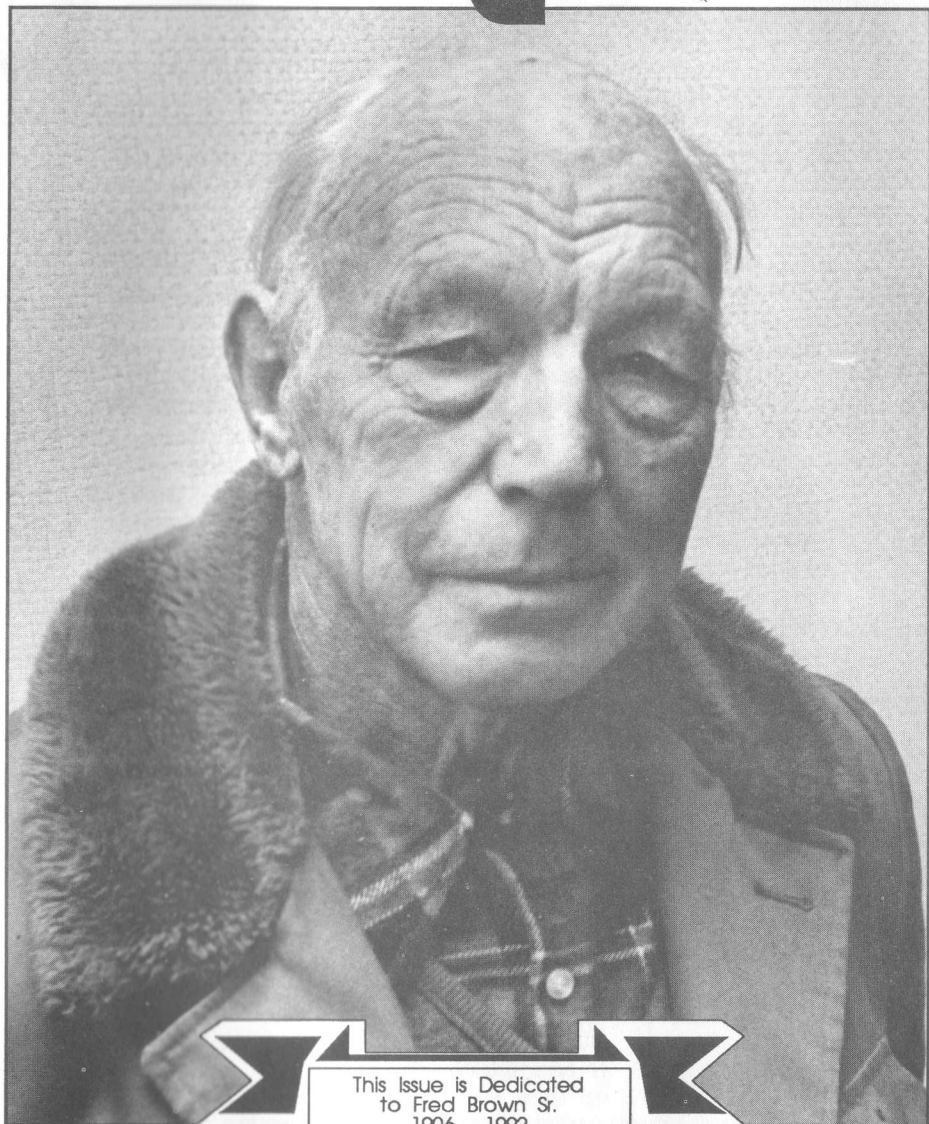


June 1992 Volume 12 Number 5

STARTING LINES

magazine of the
Greater Lowell Road Runners



This Issue is Dedicated
to Fred Brown Sr.
1906 - 1992

WE RUN THE MERRIMACK VALLEY

Remembering Fred Brown Sr.

The running community lost one of its major benefactors and true personalities this May. Fred Brown Sr. of the North Medford Club left us to join the big road race in the sky. Fred was a pioneer in our sport. He first ran with the likes of running legends John Kelly (the elder), Clarence DeMar, Tarzan Brown (no relation), and Jock Semple in an era when running wasn't the "in" thing to do. He helped build this sport because it was fun and he wanted to be a runner.

Fred Brown was one of the founders, and mainstays, of the Saturday morning Fresh Pond Runs. Where else can you run with the Bill Rodgers, Steve Jones, Bob Hodge, Lynn Jennings or any other number of local and visiting greats? The first time I went to Fresh Pond, Fred took me by the hand and walked me over to Steve Prefontaine and said "Steve this is, say what the Hell is your name anyway." I just cracked up, pure Fred.

Mr Brown's ultimate legacy to the runners of the Northeast will always be the wildly successful Plymouth-to-Provincetown (now the Lake Winnepesaukee) Relay. He was such a driving force behind the Relay, justifiably most people think of it as the Fred Brown Relay. In addition to being a runner, Fred was an animal lover. He always made it a priority to donate a substantial amount of the proceeds from each Relay to the SPCA.

