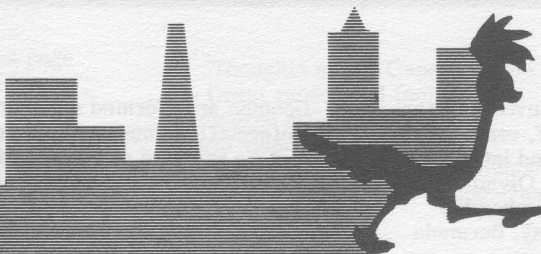


Starting Lines

published by the Greater Lowell Roadrunners



Members of the 1985 RRCA 10-Mile National Championship team. From left to right -- Chris Brennan, Mary Bourret, Sue Taylor, and Sue Lamontagne.

Upcoming Events



CLUB MEETINGS

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GLRR CHRISTMAS PARTY

The adult Christmas party is scheduled for December 12th, 6:30 PM at the Tewksbury Knights of Columbus. The cost is \$10 per person. This includes dinner. For tickets contact Sharon Roux (851-0194), or Linda McCarthy (649-3293), or Joan Stott (851-4663), or Pat Fudge (851-3272), or Shirley Nadeau (667-3066).

FUDGICAL SERIES

The Fudgical Series. Saturday mornings, January through March 5-kilometer runs from Tewksbury High School (10 am). Contact: Ben Fudge (851-3272).

HYNES' RACE

March 16th, the 5th Annual Hynes'/Budweiser Irish Feet are Runnin' 5-Mile Race. The race begins at 1:00 PM from the Rogers School on Highland Street, Lowell. Limited to 1000 runners, long sleeve t-shirts to the first 300 entrants and all volunteers.

WOMEN MASTERS AND SENIOR RUNNERS

The GLRR is in the process of forming a women's masters team (40 and over) and a men's senior team (50 and over) to compete in team competitions. Interested runners should contact Dave Camire at 957-4230.

President's Message



John Aegerter

Scanning the club events of the past year and one half, some different directions and interests have surfaced (Junior Olympics, Hash Harriers run, membership drive, Mill Cities Relay, Bermuda Raffle). These are very encouraging signs. I would like to encourage new ideas from new and old members alike. We now have a membership that is almost 25% new over what it was a year ago. That alone should lead to many new ideas for discussion and consideration. What I also hope that it means is that there will be new faces running in our races, working on our races, and participating in other various club events.

Become an informed member. The information you need to be one will not be supplied solely by either Starting Lines or the Calendar of Events. Come to our general meeting each month to hear what the club is doing and considering, and to hear what other club members are doing. Don't be a member who supplies nothing to the club but the annual dues. Work a race, serve on a committee, be involved. I think that you will find your membership in the club will mean more to you. I hope to hear from you during the next year and one-half.

GLRR WELCOMES NEW PRESIDENT

As you may have noticed, the GLRR has a new president, John Aegerter. John has been a GLRR member for about two years and has taken an active role in the club. John was selected as president to replace outgoing president Fran Maycock, who resigned from the post at the August Board of Directors (BOD) meeting. Fran cited personal circumstances as the reason for his resignation. Although Fran has resigned as president, he made it clear that he was not resigning as a member and that he hoped to someday be back as an active participant. We would like to thank Fran for all his hard work and wish him the best of luck.

-- BOD



Running with Greater Lowell

GRAY MATTER

"Why I Run"

Will Mason

I was going to save the answer to this subject to this highest philosophical question for my deathbed, but with the way the President pursues peace talks, the traffic being the way it is, and of course the fix the Fixx got himself into (out of), I am not too sure how long I can wait. So I will reveal my thoughts now.

To understand why I run -- I mean truly, truly in my deepest heart why I run, you have to understand some of the things that do not cause me to run. Let's review them briefly.

1. I don't run to stay thin. Once I was 190 pounds, but with a little diet constraint and some skiing and racquetball, I went back down to around 170-75, which I carried very well and which allowed me to sit on kitchen chairs without grabbing a cushion from the living room couch.
2. I don't run to avoid depression. Actually, some of my most depressing moments have occurred minutes after a very disappointing race.

