides and pass Dave and Don. Don quickly responds and moves up, blocking Dave, now a stride behind. All eyes go to the fence post at the entrance to the parking lot - our finish line. Dave tries to slip between us but we instinctively close him out. Fully extended now, we're in a sprint for the finish. But who is really holding back just a little?? With 50 yards to go, I kick hard for Ryan as the announcer continues:

"It's Shorter and Ryan now, and how about that squeeze play on Rogers?! I've got to give the edge to Ryan ... and look! Ryan is pulling away from Shorter!! This isn't 1988 .. this is 1967 and Ryan is blowing away the field in the mile!! Its Ryan by a stride!!!

I'm gasping now as I end my sprint. Don almost had me but

couldn't respond to the final kick. Dave came in a second behind and said, "Geez, what got into you guys? I clocked your last mile at 5:04!"

"Nice finish, Don said. I shook his hand and said "thanks" but hardly heard him. Inside my head, the crowd was chanting "Ryan! Ryan! Ryan!"

PROS AND CONS FOR TRIATHLONING

Colin Gouldson

Running is a year round sport; you can run in heat, cold, rain and snow. Triathloning is restricted to spring and summer and is governed by the water temperature for the swim, which leads to the next point.

Over the last two years, triathlons have reached the high-tech stage. In running, apart from minor advances in shoes (air soles, gel pads, hytrel tubes, etc.), have you ever heard of high-tech racing shorts or super light singlets? On the other hand, triathlons have advanced the state-of-the-art for cycling with carbon fiber frames, quick release pedal systems, DH handle bars (DH for down hill racer), biopace chain rings, just to name a few. All of this adds up to lots and lots of \$\$\$\$.

In the water, one might what wonder what would be high-tech about a simple bathing suit. The item being used by competitive triathletes is the wet suit. Specially designed with multiple panels of varying thicknesses for flexibility and smooth outer skins to glide through the water, it has become a must item to gain extra minutes in the swim. The suits provide extra buoyancy, providing the swimmer less drag, hence better speed. Another critical element is the prevention of energy loss due to hypothermia. Spending over a half hour in cold water can sap the energy for the other two events.

Most athletes start the sport in a "try and see" fashion, building on their confidence and equipment after two or three events. For you runners, the swim event will be the most difficult. Swimming requires 80% upper body effort while running probably requires only 20%. The bike event is easy; anyone can ride a bike. It only

takes practice and stamina to be reasonably competitive.

Finally, we come to the run. If you've ever dreamed of passing other runners left and right, then this is for you. It seems that triathletes are either swimmers or former football players and what a great feeling it is to go surging past those individuals who kicked water in your face earlier!

In preparation for a race, you will need swim goggles, a suit (assuming you have trained to swim a mile), a ten speed bike in very good condition (prices start at around \$300), an approved ANSI helmet, and finally a TRI-FED/USA (Triathlon Federation/USA) license (\$15). The license is mandatory for all large events and the majority of the smaller ones. It provide insurance for the triathlete and organizers, as well as a very good magazine.

Being three times as complicated as a run, triathlons provide an abundance of excitement for both competitors and spectators alike. Surprisingly, you may not feel as fatigued after a 1 mile swim, 25 mile bike and 10K run as you would in a fast 10K road race.



Don Dreniak

Representing Massachusetts in this year's Ekiden Relay were (front row) Dave Dunham (GLRR), Bob Hodge (GLRR), (rear row) Randy Thomas (HAA), Colin Peddie (CMS), and Paul Gorman (NBTC).

Team Competitions



GLRR FIRST AT NEAC 30KM

Dave Camire

*"You don't tug on Superman's cape
You don't spit into the wind
You don't pull the mask off the old
Lone Ranger
And you don't mess around in
Boylston (sic)"*

Boylston — I'm willing to wager that ole' Jim Croce never ran up Route 140 during a blisterly March afternoon. For if he had, the lyrics to You Don't Mess Around with Jim would have resembled the above verse.