We all owe you Fred, but more importantly we will miss you. — *Jack Pierce*

President's Message

Fellow Club Members,

I want to extend a sincere thanks to all of you for allowing me the honor of serving as President for the past year. The opportunity to lead such a vibrant organization is one that I'll always remember. Many things were accomplished during the past year and I want to thank everyone for contributing. I want to give special thanks to our Board-of-Directors, Race Directors, and Event Organizers for their dedication and commitment to promoting running in Greater Lowell. Without them my job would have been impossible.

Thank you very much,

Dave Camire
Past President GLRR

Dr. Jerold H. Fleishman, D.P.M.

FootNotes

Welcome to what I hope will be an informative column on Sportsmedicine. In the upcoming months, I will attempt to cover a wide range of topics as they apply to the foot/leg in running. Some of your questions may be answered, or new ones may be raised. Either way, you will have more information to help you cope with some of the problems you may encounter while running.

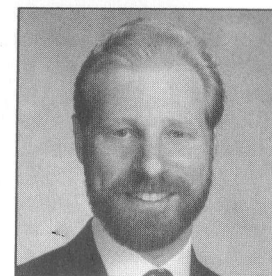
Heel Pain

Sharp pain, aching, or stiffness on the bottom of one or both heels is a very common problem. The pain is often at its worst upon awakening in the morning (or after sitting for an extended period and then getting up), causing you to hobble or limp for a few minutes before you can walk with some level of comfort.

There are many possible explanations for heel pain, including arthritis, nerve injuries, stress fracture and bursitis, but most often, the heel pain seen in my office is a condition referred to as *plantar fasciitis*. This develops from a combina-

tion of factors, including recent weight gain, arch strain and poor biomechanics (flat feet, high arched feet or tight Achille's tendon).

When a person steps down, the foot supports pressure equalling two to three times body weight. On the inside arch of the foot is a thick fibrous band connecting the heel bone to the toes. The plantar fascia is like a rubber band that is stretched with every step. The pain is worse after resting or sleeping because the fascia shrinks and loses its flexibility. But the first step stretches the fascia away from the heel again, creating inflammation and causing acute pain. After several steps, it will lengthen temporarily and the pain will subside until the next time. After thousands of steps (we normally take about 15,000 steps in the course of a day), the outer lining of the heel bone can become irritated, causing a microfracture at the surface of the bone. If the process goes on



long enough, the body responds by laying down new bone to repair itself and a small spur grows in the area, referred to as a "heel spur".

In most cases, the acute heel pain can be relieved and further pain prevented through a treatment program. Surgery is rarely necessary and should not be the first approach. Usually, the first steps include a small Cortisone injection in the heel to stop and reverse the inflammatory process. This is usually coupled with oral anti-inflammatory medication. Equally important to pain relief is a supportive aping to keep the foot from straining the arch/heel. In most cases, the treatment plan is repeated over the course of a few weeks. Additional options include heel cups, ice massage and physical therapy.

After the initial pain and inflammation is relieved, prevention is vital. Arch

supports (orthotics) are often effective in maintaining the shape of the arch and taking the strain off the plantar fascia.

A person with a flat or pronated foot is most susceptible to plantar fasciitis. In fact, pronators account for more than 80% of all cases. The flat foot causes excessive pulling on the plantar fascia, as the arch tends towards collapse setting the stage for injury. Conversely,

a runner with a high arched foot is also vulnerable because of the excessive jarring to this tender area.

But even if you don't pronate, you are not immune. Anything that puts abnormal strain on the plantar fascia—overtraining, worn out shoes, hard inflexible shoes, too many hills—can lead to plantar fasciitis. Also, people who walk around barefoot can incur plantar

fasciitis.

If you are suffering from heel pain, remember, there are simple but effective treatments for this problem. Don't put off treatment and try to run through it.

Dr. Fleishman is a podiatrist whose office is located in Chelmsford. He's a Member of the American Academy of Podiatric Sports Medicine and an Associate in the American College of Foot Surgeons.

Greater Lowell Youth Team News

Athletes first, winning second

As the Development Program winds down for the summer, I thought I would update everyone on what is coming up through the rest of the year. I'll keep everyone updated throughout the summer at the 2-Mile Series and through GLRR mailings.

The GLRR 2-Mile Series starts on July 8th at Cawley Stadium in Lowell. Starting at 5:45 PM each Wednesday, we will have different youth races ranging from 1/4 mile to 2 miles. The adult races start at 6:15 and are open to all—you don't have to be

a member. The Series finals will take place on August 19th with a party following the races—let's get the Youth Team there—for a fun time.

We want to get everyone on the Youth Team a uniform—shorts, singlet, and sweats. This is an expensive undertaking. One of the ways we get money for the team is by helping at the races the GLRR sponsors. We have committed to manning the water stops at the 8K Championship on September 6, and the BayState Marathon on October 18. Mark your calendars! Youth Team

Members, and their families, who help out will earn credits towards their uniforms.

In closing, I want to thank everyone for making this year's Development Program a success. We had over 90 children show up and average attendance is around 40 per night. The boys and girls have had fun and, I hope, learned a little about track and field. Special thanks to those adults who helped throughout the program—I couldn't have done it without you! —*Dick Curtin*

Watching Fat More Important Than Counting Calories

Nutritional specialists usually devise a weight loss program by estimating energy needs and trimming calorie intake below this figure. Articles in *"Running & FitNews"* have supported this approach because it works. If you exercise regularly and continue to eat well, you'll keep the weight off. Two recent studies may greatly simplify weight control for people who eat too much fat. They show that as long as you stick to a low-fat diet, you will lose weight even if you don't try to restrict your total calories.

