

March 1993 Volume 13 Number 2

# STARTING LINES<sup>®</sup>

magazine of the  
Greater Lowell Road Runners

Eric Beauchesne and Kara Molloy Directors of the Hynes' Race -- Photo Dave Camire

Twosome Race  
Complete Results

Dave Kromer on  
If the Shoe Fits . . .

Ladies, Time to Put  
on Your GREEN

WE RUN THE MERRIMACK VALLEY

# STARTING LINES

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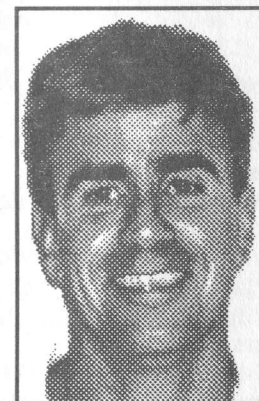
Don Lambert 508/485-0578

## President's Message

March is the beginning of primetime for long distance road running. By the time you read this, we will have already started the NEAC Grand Prix with the 30K in Boylston. I'm sure there was a sea of green among specs of blue.

New Bedford is up next on March 21, lets have a big turnout. Don't forget the awards banquet on Saturday, March 27 with John Treacy at the Apple Country Club in Chelmsford.

I hope everyone that is running the Boston Marathon has a P.R. Remember, we have a bus and a hospitality suite at the finish. For more information on the bus, call the club



Bill Smith

phone (508-957-6447).

On another note, spring coaching begins on April 28 at Cawley Stadium at 6:00 pm. The program runs for ten weeks on Wednesday evenings. Coaching can help everyone, but it is especially helpful to runners wanting to improve

race times. The cost is \$15 payable to GLRR. Watch your GLRR mailings and call the club phone for more information.

The GLRR Youth Program will start in the spring with track practices at Chelmsford High School. The exact time and date are not yet determined. Call the club phone in April and press touch tone three for details.

If you know someone who is not a member of a running club, send them a membership application or leave their name and address on the club phone and we will happily mail them one. We are especially looking for

*Continued on Page 6*

## Foothouse 5K

April 24th - 9:00 A.M.  
Beaver Lake - Derry, NH



For more information and an application  
call Tim Kemple at 1-603-437-6702



## There are Two Types of Runners:

*Those who wear GREEN, and those who wished they had.*

*What type are you?*

<b>Team Singlet</b>	Green & gold tricot singlet with cotton poly mini mesh screened with the GLRR logo. Adult sizes S, M, L, XL	\$10.00
<b>Team Shorts</b>	Green & gold nylon shorts with sewn in brief and the GLRR logo. Adult sizes L, XL	\$10.00
<b>Windsuit (top)</b>	All-weather nylon running jacket with zipper front. Green with gold trim and GLRR logo. Adult sizes M, L, XL	\$30.00
<b>Windsuit (bottom)</b>	All-weather nylon running pants with ankle zippers. Green with gold trim and GLRR logo. Adult sizes M, L, XL	\$30.00
<b>Cotton Singlet</b>	Green with club logo (big armholes). Adults sizes S, M, L, XL	\$5.00
<b>Youth Singlets</b>	Same as Team Singlets. Youth sizes M, L	\$5.00
<b>Training Singlets</b>	50/50 unisex white singlet with GLRR logo. Adult sizes L, XL	\$5.00
<b>Sweat pants</b>	Heavy weight pants with elastic waist. Green with gold GLRR logo. Adult sizes S, M, L, XL	\$15.00
	Youth sizes M, L	\$10
<b>Hooded Sweatshirts</b>	Heavy weight sweatshirt. Green with GLRR logo. Adult sizes S, M, L, XL	\$15.00
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<b>Longsleeve Tees</b>	50/50 green longsleeve tees with GLRR logo. Adult sizes S, M, L \$10.00	
<b>Stocking Caps</b>	Green with GLRR logo	\$15.00

### Official GLRR Clothing Order form

Name: \_\_\_\_\_ Tel: \_\_\_\_\_  
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ITEM	QTY	SIZE	PRICE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Shipping and handling \$2.50 up to two items; \$1.00 for each additional item  
**Send orders to:** Dick Curtin, 287 Graniteville Rd., Chelmsford, MA 01824  
**Make checks payable to:** GLRR

