

GLRR Award's Banquet March 23

Awards, Guest Speaker, Pasta Dinner, and Videos Planned for Event

These days where can you get a meal and entertainment for just two bucks? At the Greater Lowell Road Runners Team Night and Pasta Dinner, that's where!

The night is a combination of a GLRR speaker's night, Team Night, and the Pot Luck Dinner all rolled into one. All the festivities will take place at the Apple Country Club located at 66 Park Rd (off Rte 27) in Chelmsford, MA.

The evening kicks-off at 6:30 PM with a pasta dinner that includes pasta and sauce, salad, and bread and butter. There will be a cash bar open for your liquid enjoyment. The cost of the dinner is \$2 (cheap). For those not wishing to participate in this part of the evening, there is no charge to attend the other



Tom Carroll -- 1990's GLRR Male Runner-of-the-Year and New England Runner Magazine Male Master Runner-of-the-Year.

festivities. During the dinner, video tapes of GLRR events will be shown.

At 8:00 PM Youth Coach Jesse Harris

will present awards to members of the Greater Lowell Junior Runners. This is an excellent opportunity to meet and recognize the future stars of GLRR.

At 8:30 PM the night rolls into high gear with a talk from our surprise "featured" guest speaker. Who is it? To find out you'll have to show up that night

Finally, at 9:00 Club President Mary Bourret and Racing Team Manager Dave Dunham will present the team awards. GLRR members will be recognized for their achievements throughout 1991. Please plan on joining us for an evening of food, folks, and fun. For tickets call Jean Boswell 508/441-1545 or Mary Bourret 603/893-7377.

GLRR Marathon Bus

Takes the Hassle out of Marathon Day Travel

For many runners, the greatest challenge of a lifetime is running in the Boston Marathon. Unfortunately, the journey to the Hopkinton Green on race morning can be more challenging than the race itself. Why not do yourself a favor and leave the driving to us! The GLRR, once again, has arranged for bus transportation to and from the Marathon for a minimal fee. The comfortable, air conditioned coach bus is even equipped with a bathroom. It departs from the parking lot of Wang Labs, in Lowell, at 8:30 AM and brings you to the doorstep of Hopkinton High School. Here you can relax before the big race. You don't even have to worry about your after race clothing, just leave your bag on the bus and we'll carry it up to the GLRR hospitality suite. Yes, the deal includes a hospitality suite!

After you finish, you can shower, eat, and drink, courtesy of GLRR, at our luxurious hospitality suite located in the Weston Hotel at Copley Place. We have three spacious rooms reserved for after race socializing and relaxing. The Weston is a short walk from the Marathon finish line. After you've had your fill of race stories, the bus will bring you back to Lowell in time to catch yourself on the six o'clock news. What a deal! To reserve your spot, send \$15 (made to the order of GLRR) to Mary Bourret, 30 Heritage Hill Rd., Windham, NH 03087.

New Team Leaders

The GLRR Racing Team is pleased to announce that Will Mason will be assuming the responsibilities of Racing Team Treasurer. Dr. Mason replaces Tom Amiro who has served as Treasurer for the past two years. During Amiro's tenure, the racing team has prospered financially and is now in a strong fiscal position. Additionally, the team announced that Stoddard Melhado will succeed Gary Wallace as Male Masters Team Captain. Under Wallace's leadership the Master's team won the NEAC Championship, TAC National 5km Championship, the Lake Winnepeaukee Relay, and just about everything else. Thanks to Tom and Gary for a job well done and good luck to Will and Stoddard.

WINTER CHALLENGE

GLRR Runners Take the Challenge of a NH Winter

GLRR took the Penacook (NH) Winter Challenge and had 8 runners among the field of 250 in this 4th annual road race. It was not a perfect day, but not bad for the end of January. The temperature was a balmy 15 degrees, but with sunny skies and no wind, it didn't seem all that bad as we wound our way through the quiet back streets of Penacook.

Although not too many folks were happy with their times, some fine efforts were put forth (see Race Results elsewhere in this edition). Dave Dunham finished 1st overall, and Steve Peterson was 4th, which by coincidence or destiny, was also their finishing order the day before at the Tewksbury Fudgical Race.