In other words, if you eat a low-fat diet, with 20% to 25% calories from fat, you will save many calories, compared to eating 35% to 40% of your calories from fat. You probably won't have the appetite to eat the same amount of calories from carbohydrates as from fat, because a given amount of fat has twice the calories of the equivalent weight of carbohydrate. As long as you track fat intake, you needn't worry as much about

how much you eat.

One study, from Cornell University in Ithaca, New York, was small (16 women) and short (11 weeks). Women ate either a 20% to 25% fat diet or a 35% to 40% fat diet. Apart from this criterion, they could eat as much as they liked. During the higher fat period they lost an average of 2.8 pounds. During the low-fat period they lost an average of 5.6 pounds. The weight of food eaten during the two diets stayed about the same, but they ate about 12% fewer calories on the low-fat diet. The researchers concluded that if fat consumption is reduced, women don't automatically adjust their total calorie intake to compensate.

The other study, from the Fred Hutchinson Cancer Research Center in Seattle, tried to clear up the effect on health of lower fat diets compared to total calories. It was larger (171 subjects and 105 controls) and longer (two years). Women on the experimental diet received about 20% calo-

ries from fat, while the controls ate their normal diet (average 39% calories from fat). The women on the modified diet controlled only their fat intake, although they kept complete diet records. The goal of the study was to test the value of a low-fat diet to reduce breast cancer risk, and no emphasis was placed on weight change during pre-experiment briefings.

During the first six months on the low-fat diet women lost an average of seven pounds. During the next six months, they regained 0.4 pound, and by the end of two years regained an additional 2.4 pounds, for a net loss of 4.2 pounds. When they reduced their fat calories from 39% to 21% during the first six months, their total calories fell nearly 25%. The data showed a strong link between calories from fat and weight loss.

When the effects of dietary fat were allowed for, total calorie intake didn't influence weight loss. This may sound

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contradictory, but it is based on an analytical method to find out which was more important, decreased fat intake, or fewer total calories. The answer was lower fat intake (by 47%), which was also reflected by a decrease (by 24%) in total calories. The report concludes, "Free-living women who had substantially reduced their fat intake while increasing their carbohydrate intake lost weight." We can speculate if they also exercised, they could have maintained or increased their initial weight loss.

These studies strongly suggest if you need to lose weight, the key is keeping your fat calories down to 20% to 25% of your total calories. Apart from that you can practically eat as much as you wish. Most people won't have a big enough appetite to over eat as long as they rigidly control fat intake.

For a 2,000 calorie a day diet, 20% to 25% calories from fat comes to 44 to 55 grams of fat (1.5 to 2 ounces) daily, and for a 3,000 calorie a day diet, 67 to 83 grams

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LETTERS

From NEAC

Enclosed you will find the approved TAC/USA club membership application for the Greater Lowell Road Runners. Your club number is 068. This number is to be used by club members on their TAC/USA membership applications. Please inform any and all athletes of this number.

Several times a year the New England Athletics Congress (NEAC) mails out information on upcoming events and meetings to the club contact person. It is the hope that this information is passed along to interested athletes in your club. If there is anyone else in your club that should also receive this information please inform the NEAC office.

If there is anything your club needs to know about road races, track and field meets, cross country races, or racewalking events, call or write the NEAC office, we will do our best to answer your questions.

Best of Luck in 1992!

Sincerely,
Michael Pieroni, NEAC Office Manager

About the Hynes' Race

First off, I would like to congratulate everyone involved in the Hynes' Road Race on a job well done. It is obvious that a lot of hard work went into this year's event. I use the Hynes' Road Race as a great way to kick off the spring racing season and a barometer of how my winter training effort might pay dividends during the rest of the year.

However, as a member of GLRR, I do see some areas of improvement. The award ceremony should have been much sooner after the completion of the race. I don't see any reason not to have the award ceremony 1 1/2 hours after the

LETTERS cont.

start of a five mile race. 90 minutes would allow everyone time to finish the race and would give those wishing to, time to warm down and change into dry clothes. It also is early enough so people don't leave before getting their awards or cheering for those who do.

On another subject, I do enjoy getting running/racing updates through "Starting Lines" and other mailings. Unfortunately, these always seem to be too late in arriving to be of any use. For example, a recent flyer asked for runners to compete in a NEAC race in Boylston on March 8th. I received the flyer on March 9th. Not even Dave Dunham could have contributed to that team given such a late notice.

GLRR is a good club. I am more than willing to discuss ideas for improvement. Feel free to call me.

