

# Starting Lines

published by the Greater Lowell Roadrunners



GLRR Women competed at the Focus On Women Road Race -- (top left to right) Maureen Semekis, Chris Brennan, Linda Smith, Kathy Breen, Judy Neiland, Ann Sartorelli, Jean Boswell, Sue Taylor, Catherine Hissem, (bottom row) Janet Amiro, Debbie Olsen, Sue Lamontagne.



## Upcoming Events

### GREATER LOWELL HAS FASTER WOMEN

A new women's racing program began the week of May 9th and will continue through July 22nd. The program, offered to GLRR women, is designed to help the participants achieve peak performances at 5-miles. Training will consist of a semi-long run on Sundays, optional participation in the 2-mile series on Tuesdays or hill workout, and a serious track workout on Thursday at Cawley Stadium or Tewksbury High School. Coaching will be provided by Will Mason and Tom Amiro.

Participants are expected to keep a log and run about 30 miles a week. Tom will run the Thursday night track workouts and Will will monitor each individuals progress. Joe Longtin has graciously offered free entry into the East End Race, which will be the program's finale on July 22nd, to all who

successfully complete the program. Interested women should call Sue Lamontagne at 250-0375.

### YOUTH TRACK MEETS

There will be a youth track program at Cawley Stadium on the Thursday evenings of May 30<sup>th</sup> and June 6<sup>th</sup>. The starting time is 5:45 PM., and children in grades 1-8 are eligible. Events will range from 50 yards to 1 mile. No entry-fee and ribbons will be awarded. For additional information, call 452-4856.

### IT'S MEMBERSHIP RENEWAL TIME

Many club members will be receiving membership renewal bills during the month of June. Please help us by sending in your dues quickly. Our dues have never been raised, making the GLRR about the best buy around.

### 11TH ANNUAL CAPE COD RELAYS

This year the race is being limited to 250 teams, therefore, entries must be sent in early! The relay, which is 84-miles (more or less), will be held on October 19th. It will start at Plymouth Rock in Plymouth, MA., at 7 AM and finish in Provincetown. Each team must have eight runners. Divisions include men's open, women's open, masters, and mixed (4 men and 4 women). Last year the GLRR men placed 6th overall in 7:45:41 and the GLRR women placed 190th in 10:56:47. Don't miss out on the fun. Last year everyone had a "mah-vel-ous time." For more information contact: Tom Carroll 459-4422 (men), Sue Lamontagne 250-0375 (women), and Will Mason 256-7171 (masters).

# Upcoming Events



## GLRR 2-MILE SERIES RETURNS

The GLRR 2-Miles Series will return on June 4th. The 2-Mile races will be held every Tuesday through July 30th at Cawley Stadium. The weekly meets, which are informal, will group runners of similar abilities together in 2-mile heats. On the last night of the series we will have a run-off with a prize awarded to the winner of each heat. The meets will start promptly at 6:30 PM. For additional information contact Dave Camire 957-4230.

## GLRR MARATHON CLINIC

The GLRR is once again conducting the popular Marathon Training Clinic. The clinic is aimed at the novice or first time marathoner who wishes to improve his or her endurance. During the past three years, the GLRR Marathon Clinic has graduated over forty-five runners to the marathon distance. The marathon clinic is free and open to anyone wishing to finish an autumn marathon. For more information on the clinic, contact Fran Maycock at 251-4203.

## GLRR MASTER TRACK WORK-OUTS

Track workouts are continuing at Tewksbury High School, located on Pleasant Street, every Tuesday and Thursday evening starting at 5:30 PM. These sessions are primarily for master runners, although a mixed group of open, female, and senior runners have been meeting. It doesn't matter what level of runner you are, feel free to come and enjoy the fun.



## President's Message

Fran Maycock

It is that time of year again when each of us must ask ourselves what our relationship with the Greater Lowell Road Runners will be. Am I going to be an active contributor to this club I belong to, or am I going to let others decide what the direction, interests, and priorities are? Am I going to actively participate in club activities, or be a member in name only? Am I going to rejoin because the club has met my expectations during the past year, or am I going on to other interests due to some unknown need which was not met?

