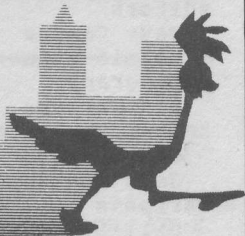


STARTING LINES

published by the Greater Lowell Roadrunners



MARCH



editors

Dave Camire
Dennis Connors

photography

Don Varley

technical assistance

Dan Trainor
John Koumantzelis

cartoons

Bill Lynch

The Sportsman's Locker

67 Summer Street
Chelmsford, MA 01824

Bus. 256-7195

HAL RUBENSTEIN, PROP.

10% Discount to Members on Shoes

New Balance	Puma
Nike	Tiger
Saucony	Running Apparel

Open 10 to 7 -- Mon. Tues. and Wed.
10 to 8:30 -- Thurs. and Fri.
10 to 6 Sat.

NEW

MEMBERS

dracut

THOMAS CAPPELLUZZO

lowell

DEBBIE DONAGHUE
ANGEL FIGUEROA
PATRICK SHANAHAN
JAMES STRONACH
GLEN THOMAS

bedford

JAMES BAUSHKE

chelmsford

JACK BRADY, JR.
ANNA DONOVAN
ED MOLONEY

billerica

RAFAEL M. RIOS

lowell

KEVIN HIGGINS
RACHEL SIMONEAU

tewksbury

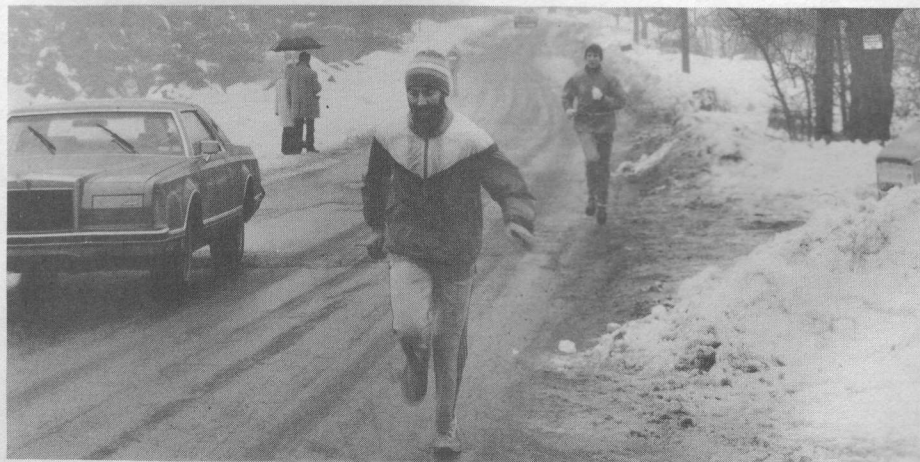
MICHAEL J. HURTON

westford

RICHARD AHERN

FRONT COVER:

(Top) Start of this year's Rakip Sixer, (bottom) Jim Stronach winner of the Rakip Sixer.



Mike Maher, second in Rakip Sixer

MINUTES

NOVEMBER 30, 1982

Meeting opened at 7:40 by John Burke, President of the Greater Lowell Road Runners, who stated the "Run Your Turkey Off Race," November 21st, lost \$100.00. The unnecessary expense of \$152.00, paid for Cawley Stadium, was among the reasons for the loss of money.

Club Calendar for 1983 was proposed and accepted.

March	Hyne's "Irish Feet are Runnin'" Race
July	The Great Legs Road Race
August	The Grab Bag Road Race
November	The Run Your Turkey Off Road Race
* October will possibly have a Regatta Race	

Discussion and vote on a March 1984 Marathon. Club voted in favor of the Marathon, with members hoping to attract 200-400 runners interested in a final qualifier for Boston. John Burke stated Lowell Park Service is willing to develop a course.

Dave Camire mentioned he would be organizing the March Fun Run Marathon, previously known as the VFW Marathon.

Discussed whether to change the location of Tuesday Night Runs from Shedd Park to neighboring towns. Members voted 14-10 to continue at Shedd Park. A motion to have a Thursday Night run in the towns of Chelmsford, Dracut, Tewksbury and Tyngsboro, from May through September, was proposed. Leaders in each town are needed to organize this Second Night Fun Run.