Sincerely,
Scott Spence

Groton 10K -- 4/5/92

1 WALTER MURPHY 32:08, 2 DONALD ALVEY 33:11, 3 TOM CARROLL 33:18, 4 TIM BLOUIN 33:25, 5 FRANK CADWELL 34:27, 6 NORD SAMUELSON 34:34, 7 MARK KIMBALL 35:15, 8 DAVID LAPIERRE 35:29, 9 DAN MCCARTHY 35:33, 10 LOWELL LADD 35:42, 11 RICH DISALVO 35:46, 12 MARK BARRETT 35:50, 13 KEVIN WILEY 36:07, 14 THOMAS SADIN 36:23, 15 ROBERT BRADFORD 36:27, 16 MICHAEL MAHER 36:56, 17 GEORGE BROUILLETTE 37:06, 18 ROBERT MCCULLOUGH 37:08, 19 SEAN LANDERS 37:14, 20 JOSH MCCARTHY 37:16, 21 JASON HANDWERKER 37:20, 22 PAUL FUNCH 37:23, 23 RICHARD MARCHAND 37:25, 24 AARON COOPER 37:33, 25 JAY ROBERTS 37:38, 26 FRANK SCHERER 37:58, 27 BILL PENNINGTON 38:04, 28 REED ZARS 38:10, 29 BRETT STEVENS 38:15, 30 JOHN SANTAMARIA 38:15, 31 WILLIAM MAGUIRE 38:25, 32 BILL MARLOW 38:31, 33 WILLIAM GRAY 38:48, 34 DANIEL BOWSE 38:49, 35 JOHN MCCLELLAN 38:50, 36 PETER DAVISON 39:04, 37 ROBERT GUILMETTE 39:06, 38 PETER ORNI 39:10, 39 PETER MULLIN 39:15, 40 FRED TOUSIGNANT 39:20, 41 DAVID BOGGIO 39:24, 42 RON BLENKHORN 39:34, 43 CHARLES TERRASI 39:41, 44 ROBERT HOLLISTER 39:44, 45 DARRYL HERREN 39:59, 46 ERIK OSBORN 40:01, 47 JOHN SAARI 40:20, 48 ALLN FIERCE 40:21, 49 DIRK SCHOELLNER 40:25, 50 JOSEPH COLLINS 40:40, 51 WARREN CHURCH 40:48, 52 JOHN ERIKSSON 40:50, 53 WILLIAM BERESFORD 40:51, 54 BRIAN DOUCETTE 40:56, 55 ERIC BOHENKO 40:58, 56 RANDY DEASY 41:03, 57 BARRY PEARSON 41:07, 58 KEVIN KEARNS 41:09, 59 JOHN MORRISON 41:16, 60 LEONARD SZUBOWICZ 41:25, 61 KEVIN DORN 41:25, 62 MIKE LLINSE 41:28, 63 CHRIS MILLER 41:32, 64 CHARLES SOKOLOWSKI 41:34, 65 DAVID MANUGIAN 41:38, 66 PETER

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Walt Murphy (center), Don Alvey (left), and Tom Carroll (right) placed 1-2-3 in Groton.

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Calories Continued

of fat daily, or 2.4 to 2.9 ounces. If these studies apply universally you can forget counting calories. Trim the fat, and keep exercising!

Reprinted from *Running & FitNews* the newsletter of the American Running and Fitness Association.

GLRR Hotline



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Boston 1992

or Omens are Bull#*@&

"For Boston, For Boston" is the introduction to one of the local college school songs and the beginning of a three and a half month odyssey of fear, superstition and augers of negative vibrations for me as I prepare to challenge the Boston Marathon once again.

The season began innocently enough with a decent showing at the Winner's Circle Hangover Classic on January 1st, but then the signs of prey rapidly appeared. At first it was just a slight tightness in the left hamstring. "Oh well, just ramp-up problems," I thought. This was soon followed by soreness in the lower back area, but not being a superstitious person, I just reminded myself that it's about time for a new pair of shoes and all of this will go away.