In June we will be voting for the Officers and Directors of this Club. We will also be voting on a revision to the Club's By-Laws. In May we will be nominating those people, and you folks are not only the nominators, but also the nominees. We have never had a shortage of people nominated; however, accepting those nominations has been less than a majority. I know we all have personal commitments, and I respect those. If you think about it though, we all find time to run. Could we channel a small percentage of that time to supporting the sport and club which has tried to provide us the support we all require along the way? These are tough questions each of us must ask ourselves.

The club has done much over the last year to improve the quality of service it provides its members. (Much of this I related in my last letter.) However, there are several things which were not mentioned. Some of the unmentioned are the mailings which you have been receiving periodically, the resumption of this newsletter after a brief respite, and the institution of monthly Board of Director meetings. All of these things were done with the intention of improving communications. I

believe they have been successful due to the extraordinary efforts of the people on the Board and several dedicated individuals. These efforts should not go unrecognized, nor unrewarded. I do not need to mention their names for they know who they are; and the active members know who these people are. The Club and I thank them for their interest, support, and hard work. I hope their reward is your interest, support, and hard work in the upcoming year.



The GLRR 2-Mile Series start June 4<sup>th</sup> at 6:30 PM at Cawley Stadium, Lowell.



# Running with Greater Lowell



## IN MEMORY

Dennis Connors

Here is a story about a guy (and a good guy at that) who probably would never have had his name in this newsletter.

He was a friend of all of ours and you probably didn't even know his name. He was a gentleman in the best sense of the word. He was a runner and proud of it. He died March 10, 1985 while running in one of our races.

Who were some of his friends? Sandy Hayes, Dan Trainor, Jackie O'Hare, Alexia Denny, and myself.

The others only met him during the last moments of his life.

I knew Bob Smith. The last time I remember talking to him was at a race in September. He was a gentleman. He wasn't loud or pushy. He would appear at my side, as I was talking to a bunch of loud, boozy runners. He would wait until they drifted away and then report on his summer's progress to me, as a child would to his new September teacher. He would tell me about his most recent PR or a new job at Rockingham Park and disappear. I liked him.

To tell the truth, I hadn't thought of Bob Smith since that last conversation.

The Tuesday after the Hynes' Race I put together the face and the name and felt embarrassed that I hadn't earlier. I remembered similar conversations with Bob at other races. I'll listen more closely next time.

The other friends were with Bob when he died and loved him in those few moments. He didn't suffer and he was not alone.

Sandy Hayes showed me a side of her I had never known. Bob was lucky to have her at his side when he died -- she cared.

Dan and Jackie were there and called to learn more about Bob after most of us would have ceased to care. The compassion was in their voices -- they became his friends in those moments.

Alexia, I didn't know. She is a runner and a nurse and had never met him. Bob suffered his heart

attack in front of her. She forgot about herself and her race because she is a good person and a good nurse and attempted to resuscitate him. How many of us would have kept going? Tough question to ask yourself! I hope I meet Alexia Denny again -- I like good people.

Bob was a lifetime resident of Centerville. I'm sure the good nuns at St. Michaels and the Keith Brothers have made sure that Bob is now in Heaven praying for us.

Ironically, Bob would have turned fifty on March 17<sup>th</sup>. I know my St. Patrick's days in the future will always bring back memories of him.

Everyone touches a few lives during their time on Earth and Bob did that in a few short minutes.

## DEAR WOMEN RUNNERS:

The Runners Organization of Arlington, Virginia developed the following list of safety tips after a Washington, D.C. woman was murdered while running alone in a local park. Please read this list, and use these rules as a guideline for your safety.