3. Similarly, I don't run to avoid stress. Based on the behavior of our Club's type A personalities, it should be evident that running is a cause, not a result, of stress on the runner, the runner's workmates, the runner's family, and even on the runner's friends.

4. I don't run because I want to avoid smoking. If you want to avoid smoking, the best way is not to smoke.

5. I don't run because I want to meet nice people. A lot of (maybe most) runners are nice, but we've got a few stinkers in our midst too. If you want to meet nice people, skip the Sunday long run and go to church. Most church goers are nice for at least one hour per week.

6. I don't run for peace. Even the most competitive runner can only log one to one and one half hours a day running. This still leaves 22 hours, plenty of time to kill people.

7. I don't run for charity. I will run in races ostensibly put on for charity, but, particularly in the super organized races, I do not delude myself into thinking that most of my entry fee is

going to that charity and not to some well paid administrator.

8. I don't run because I am a recovering alcoholic. There are not even the tiniest signs of recovery.
9. I don't run to have brilliant ideas. I have brilliant ideas all the time. I just don't remember them.
10. I don't run because somebody stole my bicycle while I was working at a hospital long before I became a Boston Marathon winner running in a tattered t-shirt with "GBTC" hand-written on it. Shame on you, Billy, for letting that story perpetuate.
11. I don't run to assuage grief. That's what crying is for. Failing that, a bender will suffice.
12. I don't run for trophies. (This is a lie. Please skip to the next reason.)

Continued on next page

Running With Greater Lowell



Continued from previous page

13. I don't run to recover the spent dream of youth. The two mile run just before I quit the high school cross country team was more like a nightmare. I did, however, engage in unscheduled pickups while evading the local police now and then.
14. I don't run to stay healthy. Runners don't even look healthy and in fact are setting themselves up for a few decades of arthritis, scoliosis and fallen arches. Besides, if running were really healthy the running magazines would not be full of medical advice and nutritionists would ply their myriad theories elsewhere.
15. I don't run to eat. I learned to eat at a young age and incorporated three meals a day long before three miles a day.

So, why do I run? I don't know. I guess 'cause I like to.

CONNERS' CORNER

If you were going to buy forty acres of land in New Hampshire, would you hire a surveyor or Ken Young with a Jones Counter to measure your land?

I have a bad feeling about "The Boston Peace Marathon."

George Rawnsley is a good addition to the Board of Directors.

Who would have ever thought that Lowell would have five races in one weekend -- 10/26 & 10/27.

Drop into the new Lowell Hilton and pick-up one of the brochures the GLRR produced for them.

I liked Jock Semple as a guest speaker, but he sounds like me after eight beers. On the same subject, that was the first time Jock and Ben Fudge had seen each other since high school.

Mike Hodge has the hardest race directing job in the Valley -- the Lowell Elks Half Marathon.

Thoughts of the Cape Ann 25K -- Great race, good facilities, dedicated race directing, a world-class runner giving the thirteen mile split (Gillian Adams), but a 25 cent bull horn to announce the awards.

Question of the Month: What's the most common running injury in the Central Mass Striders? Answer of the month: A dislocated shoulder. How did they get that? Patting themselves on the back.

Thoughts on the Hynes' 1986 -- Long sleeve t-shirts to all volunteers. Fifth annual and the day before St. Patrick's day. Should bode well for a high turnout. If you would like to be a co-race director, or on the race committee, see me please -- no experience necessary.

Finally, if Steve Jones were a little more consistent he'd be O.K.

LLOYD'S LLAWS (continued)

Devoted to Excellence in Mediocrity

76. The first races were conspiracies of t-shirt companies.
77. Next summer was best last winter.
78. Women's shorts still fit like men's shorts.
79. Runners who can barely speak correct English, break in fluent Latin when discussing injuries.

Lloyd's Llaws continued

80. A slight calendar adjustment, affecting the starting day of the running week, giving you perhaps eight days, will sometimes help you maintain your weekly mileage quota.