## Starting Lines Event Finder

### Sunday, April 4

8th Pepsi Police Pursuit 5M, Manchester, NH 603/668-8711 X16  
 Marlboro Eagles 10K, Marlboro, MA, 508/485-5855  
 2nd Groton 10K/2K, Groton, MA 508/448-1125 or 3327  
 Terrible Ten, Framingham, MA 508/881-9657  
 April Fools 4M, Winner's Circle, Salisbury, MA

### Saturday, April 10

Alamo Five Miler, Boston, MA 617/932-9393

### Monday, April 19

97th Boston Marathon, call the club for bus info 508/957-6447  
 72nd Lexington Lions 5M, Lexington, MA 617/861-8395

### Saturday, April 24

Foothouse 5K, Derry, NH, (see ad on pg 3 for details)

### Sunday, April 25

Bonnell Ford Bunny Hop 5M, Winchester, MA, (see pg 16 for details)  
 Michael P. Brown Memorial High 5, Windham, NH, (see pg 10 for details)  
 3rd Kevin O'Brien Memorial 5M, Tewksbury, MA, 508/851-7146

### Monday, April 26

GLRR Club Meeting, 7:30 P.M., Knickerbocker Club, Lowell

### Wednesday, April 28

GLRR Spring Coaching begins (see page 9 for details)

### Don't Break Your Mother's Heart 5-Miler

Saturday, May 8th -- 10:00 a.m.  
 Medford City Hall  
 \$10 until May 1, \$12 after May 1

Awards to top 5 male & females/Wheelchairs top 3 male & female  
 5-year age group awards -- 3 deep

For more information contact Krista at DMSE 617/932-9393

## Randall Honored for Running Achievements

The Mill Cities Relay Committee this year selected Bob Randall to receive the Phil Quinn Award. This prestigious award annually honors the individual who has made an outstanding contribution to running in the Merrimack Valley.

Randall, a Merrimack, Ma resident, was the unanimously choice of the Mill Cities Relay Committee to be this year's recipient. The committee is comprised of representative from the Andover Striders, Gate City Striders, Gill's Athletic Club, Greater Lowell Road Runners, Merrimack Valley Striders, North Shore Striders, and the Winner's Circle Runners' Club.

Winner's Circle Running Club (WCRC) president Gary Passler noted Randall's contributions to the sport through his work with area runners and the numerous races he has directed or assisted during the past decade. Additionally, he has served as president of WCRC and on the Mill Cities Relay Committee.

In accepting the award, Randall noted, *"To be recognized by your peers is a great honor and something I will cherish. Certainly, I could not leave out thanking my wife Mary Ann for putting up with and helping me all these years. Thanks most of all to the runners who, hopefully, have had a great time at all our (Mill Cities Running Clubs) races."* Congratulations to Bob Randall! -- **Dave Camire**

### President Continued

senior women (50-plus) and male and female runner in the 20 to 29 age group. Well time to go, may all your races be PRs. Enjoy the changes in the season and may you always be accompanied by good health. — **Bill Smith**

## Thank You Runners

The 1992 Sun Santa fund raised more than \$140,000! Your generosity brought a joyful Christmas to thousands of families throughout the 23 communities served by the Sun. [The clubs participating in this year's Mill Cities Relay help raise \$193.06.]

This year more than 60 organizations throughout Northern Middlesex County and Southern New Hampshire were involved in identifying needy families within their communities. They included churches, food pantries, social service and neighborhood organizations. With their help and your support, more than 3500 children received toys, and their families sat down to a Christmas dinner.

Thank you for supporting the 1992 Sun Santa Fund and, most importantly, thank you for caring enough to make a difference.

*Sun Santa*

## The Grande Report The Bridgeport Marathon and 10K

**Destination:** *Bridgeport, CT.* Driving to Connecticut is not the most entertaining thing to do on a Saturday morning. I started out on the wrong foot (no pun intended), leaving Windham I mistakenly headed north on Rte. 93 instead of South. No problem! RIGHT? Wrong, Bucko! I took a shortcut by crossing over on the median strip and received a \$125 fine. My motto is, *"You do the crime, you pay the fine."*

Arriving in Bridgeport in the early afternoon, we were advised to purchase bullet proof vests if we were to run in the area. How bad was the area you ask? Elaine Pechow went to the Dunkin Donuts and had to pass through a metal detector. Jerry Rosa, Marion, and the unpredictable Pepster (aka Steve Pepe or the Ramada Inn Steve) joined us at the Running Expo along with our boy from Concord, NH, Dave Audet.