### I. General Safety Tips

1. Avoid unpopulated areas such as parks, bike trails, and deserted tracks and streets.
2. Stay alert. Look, listen, and be aware of your surroundings.
3. Be suspicious of everyone. Notice who is in front of and behind you.
4. Follow your intuition. If an area seems secluded or suspicious, turn back while you can.
5. Respond to approaching footsteps when you first hear them. Look around with confidence and authority.
6. Tell someone where you are running. Identify your favorite routes to a friend or write down where you plan to run.
7. Vary the routes and time of day that you run.
8. Run in familiar areas.
9. Think about possible escape routes in case of an attack.
10. Reserve some energy for an emergency escape.
11. Find out from your local police where problems have occurred.

12. If attacked, yell something other than rape.

## II. Running Techniques

1. Run defensively. Look and be strong.
2. Run with a partner or large dog whenever possible.
3. Run widely around parked vans, trucks, bushes, and other places where people could hide.
4. Ignore verbal harassment.
5. Use discretion in acknowledging strangers.
6. Never challenge a vehicle; always yield the right-of-way.
7. Run against traffic.

## III. Running Attire

1. Wear reflective or light-colored clothing.
2. Carry a whistle.
3. Carry money for a telephone call.
4. Carry an I.D.
5. Wear a medic bracelet if necessary.
6. Leave expensive jewelry at home.
7. Leave entertainment devices such as a walkman at home. You cannot hear people coming up behind you.

## BURMUDA RAFFLE REPORT

Ed Stott

Well, it's been a few months since we started selling the Bermuda raffle tickets at the Hynes' race. We had a very successful start taking in almost \$200 in an afternoon.

We have mailed three books of raffle tickets to each club member, with the cover letter stating that the purpose of this fund raiser is to further enhance the programs of the GLRR on all levels of running and to provide additional funds for running and social events.

If every member were to sell only their three books of tickets, without selling any additional books, the program would be a great success. However, don't hesitate to ask for additional books of tickets. They may be obtained from either Ben Fudge 851-3272 or myself Ed Stott 851-4663.

# Running with Greater Lowell



It seems that the GLRR is blessed with a membership that is multi-talented. For instance Bentley Herbert, as well as being a runner, is also a fine salesman. As demonstrated by the sale or purchase of eight books of raffle tickets in a two week period. Bentley is the GLRR's outstanding sales person of the month. Great job Bentley.

There are many other people running a close second to Bentley, such as John Aegerter who has sold 7 books of tickets, Ben Fudge with 6 books sold and he tells me many more coming, Jim Lightfoot who has also sold 6 books of tickets and of course our star of the day, is none other than Pat Fudge, who sold 17 books of tickets in a two day period for a total of \$94.00. If I know Pat Fudge as we all know Pat Fudge, by the time you receive this newsletter she will have reached another new plateau in Bermuda raffle ticket sales. Fine job Pat. We're glad your on our team.

The response has been terrific and for the good of the program we hope everyone will support this effort by selling at least their three raffle books and perhaps more as each raffle ticket sold represents a step closer to obtaining our goals in this one time program.

## CONNERS' CORNER

If Zola Budd ran in my neighborhood she'd never go barefooted . . . too many dogs.

Race directing truism -- "Ninty-nine percent of the complaints you get after a race come from people who have never held a cup at a water station on a cold day."

John Aegerter is a great addition to the club.

The Gate City Striders put on good races, but don't expect to see any of them on Saturday Night Live.

Expect Chris Brennan to run a little slower this year because of the heavier load she'll be carrying on her left hand.

I've never purchased shoes in a real running store, seen a sports medicine doctor, or had a massage after a race -- I guess I'm not a real runner.

GLRR Quiz: Who said this about whom? "I'm the one who got him started running again and he wouldn't even autograph the story Camire wrote about him in the Lowell Sun. He forgot how to spell F.R.I.E.N.D."

Ten miles is the perfect distance for a race. In that vein the "Methuen Perfect Ten" is my kind of race.

Carlos Lopes will be pretty good when he matures.