Dave Camire took the floor with a discussion of the Starting Lines budget. He stated three recommendations for the newsletter: 1. A separate bank account should be opened in 1983. 2. The Club should contribute \$250.00 as a start-up fee and \$250.00 upon completion of each newsletter. 3. If the cost can not stay within the proposed budget, the newsletter will be scaled down or printed quarterly. Dave also asked people to obtain one ad or donation to help pay for the cost of printing.

Bob Dick suggested raising the Club dues to supplement the newsletter. Bob Dick volunteered to edit the newsletter and Roy Steiman volunteered to take photos.

October minutes were read and a motion that all Board Members receive copies of future minutes, and these minutes be published in the Starting Lines, was accepted.

Starting Lines Race Series and a new Ben Fudge Race Series will be offered by the Club.

A general discussion of the February 24 Club election took place. Dave Camire suggested a roster and check-off system to insure fairness to the nominees. Nomination through the newsletter was suggested. Ben Fudge felt a Sunday afternoon general meeting with nomination of officers and voting might be effective. Nothing was decided on the election procedure.

Dan Cahill showed moving film on Terry Fox.

TEAM BEAT

CORPORATE WINNERS

At the New England Corporate 5 Mile Challenge Run, held on September 26th in Boston, the WANG women's and men's team, from Lowell, were the overall corporate winners. The men's team included Greater Lowell Road Runners Jim Stronach, Jim Concannon, Dave Camire, and Kevin Kearns, while the women's team included GLRR members Sue Trudel and Anna Donovan. The first place prize consisted of free airfare and accomodations in New York City to compete in the N.Y. Corporate Championship held on December 19th. In the N.Y. race, held on a rolling course in Central Park, the Wang men placed 1st while the women placed 5th.

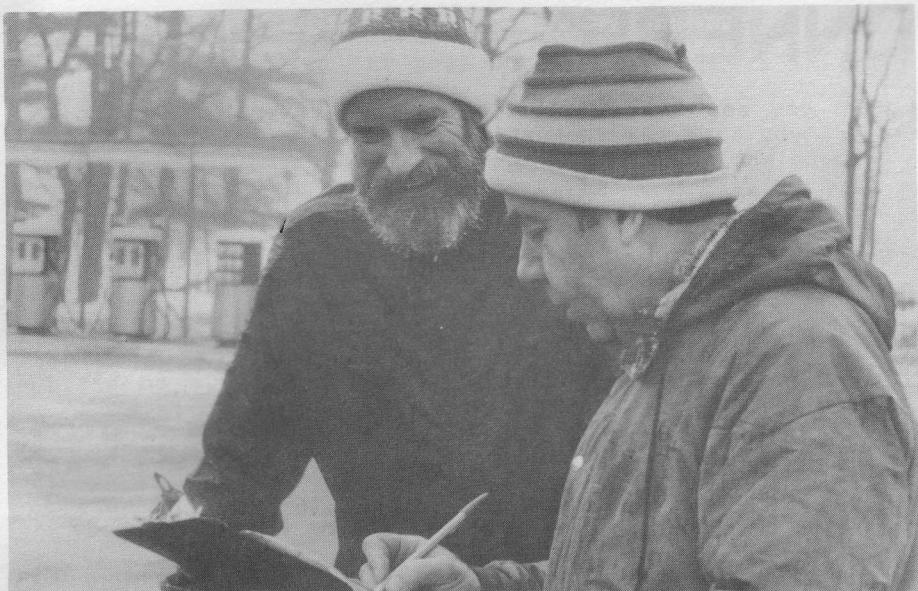
CMS/GLRR DUAL MEET

Remember the Central Mass Striders, the club that soundly defeated the GLRR in a home-and-home dual meet last summer, well they will be invading the GLRR home turf for a dual meet this March. The meet will be held in conjunction with the IRISH FEET ARE RUNNIN' race on March 13th. CMS is very competitive, they'll be ready, lets make sure we are.

