

May 1993 Volume 13 Number 3

STARTING LINES[©]

magazine of the
Greater Lowell Road Runners

Bo Bevis GLRR Female Runner-of-the-Year — Photo Dave Camire



Charlie's Secret
Training Plan

Groton 10KM, Wang Heart
Run Race Results

GLRR Male Masters
Win Another BAA
Marathon Team Title

WE RUN THE MERRIMACK VALLEY

STARTING LINES

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President's Message

Spring has finally begun to surface after a long hard winter. Boston Marathon times will probably reflect the harshness of the winter with slower finishing times.

Team awards took place on March 27 for both youth, adults, and volunteers. Our special guest speaker was John Treacy, 1984 Olympic Silver Medalist and two time World Cross Country Champion. He joked and picked on a few people, including me, and spoke of the four Olympics in which he has participated. He also passed around his Olympic and World Cross Country medals so everyone could see them up close. Judging from the applause a good time was had by all.

Bo Bevis was our female runner-of-the-year and Tom Carroll and Stoddard Melhado shared male runner-of-the-year honors. Jerry Rosa was selected as our most improved runner for 1992. For those who did not



Bill Smith

attend, you missed a great time. Please plan on attending next year.

We're two races into the 1993 NEAC Grand Prix and we have started off with a bang! At the 30K Championship, we had 60 competitors and at the New Bedford Half Marathon, 55 runners represented the GREEN. We were the only club to field a team in every division with every team scoring -- quite an accomplishment. Currently, we are first in three divisions, second in two, and fifth in the other.

(Standings are listed elsewhere in *Starting Lines*.) This is what team running is all about, let's continue to keep the GREEN teams rolling. The next two NEAC races are the Riverside Twilight 8K (May 23) and the Winthrop Hospital 10K (June 6).

Don't forget about the Hynes' Race rescheduled for May 2 and the Therafit Town & Country 5K/10K on May 30. Volunteers are needed for both races. If you can help out, please call the club phone 508/957-6447 leave your name and phone number, someone will contact you. The Town & Country supports our racing teams.

On page 30 is a listing of point totals for the GLRR Grand Prix. If you ran either race and don't see your name, let me know. Good luck with your spring racing and wear your GREEN! -- **Bill Smith**

There are Two Types of Runners:

*Those who wear GREEN, and those who wished they had.
What type are you?*

Club Singlet	Green & gold tricot singlet with cotton poly mini mesh screened with the GLRR logo. Adult sizes S, M, L, XL	\$10.00
Club Shorts	Green & gold nylon shorts with sewn in brief and the GLRR logo. Adult sizes L, XL	\$10.00
Windsuit (top)	All-weather nylon running jacket with zipper front. Green with gold trim and GLRR logo. Adult sizes M, L, XL	\$40.00
Windsuit (bottom)	All-weather nylon running pants with ankle zippers. Green with gold trim and GLRR logo. Adult sizes M, L, XL	\$30.00
Cotton Singlet	Green with club logo (big armholes). Adults sizes S, M, L, XL	\$5.00
Youth Singlets	Same as Team Singlets. Youth sizes M, L	\$5.00
Training Singlets	50/50 unisex white singlet with GLRR logo. Adult sizes L, XL	\$5.00
Sweat pants	Heavy weight pants with elastic waist. Green with gold GLRR logo. Adult sizes S, M, L, XL	\$15.00
	Youth sizes M, L	\$10
Hooded Sweatshirts	Heavy weight sweatshirt. Green with GLRR logo. Adult sizes S, M, L, XL	\$20.00
	Youth sizes M, L	\$15.00
Longsleeve Tees	50/50 green longsleeve tees with GLRR logo. Adult sizes S, M, L	\$10.00
Stocking Caps	Green with GLRR logo	\$15.00

Official GLRR Clothing Order form

Name: _____ Tel: _____
 Street: _____
 City: _____ State: _____ Zip: _____

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

Saturday, May 8

Apple Blossom Challenge 3.5M, Harvard, MA 508/456-2313
 Battle Road Run 10K, Concord to Hanscomb AFB, 617/271-8426
 Clinton Tribune 5M, Clinton, MA, 508/368-0176
 Don't Break a Mother Heart 5M, Medford, MA, 617/932-9393

Sunday, May 9

Walter Childs Race of Champions Marathon, Holyoke, MA 413/734-0955

Saturday, May 15

Fred Slavin 5M, Lowell, MA, Application on page 7

Sunday, May 16

Charles River Run 7M, Brighton, MA 617/266-4250
 Lawrence Elks 10K, Lawrence, MA
 Great Bear Run 5K/10K/1M, Needham, MA 617/449-4954

Wednesday, May 19

Run for the Roses 5KM, all women, Salisbury, MA 508/465-9924

Saturday, May 22

Bedford Rotary 12K/2.5M, Bedford, NH, 603/669-1329
 Wings Beneath My Feet 5M/1M, Waltham, MA, 617/893-5621 (see pg 31)
 Shaker 7, Enfield, NH, 603/469-3262

Sunday, May 23

Riverside Twilight 8K/NEAC Championship, Agawam, MA, 413/786-9300
 Reading Rotary 5M, Reading, MA, 617/944-1141

Friday, May 28

Centennial Park Classic 4.5M, Peabody, MA, 617/593-2098

Saturday, May 29

Hollis Memorial Day 5K, Hollis, NH, 603/880-9479 (see pg 22)

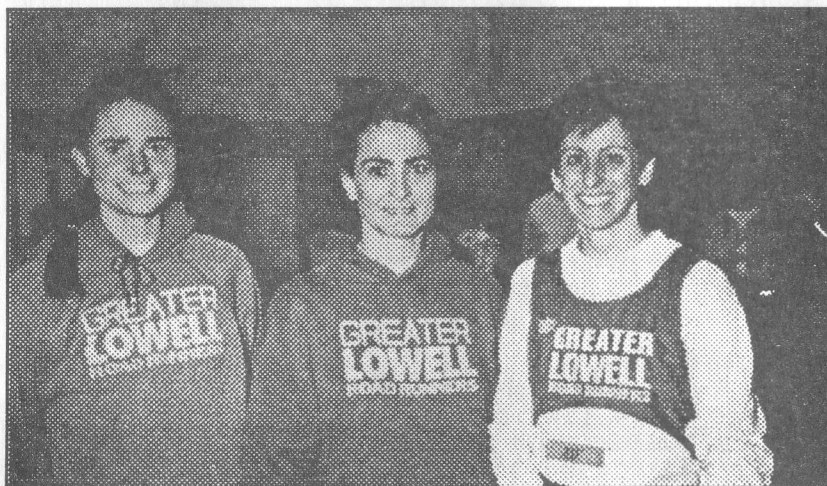
Sunday, May 30

Town & Country 5K/10K, Lowell, MA, 508/957-6447

Monday, May 31

Sports Medicine 5M, Johnston, RI, application on page 16
 Arlington Memorial Day 5K/10K, Arlington, MA, 617/641-5492

GLRR at NEAC 30KM Championship



Gold Medal Team

Kara Molloy, Sue Trudel, and Lisa Senatore led the GLRR to a first place finish in the female team category. Lisa was the overall race winner.



Silver Medalist

Sue Maslowski, Barbara Kimball, and Jean Boswell led the GREEN to a second place team title in the female masters' category.

ST. MICHAEL'S P.T.A. PRESENTS

FRED SLAVIN

☆ 8th ANNUAL MEMORIAL ROAD RACE ☆

SATURDAY, MAY 15, 1993

Sponsored by Coors

5 MILE RACE (AT 10:30 AM)

1 MILE FUN RACE (AT 10:00 AM)

DIRECTIONS: From 495, take Exit 38 to Rt. 38 toward Dracut. Take a right at light near BayBank & Store 24 on corner of 6th St. St. Michael's School on right

ENTRY FEES
BOTH RACES: Pre-entry - \$10
 Post-entry - \$11

Changing Facilities Available —

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Send pre-entry by May 1st
 To: SEAN ROURKE, St. Michael's School
 15 Sixth Street, Lowell, MA 01850

Checks Payable To: Fred Slavin Memorial Fund

T-Shirts to ALL pre-registrants

REFRESHMENTS

YOGURT

BEER

RELEASE FORM

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against the sponsors of the race and/or officials of said event, town and state police, fire department and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

Please check one: ☐ 1 Mile Race ☐ 5 Mile Race

Name _____ Age _____ Male _____ Female _____
 (Please Print) St. Michael's Parishioner ☐ Yes ☐ No

Address _____
 (No. & Street) (City or Town) (State & Zip)

School or Club _____

Athlete's Signature _____ Signature of Parent _____
 (If under 18 Years of Age)

Tee Shirt Size M L XL

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Those Days After. . . .

Well, it's Monday and here I am back out on the roads again... A mere twenty-four hours ago I was part of that mass of humanity which looks forward to Sunday as a sacred day of worship. Yes, a day in which many true believers are hungry for the opportunity to sacrifice their bodies for some action out there on the local road racing scene. Whether you've run poorly or run well, those first few days of training after a big race are always a time for reflection. Your brain seems to get jammed in an instant replay mode. The freshly laid memory keeps skipping and playing itself over and over in your head like a broken record.

Success is obviously a subjective term which can be defined by a broad range of parameters from winning a race, to setting a PR, or to just merely surviving. When you achieve a particular goal or really blow it out of the water, those first

few days of training which follow, sure come easy. Although your body is totally wiped out and there's a raging downpour outside, your head may be so far up there in the clouds that it's impossible to stop yourself from heading out there for a few easy miles. The surge of motivation which results from accomplishing what you set out to do is a powerful, addictive force. These days after make all those hard training miles seem worthwhile, so savor them because they won't last forever...

Just as success may seem ever so sweet, there's nothing like the bad taste that's left in your mouth after a poor performance, especially after months and months of training and preparation. I can remember shuddering as I watched my friends drop out of the Boston Marathon, crawling their way off the course in Cleveland Circle, after toiling over twenty milers in the frigid



Dave Kromer

weather all winter long. If only one could reverse time by twenty-four hours and go back to that point in time where things first started to unravel. If only you'd gone out a little slower, or drunk a little more water, or tapered a little more the week before the race, things might have turned out differently... On these first few days after, the distance between your present state of mind and redemption might seem like infinity. But thanks to the powers of rationalization, within a few days the internal cleansing process begins to wash that bad taste away and you begin to start to thinking about your next race....