The race was EXCEPTIONAL. The carbo feed included many different styles of pasta, a complete dessert, and all-you-can drink beverages, including beer. They even had Boston Billy Rodgers fly in from Oklahoma.

Race day was a bit cold and windy. Elaine ran the 10K along with the Pepster who was in his glory running beside Rodgers and talking his ears off. Rodgers eventually put on a surge and told the Pepster, "Smell-U-Later, Dude."

The course was out and back, winding through Westport past Rodney Dangerfield's and Phil Donahue's homes. Pepe stopped and used Rodney's bathroom — no respect. Jerry Rosa had another great day busting through the three-hour barrier. He looked so good that a spectator commented on how good his hair looked. He said he had stopped and

combed it just before the finish line for the photo shot. I won't mention Davey's time, but I wasn't far behind him.

The post race party was catered like the carbo load the night before. They had a six-foot sub sandwich and free power bars autographed by John Campbell. The Pepster kept going back until he was banished from the refreshment table. He was taken away in shackles by the running police who have jurisdiction in these matters. The race director, after apologizing for the Pepster's behavior, couldn't thank the runners enough. In all seriousness, the runners could not thank the organizers, including the mayor who ran his first marathon, enough. You won't want to miss this one next year. — **Steve Grande, GLRR Correspondent**



## If The Shoe Fits . . . .

Running would be an equipmentless sport were it not for the high technology footwear which one must replace every so often, thus necessitating either the scanning of various mail order catalogs or a trip to your local sporting goods store or factory outlet. I can remember the good old days when a trip to the running store was a fairly enjoyable event, but nowadays with so many different brands and ever changing models of footwear with an ever spiraling cost of eighty, ninety, one hundred dollars or more, it has become a much more serious experience. It's a sad day when the shoe you've been happily wearing for several years has been discontinued and is no longer available. In the sixties when I was in junior high we trained in black canvas "flats", which were basically stream lined sneakers. They had no heel lift, minimal arch support and cushioning, and virtually no stability. Granted that

we were young, physically agile and ran only three to five miles a day, but our shoes did the trick and I don't recollect any epidemic of equipment related injury problems. At that point in time we had no choice but to wear what was available, consequently we operated under the "shoes don't make the man" theory. As we moved into the mid to late seventies the shoe companies really started to get their act together with regard to defining the basic components of running shoes for years to follow. We were offered footwear with variable amounts of support, cushioning, and stability among other things. Tiger produced some classics back then including their Montreal trainers and Jayhawk racers, Nike had their Oregon Waffle Racers and Trainers and the enormously popular Elites, while New Balance hyped their vastly overrated 320s. Shoes were reasonably



**Dave Kromer**

priced at up to fifty dollars or so, there was a good deal of variety, and the new technology was very exciting. Unfortunately, the key to successful marketing in the footwear industry, like so many others, has been to first fulfill functionality needs and then to stick it to you by offering more and more product varieties and unnecessary features at an ever escalating price. The showcase for changes in running shoe technology, which simultaneously serves as one gigantic promotional vehicle, is the annual shoe issue of your favorite running magazine. Sadly enough the reality here is that many great shoes have been eliminated in the name of progress (profit?). Although

I'm not wild about rummaging through shoe catalogs and utilizing the dial-a-shoe approach or taking a tour of outlet stores in the greater Boston area, the "suggested retail prices" of high performance running shoes in retail stores today gives one little choice but to do so. Given soaring prices and the fact that shoe companies are utilizing foreign labor at a cost of pennies per hour to make these products thus reaping enormous profit margins, it's easy to focus in on the fact that we're just simply being ripped off. Anyway, the big decision here is do you blow more money on one of those sexy new models described in the survey, the Cadillac of running

shoes, with the beautiful colors, matching laces and scientifically engineered state-of-the-art construction or do you stick with what has worked for you in the past. If you've got the money perhaps you should go for it since you only live once and besides, if you never try anything new you'll never know what you're missing. Right or wrong a few days after you walk out of that store and burn off a few miles in those babies you'll either be holding your head up high or wondering what in the hell ever possessed you to change shoes. On the other hand if you've seen your economic status trickle down a notch in the last ten years or so, you'd be wise to stick with what works.