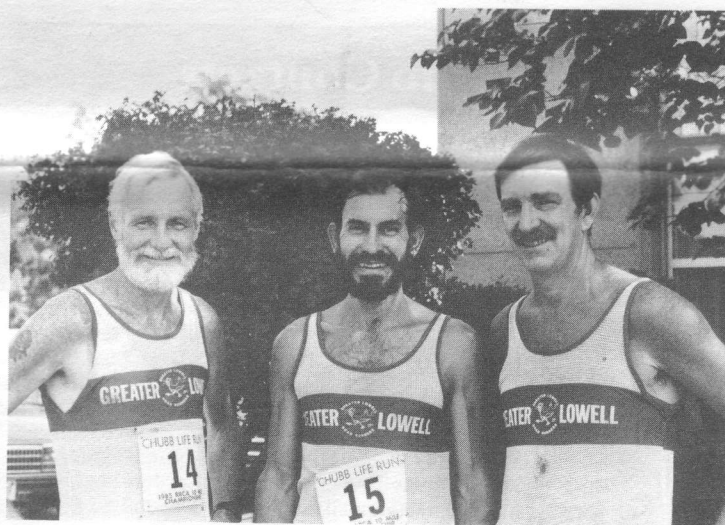
THE SEMPLE TRUTH

Jay Keddie

The September meeting of the Greater Lowell Road Runners featured Jock Semple, the man who "runs" the Boston Marathon for the Boston Athletic Association. He's an 82 year-young sage. Here's a few of his proverbs on running:

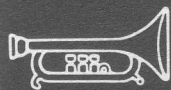
- Running is healthy fun.
- Club running builds camaraderie and competition.
- You should have an objective (goal) in your running.
- The B.A.A. Marathon is the greatest marathon in the world.

Well, if you're a new runner and you agree with the wisdom of Jock Semple, then put his sound advice to work and make running the 1986 Boston Marathon your objective.



The GLRR Masters' team of (left to right) Will Mason, Colin Gouldson, and Dave Weeks won the 1985 RRCA 10-Mile National Team Championship. The race was held in Concord, N.H. this past September.

Announcements



CLUB MEETINGS

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FUDGICAL SERIES

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JIM WITT RACE UPDATE

Race director Dan Wasileuskas, in his race directing debut, did an excellent job with this year's Jim Witt 5-Star Road Race. (The race got extensive coverage in the Lowell Sun.) Dan added some new features to this year's race including long sleeve t-shirts, pre-race aerobics, and five stars (running stars). Over the past two years, the Jim Witt folks have been generous race sponsors. They have already committed to sponsoring next year's race, so if you are in the market for a new automobile, why not pay them a visit -- Dan Wasileuskas has! Congratulations to Dan and his group of hard working volunteers.

HOWLING WOLF RUN A SUCCESS

Race director Mary Bourret, in her race directing debut, did an excellent job with the first annual Coor's Light Howling Wolf 5K Run. To Mary's credit, she pulled this race off with many new volunteers. The race was well received by those who ran and turned a tidy profit. We thank our sponsors, Coors Beer, Derby Park, and WAAF radio. The kid's "K" was also well received. Congratulations to Mary and all her hard working volunteers.

WANG/GREATER LOWELL CROSS-COUNTRY MEET

The picturesque Wang Golf Course in Groton was the setting for the first annual Wang/Greater Lowell Cross Country Meet. The hilly (read mountainous)

5-kilometer course was enjoyed (read survived) by nineteen of the twenty WRC and GLRR members -- we lost Tom Carroll somewhere around the fourth hole. After the race the participants enjoyed socializing at the Wang Country Club. Thanks to Wang Running President and Greater Lowell Road Runner Jay McCarthy for all his hard work in making this event enjoyable and successful. See results section.

MEMBERSHIP CONTEST WINNER

The winner of the GLRR membership contest was Pat Fudge. For signing-up the most new members, Pat received a GLRR uniform. Thanks to the other GLRR members who participated in the contest. They are: Janet Amiro, Sue Trudel, Linda Smith, Mary Tiches, Bill Evans, and Michelle Holbrook. Because of the membership drive, which is ongoing, we increased the club size by 18 percent during the May through August period.