The mood of those first few training runs following a big race

can get amplified way out of proportion when you do your training in a group. Heading out for a run in a large pack the day after a race can set the stage for limitless analysis of your race as well as everyone else's. In this particular setting the saying that "you can run but you can't hide" holds true. Those who ran well, can coast along for the ride and fantasize about an endless string of PRs, while others who fell apart, crashed and burned, will be doing otherwise. The local shrink would tell these guys that yes, to talk about such things and to open up your soul is surely the quickest path to mental health, but take my advice and do your running on your own on these days after.

So what went wrong? Maybe it's all a matter of your training? Maybe you did too many long runs and were overtrained? Perhaps you need to get back to the track after all these years and sign up for the two mile series? Maybe you should be doing three speed work-outs a week instead of two? Perhaps you haven't been doing enough hill work? Maybe it was all that marathon training that messed you up? Maybe you're getting too old for all this? You'd be smart to wait a few days and let your head clear before drawing any major conclusions about the effect your training had on your race performance. Second guessing yourself about your training immediately following a bad race is

definitely one of the most common post race ruts one can fall into on those first few days after.

Although your finishing time or place may be your primary focus in a serious racing effort, the strategy which you employ can also leave a lasting impression. Let's face it, the "C" (choke) word is ingrained in the brain of virtually every young athletic hopeful from the moment he or she first ventures into the world of organized sports. I'm sure at one time or another, we've all had the experience of being locked into one of those mid-race, see-saw battles with a fellow competitor which can be so frustrating that they overshadow the entire race. Sometimes these duels are so competitive that final resolution can be reached only as a result of a flat out, dead sprint to the finish line. There are times when you play the stalker and methodically pick off others who went out too fast, and other



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Continued on page 14

1992 Mill Cities Relay

Someone once said, "that good things happen to good people." If that statement is true, then the Merrimack Valley running community must have behaved especially well during 1992. Witness the 1992 Mill Cities Relay.

A bank clock in Hudson noted, as the record field of 98 teams crossed the Nashua Bridge, that it was 8:00 A.M. and a brisk 18-degrees. Thankfully the gusty winds were tail winds. Runners from the ten participating Valley clubs were dressed in a rainbow of club colors. Support vehicles with heaters on full bore and windows opened followed kibitzing and exalting teammates along.

This year's field was larger because of the addition of a couple of new invited clubs. The larger field made the race one of the most unpredictable and competitive to date. Most of the veteran race seers

were reduced to bemoaning "Who the hell knows what place my team is in never mind anyone else's team." This was considered a real coup by the race committee.

As always with an event of this magnitude, major thanks and recognition must be noted to a large contingent of folks, including, but not limited to: Nashua YMCA, NH REACT, Greater Lawrence Voke School, KASE Printing, Julie Crocker (she designed the sweatshirt), and most importantly our new host the Lawrence Elks.

We set records in several areas including consumption of soda, beer, food, but more impressively in scoring the race itself. By one o'clock, not only had the results been tabulated and the awards ceremony completed, but we were well on the way to having distributed to the entire field their coveted "Mill Cities Relay Brick."



Jack Pierce

We continued with our recent tradition of recognizing the presidents of the ten participating club for all their hard work of supporting the local running community. Each president was awarded a MCR sweatshirt. May they all be warmed by them for years to come for surely they have earned them. While on the subject of shirts, there can be no question that last year's were by far the shirt-of-the-year in the Merrimack Valley.

The news keeps getting better. Your race committee is hard at work ensuring that

Continued on page 18

Dear Charlie,

You asked for my ideas on a schedule that could get you into good shape for the 8K-10K distances toward the end of the summer. I lost your address,; therefore, I am sending the ideas via *Starting Lines*. (This is with a special request for a larger font size in deference to our maturity.)

[Excuse me, Charlie. This guy is bugging me. Hey, you! You are a master. This letter is private, for a senior. Go look for Elvis at the mall. Sorry about the snoops, Charlie. Back to the issue.]

We are still working stiff and cannot adhere to the schedule that says "during the Tuesday A.M., do . . ." so the plan is flexible. Also, we travel a bit, so the days are not prescribed either. Finally, we can use the intellectual stimulus to figure out how to put so many eggs in a basket, so the weekly jumbling is up to you as well.

Here goes.

[Excuse me, Charlie. Hey, you sweetie! This is man-to-man stuff. Don't you have something better to do. We need our space, too.]

As I was saying. Stare at a calendar and focus on May-June-July-August. About 18 weeks, depending when your week starts. First, give yourself two of those weeks for whatever. Go fishing. Camp. Walk around the White Mountains. But concentrate on 16 of those weeks -- your choice.

During those 16 weeks plan to accomplish the following:

- 8 long distance workouts (>3 miles) @ 10K pace (whatever you figure that is), doing anything from mile repeats to 5K on a track.
- 8 short distance workouts (<2 miles) @ sub-5K pace, doing 220s and 100s. Yes, 100s, probably at sub-20 seconds for you. Why? Charlie, we can run long, and we can run medium. Speed is what is slipping away from us. Get the knees up. You could do these on grass, barefoot and barebuns if you please!
- 8 tempo/farlek/hill/wood runs. 6-8 miles at a brisk pace (again, whatever that feels like to you) at some speed slower than a medium 10K pace. No stops.

[Alright, this is getting out of hand. First the masters, now the "boomlets of the boomers." Now you young folks. Get outta here! Go listen to music by someone who is not dead yet. "Yeh, race in the fall, and that

Please continue to page 15

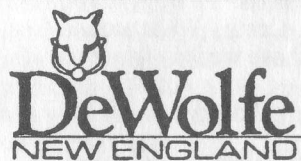
Where's The GREEN?

New member and senior runner Ted Washburn was out winning races for the GREEN. Ted finished first in his division at both the Marlboro Hospital 10K with a time of 39:39 (March 28) and the Groton 10K with a time of 39:26 (April 4).

Don Aker of Chelmsford appropriately represented the GREEN at the St. Patrick's 10K in Holyoke on March 20. Don ran a fine 46:18.

Not be outdone, Bob Grande brought the GREEN to the Shamrock Marathon at Virginia Beach, VA. Bob says he "held up the back with a 4:14." This was Bob's thirtieth marathon in his twentieth state. Bob has "Grande" plans -- he'll be running the Big Sur Marathon in California next.

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 Ted Washburn!



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Westford, MA 01886

Ky Melhado
Stoddard Melhado

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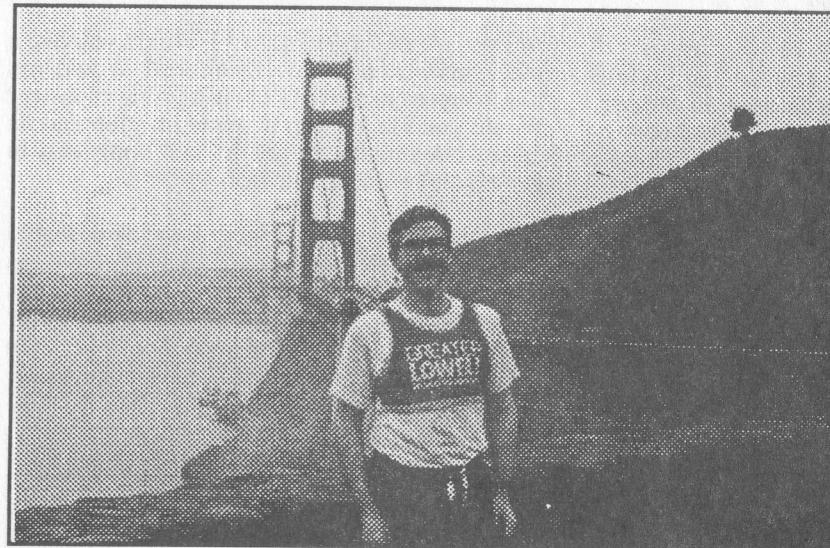
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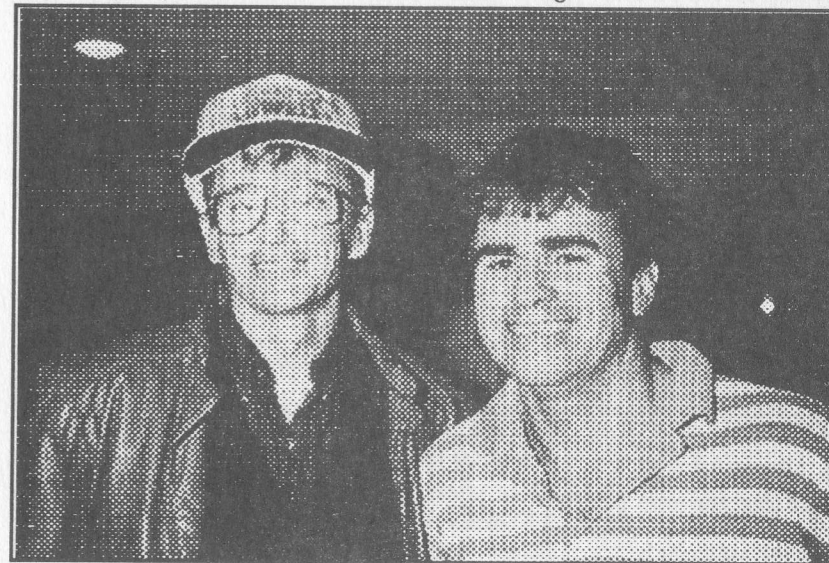
Call Ky and Stoddard

(w) 508-692-2121 (h) 508-486-9185

Here's The GREEN!



Green and Golden -- Dave Tyler recently brought the GREEN to the San Francisco Bay Area and to the Golden Gate Bridge.



Here's More GREEN? -- At the GLRR Awards' Banquet in the form of Irish Olympian John Treacy pictured here with Bill Smith.

Here's The Green?

Traveling to a far away land or planning a vacation in another state. Let us know about it. In each issue of *Starting Lines* we 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: *Here's The GREEN*, 22 Winsor Drive, Dracut, MA 01826. Please include a SASE if you want your photo returned.

Kromer Continued

times when you're the one being stalked! Although running is not technically classified as a contact sport, there's an awful lot of head banging which takes place out there on the roads once that gun goes off. Winning those head to head battles and coming out of them

Continued on next page

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
<input type="text"/>	Zip Code
<input type="text"/>	<input type="text"/>
Phone Number (include area code)	Birthdate (mmddyy)
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 <input type="checkbox"/>	Short Size <input type="checkbox"/>
Signature _____ Date _____	

ain't all, cause you don't do good, we gonna haul! HUUUUHH." This stuff stinks, Charlie.]