With the exception of the Mt. Washington Road Race, no race in New England can match the Boylston 30KM for its toughness. If you are sick physically, don't attempt it; if you are sick mentally, you will like it.

Unfortunately, I fall into the latter category. However, I must point out that I am not alone. This year over 500 semi-sane runners toed the starting line for the ninth running of this endurance event. To no one's surprise, about ten percent of the finishers had the word "LOWELL" emblazoned somewhere on their apparel.

Now, before you vote to have the state insane asylum moved from Worcester to the Spindle City, please keep in mind that this is the NEAC 30KM Championship Race, hence the large GLRR turnout.

Dave Dunham (Lowell), the 1987 NEAC Individual Grand Prix winner, wasted no time picking up where he ended last year by winning the race with a time of 1:39:09. Bob Hodge (Clinton) followed in close pursuit with a time of 1:41:14. Gary Wallace (Nashua) finished eighth overall, third for the team, giving the GLRR its first ever NEAC 30KM Championship.

In the female open division, Lisa Senatore (Medfield) finished third overall and led the GLRR female team to a second place finish. Rounding out the silver medalist team were Karen Rapallo (Rowley) with a time of 2:14:48 and Barbara Kimball (Tewksbury) with a time of 2:23:43.

In both the male and female masters team divisions, the GLRR finished with two strong seconds. Scoring for the men were silver medalist Bob Hall (1:52:48), Colin Gouldson (1:53:40), and John Burke (2:00:11). The female masters were led by silver medalist Nancy Chapman (2:12:45), Jean Boswell

(2:20:48), and gold medalist (seniors) Berna Finley (2:39:33).

Overall the GLRR scored sixteen Grand Prix points, more than any other competing club.

GLRR WINS MT. WASHINGTON: Dunham sets course record

Pickham Notch, NH — There is perhaps no running team in New England better at mountain racing than the GLRR. Evidence to that claim can be found 160 miles north at Mt. Washington. Last year, GLRR members Bob Hodge and Peg Donovan won their respective divisions. For Bob, who tied the course record, it was his seventh Mt. Washington victory.

This year, a new Mt. Washington course record was set by another GLRR member, Dave Dunham. Taking the lead at the two mile mark, Dave was never challenged en route to an astounding 1:00:50. This marked the first time anyone has broken the 61-minute barrier.

The GLRR team of Dunham, Steve Peterson, Tom Carroll, Walt Murphy, and Dan Verrington outdistanced second place Club NorthEast by an incredible 16 minutes with a time of 5:48. This victory avenged the disappointing second place finish to the US Biathlon Team last year.



Announcements

STARTING LINES: Under New Management

Dave Camire

Recently, I had to decide between leading our competitive racing team or editing our club's newsletter. Both endeavors took considerable time and it was becoming more and more difficult for me to do justice to both. My decision, and it was a difficult one, was to pass on my editor duties to someone else.

Eight years ago, when I first got involved with *Starting Lines*, the GLRR had about 100 members and the newsletter was a typewritten photocopied journal. Today the GLRR has around 800 members and our newsletter is a professional looking publication. I am proud to say that I've been able to play a part in our club's progress.

Editing *Starting Lines* has been a very rewarding experience for me. I would like to thank the entire running club for allowing me this privilege. I would also like to thank Dennis Connors the founder of *Starting Lines*, John Koumantzelis for all his assistance with printing, Kathryn Harrington for envelope stuffing and mailing, and Jay McCarthy the new editor of *Starting Lines*.

Its great to know I'm leaving the newsletter in the good hands of an excellent staff.

A.I.R.

Sue Lamontagne

No doubt you've all been through it . . . a time when you're injured and can't run. While you're waiting to wear out your running shoes, you usually do an alternative exercise (biking, swimming, etc.). Would'nt

you prefer to do these activities in a group sometimes, like you did when you were running? An Alternatives for Injured Runners Group could get started. If you are interested in this idea, let me know. I've been doing a lot of biking and would like to get a bike group organized.