CAPE COD RESULTS

A total of 223 teams entered, and 196 teams completed the 83.7 mile Cape Cod Relays in 1982. All of the GLRR teams finished, here are their finishing positions.

9	Gr Lowell RR (A)	Men's Open		7:40:24
30	Gr Lowell RR (B)	Men's Open		8:16:39
31	Gr Lowell RR	Men Masters	3rd Master	8:16:50
67	Gr Lowell RR (D)	Men's Open		8:56:16
170	Gr Lowell RR (C)	Men Masters	25th Master	10:32:18
182	Gr Lowell RR (A)	Women's Open	12th Open	10:55:50



Bill Boyd gets his finishing time from Joe Longtin at the Rakip Sixer.

RAKIP SIXER

by DAVID CAMIRE

Freezing rain on steep hills does not make for fast times. That's exactly what happened at this year's Rakip Sixer. Slippery and treacherous conditions prevailed for the entire six mile run. Unfortunately, the icy conditions made the first STARTING LINES SERIES race more of a fun run than an actual race.

Twenty-seven GLRR members braved the near un-runnable conditions to run in this second annual event. Good organization by race directors Bill and Marcia Rakip made what could have been a miserable event, very enjoyable. Special thanks must go to Mike Lussier, John Tannheimer, and Dennis McCarthy for providing aid along the race (ice) route. After the race, refreshments were served in the Rakip's Garage and awards were presented to the top finishers.

MARATHON CLINIC

Spots are still available call Ben Fudge 851-3272.

CONNERS'

CORZUR

When you see the expression on Ann Craven's face as she runs, you know the "Runner's High" theory was developed by someone who never ran.

Congratulations to the GLRR's Dave Willey and Jim McGuirk, coaches of the year boys and girls x-country.

Dan Cahill's new name should be La Machine due to his 13 miles per day YMCA track winter efforts.

Dave Sousa and Tina Coco got married in order to save \$5 on GLRR membership -- what better reason to get hitched?

Dennis Evangelos had a short but successful racing season -- coming in 3rd in the Elks 1/2 Marathon and winning our 15K the next week.

Will Mason and John Burke failed to finish the Baltimore Marathon.

Sean McCormack took the GLRR marathon record with a 2:26 at Foxboro. He works hard and deserves it.

Congratulations to the Wang team of Dave Camire, Jim Concannon, Kevin Kearns and Jim Stronach who won the Corporate Cup in Central Park.

Camire says you can't tell the difference between Fred Lebow and Dick Stackpole at races.

Ed Stott wins the 1982 weight loss contest -- over 60 lbs.

George Prive sold our refreshment stand on the Bridge route.

Dick Rogers is one of the best unknown 50+ runners in the area.

The Shawsheen Tech printing department has been a real find for the club. Thanks to Dan Trainor for his coordination.

Dan Wasileuskas spent 6 weeks hunting in Vermont and didn't get any deer, but says he still got what he was hunting for.

Joe Zacharer may be the next candidate for a fifty miler.

Did you hear about the new marathon being promoted in China -- the entry application says an hour after you've finished you feel like running another.



STATE-OF-THE-ART
RUNNING SHOES
& APPAREL

15% OFF WITH
THIS AD OR YOUR
GLRR CARD

84 STATE STREET
NEWBURYPORT, MASSACHUSETTS 01950

TEL: 468-0977



PRESIDENT'S LETTER

by JOHN BURKE

Welcome! 1983 brings great expectations for the G.L.R.R. Our membership is approaching 400, our race calendar is full, our speaker's program is off to a great start. We have the Starting Lines Series, the Fudgical Series, the Marathon Clinic, the Beginning Runner's Clinic. We have a complete social schedule. 1983 should be the best year yet to run with the G.L.R.R. We have even seen some interest from local corporations concerning race sponsorship.

A special welcome to all of the new members of our club. Our club has experienced continued growth in 1982, a compliment to our reputation, as well as a challenge to keep fulfilling the needs of the running community. It was with a great deal of excitement that I was informed of the fact that Jim Stronach and Mike Hurton had joined our club. I have to admit I was pleased myself. Runners of this caliber will certainly add recognition to the G.L.R.R. Of course, Jim and Mike are welcome to our club. If a runner of the caliber of John Burke or Dick Stackpole were new members, the excitement would not be so great. Rightly so. This does not mean that one member is more important than another. What makes our club so successful is our recognition of the importance of all members. Actually, the slower runners of the club are more important than the faster runners, simply because there are more of us.