- 8 medium-to-long runs at a comfortable pace, e.g. 7:30 for you. These should be 12--15 miles, preferably in the early morn or evening.
- 8 races. Yep, 8. That's about two per month. Take one race each month seriously (minding the weather, of course) and one without much rest.

You're quick with numbers, Charlie, and have noticed that all the eights add up to 40. Could sound demanding, but you can handle that if you are doing the right pace and don't cheat on the days off. Say the four months offer 120 potential running days. By my count you have 80 days. These I would prescribe as 6-8 miles days, steady as she goes. Plus, there are the bonus days that we are not even counting.

Now, will all this get you in good shape?

[Dammit! THIS IS THE LAST STRAW! You are not even from our club. Go get your own coach. This advice will not work for you. Tchees, the noive of these New Yorkers!]

Yes, I think it will. It's the course I am following this summer and I am trying to keep up with you. Remember, Charlie, this is a secret training plan.

Good luck to both of us!
Your friend, Will Mason

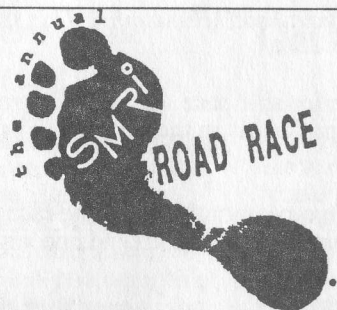
Kromer Continued

the victor, rather than the victim, is certainly one of the best ways to make your training runs more enjoyable on those first few days after.

Although there are some individuals who may have repeated success in their racing exploits, there are many others whose

breakthrough performances occur much less frequently. But regardless of your rate of success somehow it must be worth it, or you wouldn't have stuck with it all these years. Above and beyond your level of talent or fitness, you never know when you're going to have one of those special days where everything

seems to fall into place. Days where you run the race of your life, exceed your expectations by a long shot, and it all seems so effortless... Although days like these may occur with less frequency than you desire, those first few days after such an experience just may be enough to make it all worthwhile...



The Annual Sports Medicine Rhode Island Road Race

5 miles
Monday, May 31, 1993
9:30 am

Hosted by
Rhode Island Road Runners
Sponsored by and held at
Sports Medicine Rhode Island, Inc.
1524 Atwood Avenue, Johnston, RI

1 Mile Fun Run
Open to all ages
9:00 am

\$100.00 Cash Prize
for new course record
Course Records
Andy Ronan 1992 23:56
Lisa Brady 1992 27:25

Merchandise Raffle
after Race
Music
Post Race Refreshments

Team Trophy
First Three Club Members

Color TV
First Male & Female

Video VCR
Second Male & Female

CD Player
Third Male & Female

Trophies to first three
finishers in the
following categories
High School 19-under
Open 20-29
Sub Master 30-39
Master 40-49
Seniors 50-59
Veterans 60 over

SPORTS
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Entry Form
1 mile Fun Run \$7
5 mile race \$10, \$12 after May 26. Photocopies will be accepted.
Make check or money order payable to:
Annual SMRI Road Race, Inc.
c/o James O'Reilly
35 Maplewoods Drive
North Scituate, RI 02857

Corporate Division
For information write James O'Reilly at the above address

Check to indicate
☐ High School Student ☐ Johnston Resident ☐ Policeman
☐ Policewoman ☐ Fireman ☐ Service Veteran
☐ Physician ☐ Wheelchair ☐ Corporate
☐ Team member

☐ 5 mile Race ☐ 1 mile Fun Run

Name

Address

City State Zip

Corporation

Division ☐ M ☐ F Age

Date of Birth

Phone TAC Number

Team

T-shirt size S M L XL

In consideration of the acceptance of this entry, and of my participation in the Annual Sports Medicine Rhode Island Road Race, Inc. I hereby, for myself, heirs, executors, administrators, legal representatives and assigns waive and release, acquit and forever discharge The Annual Sports Medicine Rhode Island Road Race, Inc., Sports Medicine Rhode Island, Inc., the Town of Johnston, sponsors, race officials, organizers and volunteers associated with this event, their employees, servants, agents, representatives, successors and assigns from any type, nature or kind of claims or causes of action for bodily injury, illness, incapacitation, disability, death, consequential damages, expenses or costs, present and future and any other claims of any type, nature or kind whatsoever that may arise as a result of my participation in or association with this event.

Signature Date

Parent or authorized guardian signature if under 18

Don't Mess With the Women's Open Team!

Move over guys, the girls in green are coming through! What a bang to the opening of the NEAC season we had in Boylston on March 7th! Lisa Senatore, in her usual style, took away first place women's overall with a 1:56:34, Kara Molloy finished seventh, second for Greater Lowell, with a 2:08:38, and Susan Trudel took tenth, third for Greater Lowell, posting a 2:14:35. In the depth of field, Jan Johnson ran 2:21:30 and Kassie Burgess, new to the team and contagious with enthusiasm, ran 2:40:15. As we waited in the High School Gym for team honors, the air turned green as our awards rolled in, with a **FIRST PLACE** for the women's open team, edging the Central Mass Striders by seconds. Thanks to one and all!



Jan Johnson and Sue Trudel

Next on the lists was the NEAC Half Marathon at New Bedford on March 21st. Again, the women's team turned out in depth, but first was not meant to be ours this team. The over 1,800-runner field sported some national class, and we came in fourth. A first place tie (with BRC and CSU) is still ours, though. GLRR's first finisher was Terrienne McGettrick with a time of 1:23:50, second came Susan Trudel in 1:26:14, and third was Kara Molloy, posting a 1:28:14. Green dotted the not too distant field behind our leaders, including Michelle Alvarez, Nancy Britt, Kassie Burgess, Regina Burton, Debbie Cole, Lisa DeForge, and Jan Johnson.

The NEAC 8K is coming up on Saturday, May 23rd, in Agawam, MA where we intend to take back the full first place slot. It's a twilight race (7 P.M.) and a "flat course -- perfect for a PR." Look for the sign up sheets in the club mailing or at the next club meeting. We'll all car pool, so mark your calendars.

A warm welcome to new team members Kassie Burgess, Melanie Hire, Jackie Atherley, and Regina Burton. That's it for now, good luck to all running Boston!

Jack Pierce cont.

the tenth anniversary relay is the best race to date. For us to achieve this objective, each participant must remember that this is a non profit race put on for runners by runners. (Where in road running can you find a better bargain at \$5?) So this year, step up on race day and volunteer one half hour to make it the best relay ever! Also, if you have any ideas on how to improve the race, please contact GLRR Mill Cities' representative Dave Camire.

In closing, you will be pleased to hear your generosity enabled the race to contribute \$193.06 to the Lowell Sun's Santa Fund. Thank you for caring and bring a buck or two this year to help those less fortunate. Congratulations for participating and bring someone new along this year. — *Jack Pierce*

GLRR Northeast All Stars Merge

The GLRR is please to announce the merger of the Chelmsford-based Northeast All Stars with the GLRR Youth Running Team. Special thanks to Northeast founder Jesse Harris and GLRR President Bill Smith for making the merger possible. The team is open to all youths from age 6 to 18. For information on the team contact Clint O'Brien.

ALEC's Shoe Store, Inc.

ALEC's is staffed with career shoe professionals who will help assist with size and model selection.

ALEC's has been serving the needs of Nashua and its neighboring communities since 1938 as a complete branded family shoe store.

ATHLETICS

- Nike
- Saucony
- Reebok
- Brooks
- Adidas
- Etonic
- Asics
- New Balance

ALEC'S Shoe Store, Inc.

100 W. Pearl St., Nashua, NH 03060
Downtown Nashua 603-882-6811
MTWFS 9:00-5:30
Thursday 9:00-9:00
Sunday Closed

Lower Back Pain

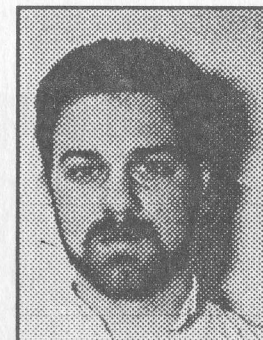
Lower back pain is prevalent in both the recreational and competitive running population. It can range from an occasional dull ache to debilitating pain. In particular to runners, the running surface, terrain, footwear, and flexibility in the lower back and legs can contribute to developing this frequently nagging problem. Certain structural and postural factors may also play a role.

The entire human body functions as a "kinetic chain" That is to say that any movement of one part of our body in space affects our whole body. The age-old adage that a chain is only as strong as its weakest link also holds true for the human body. When running, forces are generated and transmitted throughout the entire musculoskeletal system. In looking at the lower back, it provides a stable base for our upper body while allowing fluid movement of our lower body. This transition of forces places a considerable strain on the lower back muscles. If the lower back is unable

to transmit or dissipate these forces the area will become painful and inflamed. In the majority of cases involving runners, the individuals pain develops gradually and the runner can not identify any one traumatic experience. This type of pain is frequently caused by "repetitive microtrauma".

Contributing Factors

Poor flexibility of the lower back, hamstrings and calf muscles will put added stress on the lower back along with limiting its ability to dissipate forces. Weakness of the quadriceps, abdominal and lower back muscles can also contribute to lower back pain. The pounding forces of running on hard surfaces or in inadequately cushioned shoes may also be a factor. Excessive hill running puts added stress on the back due to the compensatory forward (when running up hill) and backward (when running down hill) lean the body assumes when on this type of terrain.



Lou Coiro

Preventive Measures

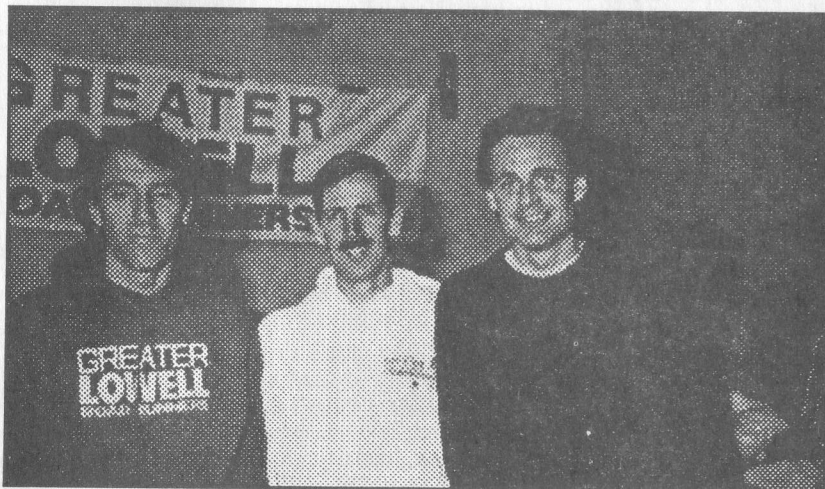
- 1) Proper stretching of the hamstring, calf and lower back muscles. This should be done as part of both your warm up and cool down program.
- 2) Start your running at a slow pace to allow your muscles to warm up and adapt to the increased demands being placed upon it.
- 3) Avoid prolonged running on crowned surfaces which will cause uneven stress on your lower back.
- 4) Run in high quality, shock absorbent shoes.
- 5) Add abdominal and lower back strengthening exercises into your training program.