At any rate, whether you make your purchase from a catalog or retail store, once your favorite training shoe becomes part of the scrap heap of older models, destined for that dreaded "discontinued" status, scoff up a few extra pairs at the reduced, sale price which, if you back out the excessive profit margin, should have been the suggested retail price all along. - **Dave Kromer**

## GLRR Spring Coaching

The GLRR 10-week Spring Coaching session begins on Wednesday, April 28. All session begin at 6:15 P.M. at the Cawley Stadium track on Douglas Rd., in Lowell. There is a fee of \$15 to participate (cheap, only \$1.50/week). You can pay at the gate on the first evening of the series. At your disposal are Coach George Davis, of U-Mass Lowell fame, and Coach Art Demers who doubles as our men's racing team captain. The workouts are great, and it's much easier to run speed with a group than it is alone. So, come join us.



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## Twosome Race

Are you someone who runs to eat, or are you someone who eats to run? Either way, the GLRR Twosome Race is the race for you.

The race is a two-person team relay. Each team member runs a 3.5-mile loop through the Westford countryside. Unique to this event are the many categories (i.e., husband/wife, father/son).

After the race, there is a fabulous brunch at the Westford Regency. I notice that more runners opted for the table than the relay. Many thanks to Caroline Pooler for organizing this event. - **Dave Camire**

As you read the results, you will notice a two letter designation for each team. The letters stand for the following: BG (boyfriend/girlfriend), MM (male/male), MF (male/female), FS (father/son), FF (female/female), HW (husband/wife), FD (father/daughter), FS (father/son), SS (sister/sister), BB (brother/brother), MS (mother/son). 1 Kara Molloy/Eric Beauchesne (BG) 40:04, 2 Ken Whitcomb/Dave Camire (MM) 41:15, 3 Terri Ann McGettrick/Phil Gardeola (BG) 43:24, 4 Susan Trudel/Jerry Rosa (MF) 43:57, 5 Barry Pearson/Jack Clancy (MM) 45:03, 6 Brian Crane/Jeff Morse (MM) 45:30, 7 Cathy Col/Elie Rozen (MF) 45:52, 8 Jan Johnson/Steve Beckwith (BG) 45:59, 9 David Fudge/Ben Fudge (FS) 46:44, 10 Brian Colcord/Lee Kennealy (MM) 47:37, 11 David Crocker/David Cunningham (MM) 48:53, 12 Phil Coddair/Mark Coddair (FS) 48:54, 13 Bonnie Ricardelli/Robert Ricardelli (HW) 49:39, 14 Jean Boswell/Jim Barry (BG) 50:02, 15 Emie Roy/Ralph Steere (MM) 50:09, 16



Photo Dave Camire

*Caroline Pooler endured frigid temperatures to direct this year's Twosome.*

Lindsay DeLorme/Bo Bevis (FF) 50:14, 17 John Morrison/Jeanne Morrison (HW) 50:39, 18 Jeanne Fleming/Tom Fleming (HW) 51:22, 19 Grant Whiteway/Bob Hansford (MM) 51:30, 20 John Ianucci/Steve Rabbito (MM) 51:50, 21 Bob Lordan/Max Ward (MM) 52:00, 22 Nora Panfil/Dick Nadeau (FD) 52:20, 23 Barbara Kimball/Marilyn Graves (FF) 52:23, 24 Richard Curtin/Kevin Curtin (FS) 52:38, 25 John Wells/Renee Wells (HW) 53:38, 26 Nora Hannafin/Mike Hannafin (HW) 53:52, 27 Hugh McNeil/John McNeil (FS) 54:02, 28 John Febbi/Dorothy Febbi (HW) 56:08, 29 Nancy Britt/Barbara Doyle (SS) 56:11, 30 Sharon Cassidy/Joe Keith (BG) 56:45, 31 Mary Bourret/Susan LaLa (FF) 57:39, 32 Charles Brady/Paul Richard (BB) 59:09, 33 John Clarke/Leslie Lowry (MF) 112:27

### Michael P. Brown Memorial High Five

#### 5th Annual 5-Miler and 5K Health Walk

Windham Golden Brook School  
Lowell, Rd., Windham, NH  
Sunday, April 25

For and application send a SASE to:  
Dr. Ray Cormier, PO Box 486, Windham,  
NH 03087

For more information call:  
603/893-6310 (days), 603/898-5168 (evenings)

## Thoughts About Youth Track and Field

The thing I remember most about the younger athletes is their wonderful desire and dedication. As a coach their dedication became my responsibility to monitor and control. Just as in education we are trying to make life long learners, track coaches are trying to make life long athletes.