Mike Beeman finished 11th and Edwin Matos was 22nd. Dave Audet and Steve Grande, fresh from their marathon last week in New Orleans where they finished 4th and 18th respectively, ran to a solid 34th and 73rd place. Rounding out the scoring for Greater Lowell were Nils and Marilu Granquist, finishing 161st and 163rd separated by only one second, due to a strategic elbow thrown by Nils to get the honors. - **Dave Dunham**

Welcome to our Newest Members

Acton — Dan and Paula McGowan,
Andover — Mary Condon, **Arlington** — Betty Lou McClanahan, **Billerica** — Freddie Perry III, **Lowell** — Phillip Gallagher, James Reilly, Dennis Connors

Call the GLRR Hotline

For the latest
Running News

508/452-9426



Mill Cities Relay Report

MCR Committee is Planning for Improvements to 1991 Relay

As hard as it is to believe, the Seventh Annual Mill Cities Relay will go down as the most successful of our events to date. On race morning all 72 teams from the eight invited clubs were greeted with sunny skies and mild conditions (no snow). This was a good omen!

As always, the Gate City Striders provided great starting line coordination and early course safety. This year many improvements were introduced including a professionally printed race applications (courtesy of the William Branden Co.), a comprehensive race packet (courtesy of GLRR), and an accurate and well marked course (courtesy of the Andover Striders). We also added a new aesthetic and safety feature to legs 3 and 4 by running on the bike paths adjacent to the Merrimack River.

The race itself was one of the most competitive to date. The GLRR finished first followed by the Winner's Circle and the North Shore Striders. As always, the post race bash held at the Lawrence British Club was a ten.

Following a long tradition of great partying, there was plenty of soda, beer, and food for all thanks to the coordination of the Merrimack Valley Striders. This year's festivities included the introduction of the newest status symbol in the local running community — the MCR long sleeved t-shirt.

Unique to this race, the most casual jogger received the exact same recognition and award as the most talented runner — the coveted "Mill Cities Brick." In a moment of brilliant inspiration, the MCR Committee came up with a long overdue plan to thank the presidents of the eight participating clubs for their hard work and commitment to our sport. Each president was presented with a Mill Cities hooded sweatshirt. We hope they all find warmth and thanks in their sharp looking MCR sweatshirts. They have more than earned them.

The MCR Committee is already making plans to improve the 1991 race. Among the ideas we are working on is a larger hall, new race momentos, a

staggered start, and a streamlined award ceremony. Remember this is a race put on by runners for runners. If you have any ideas on how we can improve the quality of the event or would like to assist, please contact one of the undersigned.

We also are happy to announce that through your generosity, we were able to donate \$111 to the Nashua, Lowell, and Lawrence newspapers Santa Funds. Special thanks to the Winner's Circle for helping us collect these funds.

Thank you for participating. We hope to see you again this year and please bring along someone. We strongly encourage each participating club to use the MCR as a recruiting tool for attracting new members. This race is a benefit to your membership that clubs outside our Mill Cities Alliance cannot offer. The date for the 1991 MCR is December 1.

MCR Committee — Dave Camire (GLRR), Jack Pierce (MVS), Warren Church (GCS), Jim Parker (GCS), Dave Labrode (AS), Bob Randall (WCRC), Bob Manning (WCRC), Don Richardson (WRC).

FUDGICAL SERIES RESULTS

February 2, 1991

5 Kilometers

1. Tom Carroll 16:11, 2. Jim Stronach 17:17, 3. Tom Amiro 17:32, 4. Dave Lapierre 17:34, 5. Bruce Brown 17:36, 6. Jeff Haas 18:04, 7. Steve Pepe 19:39, 8. Jerry Rosa 19:42, 9. Tom McGrath 19:55, 10. Doreen Erikson 20:17, 11. John Maynard 20:41, 12. Dan Danecki 20:43, 13. Ann Kucharski 21:14, 14. Chris Langathianos 21:19, 15. Barry Pearson 21:22, 16. Grant Whiteway 21:45, 17. Steve Ageriow 21:48, 18. Steve Cassola 21:58, 19. Dave Fudge 22:02, 20. Dan Sullivan 22:10, 21. Donna Deveau 22:17, 22. Barbara Kimball 22:42, 23. Max Ward 22:49, 24. Jean Boswell 23:11, 25. Marilyn Graves 23:30, 26. George Chamberas 24:06, 27. Tim Tiches 24:42, 28. Nils Granquist 25:14, 29. Mary Bourret 25:57, 30. Sue Lamontagne 25:58, 31. Louis Peters 26:57, 32. Janet Amiro 28:46, 33. Ann Sartorelli 28:47, 34. Mary Tiches 28:48, 35. Chris Toppin 30:48