1988 NEAC GRAND PRIX

July 17	5KM	Greenwich, RI
Sept 26	15KM	Wilton, NH
Oct 2	8KM	Lowell, MA
Nov 13	26.2	Falmouth, MA

The NEAC 5KM and 8KM will include a seniors team championship (over 50). The GLRR will be fielding teams in both the male and female divisions. Interested seniors should contact Dave Camire (957-4230).



NEAC GRAND PRIX CHAMPIONSHIP (Includes 30K, 10M, and 10K)

Male Open

1.	CMS	14
2.	GLRR	13
3.	BAA	8
4.	NIKE	6
5.	RCTC	5
5.	GSH	5
6.	CSU	4
7.	SMAC	1
7.	WRT	1

Female Open

1.	GLRR	12
2.	CMS	10
3.	WTC	9
4.	LAC	6
5.	CSU	4
6.	GSH	3
7.	BAA	2

Male Masters

1.	CMS	13
2.	GLRR	10
3.	NMC	4
4.	GCS	3
	WTC	3
5.	CSU	2
6.	GBTC	1
	BAA	1

Female Masters

1.	GBTC	10
2.	GLRR	6
3.	LAC	5
4.	CMS	4
5.	CSU	1
	BAA	1

OVERALL

1.	GLRR	41
	CMS	41
2.	BAA	12
	WTC	12

3.	CSU	11
	GBTC	11
	LAC	11
4.	GSH	8
5.	NIKE	6
6.	RCTC	5
7.	NMC	4
8.	SMAC	1
	WRT	1

1988 NEAC GRAND PRIX SCHEDULE (Remaining Races)

July 17	5KM	Greenwich, RI
Sept 25	15KM	Wilton, NH
Oct 2	8KM	Lowell, MA
Nov 13	26.2 M	Falmouth, MA

INDIVIDUAL NEAC GRAND PRIX

Currently in the Individual GP, Dave Dunham leads the men and Lisa Senatore is one point out of first.

Results

1987 MILL CITIES RELAY 12/06/88 — Nashua to Lawrence

COED DIVISION

1.	GLRR	2:45:27
2.	WCRC	2:52:39
3.	MVS	3:07:47
4.	AS	3:10:02
5.	GCS	3:11:50
6.	GCS	3:25:35
7.	GCS	3:29:39
8.	GCS	3:30:34
9.	GCS	3:30:42
10.	GCS	3:32:59
11.	WANG	3:42:20
12.	GLRR	3:51:58

FEMALE MASTER DIVISION

1.	MSRC	3:25:10
2.	GLRR	3:49:29

FEMALE OPEN DIVISION

1.	GLRR	3:00:37
2.	WCRC	3:07:56
3.	GCS	3:18:57
4.	GLRR	3:20:25
5.	GLRR	3:24:47
6.	WANG	3:42:17

MALE MASTER DIVISION

1.	WCRC	2:38:23
2.	GLRR	2:46:12
3.	MVS	2:53:50

4.	GCS	2:56:22
5.	GLRR	2:57:01
6.	WCRC	3:01:48
7.	AS	3:06:33
8.	GCS	3:12:43
9.	GLRR	3:45:02
10.	MSRC	3:48:51

MALE OPEN DIVISION

1.	GLRR	2:25:27
2.	AS	2:33:12
3.	WCRC	2:35:08
4.	GLRR	2:41:40
5.	GCS	2:46:08
6.	WANG	2:48:37
7.	AS	2:51:54
8.	WCRC	2:53:49
9.	GLRR	2:56:52
10.	WCRC	2:58:39
11.	MVS	2:59:37
12.	SS	3:03:53
13.	WANG	3:03:55
14.	WANG	3:05:30
15.	GLRR	3:10:57
16.	MSRC	3:12:24
17.	MVS	3:12:36
18.	GLRR	3:14:41
19.	MVS	3:17:23
20.	WANG	3:18:10
21.	MVS	3:22:30
22.	SS	3:29:49
23.	GCS	3:34:00
24.	WANG	3:35:01
25.	GCS	3:40:03