Quick Quiz -- Will Mason likes to see Colin Gouldson:

- At another race.
- Behind him in the same race.
- Hurt.
- Australia.
- All of the above.

Finally, thank you to all who volunteered to make the Hynes/Budweiser race a great success. See you next year.

## GLRR CELEBRATES FIFTH ANIVERSARY

Happy birthday GLRR! This month marks our fifth anniversary as a running club. In those five years we have accomplished quite a bit. We have established a full racing calendar with the Hynes' Tavern Race (March), the Great Legs Race (July), the Jim Witt 5-Star Race (September), the Run Your Turkey Off 15K Race (November), and the Mill Cities Relay (December).

We have numerous running programs including: the Fudgical Series (January through March), the Marathon Clinic (April to October), the Master Track Workouts (April to October), the Women's racing program (May to July), the Two Mile Series (June and July), and now our new competitive racing team.

We also support numerous social events including: the Pot Luck Supper, White water rafting trips, Hash House Harrier Runs, Children's Christmas Party, and the Adults Christmas Party.

We have sponsored the very successful speaker nights. Our guests have included Joan Benoit, Greg Meyer, Charlie Spedding, Patti Catalano, Rob Roy McGregor, Bob Hodge, Vinny Fleming, and numerous other experts and celebrities.

We publish a quarterly newsletter, Starting Lines, and make nine mailings a year of our calendar of events. We have our own phone machine in which information about the club and running events is updated weekly. And, the club is affiliated with the Road Runner Club of America (RRCA) which sends Footnotes to all GLRR members. GLRR members are kept abreast of what is happening on the local running scene, the New England running scene, as well as the national running scene.

It has been a very successful five years. Quite a contrast to what existed in Lowell prior to the GLRR. Back in 1979, there was little in the way of organized running in Greater Lowell. Sure there were a few road races, but Lowell was, on the average, a waste land for the local runner. The forming of the GLRR changed all that!

How did the GLRR come about? In late 1979 there were two groups that were simultaneously, but separately, trying to form a Lowell based club.

One group, led by John Burke, Dennis Conners, and Dick Stackpole, met as a result of working together on the Merrimack Regional Theater race. They, along with other race workers, realized there was a need for a running club within the community.

At about the same time, Bob Dick, a cross-country coach and teacher at the Greater Lowell Vocational-Technical High School, placed an advertisement in the Lowell Sun seeking runners interested in forming a Lowell track club.

A meeting between the two groups resulted and John Burke was elected President, Bob Dick was elected Vice-President, Dennis Conners was elected Treasurer, and Dick Stackpole was elected Secretary -- the club was born.

Now, five years later, the GLRR is recognized as one of New England's finest running clubs.



THE ATHLETICS  
CONGRESS



Member of



## UPCOMING NEAC GRAND PRIX RACES

The following is a list of remaining NEAC men's, women's, and masters' championship races for 1985.

July 21

Butternut 15K, Great Barrington, MA. Men and Masters

August 25

Milford Miles 10K, Milford, NH.

Masters.

September 2

Around Cape Ann 25K, Gloucester, MA. Men.

September 14

Bud Lite Couples 5K, Concord, NH. Men, Women, and Masters.

September 22

NEAC Women 15K, Wellesley, MA. Women.

October 6

Marathon, Worcester, MA. Men and Masters.

October 14

Bonne Belle 10K, Boston. Women.

December 15

20K Springfield MA. Men, Women, and Masters.

Note: The NEAC Women's Master Championships includes no team division in the NEAC Grand Prix, although, there are women's masters awards and divisions at NEAC Championships. Masters do not include "male athletes only, as defined by the NEAC."