February 9, 1991

1. Dave Dunham 14:57*, 2. Mike Woodman 15:41, 3. Art Demers 16:06, 4. Bob Bradford 16:42, 5. Stephen Pectriconis 16:54, 6. Craig Mercier 16:58, 7. Mike Hurton 17:31, 8. Bruce Brown 17:34, 9. Ken Whitcomb 18:00, 10. Bob McCullough 18:26, 11. Phil Gardella 18:33, 12. Steve Pepe 18:36, 13. Bob Emerson 18:48, 14. Jerry Rosa 18:51, 15. John Morrison 19:14, 16. Kathy Geary 19:18, 17. John Poisson 19:20, 18. Denny Leblanc 19:40, 19. Dave Tyler 19:49, 20. Michael Healy 20:00, 21. Barry Pearson 20:15, 22. Steve Peterson 20:43, 23. Dan Sullivan 20:46, 24. Ann Kucharski 20:46, 25. Dan Denecki 20:51, 26. Bill Gibney 21:14, 27. Grant Whiteway 21:20, 28. Jay McCarthy 21:24, 29. Karen Whitcomb 21:26, 30. Stephen Cassola 21:29, 31. Richard Jones 21:44, 32. Bob Lordan 21:46, 33. Marilyn Graves 21:51, 34. Donna Deveau 22:11, 35. Ernie Roy 22:29, 36. Max Ward 22:32, 37. Sean Devlin 23:26, 38. Chris Brennan 24:03, 39. George Chamberas 24:18, 40. Marylu Granquist 25:17, 41. Nils Granquist 25:18, 42. Louis Peters 27:17, 43. Janet Amiro 29:20, 44. Renee Wells 30:52, 45. Quesen Brown 30:53, 46. Su Sullivan 34:13 * **Course Record**

February 16, 1991

1. Dave Dunham 17:10, Craig Mercier 17:10, 3. Dave Tyler 17:27, 4. Don Foley 17:28, 5. Bruce Brown 17:35, 6. Steve Pepe 18:35, 7. Jerry Rosa 18:43, 8. Kevin Albison 18:59, 9. Don Delery 19:29, 10. John Aegerter 19:57, 11. Michael Healy 20:04, 12. Dan Danecki 20:18, 13. David O'Hara 20:45, 14. Barry Pearson 21:04, 15. Bill Gibney 21:29, 16. Bill Boyd 21:33, 17. Sean Devlin 21:46, 18. Grant Whiteway 21:51, 19. Daniel Bowse 21:58, 20. Stephen Cassola 22:13, 21. Marilyn Graves 22:15, 22. Barbara Kimball 22:16, 23. Ernie Roy 22:44, 24. Dick Nadeau 22:52, 25. Max Ward 23:08, 26. Ben Fudge 23:54, Nora Hannafin 23:54, 28. Bob Judd 23:59, 29. Jean Boswell 25:10, Sue Lamontagne 25:10, 31. George Chamberas 25:11, 32. Michele Alvarez 26:20, 33. Bob Bassett 28:51, Janet Amiro 28:51, 35. Fred Brown 30:43, 36. Renee Wells 30:44, Quesen Brown 30:44 -- *Results courtesy of Nancy Stronach*

NEW ORLEANS MARATHON

New Orleans, LA

January 20, 1991

Jerry Rosa 3:13:12 (3rd Master)

WINTER CHALLENGE (5 Miles)

Penacook, NH

January 27, 1991

1. Dave Dunham 24:53, 2. Dan Verrington* 26:08, 3. Bruce Butterworth* 26:25, 4. Steve Peterson 27:30, 11. Mike Beeman 29:31, 22. Edwin Matos 30:34, 34. Dave Audet 32:20, 73. Steve Grande 35:43, 161. Nils Granquist 41:42, 163. Marilu Granquist 41:43. --*Results courtesy of Dave Dunham.*

Who's Who in Green

Meet Dave Tyler

Residence: Tewksbury

Age: 32

Occupation: Financial Analyst — Lotus Development Corp.