MALE SENIOR DIVISION

1.	AS	3:17:53
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Betty Jenewin



OVERALL CLUB SCORES

1.	GLRR	10:58:15
2.	WCRC	11:14:17
3.	GCS	12:14:44
4.	MVS	12:18:09
5.	AS	12:22:33
6.	WANG	13:28:25
7.	SS	13:43:43
8.	MSRC	13:53:13

I LOVE HENRY'S WALLPAPER 5-MILER 02/14/88 — Worcester, MA

1.	Dave Dunham	24:01
2.	Rick Doirion*	24:04
3.	Mike Crawley	24:13
16.	Art Demers	25:42
18.	Patrick Sweeney	26:08
25.	Tom Amiro	26:35
28.	Phil Riley	26:45
29.	Don Alvey	26:48
30.	Bob Hall	26:50
32.	Dave Camire	27:01
37.	Will Mason	27:26
41.	Colin Gouldson	27:46
54.	Steve Klauser	28:32
62.	Ken Whitcomb	29:17
71.	Dan Dorazio	30:05
74.	Kevin Crispell	30:25
98.	Don McHugh	32:03
122.	Jean Boswell	33:21
149.	Debora Cole	35:05
186.	Mary Bourett	37:35
194.	Nil Grandquist	38:15

Team Competition

1.	CMS	3:39:16
2.	BAA	3:49:23
3.	GLRR	3:55:17
4.	GFTC	4:34:31

Results courtesy of Don Drewniak
of CMS

FUDGICAL SERIES 5KM 01/02/88 — Tewksbury, MA

1.	Tom Amiro	17:04
2.	Dean Redken	17:13
3.	Bob Hall	17:30
4.	Dan Dorazio	18:31
5.	Mike Hurton	18:35
6.	Rosa Cruz	20:47
7.	Sue Lamontagne	21:08
8.	Barbara Kimball	21:48
9.	John Poisson	
10.	Wendell MacDonald	
11.	Ricky Cruz	
12.	Bill Devlin	
13.	Dave Weeks	
14.	George Demetriou	
15.	John Aegerter	
16.	Dennis McCarthy	
17.	Dan Bowse	
18.	Ben Fudge	
19.	Michael Healy	

20.	Barry Pearson	
21.	Mark Blaisdell	
22.	Grant Whiteway	
23.	Gerry Donovan	
24.	David Crocker	
25.	Jay McCarthy	
26.	John Sutherland	
27.	Robert Frimanson	
28.	Marilyn Graves	
29.	Dick Nadeau	
30.	Carrie Maille	
31.	Barbara Notini	
32.	Jim Marsh	
33.	Max Ward	
34.	Dan Sullivan	
35.	David Maille	
36.	Norm Williams	
37.	Nils Grandquist	
38.	George Rawnsley	
39.	Dabba Deveau	
40.	Shirley Nadeau	
41.	Cad Fetteroll	

NOTE: All the times, except the
top five men and top three women,
were lost but the order is correct.

FUDGICAL SERIES 5KM 01/09/88 — Tewksbury, MA

1.	Tom Amiro	17:27
2.	Scott Gleason	17:28
3.	Will Mason	17:34
4.	Don Foley	18:23
5.	Dan Dorazio	18:34
6.	Wedell MacDonald	19:09
7.	John Poisson	19:20
8.	Bill Devlin	19:46
9.	Bill Boyd	20:39
10.	Michael Prifti	20:54
11.	Dan Bowse	21:06
12.	John Sutherland	21:30
13.	Sue Lamontagne	21:48
14.	Jean Boswell	22:32
15.	Dick Nadeau	22:36
16.	Fern Piper	23:25
17.	Jim Marsh	23:26
18.	Max Ward	23:58
19.	Donald Inman	24:01
20.	George Rawnsley	24:22
21.	Time Tiches	24:34
22.	Joe Morgida	25:01
23.	Herb Dorazio	25:03
24.	Nils Grandquist	25:12
25.	Norm Williams	25:12
26.	Donna Deveau	26:29
27.	Anne Sartorelli	27:47
28.	Mary Tiches	27:47