For more information contact:

### Men's Competition

Tom Amiro 256-2547

### Women's Competition

Sue Lamontagne 250-0375

### Masters' Competition

Will Mason 256-7171

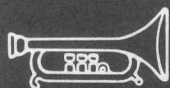
## RRCA INSURANCE IN JEOPARDY

Reed Stenhouse Inc. of St. Louis, Missouri, the company which provides inexpensive coverage to all RRCA clubs, may drop the RRCA coverage due to a recent law suit. The suit involves the Mid-America Masters Track and Field Association (MAM) of Kansas City and a runner, Dennis Lewis, who was struck by an automobile during a MAM race last year. Lewis is seeking \$500,000 for

various damages from MAM and \$250,000 for punitive damages from the driver of the automobile. Katie Lundval, a supervisor of Reed Stenhouse Inc., stated that if Lewis wins the case "there is going to be no more insurance for running events period." Harold Tinsley, president of the RRCA, said of the incident: "If he [Lewis] were to collect this fee it would be hard to find a company to insure races at any cost. Tinsley went on to say: "Mr Lewis has done a grave injustice to the sport."

According to the Kansas City Track Club newsletter (Tracking), Lewis said after the race that all the encouragement from runners would have him back running again and he would be in the Hospital Hill Race, the race in which he got hit, next year.

It is this editor's opinion that the RRCA provides many worthwhile programs, but none as beneficial as the RRCA insurance program -- it would be an injustice if the 430 RRCA chapter clubs were to lose their insurance because of this accident.



## Announcements

### Club Meetings

Please note that the May club meeting is scheduled for the last Monday of the month at 7:30 PM at the Knickerbocker Club in Lowell.

### Club Phone

Get up-to-date running news by calling 452-9426. A pre-recorded message will update you on future running events.

### Club Uniforms

Get them while they last! Our supply is low; call Will Mason at 256-7171 to order uniforms.

### Are You Listed in the GLRR Records?

If you want to be included in the official GLRR club records, send your times to: Bob Lordan, 11 Revere Rd., Tewksbury, MA 01876.

### Burmuda Club Raffle

Please keep promoting the raffle. Additional tickets are available from Ed Stott 851-4463.

### Cultural Exchange Program

Interested in exchanging with, or hosting a French Marathon Runner? There is a growing interest with French marathon runners to venture to the United States to experience the world of running in another culture, to share ideas, and make new friends. DIDAC, a non-profit organization dedicated to promotion of educational and cultural exchange, is arranging homestays for French runners and in particular for French marathon runners. The homestays can be organized on a paying basis, or an exchange basis (i.e. for instance if you host a French runner for 3 weeks, they will in return host you for 3 weeks). Please call if interested -- (617) 354-8093, DIDAC, 3 Channing Place, Cambridge, MA 02138.

### Officer Nominations and Elections

Nominations for the 1985-86 slate of club officers will be accepted at the May 27th club meeting. Election of officers will take place at the June 24th club meeting.

### Monthly Club Raffle

At all GLRR club meetings a raffle is held. The funds, raised from the raffle, are used to defer the cost of GLRR social events. Help support the GLRR, by taking part in the raffle at the next club meeting.

### LLOYDS LLAWS (continued)

"Devoted to Excellence  
in Mediocrity"

71. Runners greet the big "40" as a new dawn.
72. Your 45 minute 10K would be national news if you were a Hollywood star (or President [or both]).
73. Sooner or later you will read an article about a runner who eats wood.
74. Designer shoelaces will raise the price of running shoes by \$5.
75. There should be a Toe Nail Fairy for runners.

# New Members



## NEW MEMBERS

Campbell B. Amos	Acton
Carl Fetteroll	Billerica
John Aukshunas	Chelmsford
Kevin Crispell	Chelmsford
Thomas Healy	Chelmsford
Wes Patience	Chelmsford
Kathleen Breen	Lowell
Sheila Miranda	Lowell
Paul Murphy	Lowell
Stephen Pepe	Lowell
Lawrence Reilly	Lowell
George Ryan	Lowell
Raymond Tremblay	Lowell
Kevin & Pat Tobin	Lowell
Marlene Lee	Tewksbury
William Ahern	Westford
Jim Officer	Westford
Mary Bourret	Windham, NH
Jeff Mann	Windham, NH

## MEMBERSHIP DRIVE UPDATE

Dave Camire

The GLRR is presently seeking new members as part of its on-going membership drive. As membership chairman, I have set a goal of 125 new members by the end of August. During the first month of the drive we welcomed 21 new members into the club.