Track is a most difficult discipline. It requires not only great dedication but also a thick emotional skin. There can only be one winner in each contest. Even each workout can become an arena of fierce contest if the athletes are left to themselves. A coach or parent must balance the competitive fires that burn within all of us with the thought that this fire only has so much fuel.

It is my belief that at an early age running can be monotonous and boring, creativity is necessary to keep the young athletes involved. As a coach or parent you are always looking for a balance between difficulty and boredom, creativity is necessary to

keep the young athlete involved. As a coach or parent you are always looking for a balance between difficulty and boredom in a track workout. You don't want the young athlete to lose interest, but also, not to over do the stress in any given workout.

The long range goal of keeping the athlete involved in track for their lifetime should remain in focus. Since there can only be one champion most of the athletes are left with some sort of self satisfaction. Young athletes need defense mechanism to cope with losing. In a team sport it can always be someone's fault that

led to a defeat. But in track they're out there competing by themselves. If defeat happens they have only themselves "to blame." Individuals need to be satisfied with improvement rather than worrying about failure. Some might say that adulthood can only be reached by accepting and adjusting to setbacks. Without the risks there can be no satisfaction or personal growth. To summarize, help the young athletes adjust and try to understand their difficulties coping with athletic setbacks. — **Thomas Wittenhagen** is the former women's track coach at Northeastern University.

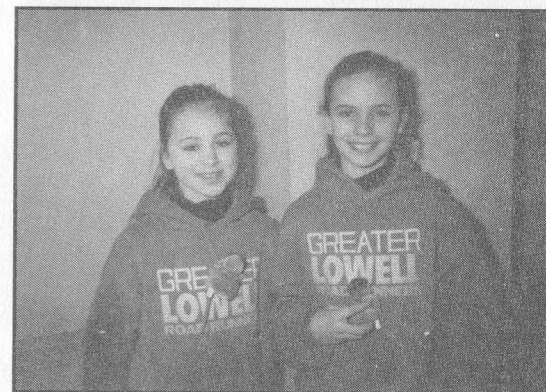


Photo Dave Camire

*Lindsay DeLorme and Bo Bevis winners of the female team division at the GLRR Twosome.*



## Throw In The Towel

After a few years of road racing, you tend to accumulate many T-shirts. Some you use for training runs or just for kicking around. You give them to your wife and children to wear. Yet, other than giving them away you continue to accumulate more shirts. On the other hand, year after year, I continue to buy running socks, gloves, stocking hats, towels, etc. Now it seems to me that some race directors could give these items out instead of the standard T-shirt. I could use a few good towels in my running bag. During the winter, I would appreciate wearing your race gloves or your race hat. Here are some other items, race directors could provide instead of the T-shirt. A runner ID tag, sneaker deodorizer (my family would like that one), a key magnetic box so you can hide your car keys under your bumper, a nice pen so I can fill out my running log, an ice bag or Ben Gay. Maybe local race directors could meet at the beginning of each year and decide who would provide what item as a race incentive. The Hynes race could give out towels; Cappy's could provide socks; the East End Club could offer gloves; etc. By the end of the running season, I would have less t-shirts but plenty of other racing items to keep me comfortable. -- **Barry W. Pearson**