EQUIPMENT/CLOCK/CHRONOMIX RENTALS

REMEMBER: The GLRR rents its race clock and chronomix for races, as well as its finish line equipment. If you know of any race in need of the clocks, contact John Aegerter at home (667-4939) or at work (421-6984). Prices are: clock and chronomix \$125 (includes operator), finish line equipment \$150.



Club Contacts

OFFICERS

President	John Aegerter	667-4939
Vice-Pres.	Ben Fudge	851-3272
Vice-Pres.	Dan Wasileuskas	459-2784
Vice-Pres.	Dennis Connors	452-9426
Treasurer	Dennis McCarthy	452-0675
Secretary	Janet Amiro	256-2547

BOARD OF DIRECTORS

City Liaison	John Burke	452-7154
Team/Men Competition	David Camire	957-4230
Women's Competition	Sue Lamontagne	250-0375
Social Activities	Bob Lordon	851-4765
Master's Competition	Will Mason	256-7171
Membership	George Rawnsley	256-0254
Budget/Finance	Ed Stott	851-4663

NEWSLETTER STAFF

Dave Camire, Dennis Connors, John Koumantzelis

GLRR CLUB HOTLINE

Dial 452-9426 for a pre-recorded message.

CLUB UNIFORMS/CLOTHING

Contact Ben Fudge at 851-3272 or Ed Stott at 851-4663 to order.

GLRR RECORDS

Send your PRs to: Bob Lordon, 11 Revere Rd., Tewksbury, MA 01876.

Running Around New England



CASCO BAY MARATHON

Ed Stott

Portland, ME -- The weather was delightful, said some runners who managed to run a personal record (pr) in this year's Casco Bay Marathon in Portland, Maine on October 13, 1985. However, I have other feelings about the running conditions in Maine's fall marathon. All of us enjoy a cool day for a long hard run or perhaps a light mist just to keep the body temperature down. But when the temperature is in the low forties, the rain very heavy at times and a raw southeasterly breeze with still another 13.1 miles to go, my thoughts tend to wander to other things almost as enjoyable, such as sailing in the British Virgin Islands in 90 degree weather in the middle of February with a cold Schlitz in hand.

The Greater Lowell Road Runners had a good showing despite the fact that the course was recertified this year and some 300 or 400 yards were added. Dennis Evangelos ran a strong 2:48 for the open division. Ben Fudge captured

first place in the seniors division with a time of 3:07:28. Grant Whiteway finished with a pr of 3:17:33 and also took home some hardware from Maine with a third place finish in the senior's division. Myself and Jim Lightfoot ran 3:17:57. You don't think he was going to let the old guy cross the finish before him. Just three weeks before, our President John Aegerter ran the Montreal Marathon and came to Casco Bay to run a pr of 3:26:11. It must be like 10K races. If you do enough of them in a short period of time you get more proficient at it. Al Bissett has once again returned to long distance running and came through the marathon in 3:48:44. I believe that is a pr by about 8 minutes. Dick Nadeau completed the marathon with a 4:03, despite the cold and wet weather.

The after marathon celebration was also a pr, the Schlitz was gone. I'm not sure if the hotel maid took it or it was consumed.

Great job by everyone and I'm sure there will be more smiling faces at the Boston Marathon in April 1986.



Dennis Evangelos, first GLRR finisher as Casco Bay Marathon.



Team Competitions

WOMEN & MASTERS 20K CHAMPIONSHIP

Charlton, MA -- The GLRR women's debut into NEAC Grand Prix competition yielded excellent results. The GLRR team, led by Sue Taylor (1:23:05), Sue Lamontagne (1:25:07), and Jean Boswell (1:29:17), placed third overall at the Charlton 20-Kilometer NEAC Championship. Each scoring member received a TAC bronze medal for their effort.

Charlton Team Standings

1. Central Mass Strds	4:08:09
2. Greater Boston T.C.	4:09:19
3. Greater Lowell R.R.	4:17:25
4. Liberty A.C.	4:21:52

The GLRR masters were also successful in their Charlton bid. The team led by Will Mason (1:12:56), Colin Gouldson (1:13:40), and Denny Leblanc (1:14:52) placed second to a strong CMS team for the silver medal. Kudos to Rod

Boucher, the fourth GLRR finisher, for contributing to the team effort.