I still meet runners who say they have yet to join the G.L.R.R. because they run too slow. You can't run too slow to join the G.L.R.R. But you can certainly run too fast. If you run too fast the G.L.R.R. won't be able to offer you enough to keep you on it's roster. We have some of the fastest runners in the area in our club. But we are a local club. Our pride is our contribution to the running community. What we provide, we provide to all runners. So yes, I would like to welcome Jim Stronach and Mike Hurton, I would also like to welcome Alan Sexton and Mary Ann Harrington and Robert Eliassen and William Boutselis and Debbie Donaghue and all our new members. You've joined a terrific club and hopefully you will make it even better.

STARTING LINES SERIES

Standings for the STARTING LINES SERIES will be listed in the next issue of STARTING LINES.

GLRR Last Tuesday of each month, 7:30 PM, Knick
MEETINGS erbocker Club -- John Burke coordinator.



A MOTHER'S BOOK OF RUNNING RULES

by DENNIS CONNERS

You remember all those things your mother/teacher/priest ect. told you when you were a kid -- e.g. "if you wear your rubbers indoors you'll get a headache." Well here is what a running mother would tell her kids.

"If you wear your running shoes inside you'll get a headache."

"If you don't carbo load, kids in Korea won't be able to finish a marathon."

"If you run too much you'll grow hair on the soles of your feet or go blind."

"Nice girls don't run on the first date and certainly don't do long runs until they're married."

"Don't tell lies about training or your middle toe will grow long."

"Always respect your master runners."

"Never accept candy from a strange person while on a long run" -- ed note: Will Mason does not constitute a strange person for these purposes.

— LLOYD'S LLAWS —

--Devoted To Excellence In Mediocrity--

41. Sponsors cancel races; directors cancel races; the police cancel races; but runners do not cancel races.
42. The overemphasis on scientific principles belies the fact that running is an artform.
43. The world's fastest marathoner is someone we have never heard of.
44. Runner's World has more ways to package articles on Long, Slow, Distance running than Campbells has for packaging soups.
45. The nice thing about a groin pull is that it takes your mind off of achilles problems.

GRAY MATTER

by WILL MASON

"Beimrennensichverlierungsangst"

GLRR, I owe you an apology. From periodic observations of your running behavior I concluded that most of us suffer from agoraphobia. According to For Your Information (New York: M. Evans and Company, Inc., 1982) over 20 million Americans are affected by some type of phobia, agoraphobia being fairly common. Actually, I thought that registered runners would most likely double the number of known agoraphobics, a statistic which would be most pleasing to the psychology community. Alas, I was mistaken.

Agoraphobia is, as Ruth Hurst Vose notes (Agoraphobia; London: Faber and Faber Limited, 1981), a misused all-inclusive term that is inappropriately applied to certain anxiety crises which deal with fear of public places. Most of us runners do not have a phobia. We have, instead, a "policy of fear." Further, there is a state of latent fear among "those women and men who only feel comfortable taking the same route . . ." or "Men who like to keep to a strict routine." (p. 34). Sound familiar?

What we are afraid of, I maintain, is becoming lost while running. Now that we understand that this condition is not phobic, but just a case of common, ordinary scared-witless fear, we can bring it out of the closet. We are creatures of habit, more so than the rest of the population, I think. We are a special category of risk-avoiders. And I am not talking about the other runners in the club. I am talking about you.

Think about all the energy you expended to ensure that nothing unusual or nothing unanticipated could occur during your first race. During your training you took thousands of steps that were exact duplicates of thousands of steps you took before. The same time. The same route. The same people. The same shoes. The race would not be something different. It would be something familiar.

Most runners started by running around the block. Running longer simply meant more and more times around the same block. How about your first real long run? I will bet it was measured beforehand to the inch. God forbid you should run 15.1 on a planned 15 miler. Jeeze, on my first 20 miler I ran ten miles from Bedford to a bulldozer in Arlington and ten miles back. To a bulldozer! If someone had removed the machine overnight I would still be in Arlington today.