FUDGICAL SERIES 5KM 01/16/88 — Tewksbury, MA

1.	Tom Amiro	17:11
2.	Colin Gouldson	17:23
3.	Mike Hurton	17:25
4.	Dave Camire	17:31
5.	Don Foley	17:39
6.	Alda Cossi	17:45
7.	Will Mason	17:50
8.	Dennis Timmons	17:59
9.	Dan Dorazio	18:12
10.	John McWilliams	18:18

11.	Martin Cardoza	18:30
12.	John Poisson	18:31
13.	Rickey Cruz	18:56
14.	Bill Devlin	19:26
15.	Tom Hines	20:05
16.	Mike Prifti	20:06
17.	Bill Boyd	20:15
18.	John Sutherland	20:23
19.	Dennis McCarthy	20:23
20.	Barry Pearson	20:27
21.	Bob Reetz	20:35
22.	Carl Reetz	20:35
23.	Gerry Donovan	20:37
24.	Ron Moore	20:40
25.	Jean Boswell	21:12
26.	Sue Lamontagne	21:15
27.	Tom Moran	21:23
28.	David Crocker	21:33
29.	Jim Lightfoot	22:27
30.	Dick Nadeau	22:32
31.	Robert Frimanson	22:37
32.	Joseph Morgida	22:52
33.	Barbara Notini	22:55
34.	Norm Williams	23:04
35.	Rosa Cruz	24:04
36.	Allana Moore	25:51
37.	Patricia Cruz	26:08
38.	Dona Deveau	26:36
39.	Shirley Nadeau	27:42

FUDGICAL SERIES 5KM 01/23/88 — Tewksbury, MA

1.	Scott Gleason	16:32
2.	Will Mason	17:14
3.	Colin Gouldson	17:25
4.	Dennis Timmons	17:38
5.	Dan Dorazio	18:11
6.	Marty Cardoza	18:22
7.	John Poisson	18:38
8.	Bob Reetz	18:45
9.	Bruce Brown	19:02
10.	Paul Worcester	19:25
11.	Bill Devlin	19:35
12.	Dave Weeks	19:37
13.	Dan Bowse	19:45
14.	Bill Boyd	19:48
15.	Ron Moore	19:57
16.	John Sutherland	20:10
17.	Barry Pearson	20:18
18.	Carl Reetz	20:31
19.	Mike Prifti	20:46
20.	Fred Messina	20:47
21.	Tom Moran	21:06
22.	Sue Lamontagne	21:19
23.	Fred Cox	21:32
24.	Greg Gagnon	21:43
25.	Dennis McCarthy	21:43
26.	Ben Fudge	21:45
27.	Barbara Kimball	21:46
28.	Marilyn Graves	22:00
29.	John McNamara	22:03
30.	Jean Boswell	22:19
31.	Dick Nadeau	22:41
32.	Max Ward	23:13
33.	Tim Tiches	23:22
34.	Dan Sullivan	23:25
35.	Norm Williams	23:41
36.	Nils Grandquist	23:45
37.	Diana Kyricos	24:07
38.	Mary Tiches	25:07