Charlton Team Standings

1. Central Mass Strds	3:37:46
2. Greater Lowell R.R.	3:41:28
3. Gr Springfield Har.	3:49:58

MEN'S SENIOR 25K CHAMPIONSHIP

Gloucester, MA -- The GLRR open men's team, led by Tom Carroll (1:27:24), placed third overall at the NEAC 25-kilometer championship held on the tough Around Cape Ann course. Tom was followed by Dave Camire (1:31:49), Tom Amiro (1:32:04), Tom MacDonald (1:32:54), and Rafeal Rios (1:34:17). Originally, the Greater Boston Track Club was awarded third place and the bronze medals. Upon investigation of NEAC eligibility, it was found that two of the GBTC runners were not properly registered with the NEAC, therefore the GBTC team was

disqualified, moving the GLRR into third position. Individual results are listed in the results section.

Gloucester Team Standings

1. Boston Ath. Assoc.	7:01:13
2. Gr Springfield Har.	7:07:43
3. Greater Lowell R.R.	7:36:16

GLRR RRCA NATIONAL CHAMPIONS

Concord, N.H. -- The GLRR captured two National titles at the RRCA's 10-Mile National Championship held on September 8th in Concord, N.H. The men's masters team and women's team both captured the team prize. In the men's open division, the GLRR placed third behind the BAA and WRT. Individual results are listed in the results section.

Men's Masters

1. Greater Lowell R.R.	101
2. Granite State R.T.	208

Continued on next page

Team Competitions



Continued from previous page

Women's Open

1. Greater Lowell R.R. 281

Men's Open

1. Boston Ath. Assoc. 29
2. Whirlaway R.T. 56
3. Greater Lowell R.R. 114
4. Granite State R.T. 456

GLRR MAKES STRONG SHOWING AT 5K

Concord, N.H. -- The GLRR was one of the most visible clubs at the NEAC 5K Championship race held in Concord, N.H. on September 15th. Twenty members of the GLRR made the trip north to run in this highly competitive event and every GLRR runner was in uniform! This event, marked the GLRR's second consecutive weekend of team competition in the Granite state's capital city. The previous week, the GLRR captured two firsts and one third in the RRCA National 10-Mile Championships. Although the GLRR was not as successful at the 5K Championship, our presences was evidence to our commitment to team competition throughout New England. Individual results are listed in the results section and team results follow:

5K Women Team Standings

1. Boston Ath. Assoc.
2. Liberty A.C.
3. Greater Boston T.C.
4. Central Mass Striders
5. Whirlaway R.T.
6. Greater Lowell R.R.

5K Men's Masters Team Standings

1. Central Mass Striders
2. Greater Lowell R.R.

5K Men's Open Team Standings

1. Central Mass Striders
2. Boston Ath. Assoc.
3. Whirlaway Racing Team
4. Greater Lowell R.R.
5. Gr. Springfield Harriers

TUFT'S 10-K

Boston, MA -- This year, over 8000 women followed Olympic gold medalist Joan Benoit to the finish. Despite the hot and humid conditions the GLRR women recorded several outstanding performances. Leading the GLRR contingent was Sue Taylor with a time of 38:29. She was followed by Sue Lamontagne (41:50), Chris Brennan (45:20), Sue Trudel (46:20), and Linda Smith (58:00). This year's race served as the women's NEAC 10K Championship.

NEAC MARATHON CHAMPIONSHIP

Worcester, MA -- The men's open team of Tom Amiro (2:42), Colin Gouldson (2:44), and Rafeal Rios (2:47) placed second in the men's NEAC Marathon Championship held in Worcester on October 6th and sponsored by the Norton Company. The Central Mass Striders of Worcester, dethroned the GLRR which had won the two previous (1983 and 1984) New England marathon championships. The GLRR narrowly edged out the Greater Springfield Harriers by two seconds to capture the silver. Last year the

Harriers placed a close second to the GLRR. In three years of championship competition in the marathon, the GLRR has captured two gold medals and one silver.