Continued on Page 15

BATTLE RUN 10K

CONCORD, MA — 3/3/92

1 SCOTT SPENCE 33:27, 2 JOHN PIEKOS 35:20, 3 WILL MASON 37:06, 4 BILL MALEC 37:36, 5 DOUG STEVENSON 37:55, 6 BRADLEY KANGAS 38:27, 7 FRANK DONOVAN 38:37, 8 MARK ODELL 39:00, 9 MARK BLANCHARD 39:05, 10 SCOTT DECKER 39:14, 11 GEORGE LEWIS 39:15, 12 JOHN SELVERIAN 39:31, 13 P HORROCKS 39:51, 14 DANDITILLO 40:11, 15 TOM HAUSMANN 40:47, 16 DONALD GRANDE 41:02, 17 PAUL DERUZZO 41:26, 18 JIM BERRY 41:55, 19 FRANK WOOD 42:07, 20 JOHN FLANAGAN 42:11, 21 F BURBRIDGE 42:14, 22 JOHN KRIZINAUSKA 42:20, 23 MCCULLOCK 42:30, 24 BILL ALEXANDER 42:52, 25 H MROZOWSKI 42:53, 26 MARTIN MCHUGH 42:55, 27 JIM SCOLARI 42:55, 28 BERRER 43:30, 29 UNKNOWN 43:30, 30 MIKE ANDERSEN 43:35, 31 KENNETH BELL 43:36, 32 JOHN ROBERTS 43:38, 33 PAUL BARRY 43:39, 34 MARIA BERGER 43:45, 35 HUGH MCNEIL 44:07, 36 PAUL JENSEN 44:08, 37 DAVID MILLER 44:12, 38 DEL ATKINSON 44:23, 39 TOM KENNEDY 44:31, 40 DAN FALLON 44:37, 41 JON LUNCHFORD 45:00, 42 JIM JACOBY 45:01, 43 LEE HUGHES 45:18, 44 RICK DUNCAP 45:25, 45 M GRINNELL 45:27, 46 BERT ROGERS 45:34, 47 JIM MCWEENEY 45:37, 48 MARILYN OBERHARDT 45:40, 49 RALPH SAUNDERS 45:52, 50 LYLE HOGUE 45:54, 51 JENNIFER MORROW 46:00, 52 WILLIAM SMITH 46:03, 53 GARY ABBATE 46:14, 54 KEN CONSTAN 46:17, 55 MICHELE LOCATELLI 46:18, 56 BILL MITCHELL 46:21, 57 LISA TUCKER 46:21, 58 KELVIN KRAUSE 46:25, 59 RICHARD ROOT 46:31, 60 NEIL SVENDSEN 46:34, 61 GREG GOVIN 46:39, 62 JAMES SEYMORE 46:40, 63 SUSAN DORAN 46:45, 64 BRENDA MARTIN 46:55, 65 FRANK EPPLE 47:16, 66 MICHAEL RYAN 47:17, 67 TIM CETERAS 47:17, 68 C GRINNELL 47:19, 69 CHRIS GETSCHOW 47:41, 70 DAVE BETTENCOURT 47:44, 71 PATRICK COOK 47:49, 72 MICHAEL GRANDE 48:04, 73 JEFF SQUIRE 48:09, 74 JOE FARINELLO 48:26, 75 MARK CLOUTIER 48:40, 76 DOROTHY KANGAS 49:00, 77 COL LYGA 49:09, 78 PAUL MELDE 49:10, 79 DAVID KAPUSTA 49:12, 80 DAVID GLEASON 49:18, 81 LINDA BALDWIN 49:31, 82 TED BELL 49:55, 83 BETSY HOLYCROSS 50:21, 84 THOMAS HOLYCROSS 50:21, 85 HUGH CHANDLER 50:25, 86 DANNY SHOOP 50:31, 87 COREY WILLIAMS 50:31, 88 KARL MCKEAGUE 50:45, 89 JOE DEAN 50:50, 90 TOM NOVAK 50:51, 91 WALTER NOVAK 50:51, 92 SCOTT HARDIMAN 50:51, 93 KENT OBENSHAIN 51:13, 94 JAMES LING 51:26, 95 F VELDMAN 51:45, 96 DAVID EICKHORN 51:46, 97 GORDON FERNEL 51:46, 98 GARY LAMMERS 52:31, 99 WILLIAM BORDEN 52:31, 100 DONALD ZIMMER

53:16, 101 ALBERT BANDA 53:28, 102 RAY SHULSTAD 53:52, 103 PATRICK CRAIG 54:13, 104 CHRIS SIMPSON 54:14, 105 TOM KENNEY 54:20, 106 MAUREEN HAYES 54:21, 107 MICHAEL AUGER 54:29, 108 RANDY McMULLEN 54:42, 109 RICH HAMILTON 54:44, 110 FRED FLANDERS 54:47, 111 MICHELLE KOLLEWSKI 54:50, 112 ROGER SPEALMAN 55:23, 113 CONNIE POCKETT 56:04, 114 DONALD PARSONS 56:23, 115 JUDITH HOHMANN 56:31, 116 DAVE LANZA 56:49, 117 CORDELL DELA PENA 56:58, 118 ROBERT LATIFF 56:58, 119 PATRICIA VEINO 56:58, 120 LARRY BOISVERT 57:22, 121 ERIN BOISVERT 57:22, 122 JAN LANKOWSKI 57:29, 123 WYCK FURCORN 57:30, 124 JEANNE FURCORN 57:32, 125 EUGENE KOLOSJET 57:33, 126 KAT KANTAK 57:33, 127 RICHARD SASSEVILLE 57:54, 128 SUSAN ANGELL 58:19, 129 DALE PEASE 58:20, 130 RONALD CHANNEL 58:56, 131 CAMERON CHANNELL 58:56, 132 MAYALL 59:57, 133 HAZEL PALMER 60:17, 134 DON WUSSLER 61:36, 135 MIKE JANEURAY 66:53, 136 FRED BRONSSARD 75:12, 137 CHARITY HOLBROOK 76:37, 138 JENNY SIPES 81:22, 139 BRENDA LANTRIP 81:23,