Body Language

It is crucial to your running success that you

Continued on Page 30

NEAC 30K Championship



Silver Medalist Male Masters

Dave Kromer, Chip Mann, and Phil Riley led a strong GLRR team to a second place finish behind the Tri-Valley Front Runners.



Bronze Medalist Male Seniors

Jack Pierce, Bob Ludwig, and Charlie Pratt led the GLRR seniors to a third place finish in a very competitive field.

Third Annual
JAMES J. CONNOLLY MEMORIAL ROAD RACE
 Woburn, Massachusetts
 NEAC Sanctioned 5-Mile Run
 Thursday, June 17, 1993 -- 6:30 P.M.



Sponsored by and Held at:

BUD LIGHT

Pre-Entry: Send entry form and \$10 (checks payable to Woburn Sports, Inc.) to Mary E. Doyle, R.M. Bradley & Co., Inc., 100 Unicorn Park Drive, Woburn, MA 01801 by 6/11/93.

Post-Entry: \$12, registration time 5:00 to 6:00 P.M.

Categories: First overall male and female receive Nike running shoes. Olympic-style medals to 1-3 male & female in the following categories: 18 & under, 19 to 39, 40 to 49, and 50 and over.

T-Shirts: First 250 entrants.

Raffle: All entrants are eligible to win a get away weekend to Mystic, CT courtesy of International Travel Agents of Woburn. Limousine service provided by Countryside Limousine. All entrants are also eligible to win prizes donated by local Woburn vendors.

Kids races begin at 6:40 p.m.! Ribbons to all participants
Computerized Timing • New Course • Frequent Water Stops
For more info, call 617/938-0718

Name: _____

Date Rec'd: _____

I.D.#: _____

Address: _____

Age: _____ Male: _____ Female: _____

Total Amount Submitted: _____

Release Form: In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against race sponsors, race officials, and their agents including Woburn Sports, Inc., R.M. Bradley & Co., Inc., TAC/USA Association, and their representatives successors, and assigns for any and all injuries suffered by me in said event, I attest and verify that I am physically fit and have sufficiently trained for this event and my physical condition has been verified by a licensed medical doctor. I understand that athletes that compete in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from the event and will lose eligibility for future competitions. Some prescriptions and over-the-counter medications contain banned substances. Information regarding drug testing may be obtained by calling the USOC Hot Line 800-233-0393.

Signature: _____ Date: _____

HOLLIS

MEMORIAL DAY 1993

Salute to Community Service

SHRINER INDUCTION AND MEMORIAL DAY CELEBRATION

5KM ROAD RACE/WALK

Pancake Breakfast, Parade, & Memorial Day Observance

SATURDAY, MAY 29, 1993 -- 8:30 AM

HOLLIS, NEW HAMPSHIRE

host by **THE GATE CITY STRIDERS**

Entry Fee: \$5 (non-refundable) by 5/15/1993

Late Entry: \$6 after 5/15/1993

T-Shirts: \$6 -- Guaranteed if ordered by 5/15

Breakfast: \$3.75 runners/walkers/\$4.75 Adults/\$2.50 Child under 12

Mile Markers • Split Times • Traffic Control • Medical Aid

Awards: Top 3 in each division 15 & under, 16-18, 19-29, 30-39, 40-49, 50 & over. Medals to all walkers.

Directions: The Hollis Town Common is located just south of the intersection of Rtes 122 & 130. Turn left off South 122 onto Depot Rd & follow signs to parking.

Sponsored by Town of Hollis & Arthur O. Lyford, D.M.D.

HOLLIS MEMORIAL DAY 5 KM ROAD RACE/WALK - Hollis, NH		May 29, 1993 (Machine copies accepted)	
LAST NAME		FIRST NAME	
ADDRESS		SEX	
CITY		AGE 5/29/93	
STATE		ZIP CODE	
DATE OF BIRTH		OFFICIAL USE	
TELEPHONE NUMBER		PACE	
FIVE MILE RUN		ONE MILE R/W/WALK	
<p>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am conditionally able and properly trained. I agree to abstain from any decision of a race official whether to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the efforts of the weather, including high heat and/or humidity or extreme cold and/or wind and other factors, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the risks, and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Gate City Striders, Inc., the Town of Hollis, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event except those that liability may arise out of negligence or recklessness on the part of the primary sponsor in this waiver.</p>		<p>MAIL CHECKS PAYABLE TO: Town of Hollis - Memorial Day P.O. Box 581 Hollis, NH 03049</p>	
SIGNATURE		<p>— \$ 5 Entry Before May 15</p> <p>— \$ 6 Entry After May 15</p> <p>— \$ 6 T-Shirt: <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X</p> <p>— \$ 3.75 Breakfast - Entrant</p> <p>— \$ 4.75 Adults</p> <p>— \$ 2.50 Children</p> <p>ENCLOSED</p>	
PARENT/GUARDIAN (Required for applicants under 18 years of age.)			

GROTON, MA 10 KM

APRIL 4, 1993

1 BOB HODGE 31:54, 2 SCOTT LUNDQUIST 32:29, 3 JOAO SILVA 32:34, 4 JOHN LACHANCE 32:39, 5 TERRANCE MCNATT 32:55, 6 PATRICK MORETON 33:11, 7 RICHARD HOLME 33:45, 8 JOE FISCHETTI 33:56, 9 THOMAS CARROLL 34:00, 10 DONALD ALVEY 34:24, 11 TIM BLOUIN 34:48, 12 LOWELL LADD 35:14, 13 STUART MARBLE 35:17, 14 DAN CONNOLLY 35:27, 15 WILEY FULHAM 35:36, 16 TIMOTHY MCCORMICK 35:50, 17 BRETT STEVENS 35:55, 18 ROBERT TANSKI 35:59, 19 ERIC TAKACH 36:08, 20 BILL CARPENTER 36:17, 21 AARON COOPER 36:21, 22 DAVE TYLER 36:24, 23 SEAN LANDERS 36:28, 24 BRIAN RHODES 36:37, 25 HEATHER DAWSON 36:45, 26 KEITH KENNEDY 36:48, 27 DAN MCCARTHY 36:50, 28 JOSH MCCARTHY 36:54, 29 JASON HANDWERKER 37:04, 30 KRISHNA NARAYANASWA 37:12, 31 RICHARD MARCHAND 37:14, 32 PHIL GARDELLA 37:15, 33 TERRI ANN MCGETTRIC 37:20, 34 TERRY SUTTON 37:24, 35 EDWARD COLEMAN 37:29, 36 MICHAEL SHANLEY 37:34, 37 PAUL FUNCH 37:39, 38 VIET TRAN 37:43, 39 ALAN LAINO 37:48, 40 JEFF WILSON 37:50, 41 STEVE PENNEY 37:52, 42 ROBERT SPIERDOWIS 38:15, 43 TOM CONLEY 38:18, 44 RICHARD W. REGAN 38:21, 45 PHILIP DISALVO 38:23, 46 GREG SULLIVAN 38:25, 47 MICHAEL MAHER 38:28, 48 RICHARD BAGLEY 38:32, 49 DAVID JOHNSON 38:35, 50 ROBERT BERGERON 38:38, 51 JOHN ERIKSSON 38:40, 52 JOHN MACARTHUR 38:42, 53 GARY RANCOURT 38:43, 54 CHARLES TERRAS 38:45, 55 MARK SALOIS 38:51, 56 DARRYL HERREN 38:57, 57 BILL MAGUIRE 39:02, 58 KATHERINE SLATTERY 39:08, 59 MARGO WEBBER 39:12, 60 HOWARD BERMAN 39:15, 61 SUE LACHANCE 39:18, 62 GREGORY DUPONT 39:21, 63 SCOTT BUTTERFIELD 39:25, 64 TED WASHBURN 39:28, 65 CHRIS MILLER 39:31, 66 G. GROSS 39:34, 67 RON SENOSK 39:38, 68 GLENN CUNHA 39:42, 69 DICK JOSEPH 39:47, 70 TIM BURKE 39:52, 71 BILL FERRARA 39:56, 72 JOHN WETMILLER 40:01, 73 ANTHONY GLEASON 40:06, 74 JOY MORETON 40:11, 75 WILLIAM MCGRATH 40:23, 76 FORRESTER WYMAN 40:34, 77 GREGORY SICA 40:37, 78 BRAD CHAPIN 40:39, 79 WILLIAM CLANCY 40:42, 80 MIKE MCGLINGHEY 40:44, 81 STEPHEN GRABOWSKI 40:48, 82 BARRY PEARSON 40:52, 83 JAMES MULHARE 40:56, 84 GREG BILLINGTON 40:59, 85 STEVEN COUTU 41:03, 86 ROBERT BARNES 41:07, 87 STEVEN BEAL 41:11, 88 ROGER CAPPALLO 41:18, 89 ROBERT RICARDELLI 41:25, 90 MIKE GATES 41:32, 91 BOB DUBE 41:37, 92 CURTIS AHOKAS 41:41, 93 JOHN WELLS 41:46, 94 DANIEL HILLMAN 41:50, 95 DAVID FUDGE 41:55, 96 PETER ELIPOPOULOS 41:57, 97 BENJAMIN HAMMER 42:00, 98 LEONARD SZUBOWICZ 42:02, 99 NANCY JACOVINA 42:04, 100 TOM COSTELLO 42:07, 101 ANTHONY VERBOYS 42:09, 102 MATT SIEGEL 42:11, 103 PETER WOJTAS 42:13, 104 PAUL WESOLOWSKI 42:16, 105 WILLIAM BERESFORD 42:18, 106 LARRY SMITH 42:23, 107 ANDREW KRUMPE 42:28, 108 LOREN SIEBERT 42:33, 109 THOMAS KONDROSKI 42:38, 110 JEFF MORSE 42:43, 111 BOB RICHARD 42:49, 112 MICHAEL HENRY 42:54, 113 STEVEN O'MALLEY 42:59, 114 JAMES DOWNES III 43:04, 115 PETER BLEIBERG 43:06, 116 SUMMER HARRINGTON 43:07, 117 STEVEN RONDEAU 43:09, 118 JOE TWOMEY 43:10, 119 MICHAEL ANDRUS 43:12, 120 KATHY MORTON 43:13, 121 KURT BERNA 43:15, 122 ERIN COSTELLO 43:16, 123 RICK HERBERT 43:18, 124 KAREN MOTYKA 43:19, 125 DAVE MORENO 43:21, 126 ERIC WOLFF 43:24, 127 BILL NORDENGREN 43:28, 128 SCOTT PATLOVICH 43:31, 129 MIKE SINGELAIS 43:34, 130 BILL BLOOD 43:38, 131 JOHN SINGELAIS 43:41, 132 CHUCK POWERS 43:44, 133 VICKIE TIDMAN 43:48, 134 PAUL SHANDROWSKI 43:51, 135 JOSEPH COLLINS 43:54, 136 PAUL ST. JEAN 43:58, 137 CHARLES GRINNELL 44:01, 138 ANN MARIE RHODES 44:04, 139 CHRIS KOWALIK 44:08, 140 RON ENGLADE 44:11, 141 AL SYMES 44:13, 142 DAVE SAVINI 44:15, 143 LISA YARUSLI 44:16, 144 SHERMAN SMITH 44:18, 145 EDWARD HILLMAN 44:20, 146 GEORGE CARPENTER 44:25, 147 STEVE BOSWELL 44:29, 148 ROBERT CARTER 44:34, 149 MATT BROWN 44:39, 150 MARYANN KNIGHT-EKBE 44:43, 151 RHODA PHILLIPS 44:48, 152 JOHN MCCLELLAN 44:54, 153 STEPHEN MATURO 44:59, 154 CROCKETT MARR 45:05, 155 RAY DELORME 45:09, 156 ANDREA PIERCE 45:13, 157 FRANK STARK 45:18, 158 BLAISE DAVI 45:22, 159 ALICE KASSENS 45:26, 160 DAVID SLAGGER 45:30, 161 LIAM PANINSKI 45:33, 162 CAROLE BAILEY 45:37, 163 JOHN PARKER 45:40, 164 TIMOTHY QUINCY 45:44, 165 JEREMY SLAUSON 45:47, 166 TIM COON-AHAM 45:50, 167 JIMMY MEYER 45:53, 168 MICHAEL CARNEY 45:56, 169 BRUCE MACALONEY 45:59, 170 RICK OLDS 46:02, 171 PAUL GARDNER 46:05, 172 MICHAEL F. VIENS 46:10, 173 MEGAN JAMES 46:16, 174 ROBERT STENZEL 46:21, 175 PAUL KIRSHEN 46:27, 176 BO BEVS 46:32, 177 CHRIS SHATTUCK 46:38, 178 RONALD CARRIER 46:43, 179 DAVID GRIGGLESTONE 46:46, 180 JEFF MACAULIN 46:48, 181 ED KING 46:51, 182 JAMES MOORE 46:54, 183 MICHAEL ROBINSON 46:56, 184 CABOT HENDERSON 46:59, 185 BILL DINARDO 47:01, 186 JAMES MORLEY 47:03, 187 TALMAGE BALTIMORE 47:04,