39. Bob Bassett	26:05
40. Shirley Nadeau	27:33
41. Janet Amiro	27:47
42. Anne Dempsey	27:47

FUDGICAL SERIES 5KM 01/30/88 — Tewksbury, MA

1. Frank Corsaro	16:55
2. Dave Camire	17:05
3. Colin Gouldson	17:32
4. Dennis Timmons	17:43
5. Marty Cardoza	17:50
6. Bruce Brown	18:08
7. Elihu Rosen	18:15
8. Nancy Corsaro	18:28
9. John Poisson	18:49
10. Sue Trudel	19:22
11. Tom Hines	19:55
12. Carl Reetz	20:26
13. Mike Prifti	20:41
14. Barry Pearson	20:54
15. Tom Moran	21:12
16. Dave Crocker	21:15
17. Sue Lamontagne	21:25
18. John McNamara	21:43
19. Ben Fudge	21:43
20. Fred Cox	21:47
21. Fred Messina	21:49
22. Donna Shanahan	22:01
23. Judy Romvos	22:06
24. George Rawnsley	22:10
25. Marilyn Graves	22:28
26. Don Inman	22:31
27. Max Ward	22:41
28. Tim Tiches	22:51
29. Dan Sullivan	22:54
30. Bob Lordan	23:11
31. Joseph Morgida	23:15
32. Nils Grandquist	24:20
33. Eileen Curley	24:32
34. Mary Tiches	24:54
35. Christina Bellinger	25:24
36. Donna Deveau	25:57
37. Shirley Nadeau	27:35
38. Dick Nadeau	27:35
39. Anne Sartorelli	28:05

FUDGICAL SERIES 5KM 02/06/88 — Tewksbury, MA

1. Wendell MacDonald	18:20
2. Dan Dorazio	18:38
3. Peter Orni	18:53
4. Ricky Cruz	19:08
5. John Poisson	20:00
6. Bill Devlin	20:31
7. Bill Boyd	21:19
8. Sue Lamontagne	21:45
9. Tom Moran	21:48
10. Fred Cox	22:28
11. Don Inman	22:31
12. Donna Shanahan	22:48
13. Dick Nadeau	22:55
14. Marilyn Graves	22:56
15. Max Ward	23:17
16. Bernard Ready	23:24
17. Charles Roux	23:50
18. Diana Kyricos	24:04
19. Norm Williams	24:13
20. Eileen Curley	25:02
21. Chris Brennan	25:25

22. Patricia Cruz	26:39
23. Bob Bassett	29:09
24. Shirley Nadeau	30:15

FUDGICAL SERIES 5KM 02/13/88 — Tewksbury, MA

1. Dan Dorazio	19:27
2. Peter Orni	19:44
3. Dan Bowse	20:36
4. Bill Devlin	21:12
5. Bill Boyd	22:15
6. Don Inman	23:04
7. Dan Sullivan	25:20
8. Herb Dorazio	25:44

FUDGICAL SERIES 5KM 02/20/88 — Tewksbury, MA

1. Lance Burgess	16:25
2. Tom Amiro	16:26
3. Dave Camire	16:58
4. Colin Gouldson	17:29
5. Bruce Brown	17:50
6. John Clifford	18:15
7. Dan Dorazio	18:19
8. Scott Graham	18:29
9. Ricky Cruz	18:33
10. John Poisson	19:06
11. Peter Orni	19:19
12. Dan Bowse	19:49
13. Mike Prifti	20:49
14. Dave Crocker	21:09
15. Marilyn Graves	21:43
16. Barbara Kimball	21:55
17. Max Ward	22:11
18. Dan Sullivan	22:16
19. Dick Nadeau	22:22
20. James Lightfoot	22:23
21. Don Inman	22:58
22. Donna Shanahan	23:22
23. Bernard Ready	23:45
24. Norm Williams	23:50
25. Tim Tiches	23:52
26. Herb Dorazio	24:03
27. Eileen Curley	24:05
28. Nils Grandquist	24:23
29. Berna Finley	24:33
30. Michael Curtis	24:56
31. Donna Deveau	25:00
32. Chris Brennan	25:09
33. Mary Tiches	25:16
34. Patricia Cruz	27:26
35. Shirley Nadeau	27:45
36. Janet Amiro	27:59
37. Frank Niro	39:07

FUDGICAL SERIES 5KM 02/27/88 — Tewksbury, MA

1. Rick Bayko	16:19
2. Tom Amiro	16:21
3. Bob Strout	17:00
4. Tom Carroll	17:30
5. Scott Graham	17:50
6. Ricky Cruz	18:03
7. Dan Dorazio	18:04
8. Wendell MacDonald	18:36
9. David Abusamra	18:36
10. John Poisson	19:05
11. Dan Bowse	19:19