Marathon Team Standings (Men)

1. Central Mass Striders
2. Gr. Lowell R.R.
3. Gr. Springfield Harriers

GLRR WOMEN COMPETE IN WELLESLEY

Wellesley, MA -- Led by an 18th place finish by Sue Lamontagne (64:21), the GLRR women captured fifth place in the team competition at the NEAC 15K Championship race held on September 29th in Wellesley, MA. Sue was followed by Mary Bourret (67:23) who finished 26th, and Chris Brennan (72:02) who finished 36th. The GLRR women made this trip despite being inconvenienced by Hurricane Gloria, which struck September 27th.

15K Team Standings

1. Liberty A.C. 169
2. Gr. Boston T.C. 181
3. Boston Ath. Assoc. A 182
4. Cambridge Sprts Union 191
5. Greater Lowell R.R. 203
6. Boston Ath. Assoc. B 210

New Members

Mark Kenworthy
Janet Newell
David Perkins
David O'Reilly
Clint O'Brien
Robert Milholland
Berna Finley
George Marsh
Dana Yerid
Jim Stair
Fritz Lebow
Michelle McCann
Dennis Duarte
Ron Lafond
Michael Zaveruka
Joseph Longtin Jr.
Eileen Curley
Roger Desrosiers

Acton
Acton
Andover
Billerica
Billerica
Billerica
Chelmsford
Chelmsford
Chelmsford
Chelmsford
Chelmsford
Concord
Dracut
Lowell
Lowell
Lowell
Lowell
Lowell

Jay Keddie
Chip Bradley
Paul Barck
Sharon Bathalon
Steve Connor
Roger Montbleau
Stephen Craig
Michael Fitzgerald
Fred Whitehouse
Vincent Mahoney
Louise Lemaire

Lowell
Lowell
Lowell
Nashua, NH
Nashua, NH
Pelham, NH
Pelham, NH
Pepperell
Tewksbury
Tewksbury
Tyngsboro

THE PERFECT X-MAS GIFT

Do you know someone who likes to run but can't be convinced to join us? Give him or her a

membership to the club. Contact George Rawnsley, membership chairman, at 256-0254.

MEMBERSHIP PROFILE

Where do GLRR members live? Well, 38.6% live in Lowell, 1.1% live in Dunstable, 16.6% live outside the Greater Lowell area, 1.8% live in Wilmington, 6.9% live in Tewksbury, 18.1% live in Chelmsford, 4.3% live in Dracut, 3.6% live in Westford, 7.2% live in Billerica, and 1.8% live in Tyngsboro.

TAC and RRCA News



UPCOMING NEAC GRAND PRIX RACES

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

December 15
25K Springfield MA. Women and Masters.
December 15
20K Men's open

1986 NEAC GRAND PRIX RACES

A complete listing of the 1986 series will be printed in the February edition of Starting Lines.

March 23

30K Boylston, MA. Men, Women, and Masters

May 17

10K Nashua, NH. Men, Women, and Masters

September 1

25K Gloucester, MA. Men, Women, and Masters

September 14

5K Concord, N.H. Men, Women, and Masters.

November 2

26.2 Miles Newport, RI. Mens, Women, and Masters.

To run on a team, or for more information about team running, contact:

<u>Men's Competition</u>	
Tom Amiro	256-2547
<u>Women's Competition</u>	
Sue Lamontagne	250-0375
<u>Masters' Competition</u>	
Will Mason	256-7171
<u>Team Coordinator</u>	
Dave Camire	957-4230

ATTENTION MASTER WOMEN

The NEAC Grand Prix series will include a master women's category in 1986.

INDIVIDUAL GRAND PRIX

In addition to the club grand prix, the NEAC will institute an individual grand prix in 1986. Prize money will be awarded to individual NEAC club members (not national or unattached runners) who accumulate the most points at NEAC championship events. Runners will compete in four categories -- Men open, women open, men's masters, and women's masters.

MASON NEW NEAC LIAISON

Will Mason has been selected by the Board of Directors to serve as club liaison to the New England Athletic Congress. The GLRR has three votes in the NEAC. The two other voting delegates are Dennis Connors and Dave Camire. The GLRR will be hosting the December NEAC quarterly meeting.

DO YOU GET FOOTNOTES?