188 BETH MANNING 47:06, 189 ELIZABETH O'SHEA 47:08, 190 RAYMOND FLETCHER 47:11, 191 DONNA HAIRSTON 47:13, 192 STEVEN TREMBLE 47:16, 193 STEPHEN CRAMTON 47:18, 194 JOSEPH PELLEGRINO 47:21, 195 JENNIFER RICHARDS 47:24, 196 JEFF COURSEN 47:26, 197 CHRISTINE TATTON 47:29, 198 LAWRENCE THIBODEAU 47:31, 199 ALAN THIBODEAU 47:34, 200 JUSTIN WILLIAMS 47:36, 201 CHUCK PERRY 47:39, 202 ROBERT PANINSKI 47:41, 203 WALTER FLEWELLING 47:45, 204 GARY BEVIS 47:49, 205 MICHAEL SR. BABBIN 47:53, 206 DAVID GLEASON 47:58, 207 TIM WHELAN 48:02, 208 ELAINE VIAU 48:06, 209 EDWARD REARDON 48:10, 210 STEVEN INCROPERA 48:13, 211 PAUL HAMILTON 48:17, 212 JOE HIGGINS 48:20, 213 DAVID GAMBONE 48:23, 214 GREG MORTON 48:27, 215 WALT THOMAS 48:30, 216 ANDREW LEUPER 48:34, 217 SANDRA KUTNIEWSKI 48:38, 218 TIMOTHY DUNN 48:42, 219 KEVIN MOLLOY 48:46, 220 DAVID ABATIS 48:49, 221 GLENN GLATFELTER 48:52, 222 DAVID MCCUE 48:55, 223 CHERYL LAPOINTE 48:59, 224 BEN LYONS 49:02, 225 ALAN RODRIGUEZ 49:05, 226 BILL RICE 49:08, 227 DAVID BLAUFUSS 49:11, 228 SANDRA RIVETT 49:14, 229 PETER HOMME 49:17, 230 JIM MAYNARD 49:19, 231 JONATHAN KELLEY 49:22, 232 SUSAN FLANAGAN 49:25, 233 DOUG HAMMOND 49:31, 234 CHERYL LEBLANC 49:37, 235 JAY LINCOLN 49:43, 236 JERRY BODMAN 49:49, 237 SHANE NICOLPOPOULOS 49:55, 238 FRED ISBELL 49:55, 239 MURRAY CLARK JR. 49:55, 240 ROB MOORE 49:55, 241 LAURIE WHITNEY 50:00, 242 RANDY LEACH 50:04, 243 ROBERT LOTZ 50:09, 244 AL FINK 50:13, 245 JIM CLOSE 50:18, 246 JAKE OLDS 50:22, 247 DANIEL KLEIN 50:27, 248 CHARLOTTE MCAULEY 50:31, 249 PETER DAVISON 50:36, 250 ERIC FJELD 50:39, 251 DONNA BROADWAY 50:42, 252 PETER MYETTE 50:44, 253 ALLISON BEAL 50:47, 254 BONNI RICARDELLI 50:50, 255 DANIEL POND 50:53, 256 DIANE D'ANGELO 50:55, 257 STEVE PUTUR 50:57, 258 SIMON GINZBURG 50:59, 259 JOHN LINKEL 51:01, 260 SHARON CASSIDY 51:03, 261 KATY REYNOLDS 51:05, 262 STEPHEN LEGGE 51:06, 263 BECKY MCCARTHY 51:08, 264 JENNIFER JOHNSON 51:10, 265 NORMAN HOFFMANN 51:12, 266 MARK HOFFMANN 51:14, 267 RICHARD DAY 51:16, 268 DANIEL HENRY 51:18, 269 DAVID BLACK 51:22, 270 TIMOTHY DALEY 51:25, 271 BETTY BYRNE 51:27, 272 DONALD GILCHRIST 51:29, 273 FRANK TARR 51:31, 274 DELORES SULLIVAN 51:37, 275 JOHN PULIA 51:43, 276 FRANK COSOLITO 51:49, 277 GLENN ENGER 51:55, 278 MARJORIE RHODES 52:01, 279 PETER POPIENIUCK 52:04, 280 PATRICIA OLDS 52:06, 281 KEITH FREVOLD

52:09, 282 JERRY FITZPATRICK 52:11, 283 DAVID MOORE 52:14, 284 BUZZ HOFMANN 52:16, 285 GORDON BROOKS 52:19, 286 JOHN PANDISCIO 52:21, 287 VERONICA KELL 52:24, 288 JOHN WALSH 52:26, 289 JAMES RODGER 52:29, 290 JOSEPH ROENSCH 52:32, 291 DANIEL SINGELAIS 52:35, 292 EDWARD O'CONNOR 52:38, 293 RICHARD CLEMENT 52:41, 294 SCOTT PHILLIPS 52:44, 295 MICHAEL A. VIENS 52:47, 296 JAMES BUCCIERI 52:52, 297 DAVID CORKUM 52:56, 298 JOHN PETERSON 53:01, 299 NANCY BARTLETT 53:05, 300 JOAN WHOLEY 53:10, 301 CATHY REYNOLDS 53:13, 302 RON GRAY 53:17, 303 MICHAEL WURM 53:20, 304 PETER VONLOESECH 53:23, 305 EILEEN FITZPATRICK 53:27, 306 TARA MOHR 53:31, 307 STEVEN CLARK 53:36, 308 BOB WITTRENN 53:40, 309 DUANE CROMWELL 53:44, 310 BOBBY PINTO 53:48, 311 BRIAN LAMM 53:53, 312 LARRY RILEY 53:57, 313 DAVID LESLIE 54:01, 314 RICHARD LAMPKE 54:10, 315, 54:19, 316 SUE BLOOD 54:24, 317 EDWARD ADAMOWICZ 54:29, 318 GILBERT TROUT 54:34, 319 RAY COUTU 54:39, 320 TOM CALLAHAN 54:46, 321 JULIE FRADETTE 54:52, 322 DOUGLAS PALMISANO 54:59, 323 MARK PETERSON 55:06, 324 MIKE MILLET 55:12, 325 MARY ELLEN SHAUGHNESSY 55:19, 326 LINDA BERNIER 55:22, 327 ROBERT HUNT 55:25, 328 BRIDGET FINNEGAN 55:27, 329 CATHY HARTNETT 55:30, 330 BEVERLY LEACH 55:33, 331 PAUL BROWN 55:36, 332 ANDREW LAMY 55:39, 333 TINA LUTKEVICH 55:41, 334 RICHARD AKINS 55:44, 335 THOMAS, SR. BOARDMAN 55:54, 336 KATHRYN WALLACE 56:04, 337 BRENDA HEARD 56:14, 338 LOU DIMINICO 56:24, 339 PAUL SULLIVAN 56:34, 340 WILLIAM BURT 56:43, 341 SKIP FOOTE 56:52, 342 JANE WOODBURY 57:00, 343 PHILIP MCGUANE 57:09, 344 PAUL GLAVEY 57:18, 345 CAROL FLYNN 57:26, 346 GREGORY L. CLARK 57:34, 347 PAT WOJTS 57:42, 348 JIM DOW 57:45, 349 DIANE ROBINSON 57:48, 350 SUSAN HEALEY 57:52, 351 MARK SAMPERI 57:55, 352 DARYL SMILEY 57:58, 353 ETHAN HANDWERKER 58:01, 354 JOHN LAMBERT 58:02, 355 ANNE FRANCIS 58:02, 356 SITTENFELD CURTIS 58:03, 357 ALICE VONLOESECH 58:03, 358 DAVID MOULTON 58:04, 359 DONNA PAGE 58:04, 360 RENEE WELLS 58:05, 361 LYNNE HARTLEY 58:05, 362 CRAIG JONES 58:11, 363 MIMI WHELAN 58:17, 364 ALICE EASTHAM 58:23, 365 ROBERT MULREY 58:29, 366 MIKE PISTORINO 58:35, 367 MATT GLEASON 58:38, 368 PEG GILDERSLLEEVE 59:30, 369 JAMES RYMSHA 59:58, 370 JEAN CONNOLLY 1:00:25, 371 PETER MUELLER 1:00:53, 372 MIMI SOTIRIOV 1:01:20, 373 RALPH POLOIAN 1:01:48, 374 ANTHEA COSTNER 1:02:05, 375 DAVID LISTER 1:02:22, 376 RODNEY HSING