"Fear of becoming lost while running" is the only logical explanation for running the route known as "The Bridges" week after week after week, and doing the last four around a miniscule track in the "Y." It is the only reason why Lowell runners seldom venture into Carlisle or why Concord runners do not go over five miles north of the North Bridge. It's why I do not run in Billerica.

I will bet that you run the same route five times a week. The next time you run this tiresome routine, count the number of side streets you have never been down. Go slowly next time and observe the houses that you have never really noticed before. Why? Because you were afraid you would get lost if you averted your gaze even for a second from your familiar path. Think now about Shedd Park. You can't get lost there because we are all there, right? But have you ever run the route "backwards?" Of course not, but the fact that you think there is a "backwards" on Fort Hill is meaningful. Hell, the loop does not have any idea which way it faces. But if you tried "backwards" you could become lost.

"Fear of becoming lost while running" is firmly in the nature of our sport. No new trails for us, even for the best of us. Do you know why Salazar ran New York the second time? Because he knew the route. Hell, he only ran Boston because he thought that Beardsley knew that route, or could at least follow motorcycles. Otherwise he sticks to the track, the least likely place to get lost.

There are over 700 listed phobias, including one about the fear of getting peanut butter stuck to the roof of one's mouth, but fear of becoming lost while running was not among them. I asked Runner's World to fund an exhaustive research project typical of that magazine's scientific endeavors, but the editors could not come up with the \$12. Furthermore, they concluded that the research would be trivial because this particular fear could not be cured with either spirulina or gravity boots. So, as an independent researcher--and fellow sufferer--I named the fear as I saw fit. Beimrennensichverlierungsangst.

ON INSPIRATION

by SEAN McCORMACK

It was late afternoon on Sunday, September 26, 1982. I was about to call my father, who lay dying in a hospital bed in Boston. I kept trying to think of some way of telling him that I had just dropped out of the Chicago Marathon after some 14 miles. I knew he was dying, and he wanted me to run a sub 2:30 marathon as badly as I wanted to. On Friday, before I left, I told him that I would rather stay with him and wait another time to reach my goal. But he insisted that I make the trip. Before I left he had me dedicate the race to him, and told me to be sure to break 2:30.

Being the man he was, when I told him that I dropped out, he blamed himself for putting too much pressure on me. Then he said "next time you'll shatter it pal, I know you will." Those were the last words he said to me. I was awoken the next morning shortly after dawn, and told he had passed away. I was stunned, because he was so close to me. He was my biggest fan, my inspiration. As I flew home that Monday, I made a promise, and a commitment. I promised myself that I would run a sub 2:30 marathon before the year was over, and I would commit myself to whatever it took to accomplish it.

Throughout October, I began to run 100 miles plus per week consistently, plus 2 hard days of quality track workouts. One track workout would consist of quarters and halves, the other being mile repeats. In mid October I decided to enter the Foxtrotters marathon on November 20 and I kept up my rigid training until the Wednesday before the race, which was on that Saturday. Only then did I begin to taper down and rest for the race. On race day the weather was perfect, in the low 40's, light winds and overcast.

My first mile was in 5:26 and it felt incredibly easy. At 10 miles I was at 55:01, right where I wanted to be, at 5:30 pace. At the half-marathon I was 1:12:20 and it suddenly dawned on me that I was going to run a 2:30 marathon. The last 13 miles the only thought that raced through my mind was my father saying "next time you'll shatter it pal, I know you will." At 20 miles I was 1:51 and I smiled, and at the finish, in 2:26:22, I sat down and cried. The person I wanted to share this personal victory with was no longer here. He was as much a part of it as I was. It was then that I realized that my tears were not just of happiness, nor of sadness, but they were tears of inspiration, a runner's greatest asset.

123K CLUB

Send second quarter mileage count (01/01/83 -- 03/30/83)
to: Dan Trainor, 107 Bowden St., Lowell, MA 01852.