RE/MAX CHALLENGE 5M, TEWKSBURY, MA 5/30/92

1 MICK GRANT 25:51, 2 GARFIELD NEAL 26:46, 3 DAVE TYLER 26:51, 4 TOMAMIRO 27:02, 5 DAVE CAMIRE 27:17, 6 MIKE DIMAURO 27:46, 7 LISA SENATORE 27:49, 8 FRANKIE RIVERA 27:51, 9 JOSEPH SUSLOVITCH 28:54, 10 ADRIEN GRISE 30:16, 11 BOB CAMDELA 30:17, 12 DAN DORAZIO 30:19, 13 BILLY PRENTISS 31:01, 14 BRIAN GEIGER 31:22, 15 SEAN KEDDIE 31:26, 16 DANIEL BOUCHARD 31:37, 17 BILL DEVLIN 31:37, 18 BRAIN MELANSON 31:41, 19 MARY SCHENA 31:50, 20 DON PRENTISS 32:12, 21 THOMAS BRADLEY 32:14, 22 STEVEN COUTU, 23 PAUL FUREY 32:27, 24 DAVE MULDOWNY 32:29, 25 MAREK NOWAK 32:31, 26 DAN ACUNA 32:39, 27 GARY SHABOO 33:27, 28 JOHN O'DONNELL 33:53, 29 JESS MADER 34:02, 30 ROBERT CASALETTO 34:03, 31 ROBERT JAREK 34:08, 32 DOUG IVERS 34:40, 33 NICK ANASTASI 34:50, 34 MARTY FISCH 34:58, 35 R MARIANO 35:53, 36 KEVIN BURKE 36:02, 37 ROBERT COBURN 36:31, 38 TOM CLELAND 36:35, 39 RON LANTEIGNE 36:38, 40 ROB GALLANT 38:13, 41 MICHAEL KOERBER 38:15, 42 JOE FALLON 38:27, 43 CHRIS BARBOSA 38:37, 44 DAVID GLEASON 38:37, 45 EDWARD DAMISH 38:56, 46 AL MAYNARD 39:02, 47 DAVID MOORE 39:25, 48 ERIC LIST 39:29, 49 JIM SHARKEY 39:33, 50 PAUL COVINO 39:47, 51 BILLY COVINO 39:48, 52 BOB RIKEMAN 40:03, 53 ROY DENNEHY 40:25, 54 BOB CHINCHILLO 40:35, 55 ROGER

BURNHAM 40:39, 56 CAROL LALIBERTE 40:41, 57 ROGER MAILLOUX 40:42, 58 CHUCK POUTHS 40:42, 59 BOB VARNEY 40:47, 60 JAY BOASLEY 41:32, 61 JOHN FINNELL 41:41, 62 KEVIN KELLY 42:36, 63 JOANN SCARFO 42:37, 64 ROBIN CONLEY 42:52, 65 TJ CAVENY 43:36, 66 JIM SOUSA 43:49, 67 RICHARD JOHNSON 44:15, 68 MAURICE NOONAN 44:51, 69 NELSON OCASIO 45:09, 70 BERNIE COOKSON 45:35, 71 DAVID MAYALL 46:11, 72 DEANNA COLLINS 46:47, 73 DAN WASILUESKAS 46:48, 74 KATIE MITCHELL 46:59, 75 DEE BOOTHROYD 47:06, 76 DAVID SINGER 50:40, 77 ROBERT HUNTER 50:40, 78 LOUISE ROSETTI 56:15

RE/MAX CHALLENGE 5K, TEWKSBURY, MA 5/30/92

1 ERIC BEAUCHESNE 16:11, 2 DOUGLAS MILDRAH 17:16, 3 PAUL STRAUCH 17:42, 4 KARA MOLLOY 18:37, 5 KRIS NOBLE 19:00, 6 JIM MCSWEENEY 19:16, 7 ANDREW BEASLEY 19:33, 8 DAN JONES 19:37, 9 DAN LEBOEUF 19:57, 10 KAREN LEIN 20:47, 11 LUIS MELENDEZ 20:48, 12 MIGUEL RODRIGUEZ 20:53, 13 ROBERT O'NEIL 21:03, 14 JOHN MATVZEK 21:33, 15 ROBERT DUBE 22:27, 16 MELISSA BERGERON 22:28, 17 CHET KALISH 22:52, 18 JIM STEWART 23:40, 19 MARY STEWART 23:40, 20 JASON BALL 24:08, 21 CHRIS QUIRBACK 24:32, 22 PAUL SINKUS 24:35, 23 HERB DORAZIO 24:48, 24 GAIL SWEENEY 24:51, 25 CATHY CARBOBE 25:13, 26 TOM COLLETTE 25:17, 27 ED MANZI 25:30, 28 RICHARD COLELLO 25:34, 29 JOANNE COLELLO 25:38, 30 MARK SMOLINSKY 25:44, 31 SAM KRIKORIAN 25:24, 32 WAYNE SHEEHAN 26:34, 33 CINDY ASKINS 26:40, 34 JULIE DEAN 25:41, 35 BRENDA BENOIT 26:42, 36 JAMES FARDIN 27:02, 37 CATHERINE REYNOLDS 27:06, 38 PATRICIA WOJTAS 27:07, 39 PATTY MARTEL 27:30, 40 CAROLINE ABREAU 27:37, 41 RICHARD GRAHAM 27:40, 42 RANK BALL 28:11, 43 SANDY MARTEL 28:15, 44 MICHELE LASKEY 28:17, 45 LINDA LIST 28:22, 46 VICKI GOLEN 28:29, 47 KATHIE MCGEE 29:25, 48 LJ MCGEE 29:35, 49 MARGE REDDING 29:42, 50 ANDREW KENAH 30:20, 51 THOMAS DEITNER 30:20, 52 ROBERT MURRAY 31:37

GLRR Annual Meeting
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Fitness University

Gate City Strider Program is "Just for Kids"

Nashua, NH -- In 1989, Dave Sargeant and Alan Sears of the Gate City Striders went to the National Convention of the Road Runners Club of America. At the convention they attended various running clinics including one on youth fitness. They were impressed by the numerous youth events held throughout the country and felt that New Hampshire could benefit from such a program.