1:02:39, 377 ROBERT PETERSEN 1:02:56, 378 GAIL GIKAS 1:03:13, 379 NORMAN MACLEAN 1:03:30, 380 JIM PUCKETT 1:03:33, 381 GAIL SCOFIELD 1:03:37, 382 NATHAN GOEBEL 1:03:40, 383 DIANE PLUMMER 1:03:46, 384 CINDY COLE 1:03:53, 385 JUSTIN PALMISANO 1:03:59, 386 JEFFERY LEGGE 1:04:06, 387 PAUL TOOMEY 1:04:12, 388 MAGALI SUTTON 1:04:25, 389 ADRIAN WABO 1:04:48, 390 MADELEINE WALSH 1:05:10, 391 JEAN DEMARCO 1:05:52, 392 JAMES WILLIAMS 1:06:35, 393 DEBORAH LEGGE 1:07:17, 394 CARRIE CENNEY 1:07:59, 395 LORI BARNEY 1:08:44, 396 VERA KALINOWSKI 1:09:29, 397 ADAM GONZALEZ 1:10:13, 398 NANCY SINGELAIS 1:10:58, 399 JASON ROUSSELL 1:11:24, 400 THERESA FLOOD 1:11:49, 401 CHRISTINE ANDERSEN 1:12:15, 402 WALTER THOMAS 1:13:41, 403 MARGO HAMMER 1:14:07, 404 MARSHA CLEGG 1:14:41, 405 DENISE THOMAS 1:14:56

NEAC 30KM Championship

Boylston, MA — March 7, 1993
(GLRR MALE FINISHERS) Eric Beauchesne 1:45:07, Phil Riley 1:50:21, Dave Kromer 1:50:42, Don Alvey 1:52:12, John Dalton 1:52:53, Steve Peterson 1:53:08, Walter Mann 1:53:29, Dave Camire 1:54:35, Stoddard Melhado 1:55:24, Rich Keane 1:57:01, Tom Carroll 1:58:30, Charlie Pratt 1:54:45, Dave Lapierre 1:59:48, Arthur Demers 2:00:17, Bob Hall 2:03:44, Ed Panoast 2:04:07, Mark Coddair 2:04:56, Tom Duddy 2:05:23, Jack Pierce 2:05:23, Dave Audet 2:07:14, Bob Ludwig 2:07:50, Scott Spence 2:08:03, Will Mason 2:10:55, John Piekos 2:14:20, John Poisson 2:14:28, John Saarinen 2:14:49, Steve Beckwith 2:15:47, George Bisson 2:17:17, Steve Kanaracus 2:18:36, Richard Marcotte 2:19:44, John Morrison 2:20:42, David Feng 2:23:29, Dan Bowse 2:26:33, Joe Vail 2:26:37, John Byrne 2:28:31, Dave Cunningham 2:29:45, Ben Fudge 2:32:52, Don Lambert 2:37:21, Richard Nadeau 2:41:35, Bob Hansford 2:42:15, Ed Brylczky 2:48:08, Paul St. Jean 2:48:13, Jim Fitzgerald 2:54:24, Dave Hunnula 2:55:15, Pat Cook 2:57:40, Bob Grande 2:59:12, Michael Podanoffsky 3:15:37 (GLRR FEMALE FINISHERS) Lisa Senatore 1:56:34, Kara Molloy 2:08:38, Sue Trudel 2:14:35, Sue Maslowski 2:16:38, Jan Johnson 2:21:28, Babs Kimball 2:29:21, Kassie Burgess 2:32:24, Jean Boswell 2:42:37, Pippa Davis 2:44:57, Janet Newell 3:39:18, Hazel Palmer 3:41:56

NEAC Half-Marathon

New Bedford, MA — March 21
(GLRR MALE FINISHERS) Eric Beauchesne 1:11:23, Phil Riley 1:12:46, Dave Kromer 1:14:10, Jay Jenkins 1:14:21, Stoddard Melhado 1:15:06, Steve Desisto 1:15:32, Tom

Carroll 1:15:49, Bob Hall 1:17:00, Dave Camire 1:18:01, Rich Keane 1:18:24, Steve Beckwith 1:19:50, Steve Pedkinonis 1:19:59, Charlie Pratt 1:20:52, Ed Panoast 1:22:11, Jack Pierce 1:22:19, Scott Merrill 1:22:20, Will Mason 1:22:46, Phil Gardella 1:23:34, Bob Ludwig 1:25:17, Jerry Rosa 1:26:14, Ted Washburn 1:26:57, John Saarinen 1:27:46, Ralph Steere 1:28:02, Dennis Leblanc 1:28:34, George Bisson 1:29:35, David Feng 1:29:56, Stephen Pepe 1:31:54, Steve Grande 1:32:34, Jack Clancy 1:33:23, Barry Pearson 1:43:20, Ernie Roy 1:53:09, Michael Pananoffsky 1:54:27, Bob Lordan 1:54:47, Sean Krasinski 2:00:35 (FEMALE FINISHERS) Terri Ann McGettrick 1:23:50, Sue Trudel 1:26:15, Kara Molloy 1:28:14, Susan Maslowski 1:29:29, Lisa Desforge 1:36:05, Kassie Burgess 1:36:47, Debra Cole 1:37:16, Regina Burton 1:37:49, Jean Boswell 1:41:32, Jan Johnson 1:42:31, Christina Bellinger 1:42:58, Michelle Alvarez 1:51:32, Nancy Britt 1:52:15, Delores Sullivan 2:00:14, Sharon Cassidy 2:04:54, Elaine Pechow 2:06:54, Renee Wells 2:14:51, Hazel Palmer 2:17:00, Janet Newell 2:19:07, Leslie Lowry 2:25:19

Wang 5-Mile Heart Run

Lowell, MA — March 28, 1993
1 KEVIN CURTIN 25:08, 2 LARRY SAYERS 25:12, 3 ANDY BENGSTON 25:35, 4 PETER HESLAM 27:16, 5 BOB HALL 27:20, 6 DONALD NIKASEY 27:57, 7 MARK CODDAIRE 28:12, 8 DICK MARCHAND 28:17, 9 ALLAN RUBE 29:13, 10 NANCY SIROIS 29:17, 11 EDWIN MATOS 29:30, 12 DAN DORAZIO 30:00, 13 JOHN BYRNE 30:30, 14 JOHN ERIKSSON 30:34, 15 DANTONELLI 30:52, 16 JEFF MORSE 31:12, 17 BARRY PEARSON 31:15, 18 JOHN MORRISON 31:24, 19 MICHAEL MADSEN 31:36, 20 SEAN KEDDIE 31:49, 21 KRISTINE NOBLE 31:54, 22 DAWN ROBERTS 32:14, 23 PETER SHAJENKO, JR. 32:28, 24 SCOTT STEVENSON 32:31, 25 ED MOLONEY 32:35, 26 CATHY COL 32:53, 27 JOSE MANGUAL 33:30, 28 RAYMOND DELORME 33:47, 29 REG MARDEN 33:56, 30 BOB EICHEL 34:00, 31 PAUL MCKERNAN 34:06, 32 DAVE WEEKS 34:11, 33 JOHN DAVID HUTCHINSON 34:12, 34 SHAUN HARRINGTON 34:13, 35 JAMES RHODES 34:17, 36 PAUL MCKERNAN 34:18, 37 BO BEVIS 34:24, 38 HERB ROBERTSON 34:31, 39 DANIEL HOUSTON 34:46, 40 DAVID HANNULA 35:05, 41 JEFFERY RHODES 35:20, 42 BILL BREAU 35:26, 43 KRASINSKI SEAN 35:31, 44 GERARD PINTAL 35:44, 45 DENNIS BEAUSOLEIL 35:48, 46 DONNA DEVEAU 36:07, 47 CHRISTINA BELLINGER 36:08, 48 MARTIN CARDOZA 36:14, 49 JOE CARROLL 36:28, 50 STEVE ZIS 36:37, 51 MAX WARD 36:46, 52 BOB MCKILLIP 36:57, 53 EUGENE FITZGER-

Continued on page 29

NEAC Grand Prix Championship

1993 NEAC Grand Prix Standings

Male Open

1 CMS 16, 2 TVRF 13, 3 BRC 11, 4 WRT 10, 5 CSU 8, 6 GLRR 6, 9 GSH/BAA 4

Female Open

1 GLRR/BRC/CSU 13, 4 CMS 9, 5 LAC/GBTC 7, 7 GBTC 4, 8 RIRR/BBRR 2, 10 IATC 1

Male Masters

1 GLRR/CMS/TVFR 10, 4 CSU 6, 5 BRC 4, 7 BAA/RIRR 1

Female Masters

1 GLRR/CMS 9, 3 LAC/GBTC 6, 5 RIRR 5, 7 CSU 3, 8 GNBTC 1

Male Seniors

1 BRC 6, 2 RIRR 4, GLRR 2

Female Seniors

1 LAC 3, 2 GLRR 2

Overall Point Totals

1 CMS 44, 2 GLRR 42, 4 BRC 34, 4 CSU 30, 5 TVFR 23,

NEAC 30K Championship Boylston — 3/7/93

Male Open

1 CMS 5:08:34, 2 TVFR 5:22:47, 3 WRT 5:24:04, 4 GLRR 5:26:42 (Eric Beauchesne, Phil Riley, Dave Kromer), 5 BRC 5:28:42, 6 CSU 5:36:52,