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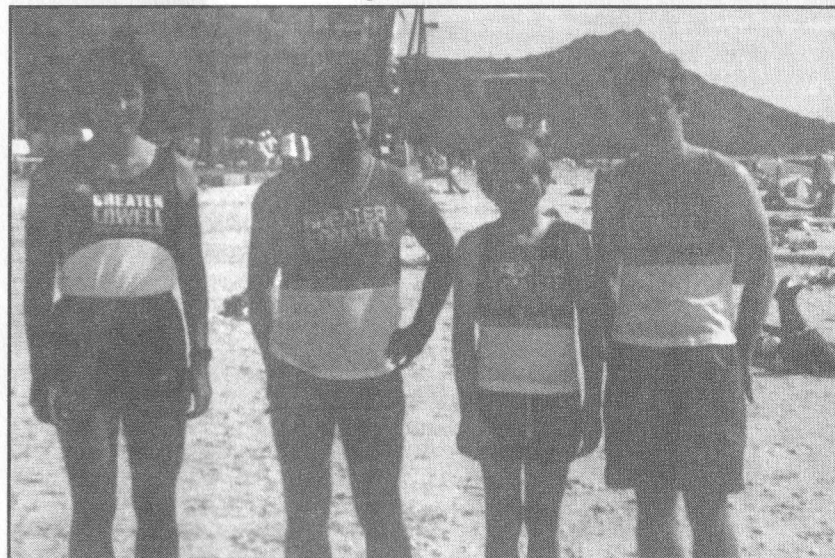
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## Where's The GREEN?



*Viva Las Vegas -- Jerry Rosa (top) and Steve "Grande Report" Grande ran in the GREEN at the Las Vega Marathon.*



*Green Hawaii -- Mary Jane Boyd, Bill Smith, Sherman Smith, and Bill Boyd on the beach in Hawaii.*

## Where's The Green?

Bob Grande ran the "flat" Miami Metro Dade Marathon in FLA on February 17 finishing in 4:10:43. Bob reports, I sandbag this one, finishing way back."

Inquiring minds want to know where and how GLRR members are racing. We would like to print all your race times. To do this successfully we need you to supply us your racing information. We have simplified the process through the use of the club phone. Each time you race, call the club phone (508/957-6447), at the main menu press touch tone 7, you will be prompted to leave your name, the name of the race, your time, your finishing place, and the date of the race. It's that easy, just ask Bob Grande!

## Where's More Green?

Traveling to a far away land or planning a vacation in another state. Let us know about it. In each issue of *Starting*

Continued on Page 20

## Get on the GREEN Team!

Are you a competitive runner? Would you like a snazzy new Greater Lowell uniform? Would you like to represent the GREEN in a racing capacity? Would you like to help promote the club and its races while running the race? Then, apply now to participate on one of our racing teams.

We agree to run several races, ones you probably do already, and enter for team awards. It makes your races a bit more challenging. It's fun and you promote your club while you are at it. Participate! It's fun! Call me if you have questions. -- **Colin Gouldson 508/256-1632**

### APPLICATION FOR RACING TEAM 1993 GREATER LOWELL ROAD RUNNERS

Return to: GLRR Racing Team, 15 Essex  
Place, Chelmsford, MA 01824

<input type="text"/>	<input type="text"/>
First Name	Last Name
<input type="text"/>	
Address	
<input type="text"/>	<input type="text"/>
City	State Zip Code
<input type="text"/>	<input type="text"/>
Phone Number (include area code)	Birthdate (mmddyy)
<input type="text"/>	<input type="text"/>

On a separate sheet list your best times, since December 1991 for any of the following distance: 5k, 10k, 10 mi., 15k, 20k, 30k, 1/2-marathon, or marathon

Singlet Size ☐ Short Size ☐

Signature

Date

## Shin Splints

Many runners, both novice and experienced, have at one time or another experienced the pain of shin splints. Shin splints is a common term used to describe a condition in the lower leg where the muscular tendons and/or the periosteum (site where the muscles blend into their bony attachment) become inflamed. At times, this condition responds well with use of ice and stretching. Adjustments to your training program may also help. Unfortunately, shin splints can also seriously curtail a runner's training program for extended periods. Early recognition of the symptoms and approaching the problem intelligently can make the difference between uninterrupted training and months of painful running.

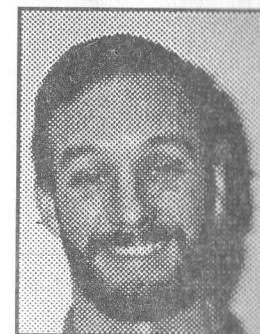
Shin splints most commonly involve the anterior tibialis or the posterior tibialis muscles. Both muscles attach to the tibia or "shin bone" at the upper end and then course down to attachment sites at the midfoot area. The anterior tibialis attaches to the

outside edge of the tibia while the posterior tibialis is attached to the inside front edge. Any condition occurring during your training which causes these muscles to be stressed beyond their limits may contribute to the development of an inflammatory response. This is generally due to the development of "small tears" in the tissue where the muscle is attached to the bone.