All members of the GLRR should be receiving FOOTNOTES, the quarterly publication of the Road Runners Club of America. If you are not receiving FOOTNOTES please notify Mary Tiches at 256-2446. Remember all GLRR mail is sent 3rd class bulk and is not forwarded. If you change addresses please notify the GLRR.



Results

NEW ENGLAND ATHLETIC CONGRESS GRAND PRIX STANDINGS

Men's Open

Pos.	Club	Pts.
1.	CMS	24
2.	GSH	17
3.	GLRR	14
4.	BAA	13
5.	WRT	8
6.	NMC	2
7.	NEPC	2
8.	GBTC	1

Men's Masters

Pos.	Club	Pts.
1.	CMS	16
2.	GLRR	8
3.	NMC	7
4.	GSH	4
5.	CSU	2
6.	NEPC	1

Women's Open*

Pos.	Club	Pts.
1.	LAC	11
2.	GBTC	10
3.	CMS	8
4.	BAA	8

5.	CSU	4
6.	GLRR	3
7.	WRT	1

Scoring: 5 points for first, 4 for second, 3 for third, 2 for second, and 1 for fifth.

* Women's open does not include the results from the Tuft's 10K or the Newport Marathon.

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
GBTC	Gr. Boston Track Club
LAC	Liberty Athletic Club
WRT	Whirlaway Racing Team
NEPC	New England Pioneer Club

SAUNDERS AT RYE HARBOR 10K 08/15/85 -- RYE, N.H.

1.	Guy Stearns*	30:24
2.	Bruce Butterworth*	31:36
3.	Jon Rummeir*	32:41
11.	Dave McCarthy	34:33
22.	Will Mason	35:33
23.	Dave Camire	35:34
57.	Dennis Connors	37:55
156.	Barry Pearson	41:58
178.	William Boyd	42:46
230.	Dan Murphy	45:01
260.	Gail Gikas	46:32

AROUND CAPE ANN 25K 09/01/85 -- GLOUCESTER

20.	Tom Carroll	1:27:24
41.	Dave Camire	1:31:40
48.	Tom Amiro	1:32:04
54.	Tom MacDonald	1:32:54
80.	Rafeal Rios	1:34:17
119.	Rich Lamontagne	1:35:06
132.	Bill Leahy	1:37:39
163.	Michelle McCann	1:43:20
192.	Cam Amos	1:45:06
206.	John Poisson	1:46:09
217.	Dennis Connors	1:47:05
218.	Bill Boyd	1:47:13

Results



235.	Ben Fudge	1:48:21
248.	Ed Stott	1:48:57
275.	John Aegerter	1:50:46
298.	Barry Pearson	1:52:12
366.	Grant Whiteway	1:56:58
373.	Dave Crocker	1:56:14
397.	Dan Brennan	1:58:21
433.	Tim Tiches	1:59:67
472.	Al Bissett	2:03:41
504.	Russ Laste	2:07:54
506.	Mary Tiches	2:08:13
XXX.	Dick Nadeau	2:19:00
XXX.	Bob Bassett	2:25:35

NEAC 20K CHAMPIONSHIP 09/01/85 -- CHARLTON, MA

Will Mason	1:12:56
Colin Gouldson	1:13:40
Dennis Leblanc	1:14:52
Sue Taylor	1:23:05
Sue Lamontagne	1:25:07
Jean Boswell	1:29:17

RRCA 10-MILE NATIONAL CHAMPIONSHIPS 09/08/85 -- CONCORD, N.H.

1.	Charles Hewes	51:18*
2.	John Kessinger	51:24*
3.	Anthony Quinn	51:51*
13.	Tom Carroll	56:16
16.	Dave Camire	57:05
19.	Will Mason	58:07
23.	Tom MacDonald	58:38
25.	Tom Amiro	59:25
26.	Colin Gouldson	59:30
37.	John Burke	1:02:03
48.	Sue Taylor	1:05:06
56.	Dave Weeks	1:06:34
71.	Sue Lamontagne	1:09:51
101.	Mary Bourret	1:17:34
109.	Chris Brennan	1:18:34