Upon returning to Nashua, they began thinking of ways to promote youth running. "We felt we had to work within the manpower of our club" says Dave Sargeant. "As in most clubs, 10 percent of the people do 90 percent of the work and besides some people didn't have kids," he concluded. Sargeant and many of the Striders felt that their program would have to serve the community and be manageable by the limited manpower of their club. The result of their brain storming was Fitness University.

Fitness University, in its third year, is a running

program targeting children between the ages 5 through 14. It's a multi-week program in which children can attend optional clinics held in the Greater Nashua area to develop their fitness. Upon completion of the clinics, children participate in "graduation" on "finals day." Finals consist of fun runs of 1/4 mile to 2 miles held at Pennichuck Jr. High in Nashua.

Amazingly, all this is free for the participants due to a generous sponsor. According to Sargeant, who now directs Fitness University, "we approached Healthsource, a N.H. HMO, to be the sole sponsor. They felt it was a natural fit and a great idea." Each child who participates in the "Finals" receives a free t-shirt and fact-filled informational packet.

Each child also has the opportunity to meet the "Dean of Fitness." During the last two years running stars Lynn Jennings and Cathy O'Brien have served as the Dean. This year's Dean is Robert Parish

of Boston Celtic fame. "We wanted a role model that the kids and the non-running parents could relate to," says Sargeant.

This year's Fitness University is scheduled for Saturday, July 18 from 9 AM to 12 Noon. — Dave Camire

Trail Running

This unique event takes cross-country one step further/backwards into runner against nature. Run over wilderness on narrow, sometimes unimproved trails, runs are usually longer (10K plus up to the marathon) and are growing in popularity. Events in the Northeast and around the country, along with the 1991 Northeast circuit rankings can be found in Running Wild (P.O. Box 282, Lincoln, MA 01773) a new magazine covering trail running. Phone or fax Peter Severance 617/899-9896. For further details on getting started with trail running, talk to GLRR trail maven/runner/event director Steve "Bird" Peterson.

Terrapin Running News or Surviving in Maryland

Maryland -- I can't believe that I've been here almost three months. And in that time, Camire has already changed the format of Starting Lines. Doesn't take long, does it? By the way, I got a good laugh while reading about how CMS is asking its members for voluntary contributions to keep their racing team afloat. Look up the word "gall" in your Funk & Wagnall's and I'll bet Mr. Drewniak's picture is right next to it. In the meantime, I thought it was about time that I check in and report on things since I got here.

Food Shopping

It took me 4 tries before I found a supermarket that had a bakery. Nobody down here believes that oat bran muffins really exist. Probably the same people who think Neil Armstrong's moon walk was a hoax. I finally found a good supermarket, but there's just one problem with it and every other market down here: you can't wheel your cart to your car. Your shopping cart is bound and gagged by

posts cemented into the pavement just outside the exit doors. This always causes some concern for me, because what guarantee do I have that my cart will be where I left it when I pull my car up to the door? If my cart is missing, am I allowed to take someone else's? When I think about that, an old chestnut from George Carlin pops into my head: Have you ever seen what other people put in their shopping carts? Yechh!

Stores

Don't go to People's Drugs (what a catchy name) on Sunday mornings to buy a newspaper. You have to deal with Lulubelle, Cotillion Queen of 1928, while she attempts to figure out how to run the Washington Post across the checkout scanner. Pack a lunch and pull up a chair. People's Drug is right next to Highs Dairy (Coincidence, or planned? You be the judge.) which is right next to the Superbowl Restaurant and Lounge. The have a huge sign in the window that says

"Yes, We Have Crabs." Check your shot records before entering.

Running

The running down here is pretty good, actually. You can't run on the roads, because it's an instant dance with suicide. Picture Route 3 with traffic lights, and I think you'll get the idea. Whoever laid out suburban D.C. must have started the business plan off by saying "the first thing we do is make every road 3 lanes wide on each side and put a mall up wherever we can." But since you can't run on the roads, there are a number of outstanding parks to run on and through. And all those stories about how Maryland is totally flat can be put to rest. They do have some serious hills down here. Nothing like Westford or the Lake, but still enough to let you know you're climbing.

Running Clubs

There are a number of running clubs down here, but by far the biggest and the one that seems to offer the most (other than GLRR, of

course) is the Montgomery County Road Runners. They boast of a 2000+ membership and rely on their up to date hotline and newsletter as the main source of communication. They don't hold regular monthly meetings like we do, instead holding meetings on a quarterly basis. Moreover, they don't have our concept of a Grand Prix, so they don't seem so competitively bent.