7 GSH 5:43:20, 8 BAA 5:49:17

Female Open

1 GLRR 6:19:47 (Lisa Senatore, Kara Molloy, Sue Trudel), 2 CSU 6:20:14, 3 CMS 6:39:37, 4 BRC 6:46:25, 5 GBTC 7:20:50, 6 LAC 7:54:03, 8 BBRR 8:44:29

Male Masters

1 TVFR 5:33:11, 2 GLRR 5:34:32 (Phil Riley, Dave Kromer, Chip Mann), 3 CMS 5:36:58, 4 CSU 5:51:05, 5 BRC 6:00:29, 6 RIRR 6:11:25

Female Masters

1 GBTC 7:24:30, 2 GLRR 7:28:36 (Sue Maslowski, Barbara Kimball, Jean Boswell), 3 LAC 7:54:03, 4 CMS 8:09:17

Male Seniors

1 BRC 6:10:17, 2 RIRR 6:11:25, 3 GLRR 6:14:00 (Charlie Pratt, Jack Pierce, Bob Ludwig), 4 MRR 6:40:11, 5 CMS 7:02:06, 6 BAA 7:27:19

NEAC Half-Marathon Championship New Bedford — 3/21/93

Male Open

1 CMS 1:05:02, 2 BRC 5:48:23, 3 TVFR 5:55:06, 4 WRT 6:04:13, 5 GLRR 6:08:12 (Eric

Beauchesne, Phil Riley, Dave Kromer, Jay Jenkins, Stoddard Melhado), 6 CSU 5:59:44, 7 BAA 6:06:14, 8 GSH 6:06:19

Female Open

1 BRC 4:06:14, 2 GNBTC 4:11:30, 3 CSU 4:13:14, 4 GLRR 4:18:19 (Terri Ann McGettrick, Susan Trudel, Kara Molloy), 5 LAC 4:18:19, 6 CMS 4:19:47, 7 RIRR 4:21:14, 8 IATC 4:43:06

Male Masters

1 CMS 6:06:18, 2 GLRR 6:11:55 (Phil Riley, Dave Kromer, Jay Jenkins, Stoddard Melhado, Steve Desisto), 3 TVFR 6:16:40, 4 CSU 6:24:25, 5 BRC 6:48:41, 6 BAA 6:55:17

Female Masters

1 CMS 4:29:29, 2 RIRR 4:37:36, 3 GLRR 4:49:17 (Sue Maslowski, Barbara Kimball, Jean Boswell), 4 CSU 4:55:14, 5 GNBTC 5:06:35

Male Seniors

1 BRC 4:01:41, 2 RIRR 4:02:16, 3 GLRR 4:05:57 (Charlie Pratt, Jack Pierce, Will Mason) **Female Seniors**
1 LAC 5:02:42, 2 GLRR 6:36:21 (Delores Sullivan, Hazel Palmer, Janet Newell)

GLRR Trivia Test

1. Within two years, what year did the Fudge Winter Series start?
2. Where was the original starting line of the "Run Your Turkey Off Race" during its first two years of existence.
3. The first two Jim Witt 5 mile road races were run entirely through the Highland section of Lowell. In 1986 the course was changed so it was run on both sides of the Merrimack River. What made this possible?
4. For the first two years of the Hynes Road Race, where was the starting line?
5. In 1988 the Hynes race course was changed yet remained the same. How was this possible?
6. Also, in 1988, the Jim Witt course was changed just before the four mile mark for half a mile before rejoining the original course at the corner of
7. What three local 5 mile road races run on parts of each other's course? All races start in Lowell?
8. Who is the Fudge Winter series named after?
9. In 1990, what happened to the "Run Your Turkey Off Race."
10. In the last year of the Dubliner Road Race in 1991, why was the course short?
11. When the Fudge Winter Series started, how long was the course?
12. The Unitarian Church in Chelmsford Center ran a road race for several years which started at 7:00 a.m. followed by a pancake breakfast. What was this race called?
13. This former local race always started with the Star Spangle Banner being sung. Bill Rodgers ran in this race several times.

Wilder and Broadway Street. Why?.

ANSWERS

1. 1976
2. The race started and finished at the football stadium in Lowell and ran through Tewksbury and Lowell.
3. The Rourke Bridge was built which allowed the course to cross the Merrimack River.
4. The starting line was directly in front of the Roger's School and after 100 yards, the course took a sharp right turn on to the present course;
5. After mile one, the course was reversed so that miles two through four were run in the opposite direction so that mile four became mile two, etc.
6. The bridge on Pawtucket Street over the North Canal was closed for repair and could not be crossed.
7. Lowell Firefighters, Hynes and Cappy's Copper Kettle.
8. Ben Fudge who

Continued on page 29



PACK MONADNOCK MOUNTAIN 10-MILER

WILTON AND TEMPLE, N.H.
SUNDAY JUNE 6, 1993 -- 9:00 AM
2000' VERTICAL CLIMB

Sponsored by



Veryfine
Fruit Juices and Drinks

STATE OF N.H.
MILLER
STATE PARK



Saturday, June 6, 1993 -- 9:00 am
WILTON AND TEMPLE N.H.
host by **THE GATE CITY STRIDERS**

Entry Fee: \$9 (non-refundable) by 5/21/93

Late Entry: \$11 after 5/22/93

T-Shirts \$6 -- Guaranteed if ordered by 5/22

Awards: Top 3 in each division 1-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & OVER

Directions: To Temple Mt. Ski Area take the Everett Turnpike to Exit 7W to Rte 101A W

Parking: This is a point-to-point race. You are expected to carpool to the start, while parking most cars at Temple Mt, Ski Area for after race. No bus service provided.

Check-In: Temple Mt. Ski Area from 6:30-8:00 am. It takes 15-minutes to drive to downtown Wilton for the start.

PACK MONADNOCK MOUNTAIN 10-MILER										Wilton & Temple, NH		JUNE 6, 1993		(Machine copies accepted)	
LAST NAME										FIRST NAME		SEX		AGE 6/6/93	
ADDRESS										CITY		STATE		ZIP CODE	
TEAM										DATE OF BIRTH		TELEPHONE NUMBER		PACE	
<small>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I accept all risks associated with running in this event including, but not limited to, falls, cramps, heat, dehydration, and other conditions. I agree to hold the organizers harmless for any injury or damage to my person or property, and I agree to hold the organizers harmless for any injury or damage to my person or property. I agree to hold the organizers harmless for any injury or damage to my person or property. I agree to hold the organizers harmless for any injury or damage to my person or property.</small>															
SIGNATURE										MAIL CHECKS PAYABLE TO: Gate City Striders		T-SHIRTS: S, M, L, X		ENCLOSURE	
PARENT/GUARDIAN (Required for applicants under 18 years of age)										P.O. Box 3692		Nashua, NH 03061		Cost \$ 6	

The Grande Report

Destination: Las Vegas, Nevada

I found out three days before the Las Vegas Marathon that Jerry Rosa, Steve Pepe and their significant others would be joining me. My training for the marathon consisted of taking the "T" (as in Orange Line). My total mileage for December was about 30-miles and for January I did about 100-miles. My speed-work consisted of running five miles at a grueling eleven minutes per mile pace with Elaine Pechow.

The day before the race, I caught a Northwest flight that was overbooked. They needed passengers to give up their seats so I volunteered and received a \$300 voucher. I thought to myself, "Another free trip, Steamboat Springs, CO, here we come!" They threw-in a \$5 food coupon bonus for good measure; eat your heart out Steve Pepe.

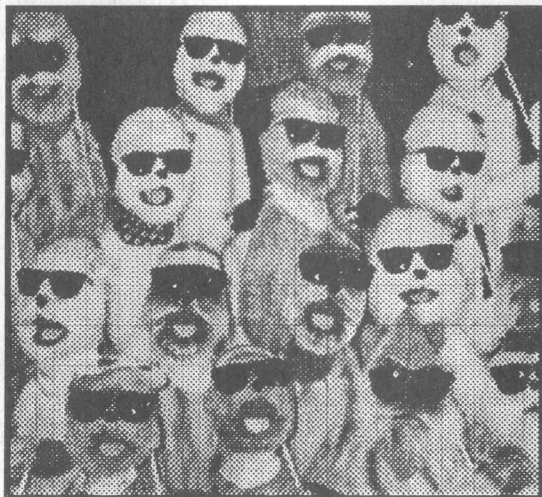
I was eating the chef's special, that just happened to be seafood fettucini (pasta loading), when I noticed another

lady having the same dish. Now that in itself was not surprising, except she found an ant in her dish and she was freaking. You know we are one of the few countries that do not partake in such delicacies. I thought it was the best part of the meal—high protein, low fat. The irony of it all, my Snicker's bar had a hair in it (Elaine's registered trademark).

Arriving at the Pepster's second home, the Ramada Inn, I bumped into the crew at the casino. After a bite to eat, we planned our strategy for the next morning. The

strategy being the timing of bathroom usage. On Saturday morning, we took the bus. It drives you to the middle of the desert and you run back. That's simple enough. The weather was cool and dry. The first three miles of the course were downhill, the next eleven were uphill, and the rest rolls before it flattens out at the end. The biggest problem is that you can see the city for the last ten miles making the last few miles seem to last forever.

Jerry broke three hours again (it's getting to be a habit). I think we should start taking wa-



Will and Stod's Fan Club

gers as to when he will go over three hours. He placed in the masters' division and received a real nice plaque (not the stuff on your teeth). The Pepster finished a few minutes in front of me in 3:20-something. I finished in 3:29 and was satisfied. Jerry and I had a photo opportunity at the finish (see the last Starting Lines). We also saw the "Will Mason and Stoddard Melhald Fan Club" (see picture accompanying article).

The race was fairly well organized, however, the water stops could have been closer together and they had limited refreshments afterwards. At the casinos, I was feeding the nickels slots and staying "alive" while the waitress was feeding me free Gin and Tonics—you gotta love it! Kathy Pepe and Marion seemed to have a heck of a good time and better luck than Jerry and the Pepster. One more state done!