You can help with the drive by informing non-club members of the benefits of belonging to the GLRR. Many runners in the community are under the impression that we cater only to the elite athlete. This is not so! We have runners of all

abilities -- some who run fast, some who run slow, and some who don't even run at all.

If each club member were to make an effort to sign-up one new member, we would effectively double our membership!

We have available a club brochure outlining our programs. Please use these brochures when promoting the club. Contact me, Dave Camire, at 957-4230 for brochures or pick them up at our monthly club meeting.



# Team Competitions

## BOYLSTON 30K FIRST IN NEAC GRAND PRIX

The 1985 NEAC Grand Prix Series got off to a hilly start at the Boylston 30-Kilometer N.E.A.C. Championships held on March 24th. The race, hosted by the Central Mass Striders, provided eighteen GLRR members with a challenging course and a well run event. In the men's open division, the GLRR placed fifth with Tom Amiro (1:50:33), Andy Chandonnet (1:51:22), and Tom Carroll (1:52:04) scoring. In the men's masters division, the GLRR placed third with Will Mason (1:56:56), Ed Stott (2:10:19), and Ben Fudge (2:14:15) scoring.

## GLRR WOMEN FOCUS ON TEAM COMPETITION

Sue Lamontagne

Worcester -- The actual event was the "Focus on Women 5K Road Race." But, of more significance was the number of GLRR women participating in this race -- one of the largest groups we have had!

We were a menage of ages and competitive levels, but we went to the Worcester race for the same reason -- to compete and represent the Greater Lowell Road Runners. New members, Linda Smith and her sister Kathy Breen ran well and were inspired to try to improve next time. Despite having sprained her ankle two weeks prior, Chris Brennan hung in there and competed as a member of one of he

four GLRR teams. Other women also had to overcome some difficulties in order to run in this race.

Sue Taylor finished second in her age group category. Sue, Cathy Hissem, and Debbie Olsen took 6th place (out of 25 teams) in the team competition category. Also, in the mother/daughter category, my daughter Jennifer and I placed second.

It's not always easy to stick to a commitment to run on a team. I think it's great that all 13 of these women were able to do this.

## COMPETITIVE TEAM APPLICANTS

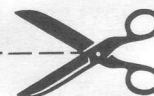
The new competitive team of the GLRR is now accepting applications for membership. Please submit your personal records by June 30th. Only include times run in races as a GLRR member between January 1, 1984 to June 30th, 1985, and send them to Bob Lordan, 11 Revere Rd., Tewksbury, MA 01876. Only times listed by Bob will be considered official. You must also obtain a TAC card from the New England Athletic Congress, Suite 102, 265 Medford St., Somerville, MA 02143 (tel: 625-1040). Remember you must fill-in the club number, 068, and the club name to be eligible for NEAC competition with the GLRR.

Your 6-month membership will be approved based upon your qualifying time. You will pay a nominal fee of \$5. (Membership on the competitive team will be reviewed every six months.)

We want to encourage everyone to send in their times. If interest warrants it, we will form A, B, and C teams respectively. For additional information on the objectives and rules governing the competitive team call Tom Amiro 256-2547 or Will Mason 256-7171. Following the regular club meeting in June a competitive team meeting will follow. At this meeting a chairperson of the team will be selected.