Years in Club: 2

Favorite Road Race: Boston Marathon

Most Memorable Running Achievement: "Breaking 3 hours in a marathon."

What You Like Best About GLRR: "The friendships I've made."

Some of the Things You Would Like to See the Club do in the Future: "I would like to see the longer winter races return, like 'Run Your Turkey Off 15KM', 'Tewksbury Winter Classic 10-Miler', and 'Lifetime Half-Marathon' to get me through the season."



Tenth Annual Nashua to Hynes Fun Run

The 16 Mile "Fun Run" will start at 9:00 A.M. from the Nashua YMCA, basically following the Mill Cities Relay course. After the run there will be a party at Hynes' Tavern for Hynes Road Race volunteers only. The fun run will be handicapped, allowing for all participants to arrive at Hynes at approximately the same time. Please follow the following suggested starting time for your pace. The entry fee is \$2.00; free for Hynes Road Race volunteers.

PACE/MILE	STARTING TIME
9:30	9:00
9:00	9:07
8:30	9:15
8:00	9:22
7:30	9:30
7:00	9:37
6:30	9:45
6:00	9:52
5:30	10:00

For more information, contact Nancy Chapman 603/382-5045.

HELP WANTED/GROUND FLOOR OPPORTUNITY

THE GREATER LOWELL ROAD RUNNERS, INC. is one of New England's fastest growing running clubs. Our continued growth and success has created the following opportunities:

HYNES RACE VOLUNTEER

March 10, 1991

The qualified candidates for these one day positions will work closely with the Race Directors and the Vice Presidents of Course Control, Water Stops, Finish Line and Pre and Post Registration. Requires prior demonstrated ability to write, talk, hand a cup to a moving body or count. Currently located just off Exit 37 of Route 495, the Greater Lowell Road Runners offers an extensive benefits package including free beer, a t-shirt, free admission to the volunteers party on March 3rd, free travel (if you do splits or work at a water stop), a teamwork environment and an opportunity to share in our success.

Interested candidates, please do not send your resume or your salary requirements, but instead call Mr. Jay McCarthy at (508) 957-4456 for an immediate over-the-phone-with-a resulting-job-offer interview.

Equal Opportunity Employer

Be Part of the Fun! Hynes' Road Race — March 10



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GLRR Events Calendar

No March Club Meeting

The regular March club meeting, usually held at the Knickerbocker, will be replaced by the GLRR Team Night/Awards Banquet on March 23.

Winter Long Runs

Sunday mornings at 7:30 from the Windham, NH Country Store off Rte. 93. For more information, contact Bill Gibney at (603) 434-8201.

March 3



Tenth Annual Nashua to Hynes Run. For more information, contact Nancy Chapman 603/382-5045.

March 10

Tenth Annual Hynes'/Budweiser Irish Feet are Runnin' 5-Mile Road Race. Contact Jay McCarthy at (508) 957-4456 (617) or 497-6222 (ext: 674) for more information or to volunteer.

March 17

N.E.A.C. Half-Marathon Championship in New Bedford, MA. Contact Dave Dunham at (603) 425-2011 for an application and information.

March 23

GLRR Team Night/Awards Banquet at the Apple Country Club in Chelmsford (off Rte. 27). Contact Jean Boswell at (508) 441-1545 for more information.

April 15

Boston Marathon. Contact Mary Bourret at 603/893-7377 for information on the GLRR bus and hospitality suites.

April 24

Ten week Spring Track/Coaching session at Cawley Memorial Stadium (Lowell). Contact Bill Mahoney at (508) 458-8047 for more information.

Starting **LINES**

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ROAD RUNNERS**

P.O. Box 864, Lowell, MA 01853