Destination Florida

Greater Lowell's new master ace E. Pechow wins her age group in the SpaceCoast 5 Miler and then paces yours truly in the marathon for 20 miles. Oh, did I

mention she was armed with my four Advils, Gatorade, bananas and was riding a bike. She certainly helped me significantly—to Hell with TAC rules. The following week E. Pechow places in her age group yet again at the Merwins 5K. The course loops the Palm Beach Mall out and back through an office park. Seriously, these races in Florida are a real delight with awards in 5-year age groups. Their master runners would give our boys a run for their money. A 72 year old did a 24-minute 5K, not too shabby! There were 50-year olds running in the 16's. P.S. Pete and Ben Nichols from Florida say hello to John Sutherland. --
Steve Grande, GLRR Correspondent

Heart Run Continued

ALD 37:04, 54 BILL GIBLIN 37:08, 55 HARRY PROCTOR 37:33, 56 DAVID GLEASON 37:42, 57 MARY SEVIGNEY 38:24, 58 GERARD DOYLE 38:46, 59 SUSAN RUBE 38:57, 60 BILL CAVANAUGH 40:01, 61 PHIL VAN KEUREN 40:03, 62 MICHELLE KITCHEN 40:57, 63 MICHAEL WORMWOOD 42:00, 64 DAVID MOORE 42:02, 65 BRENDA CARDOZA 43:48, 66 JOHN W. CODDARE 43:50, 67 STEVEN BERGIN 44:42, 68 CHARLES SOILES 44:43, 69 EILEEN WALSH 44:53, 70 LAMBERT ALMEIDA 46:15, 71 PAT WOJTAS 46:22, 72 LAY HONG BUTH 47:13, 73 JIM POCKETT 48:05, 74 DALE STEARNS 49:10, 75 ROBERT HUNTER 49:10, 76 PAUL GAUDETTE 49:10, 77 CATHIE BOLDUC 52:15

Trivia Continued

- started the series so that he could race on Saturday mornings.
- The race was not held because of a lack of a sponsor.
 - There was no race marshal at the intersection of Church and Central Street to direct the runners to take a right on Church Street and as a result, the runners continued down Central Street and thus cut off 3/10 of a mile.
 - 3.7 miles
 - Early Bird Race
 - Chelmsford Elks

GLRR Masters Win BAA Title

Congratulations to the GLRR male masters' team of Phil Riley (2:37), Chip Mann (2:35), and Stoddard Melhado (2:46) for capturing their second consecutive BAA Marathon team championship. This marked the second year that the BAA has recognized the male masters team category. GLRR is the only club to have ever won this prestigious title.

GLRR Grand Prix

Beauchesne, Trudel, Molloy Lead

Male Standings

Eric Beauchesne 20, Phil Riley 19, Dave Kromer 18, Stoddard Melhaldo 14, Dave Camire 12.5, Tom Carroll 12, Rich Keane 11, Bob Hall 9.5, Jay Jenkins 8.5, Don Alvey 8.5, Charlie Pratt 8.5, John Dalton 8, Steve Desisto 7.5, Steve Peterson 7.5, Chip Mann 7, Ed Pancoast 6, Steve Beckwith 5.5, Steve Peckinonis 4.5, Dave Lapierre 4, Jack Pierce 4, Arthur Demers 3.5, Scott Merrill 2.5, Will Mason 2.5, Mark Coddair 2, Tom Doody 1.5, Philip Gordella 1.5, Bob Ludwig 1.5, George Bisson 1, David Feng 1, Michael Padodoffsky 1, John Saariner 1, Dave Audit 0.5, Scott Spence 0.5, John Piekos 0.5, John Boisson 0.5, Steve Kanaracus 0.5, Richard Marcotte 0.5, John Morrison 0.5, Jim Maines 0.5, Dan Bowse 0.5, Joe Vail 0.5, John Byrne 0.5, Dave Cunningham 0.5, Ben Fudge 0.5, Don Lambert 0.5, Richard Nadeau 0.5, Bob Hansford 0.5, Ed Brylczyk 0.5, Paul St Jean 0.5, David Hunnula 0.5, Patrick Cook 0.5, Bob Grande 0.5, Tom Amiro 0.5, Jerry Rossa 0.5, Ted Washburn 0.5, Ralph Steere 0.5, Dennis Lablanc 0.5, Steve Pepe 0.5, Jack Clancy 0.5, Barry Pearson 0.5, Ernie Roy 0.5, Bob Lordan 0.5, Sean Krasinski 0.5

Female Standings

Sue Trudel 18.5, Kara Molloy 18.5, Sue Maslowski 17, Kassie Burgess 14.5, Barbara Kimball 13.5, Jan Johnson 13, Jean Boswell 12, Lisa Senatore 10, Terri Ann Mcgettrick 10, Lisa Deforge 8, Debra Cole 7, Regina Burton 6.5, Hazel Palmer 6, Janet Newell 6, Pippa Davis 6, Christina Bellinger 4.5, Michelle Alvarez 4, Nancy Britt 3.5, Delores Sullivan 3, Sharon Cassidy 2.5, Elaine Pechow 2, Renee Wells 1.5, Leslie Lowry 0.5

Back Pain Continued

"listen" to your body. The pain that originates as a minor dull ache may develop into a chronic strain necessitating long-term rest if not managed properly. If you experience pain with running, especially pain which increases as you run, you need to reduce your workouts accordingly. Use of ice for 6-10 minutes 4 to 5 times a day along with over the counter anti-inflammatory medication may help in reducing pain and inflammation. Gentle stretching exercises for the lower back may also help to alleviate muscle spasms. If your pain persists for greater than a week, professional assistance should be sought. Generally in the case of lower back injuries, the sooner it's treated, the quicker the recovery.

Certain congenital and/or degenerative conditions may also be a source of lower back pain. Any pain which radiates into the buttock or leg, or associated with bowel or bladder disturbances should be referred to a physician.

GLRR YOUTH SPRING TRACK

GLRR free track practices each are held at 5:30 on Tuesday and Thursday from Chelmsford High School from 4/13/93 through 6/24/93 for ages 6-17. Emphasis is on an enjoyable experience for all youth consisting of basic instruction and training for newer participants as well as organized workouts and competitions for advanced runners. For more information, call the GLRR Youth phone at 508-957-6447. Also Clint O'Brien at 508-667-4347, Gary Bevis at 508-970-0501, or Hike Hoisington at 508-263-7339. For those children who join the GLRR (\$5.00), discount uniforms, sweats, entry fees, functions, etc. are available. We are looking forward to another successful track and cross-country season for our GLRR youth runners and hope you can join us. -- *Clint O'Brien*

Possible Competitions

5/03	Sun	1:00	Youth Track Meet - Chelmsford HS.
5/16	Sun	1:00	Youth Relays - Chelmsford HS.
5/16	Sun	12:00	Great Bear Run all ages - Pollard Middle School, Needham.
5/22	Sat	AM	Waltham Track Club Youth meet, Waltham. MA.
5/30	Sun	4:30	THERAFIT 5K Lowell - Rourke Bridge.
6/10	Thu	PM	Byam School mini marathon - Chelmsford, MA.
6/12	Sat	AM	Waltham Track Club Youth Meet, Waltham, MA.
6/13	Sun	9:00	NE AAU T&F Championships - Chelmsford HS.
6/19	Sat	9:00	NEAC Region 1 USA T&F Championships - Brown U, RI.

2nd Annual Wings Beneath My Feet

One Mile Fun Run/Five Mile Race
Saturday, May 22, 1993



Time: 9:45 am 1-Miler, 10:30 am 5-Miler

5 Mile Entry: by May 15 \$8, after \$10

Fun Run Entry: 10 & under FREE, 11 to 16 \$2, 17 & over \$3

T-Shirts: First 200 Entries

Raffles • Awards • Refreshments • Music

More information call Bill Marsten 617/893-5621

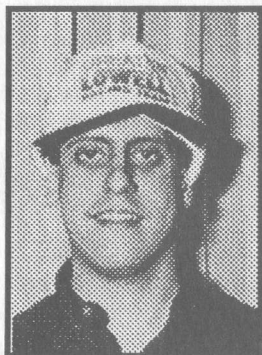
Wings Beneath My Feet Road Race Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Male _____ Female _____ Age on Race Day _____
Division: Open _____ Masters (40+) _____ 1 Mile _____ 5 Mile _____
T-Shirt Size: Adult S M L XL (circle one)
In consideration of my entry being accepted, I hereby release the City of Waltham, the Fernald School, Race Officials and all other persons and/or organizations connected with the race from any and all claims of damage or injury from my participation in or traveling to or from the "Wings Beneath My Feet" 1 Mile Fun Run and 5 Mile Road Race on Saturday May 22, 1993. I also give permission to use my likeness and publish my name in the news media.
Signature _____ Date _____
Signature of Parent (if under 18) _____

Make checks payable to: The Fernald Association, Inc.
Mail check and application to: Bill Marsten, 50 Trapelo Road, Waltham, MA 02154

Who's Who In Green?

Meet Steve Haupman



Steve is 29 years old and lives in Brighton, MA near the Charles River where he does some of his running. "I have a map of all the bridges, but I have to watch out that the toll bridge near the Museum of Science isn't up," he says. Steve began running five years ago when a coworker urged him to join the Boston Barley Hoppers. His

current goal is to get back to the level he was at before he broke his leg last Thanksgiving playing a pickup football game. Currently he is running about 12 to 16 miles per week and is planning to run several races this Spring. His favorite race is the Shaker 7 in Enfield, NH. "I like the length and there is only one hill. It's also a great time afterwards because it's near a lake and they have a great barbecue," he said. Steve likes being a member of GLRR. He joined after meeting fellow club members Steve Grande, Bob Grande, and Steve Pepe at several road races.

Run for the Roses

All Women 5K
May 19 -- 6:30 pm

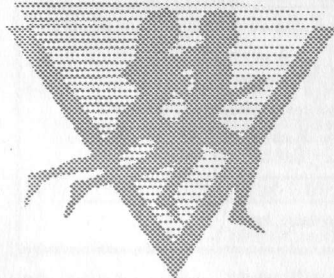
*Winner's Circle
Sports Bar
Salisbury, MA
Pre-entry: \$6
Post-entry: \$8
T-shirts 1st 200
entrants
5yr Age Groups
Team Competition*

For an entry form
call Tim Galvin
508/465-9924

STARTING LINES

P.O. Box 864
Lowell, MA 01853

ROAD RUNNERS CLUB OF AMERICA



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