# Team Competitions



Application for Membership to the GLRR Competitive Team  
Please Print All Information

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Best Qualifying Time \_\_\_\_\_ Distance \_\_\_\_\_ Date \_\_\_\_\_

Race \_\_\_\_\_ TAC Number \_\_\_\_\_

Phone Number \_\_\_\_\_ Date joined GLRR \_\_\_\_\_

Shirt Size \_\_\_\_\_ Pants Size \_\_\_\_\_ Shoe Size \_\_\_\_\_

## Qualifying Standards

	Men Open	Men Masters	Women
5 Miles	<28:00	<31:00	<36:00
10 Kilometers	<35:00	<39:00	<45:30
13.1 Miles	<1:18:00	<1:27:00	<1:41:00
Marathon	<2:44:00	<3:03:00	<3:33:00

Send competitive team applications  
to: Tom Amiro, 5 Empire Street,  
Chelmsford, MA 01824



## Club Contacts

### OFFICERS

President	Fran Maycock	251-4203
Vice-Pres.	Ben Fudge	851-3272
Vice-Pres.	Carrie Steiman	251-7134
Vice-Pres.	Dan Wasileuskas	459-2784
Treasurer	Dennis McCarthy	452-0675
Secretary	Janet Amiro	256-2547

### BOARD OF DIRECTORS

Membership/Newsletter	David Camire	957-4230
Club Uniforms	Will Mason	256-7171
Budget/Finance	Ed Stott	851-4463
Clock/Chronomex	Fran Maycock	251-4203
City Liaison	John Burke	452-7154
Statistics	Dan Trainor	453-1585
Marketing/Media	Dennis Connors	452-9426
Men Competition	Tom Carroll	459-4422
Equipment	Dan Wasileuskas	459-2784
<b>Women Competition</b>	<b>Sue Lamontagne</b>	<b>250-0375</b>
Youth Events	Jim McGuirk	452-4856
Social Activities	Ann Craven	452-1087

### IN JULY, GLRR STANDS FOR: GREAT LEGS ROAD RACE

Sue Lamontagne

What travels in pairs, are short or long, and lean or stout, and fast and slow? Great Legs! And, all sorts of these "great legs" have been running the Great Legs Road Race, put on by the Greater Lowell Road Runners, for the past three years.

The race began in 1982 as part of a nationwide event, the Women's Distance Festival. This festival was established six years ago to promote women running and to publicize the inequity of distance events in the Olympics. Today the women's marathon is now an Olympic event and a 10K is likely for 1988, but there is still not a 5K event for women in the Olympics.

GLRR has supported the Women's Distance Festival for the past 3 years by hosting the very successful Great Legs Road Race. This 5-mile race will take place on July 19, at 6:30 PM, at Cawley Stadium. There will be t-shirts for the first 200 entrants. Trophies and prizes will be awarded to the winners in five age group categories.

Let's get all those great legs moving to support this race. Register to run or sign-up to help.



# Results



## BOYLSTON 30-KILOMETER MARCH 24TH - TEAM STANDINGS

### Men's Team Open

1.	CMS 'A'	5:03:17
2.	GSH	5:06:14
3.	CMS 'A'	5:15:53
4.	BAA	5:26:39
5.	GLRR	5:33:59
6.	NMC	5:49:05
7.	CSU	5:55:56

### Women's Team Open

1.	CSU	6:57:56
2.	CMS	7:40:21

### Men's Team Masters

1.	NMC	5:49:05
2.	CMS	5:50:52
3.	CSU	5:57:09
4.	GLRR	6:21:20

### Women's Team Masters

1.	CMS	7:40:21
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## BOYLSTON 30-KILOMETER INDIVIDUAL STANDINGS

1.	Steve Snover	1:35:44
2.	John Kessinger	1:38:25
3.	Steve O'Connell	1:39:46
30.	Tom Amiro	1:50:33
31.	Andy Chandonnet	1:51:22

33.	Tom Carroll	1:52:04
53.	Will Mason	1:56:56
54.	Dave Camire	1:56:56
70.	Dennis Conners	1:59:13
139.	William Leahy	2:10:01
145.	Ed Stott	2:10:19
161.	John Poisson	2:12:12
180.	Ben Fudge	2:14:15
188.	William Rakip	2:15:31
211.	Mary Bourret	2:18:42
243.	Lee Dickey	2:22:54
247.	James Lightfoot	2:23:00
262.	Jean Boswell	2:25:29
263.	Grant Whiteway	2:25:33
266.	Bill Boyd	2:26:12
320.	Richard Nadeau	2:38:05
356.	Bentley Herbert	2:48:11

Results courtesy of Don Drewniak  
of the Central Mass. Striders.