FUDGICAL RESULTS

January 1
Sunny * 35°F * No wind

1	Tom Amiro	17:43
2	Fred Whitehouse	17:46
3	Wendell MacDonald	17:50
4	Dennis Connors	18:29
5	George Prive	19:38
6	Don McHugh	19:46
7	Bernie Underwood	19:47
8	Greg Seaman	19:48
9	Dave Camire	19:50
10	Ray Carroll	20:22
11	Joe Vail	20:28
12	Mike Hodge	20:29
13	Rick O'Malley	20:31
14	Ben Fudge	20:34
15	Bill Boyd	20:35
16	Sean McDermott	21:17
17	Ed Stott	21:24
18	Bill McDermott	22:02
19	Ron Bell	22:52
20	Margaret McDermott	22:59
21	Peter Hanks	23:38
22	Alan Sexton	24:04
23	Kevin Kearns	24:23
24	Anne Dempsey	24:23
25	Beccie Underwood	24:34
26	Joe LaBella	28:40
27	Dick Nadeau	32:03
28	James MacDonald	32:04
29	Shirley Nadeau	32:05

January 8
Sunny * 40°F * Slight wind

1	Tom Mixon	15:50
2	Sean McCormack	15:59
3	Rick Bayko	16:27
4	Fred Whitehouse	16:56
5	Dave Camire	17:21
6	Bruce Thistle	17:24
7	Tom Amiro	17:30
8	Wendell MacDonald	17:33
9	Colin Gouldson	17:38
10	Bill Clark	17:40
11	Ed Laverty	17:53
12	Dennis Connors	18:09
13	Mike Hodge	18:12
14	Ron Moore	18:30
15	Andy Chandonnet	18:35
16	Paul Molvar	18:36
17	Phil Molvar	18:40
18	John Burke	18:56
19	Keith Kowalazyk	19:03
20	Rich Lamontagne	19:05
21	Rafael Rios	19:22
22	Kevin Kearns	19:29
23	Ben Fudge	19:30
24	Rosa Cruz	19:47
25	George Prive	19:48
26	Don Ellwood	20:20
27	Ricky Cruz	20:23
28	Ed Stott	20:52
29	Alan Champagne	22:05
30	Dick Nadeau	22:35
31	Peter Hanks	22:52
32	Santiago Rios	23:29
33	Antero Devarie	23:30
34	Bentley Herbert	23:38
35	Sam Berman	24:07
36	Donna Gouldson	24:09

37	Al Sexton	25:15
38	Shelly Mondou	25:39
39	Joe Vail	25:39
40	Barbara Kelley	25:39
41	Jane Flood	25:39
42	Tory Harder	26:05
43	Jim Lyons	28:05
44	Ann Craven	29:08
45	Shirley Nadeau	30:24

January 15
Cloudy * 20°F * Slight wind

1	Sean McCormack	16:05
2	Rick Bayko	16:43
3	Harvey Blonder	16:51
4	Dave Camire	17:08
5	Bruce Thistle	17:12
6	Kevin Kearns	17:25
7	Wendall McDonald	17:29
8	Bill Clark	17:34
9	Tom Amiro	17:41
10	Mike Hodge	17:42
11	Colin Gouldson	17:46
12	Andy Chandonnet	18:06
13	Bob MacDougall	18:41
14	Phil Molvar	18:43
15	Steve Tsoukalas	18:53
16	Paul Molvar	18:54
17	Dennis Connors	18:57
18	Rich Lamontagne	18:58
19	Keith Kowalazyk	19:00
20	Rosa Cruz	19:30
21	Ray Carrol	20:28
22	Rick Cruz	20:38
23	Sean McDermott	20:42
24	Mike Prifti	20:44
25	Sue Lamontagne	20:46
26	George Prive	20:47
27	Ben Fudge	20:49
28	Ed Stott	20:51
29	Bill Boyd	21:47
30	Shelly Atkinson	22:02
31	Dick Stackpole	22:05
32	Dick Nadeau	22:28
33	Joe Morgita	22:28
34	Bill McDermott	22:50
35	Margaret McDermott	22:50
36	Bentley Herbert	22:52
37	Bill Foley	23:07
38	Dana Atkinson	23:27
39	Anne Dempsey	23:41
40	Donna Gouldson	23:52
41	David Foisie	24:32
42	Tina Sousa	25:04
43	Barbara Kelley	25:39
44	Jenny Dark	27:26
45	Joe LaBella	28:40
46	Cindy Harris	28:50
47	Ann Craven	28:59
48	Shirley Nadeau	29:58