NEAC 15K WOMEN CHAMPIONSHIP 09/29/85 -- WELLESLEY, MA

1.	Patti Catalano*	53:50
2.	Julie Burke*	54:32
3.	Eliz. McElhinny*	56:07
18.	Sue Lamontagne	64:21

26.	Mary Bourret	67:23
36.	Chris Brennan	72:02

CAPE COD RELAYS 10/19/85 -- CAPE COD

1.	Cen Mass Striders	7:02:12
2.	Boston Ath. A.	7:03:54
3.	Whirlaway R.T.	7:08:49
4.	Walsh's Rest.	7:17:36
5.	Amtrol R.T.	7:21:37
21.	Gr Lowell RR (A)	7:52:35
31.	Gr Lowell Masters	8:13:27
125.	Gr Lowell RR Women	9:33:50
127.	Gr Lowell RR (B)	9:35:26

NEAC 5K CHAMPIONSHIP RACE 09/14/85 -- CONCORD, N.H.

Women

1	Charlene Morrett*	17:02
2	Sue Lupica*	17:05
3	Mary Lammi*	17:18
8	Michelle McCann	17:58
16	Sue Taylor	18:34
32	Cathy Hissem	19:27
38	Sue Lamontagne	19:51
47	Mary Bourret	20:20
55	Sue Trudel	21:06
62	Jean Boswell	21:27
84	Marlene Lee	22:44
96	Donna Gouldson	25:27

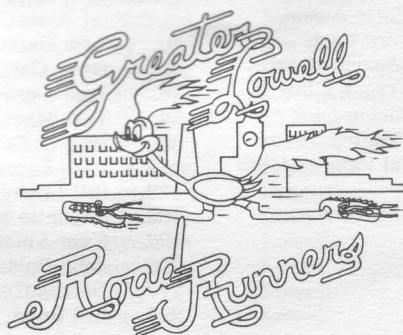
Men

1	David Castenholz*	14:31
2	Derick Hulme*	14:40
3	Bruce Butterworth*	14:42
10	Lance Burgess	15:24
23	Jim Quadros	15:42
26	Tom Carroll	15:49
28	John Aukshunas	15:57
29	Tom Amiro	15:59
41	Dave Camire	16:23
44	Will Mason	16:38
49	Colin Gouldson	16:56
74	Charlie Keefe	18:16
76	Bill Boyd	18:26
113	John Sutherland	20:06

EARLY BIRD 5-MILE RACE 09/21/85 -- CHELMSFORD

1.	Bob Hall*	27:10
2.	John Aukshunas	27:35
3.	Jim Stair	27:45
4.	Dave Camire	28:27
6.	Will Mason	28:54
7.	Kevin Kearns	29:04
8.	Colin Gouldson	29:10
12.	Bill Leahy	30:07
20.	Dave Weeks	31:52
24.	Del Christman	32:13
35.	Bill Boyd	33:05
38.	Catherine Hissem	33:25
55.	Max Ward	34:33
58.	David Crocker	34:51
60.	Marcella Theeman	34:56
63.	George Howe	35:06
65.	Patty Tobin	35:08
68.	Walter Murphy	35:39
69.	Hugh McNeil	35:39
71.	Dennis Daley	35:43
72.	William Winn	35:52
78.	Raymond Tremblay	36:25
82.	Gail Gikas	36:40
84.	John Buchheister	36:45
91.	Ray Mascola	37:13
92.	Walter Adley	37:14
99.	Maureen Semekis	37:39
107.	Chris Brennan	38:11
110.	Dick Nadeau	38:38
120.	Carrie Maille	39:27
122.	John Smith	40:06
125.	Jim Shelton	40:33
129.	Mary Tiches	41:13
130.	Tim Tiches	41:13
131.	Russell Laste	41:13
143.	C.J. Smith	43:08
153.	Noel Goyette	43:53
154.	Paul Goyette	43:55
156.	Hazel Palmer	44:12
163.	Debbie Donaghue	46:37
165.	Martin Kusmaul Sr.	46:46
166.	Martin Kusmaul Jr.	46:47
167.	Kathy Kelley	47:13
168.	George O'Hare	47:13
171.	Anne Dempsey	49:43

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