The have outdoor track workouts 52 weeks a year, under the lights when necessary. They don't have coaching, but some guy shows up every Wednesday night and gives us the workout. Some of these workouts seemed to have been dreamed up by the Coach from Hell. Three 2-mile repeats is my all-time favorite.

The turnout is heavy, and I had no problem finding a group of guys to groove with, sort of John Sutherland-types with southern drawls. A lot of us go out for pizza and beer afterwards, and although there are a fair number of members who like to have a good time, they can't hold a candle to the groups that frequent Mario's or Hynes'. Which reminds

me that I have to teach these people how to conduct the proper tailgate party. One slight problem with that is that one of the guys that runs in my group just happens to be a Montgomery County cop, complete with prowl car that he brings every Wednesday night. Better not pop the trunk on the Mazda and offer that guy a Bud. There are no shortages of road races down here and a lot of people brag about the number of times they've raced on any particular weekend. Comforting to know that the Tom Amiro/Bill Smith training regimen is finally gaining acceptance outside of New England.

Phil Quinn
sends his regards.

Driving

The driving is different, that's all I can say about it. Traffic lights are all overhead instead of on corner posts and you have to pay particular attention to the person in front of you lest you end up in their glove compartment if you take your eyes off the road for just the slightest second. People do signal before changing lanes, however lots of times they do it at the last pos-

sible moment.

Beer

They tax it.

Well, that's it for now. The job is great, the people are nice, D.C. is cool and the running is good. But it ain't New England. I miss you guys. — *Jay McCarthy*

BayState Marathon & Half-Marathon Volunteer 10K Race and Barbeque August 2, 1992

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Boston Continued

It's now late February and my new \$85 (at outlet prices) shoes have provided a major change in my physical condition. Now in addition to the above, my left heel is sore as well. Clearly, I am either becoming a world-class hypochondriac or the gods of marathoning are speaking loudly to me. Drop out, you say! Never! See a doctor? Of course not! I opt for the only sensible runner's action: I buy yet another (more expensive) pair of shoes.

Moving along to mid-March and thankfully not as many vultures appear to be circling my marathon. The heel has cleared up and the back and hamstring are now just tender at times. On a cold, wet Saturday afternoon, I am approaching the long, steep downhill (mile 19) stretch leading back to the house and for a change all is going well, when out of nowhere the ball of my right foot is numb. This is getting crazy.

Who said products of the Lawrence school system never learned anything? It's the day of the joint clubs run from North Andover to the Winner's Circle and knowing the course is very similar

(hilly) to Boston, I prescribe to myself the first two aspirin I've had since 1988. If anybody has ever been sicker on a training run, please keep it to yourself.

Shockingly as April appears, most of my ailments dissolve and the body is at peace with itself. On the Friday prior to Boston, a good, happy sense of anticipation arrives on my last training run. I pull up in front of my company and raise my arms above my head in an elated display of joy at concluding yet another training cycle. This is it; I'm ready. The dark clouds are gone. I spit and it hits me, Damn! You never spit unless you're coming down with the flu or a cold. Will the torment ever end?

Sunday night brings inane calls such as "so you know how I can get a number?" and "Are there any seats left on the bus?" Go away! Let me collect myself for tomorrow. Maybe because Laura isn't here to tuck me in with a kiss and tell me how great I am, I get one of the ten worst night's sleep of my life. Damn, Lord! what did I do to deserve this?

Six A.M. Monday arrives at last. I get out of bed, shower and go downstairs to make myself the traditional pancake breakfast. The curse continues. Pierce, you suck at cooking. The pancakes have the look and texture of a pair of running shoe soles with a thousand mile on them.

I leave the house wondering not if my time is going to be okay, but if I have a chance in a hundred of finishing. Oh well. Noontime in Hopkinton and the gun goes off. I am running free as a butterfly. The miles melt below my feet. I get stronger, not weaker as I go. Can it be this is Heartbreak Hill already? Kenmore Square and warm serene glow washes over me. Not only have I overcome my fears, insecurities and banished the devils from my head, but I'm on my way to a PR. Hopefully, this Boston season will be a reminder to all of us to keep the faith and never waver in the face of adversity, for it is that sense of hope that makes us different from the rest of the creatures. We are Marathoners. — *Jack Pierce*



**Greater Lowell Road Runners
presents
The 9th Annual 2-Mile Series**

**Begins Wednesday July 8, 1992
6:15 PM SHARP!**

Cawley Stadium, Lowell, MA
(continues for 7 consecutive Wednesday Nites)

No Entry Fee -- Public Welcomed



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Beginning at 5:30 PM

1/4 Mile Run (ages 8 years and under)

1/2 Mile Run (ages 11 years and under)

1 Mile Run (ages 13 years and under)

Special 1 Mile Race after each 2-Mile Series -- Beginning:

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July 29th -- Women's Mile (14 years and up)

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August 12th -- Men's Mile (14 years to 39 years)

AUGUST 19th -- 2-MILE SERIES CHAMPIONSHIP

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STARTING LINES

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Starting Wednesday, July 8 at 6:15