January 22
Snow on course * 25°F

1	Rick Bayko	16:07
2	Sean McCormack	16:12
3	Dave Camire	17:00
4	Tom Amiro	17:09
5	Wendall McDonald	17:35
6	Andy Chandonnet	17:42

7	Colin Gouldson	17:43
8	Bernie Underwood	17:45
9	Dan Daley	17:54
10	Allen Rule	18:04
11	Will Mason	18:19
12	Dennis Connors	18:19
13	Paul Molvar	18:42
14	Phil Molvar	18:47
15	George Prive	19:51
16	Rosa Cruz	19:53
17	Bill Boyd	20:30
18	Shelly Atkinson	20:38
19	Ricky Cruz	21:58
20	Kathy Norton	22:21
21	Joe Vail	22:22
22	Joe Morgita	22:43
23	Bentley Herbert	22:44
24	Chris Brennan	22:51
25	Jim Marsh	23:27
26	Dana Atkinson	23:33
27	Ann Dempsey	24:03
28	Donna Gouldson	24:12
29	Barbara Kelley	24:51
30	Jane Flood	24:52
31	Patricia Vail	24:53
32	Janet Amiro	26:30
33	Kathy Vail	28:57
34	Ann Craven	29:11
35	Ellen White	29:36
36	Dick Nadeau	30:13
37	Shirley Nadeau	30:14

January 29
Sunny * 20°F

1	Rick Bayko	16:10
2	Jim Concannon	16:13
3	Tom Mixon	16:56
4	Dave Camire	16:59
5	Tom Amiro	17:02
6	Bruce Thistle	17:09
7	Wendell MacDonald	17:13
8	Dan Daley	17:22
9	Bernie Underwood	17:26
10	Gary Passler	17:28
11	Colin Gouldson	17:36
12	Allan Rule	17:45
13	Bill Clark	17:47
14	Andy Chandonnet	17:54
15	Ed Laverty	18:05
16	Wayne Fullback	18:12
17	Rick Lamontagne	18:41
18	Don Drewniak	18:47
19	Don Ellwood	18:51
20	Bob MacDougall	18:52
21	Ron Moore	18:54
22	Keith Kowalczyk	19:25
23	George Prive	19:38
24	Rosa Cruz	19:42
25	Jim Toohey	20:10
26	Jeff Lind	20:12
27	Mike Hodge	20:27
28	Bill Boyd	20:33
29	Ed Stott	20:51
30	Phil Roche	20:58
31	Sue Lamontagne	21:00
32	Susan Passler	21:10
33	Ricky Cruz	21:27
34	Don Inman	21:34
35	Joe Morgita	21:39
36	Dan Dorazio	21:46
37	Marlee Lee	21:49
38	Bruce Ecuyer	21:58
39	Ben Casey	21:58
40	Peter Hanks	22:13
41	Jim Marsh	22:17
42	Jim Lightfoot	22:20
43	Barbara Kelley	22:27
44	Joe Vail	22:27

45	Mike Prifti	22:29
46	Bentley Herbert	22:47
47	Bill Foley	22:53
48	Dick Nadeau	23:22
49	Ty Webb	23:36
50	Donna Gouldson	23:39
51	Glifford Piper	24:04
52	Steve Fyten	24:06
53	Fern Piper	24:42
54	T. Harder	25:19
55	Betsy Schumacker	25:31
56	Charles Scott	26:08
57	Janet Amiro	26:17
58	Donna Huntley	26:53
59	Joe La Bella	28:09
60	Jane Flood	28:50
61	Patricia Vail	28:50
62	Ann Craven	29:17
63	Shirley Nadeau	29:53
64	Kathy Vail	31:32
65	Ellen White	31:32

RUNNING CLUB MEMBERS!

show us your club I.D. card when you buy your next pair of running shoes or running suit over \$35 (discounted for less), and we'll give you a special certificate entitling you to select any running top, short, reflective vest, gym bag, t-shirt, hat, nylon pants, or undershorts at 40% OFF! * please note- all previous offers null and void.