## NEW BEDFORD HALF-MARATHON MARCH 17TH

Dave Camire	1:14:20
Will Mason	1:15:30
Colin Gouldson	1:17:07
John Burke	1:17:40
Ed Stott	1:33:15
Ben Fudge	1:29:21
Dick Nadeau	1:51:00

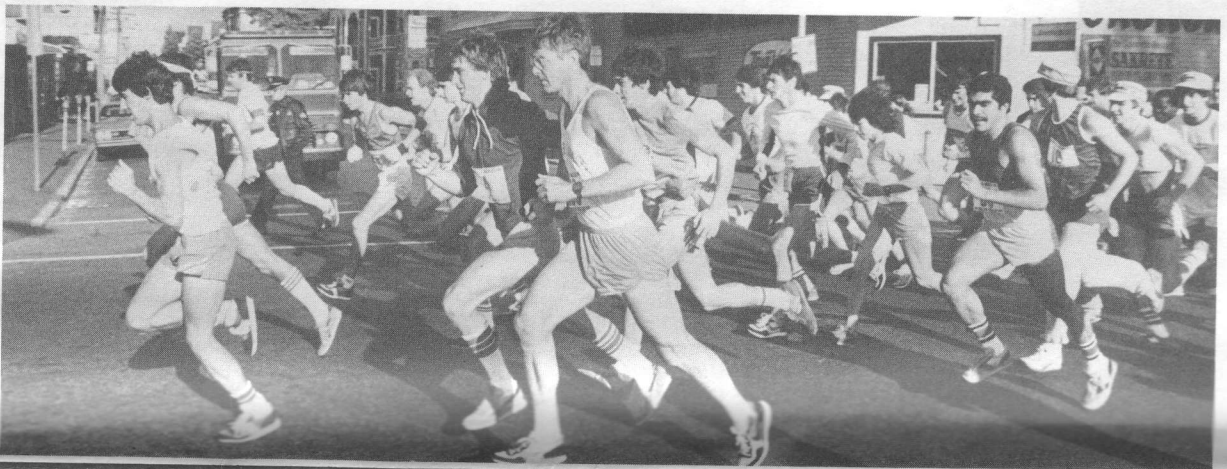
## FOCUS ON WOMEN 5-KILOMETER APRIL 13TH

20.	Sue Taylor	19:42
26.	Kathy Hissem	19:50
28.	Sue Lamontagne	20:11
48.	Debbie Olsen	21:19
49.	Jean Boswell	21:20
74.	Chris Brennan	22:29
92.	Maureen Semekis	23:09
111.	Jenf. Lamontagne	23:56
	Ann Sartorelli	24:39
	Janet Amiro	24:51
	Judy Neiland	25:00
	Cathy Breen	26:51
	Linda Smith	31:00

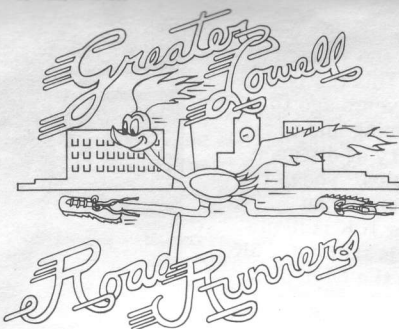
Results courtesy of Sue  
Lamontagne.

## Club Legend

GLRR	Gr. Lowell Road Runners
CMS	Central Mass Striders
GSH	Gr. Springfield Harriers
BAA	Boston Athletic Assoc.
NMC	North Medford Club
CSU	Cambridge Sports Union



GREATER LOWELL ROAD RUNNERS  
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