12. Bill Devlin	19:34
13. Bill Boyd	19:58
14. Peter Orni	20:24
15. Grant Whiteway	20:47
16. Dave Crocker	21:03
17. Scott Pearson	21:31
18. Dick Nadeau	22:22
19. Max Ward	22:26
20. Dan Sullivan	22:33
21. Herb Dorazio	22:44
22. Norm Williams	23:08
23. Tim Tiches	23:16
24. George Rawnsley	23:21
25. Nils Grandquist	23:27
26. Eileen Curley	23:41
27. Michael Curtis	24:12
28. Chris Brennan	24:23
29. Mary Tiches	24:46
30. Donna Deveau	24:54
31. Ann Sartorelli	26:13
32. Jean Boswell	26:39
33. Shirley Nadeau	28:04
34. Jay Graves	30:42
35. Jim Graves	30:42

Bob Hall (below) has led the GLRR male masters team at the NEAC 30KM, 10 Miler, and 10KM.



Betty Jenewin



NEAC 30KM CHAMPIONSHIP

Male Open

1.	GLRR	5:06:44
2.	CMS	5:10:53
3.	GSH	5:27:46
4.	BAA	5:30:37
5.	CSU	5:52:41
6.	SMAC	6:06:02
7.	GCS	6:31:09

Female Open

1.	CMS	6:23:23
2.	GLRR	6:43:17
3.	CSU	6:53:20
4.	GSH	7:16:50

Male Masters

1.	CMS	5:45:00
2.	GLRR	5:46:39
3.	NMC	6:14:17
4.	GCS	6:23:30
5.	CSU	6:24:34
6.	GBTC	6:36:56
7.	CCRR	6:48:47

Female Masters

1.	GBTC	6:38:01
2.	GLRR	7:13:06
3.	CSU	7:41:54

NEAC 30KM CHAMPIONSHIP 03/27/88 — Boylston, MA

1.	Dave Dunham	1:39:09
2.	Bob Hodge	1:41:14
3.	Rick Marion	1:41:49*
8.	Gary Wallace	1:46:21
13.	Art Demers	1:47:57
14.	Don Alvey	1:47:59
22.	Tom Carroll	1:51:13
26.	Bob Hall	1:52:48
30.	Colin Gouldson	1:53:40
32.	Bruce Brown	1:54:03
42.	Dave Camire	1:56:59
44.	Barry Foster	1:59:22
55.	John Burke	2:00:11
62.	Dennis Leblanc	2:01:01
67.	Ken Whitcomb	2:01:56
75.	Jim Concannon	2:03:07
83.	Bill Smith	2:04:03
89.	Lisa Senatore	2:04:48
101.	John Poisson	2:06:10
140.	Jim Holt	2:10:39
143.	Margaret Bolton	2:10:49
153.	Tom Foltz	2:12:24
156.	John Sutherland	2:12:36
158.	Nancy Chapman	2:12:45
170.	John Clifford	2:14:29
176.	Karen Rapallo	2:14:48
184.	Dave Weeks	2:15:22
188.	Bill Devlin	2:16:01
195.	John Meehan	2:16:40
198.	Dan Bowse	2:17:53
201.	George Demetriou	2:17:53
221.	Joe Vail	2:20:23
227.	Jean Boswell	2:20:48
235.	Angela Kazanjian	2:21:39

258.	John Aegerter	2:23:07
265.	Barbara Kimball	2:23:43
278.	George Carpenter	2:25:50
288.	Ann Windhol	2:27:01
293.	Steve Kanaracus	2:27:18
294.	Bob Hookway	2:27:20
297.	Debora Cole	2:27:45
310.	Harry Mann	2:29:32
313.	Lee Dickey	2:29:42
344.	Mary Bourrett	2:33:02
352.	Marilyn Graves	2:33:43
370.	Max Ward	2:35:40
378.	Dick Nadeau	2:36:53
396.	Berna Finley	2:39:33
428.	Bob Lordan	2:46:29
452.	Norm William	2:53:38
454.	Tim Tiches	2:54:46
470.	Bob Bassett	3:00:47