Common causes for this tissue breakdown and the development of shin splints are:

1. **Overuse** - Sudden increases in training mileage or speed may cause the tibialis muscles to be unable to continue functioning without breaking down due to fatigue. Excessive calf tightness may require the anterior tibialis muscle to overwork to clear the toes during the forward swing phase of your stride. You have heard it before, keep your calves stretched.

2. **Excessive Shock** - Some foot types, especially ones that keep the weight toward the outside of the foot (high-



James Fournier

arched), poorly absorb the impact forces while running. This resulting in repeated shock and "pulling" on the muscle running along the front of your shin bone. Eventually, you may "tear" the muscle near its attachment to the shin bone. Shock absorbing insoles and running shoes may help if you are a "supinator."

3. **Excessive "foot slap"** - Once your heel hits the ground, the anterior tibialis muscle is responsible for slowing the forefoot as it hits the ground. This does not happen then a slapping of the foot is heard as it contacts the ground, hence the name "foot slap." Some foot types or running styles predispose a runner to cre-

Continued on page 18



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**BUNNY HOP 5 MILER (8K)**

Sunday, April 25, 1993

11:00AM

**Location:**  
Bonnell Ford  
353 Cambridge Street  
Winchester, MA**Race Course:**  
5 miles (level), with start and finish at  
Bonnell Ford**Registration:**  
Mail entry form until April 20, 1993  
Pre-registration fee: \$10.00. Checks are  
payable to Bonnell Ford Race.**Post-entry:**  
Day of Race \$12.00. Registration 9:00 AM 'til  
10:30 AM (sharp!)**Features:**

- T-shirts for the first 400 entrants
- Refreshments
- Local media coverage
- Music and Awards

**Age Categories:**

- |              |                   |
|--------------|-------------------|
| 18 and under | 50 and over       |
| 19 - 39      | Clydesdale (190+) |
| 40 - 49      | Wheelchair        |

**Awards:**

- First, Second overall
- First Place male and female in each category
- Cash Prizes

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PHONE (HOME) \_\_\_\_\_ (DAY) \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

**T-SHIRT SIZE**☐ M ☐ L ☐ XL**AGE GROUP (Choose 1)**☐ 18 ☐ 19-39 ☐ 40-49 ☐ 50+ ☐ Clydesdale☐ MALE ☐ FEMALE ☐ Wheelchair☐ \$10.00 ENTRY FEE ENCLOSED

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this 5-mile event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings, or other record of this event for any legitimate purpose.

MUST BE SIGNED &gt;&gt;&gt;

Signature of Participant  
Parent if under 18

Date \_\_\_\_\_

**1993 is Here!****It's Time to Put on Your Green!**

Hi and Happy New Year from Greater Lowell's Women's Open Racing Team! We're here to share our fun and successes as the racing season gets under way, so look for our news in each issue of *Starting Lines*.

**Jan Johnson and Sue Trudel**

We're planning 1993 to be our best year ever, stuffed full with PRs, team titles, team activities, spirit and fun. And we need women age 39 or younger to join us. All you need to do is pay your club dues. Uniforms are free after participation in two NEAC (New England Athletic Congress) races and entry fees to races are paid for all racing team members. We are actively looking for sponsors to support our efforts, and even reward our successes, so stay tuned.

This year our campaign will be very aggressive. Our goal is to place first, recouping our rightful place, in the NEAC Grand Prix. Last year we came in a dismal fourth. With a deep field and members who strive to improve, we should easily put away last year's first (CMS), second (CSU), and third (BRC) place teams. In our monthly meetings (6:30 before the club meeting at the Knick) we will organize and strategize and eat some pizza. Every other month, our coaches will join us to help us train to meet our goals.

So far we have a few names in for the first NEAC competition, the Stu's 30K on Sunday, March 7th in Boylston, MA, but we could still use a few more for depth of field. And the NEAC half marathon race in New Bedford on Sunday, March 21st is wide open. If you run 5-minute or 10-minute miles, 32-minute or 50-minute 10Ks, we need you to join us at the starting line....remember, 1993 is here, it's time to put on your green.

For more information about the team, questions, or comments, please call either one of us at the following numbers: Susan Trudel at 458-1758 or Jan Johnson at 851-9678. Thanks!