★ AVAILABLE

BRANDS ★

FOOTWEAR:

APPAREL:

*nike

*nike

*adidas

*adidas

*tiger

*tiger

*converse

*converse

*new balance

*new balance

*brook

*sub 4

*saucony

*dolphin

*etonic

*moving comfort

*reebok

*jog-a-lite

*pony

*jogbra

*teton

*descente

the shoe box

1 Village Square
Chelmsford, MA 01824
(617) 266-9657

store hours: mon/tue 9:30-5:30; wed/thur/fri 9:30-8:30; sat 9:30-5.

RACE SCHEDULE

A comprehensive race schedule can be obtained by writing The Greater Boston Track Club, 90 Hampshire St., Cambridge, MA., 02139 (remember to include a S.A.S.E.). The Saturday edition of the Boston Globe and Sportscape Magazine (available at all club functions for free) also print comprehensive race schedules, therefore we do not. Listed here are a few races of special interest.

FUDGICAL SERIES The Fudgical Series is designed for all runners, racers and beginners alike. It's a flat 3.1 mile race held every Saturday until March 26th. The location is Tewksbury High School and the starting time is 10:00 AM sharp! Ben Fudge Coordinator.

03/13/83 IRISH FEET ARE RUNNIN', 5 miles, 11:00 AM sharp! Starts in front of the Rogers School on Highland St., and finishes in front of Hynes' Tavern on Gorham St. Dennis Conners Race Director.

03/20/83 American Cancer Society Race. Dan Cahell informs me that THIS RACE HAS BEEN CANCELLED.

03/26/83 Fudgical Run 3.1 miles. Last race of Fudgical Series and third race in STARTING LINES SERIES.

03/27/83 Wang Heart Run, 1.3 mile fun run and 5.0 mile race. Fun run starts at 12:00 and 5 miler at 1:00. Races start and finish at Wang facility on the Pawtucket Blvd. (Rt 113). Contributions to benefit the American Heart Association.

05/15/83 Knights of Vartan, 10K, 10:00 AM West Jr. High School, Andover, MA. Ben Fudge Race Director, a STARTING LINES SERIES' race.

TUESDAY FUN RUNS The GLRR Tuesday Night Fun Runs will begin on April 19th. Starting time is 6:00 PM. We meet in front of the Shedd Park Field House.

CLUB PHONE The club phone number is 452-9426. Call it weekly and keep up-to-date with all GLRR events.

FUDGICAL SERIES Every Saturday, 10:00 AM, 3.1 miles, Tewksbury High School. The series will run from January 1st thru March 26th. Ben Fudge coordinator.

YES!

**I WANT TO JOIN THE GREATER LOWELL
ROAD RUNNERS CLUB**

NEW MEMBER ☐

RENEWAL ☐

ADDRESS CORRECTION ☐

NAME _____ SEX _____ BIRTHDATE _____

ADDRESS _____ OCCUPATION _____

CITY _____ STATE _____ ZIP _____ PHONE _____

TYPE OF MEMBERSHIP DESIRED (check one)

REGULAR (\$10.00) ☐

STUDENT (\$5.00) ☐

FAMILY (\$15.00) ☐
(list family members below.)

MAIL APPLICATIONS TO:

MAKE CHECKS PAYABLE TO:

GREATER LOWELL ROAD RUNNERS
P.O. BOX 864
LOWELL MA 01853

GREATER LOWELL ROAD RUNNERS

IN CASE OF INJURY WHILE TRAVELING OR COMPETING, I WAIVE ALL RIGHTS AND CLAIMS FOR DAMAGES OR INJURIES
AGAINST THE GREATER LOWELL ROAD RUNNERS CLUB INC. AND ITS MEMBERS

SIGNATURE OF MEMBER(S) _____

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

☐ I AM INTERESTED IN BECOMING MORE ACTIVELY INVOLVED IN THE CLUB.

GREATER LOWELL ROAD RUNNERS
P.O. BOX 864
LOWELL MA 01853