NEAC 10 MILE CHAMPIONSHIP TEAM RESULTS

Male Masters

1.	CMS	4:46:26
2.	GLRR	4:48:38
3.	WTC	5:24:13

Female Masters

1.	GBTC	3:31:45
2.	CMS	3:34:10
3.	GLRR	3:35:39
4.	LAC	3:44:13
5.	BAA	3:46:55

Male Open

1.	CMS	4:17:56
2.	GLRR	4:29:07
3.	BAA	4:31:23
4.	CSU	4:37:37
5.	GSH	4:44:08

Female Open

1.	GLRR	3:08:56
2.	WTC	3:12:20
3.	CMS	3:14:53
4.	GSH	3:20:16
5.	CSU	3:31:00

NEAC 10 MILE CHAMPIONSHIP 04/01/88 — Worcester, MA

1.	Scott Bagley*	49:36
2.	Larry Sayers*	49:51
3.	Jimmy Fallon*	49:55
9.	Walt Murphy	52:21
20.	Phil Riley	53:48
22.	Gary Wallace	54:04
26.	Art Demers	54:21
28.	John Cotter	54:33
30.	Bob Hall	55:10
46.	Lenny Sheehan	56:21
48.	Dan Verrington	56:31
59.	Dave Camire	57:25
66.	Dave Long	57:57
71.	Colin Gouldson	58:28
75.	Will Mason	58:47
87.	Charlie Pratt	59:52
91.	Bill Smith	1:00:06

95.	Ken Whitcomb	1:00:28
96.	Lisa Senatore	1:00:31
101.	Clint O'Brien	1:00:55
103.	Barry Foster	1:01:08
105.	Rafeal Rios	1:01:14
130.	Martin McIntosh	1:02:51
135.	Dan Dorazio	1:03:00
152.	Karen Rapallo	1:04:01
159.	Kathy Norton	1:04:24
163.	Joe Vail	1:04:37
214.	Nancy Chapman	1:06:48
248.	Susan Maslowski	1:08:08
272.	Barry Pearson	1:08:54
284.	Dave Weeks	1:09:11
285.	Jay McCarthy	1:09:13
286.	George Demetriou	1:09:13
296.	John Sutherland	1:09:29
299.	John Meehan	1:09:37
330.	Jeff Beane	1:10:58
394.	Steve Kanaracus	1:12:59
399.	Jean Boswell	1:13:06
507.	Pippa Davis	1:15:42
520.	Lousie Lamaire	1:15:57
552.	Barbara Kimball	1:16:47
580.	Tim Tiches	1:17:46
608.	Bob Lordan	1:18:32
622.	George Rawsley	1:19:01
667.	Berna Finley	1:21:01
699.	Ann Sartorelli	1:22:10
806.	Eileen Curley	1:27:29
831.	Mary Tiches	1:28:49
849.	Bob Bassett	1:30:06

NEAC 10KM CHAMPIONSHIP Nashua, NH — 5/16/88

Male Open

1.	Nike	148:03
2.	RCTC	148:05
3.	CMS	150:43
4.	GLRR	156:48
5.	BAA	158:46
6.	WRT	161:06
7.	CSU	163:16
8.	BRR	166:24
9.	GBTC	176:24
10.	EO	180:43
11.	GCS	189:45

Female Open

1.	LAC	111:19
2.	WTC	113:31
3.	GLRR	115:02
4.	CMS	117:03
5.	BAA	126:38
6.	CSU	127:22
7.	MVS	128:40
8.	GBTC	137:55

Female Masters

1.	LAC	117:54
2.	GBTC	128:02
3.	GLRR	129:34

Male Masters

1.	CMS	170:18
2.	GLRR	170:51
3.	WTC	185:29
4.	BAA	201:41