#### *Shin Splints Cont.*

ating increased foot slap. Down hill training can also contribute to this problem especially if that type of training is new to your program.

#### **4. Excessive Pronation**

- Any foot condition which causes the arch of the foot to collapse for too long or too rapidly as your foot contacts the ground may cause the posterior tibialis muscle (or several other small muscles) to become traumatically "torn." This usually

happens where the posterior tibialis attaches to the shin bone due to repetitive quick stretching to these muscle as the foot pronates.

#### **5. Excessive Muscle Tightness**

- As with other areas of the body, any muscle which is too short will either be pulled off its attachment, torn in the belly of the muscle or otherwise change the mechanics of your running unnaturally as you compensate for muscle tightness.

Treatment of shin splints is not much different from treatment of any other soft tissue "breakdown" in the body. Ice, massage, aspirin (or other non prescription anti-inflammatory medication) four times a day and stretching will often be enough to get you over the injury. A modification in your training program will also allow for healing to occur faster.

Review your training log to figure out if any correlation exists be-

tween your injury and a change in speed, mileage, terrain or shoe types. If so, train on flat terrain at a modified pace until your symptoms improve. You may then gradually return to your training regimen, changing one aspect of your routine at a time so that you can monitor any reinjury and the factor contributing to it.

Keeping a log is especially important if shin splints recur time after time or never fully resolves. This may suggest stress fracture, anterior compartment syndrome, or a biomechanical problem in your running gait that may predispose you to reinjury until the problem is addressed. Orthotics, specific strengthening of weak muscles, stretching, or cross training may be needed to resolve persistent shin splints. Your sports podiatrist or physical therapist can evaluate you thoroughly and prescribe specific measures to take for your own problem. These professionals may also enhance healing by providing therapeutic modalities to increase blood flow and/or decrease inflammation.

Whatever the cause, shin splints usually are a problem serious runners can prevent or treat themselves with a minimum of time off the road. Happy running!

*James Fournier, P.T., is the director of Drum Hill Physical and Sports Therapy in Chelmsford, MA. His expertise is in the area of evaluating and treating biomechanical foot problems.*

## **GLRR Grapevine**

Have a brand new or nearly new pair of flats you never liked, or a wind suit that didn't quite fit, a Jane Fonda video you hated or an exercise bike collecting dust? No problem, the Grapevine will help you swap or sell!

Women's **Nike Mariah** Racing Flats Size 10, worn 3 times. \$10 or will swap. Call Jan at (508) 453-3100 X4762.

Men's **Nike Air Sarone** Racing Flats, Size 9 and a half. Never worn. \$15. Call Steve at (508) 851-9678.

**CLASSIFIED ADS:** \$2 for 4 lines (can you beat

that?). Include a brief description of item, price, and phone number. Send check (payable to **Starting Lines**) or cash by the 10th of the month to J. Johnson, 139 Patrick Rd., Tewksbury, MA 01876

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**Starting Lines** is published eight times per year by the Greater Lowell Road Runners. Articles, pictures, race results, and other items of interest to the running community should be sent to: Dave Camire, **Starting Lines Magazine**, 22 Winsor Drive, Dracut, MA 01826. Advertising is accepted. Our rates are \$59 full page, \$33 half-page, \$18 quarterpage. Inserts are \$30 and must measure no larger than 5.5" X 8.5".

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## Green and Gold

You may be humble or very bold, either way you'll look marvelous wearing GREEN and GOLD. Whether competing for Lowell, or out on a training run, wearing Greater Lowell colors can be a lot of fun.

I used to think, "could our club colors be any worse?" But quickly changed my mind when I saw them come in first.

Green is a color the is ecologically sound, and you won't see the color yellow on other teams around. So join the club and put these colors to the test, you'll find club members are among the area's best.

Whether they're out racing or at a post race bash. There aren't too many things around that do not clash.

Just wearing them makes you feel warm inside. But as they say, "You can run, but you can not hide."

*Poet Denny Leblanc*

*Where's More Green cont.*

**Lines** we would like to publish photographs of members wearing the GREEN GLRR singlet outside of New England. Try and take your photos near something that distinguishes your location. Recognizable landmarks are the best. The more unusual the better. Send your color or black and white photos to: *Where's The GREEN*, 22 Winsor Drive, Dracut, MA 01826. Please include a SASE if you want your photo returned.

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## STARTING LINES

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