

Starting LINES

Greater Lowell Road Runners, P.O. Box 864, Lowell, MA 01853 508/452-9426 November 1991

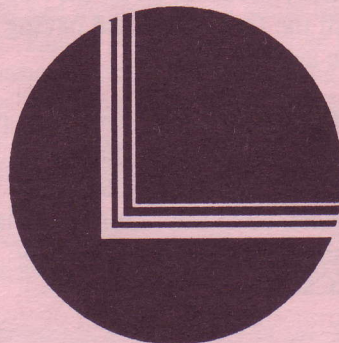
Lifetime Bay State Marathon & Half-Marathon

Over 50-percent of Marathon Finishers Qualify for 1992 Boston Marathon

To say that the Lifetime Bay State Marathon is a quick course is definitely an understatement! Ninety-five of the top 100 finishers and over 50-percent of total field qualified for the 1992 Boston Marathon.

This year 726 runners entered the marathon and half-marathon representing a 29-percent increase over last year's field. The word is out that if you want to run a fast time, run this race!

From the runners' perspective, the



operative word of the day was "personal best." It seemed that just about everyone had improved on their marathon or half-marathon records.

This can be attributed to the near perfect weather conditions, great organization, and lightning fast course.

For GLRR the operative word was "organized." Race director John Meehan spent countless hours preparing for this year's event and it was evident in the final product. Thanks to many volunteers, every detail from registration to results ran as smoothly as a Swiss timepiece. Thanks to Lifetime Corporation and their gener-

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News from Nils or Sweating Bullets

Ed. Note: The following story from our transplanted GLRR member, Nils Granquist, must be read using a Slim Pickens accent.

Howdy Pardners,

Went out for a run the other day and I felt great, so I just kinda let my mind wander a bit. All of a sudden, I had this strange feeling that it should be cold and I should be running in tights and poly-pro. It took a few minutes to figure it out, but figure it out I did. Here it was, a bit after 5:00 A.M., and it was pitch black out. Part of my mind said "It must be winter to be this dark" (the other part was keeping me on my route), but then reality set in by way of SWEAT!

No, this ain't winter, I thought; this is just a normal daily run. Normal? Is running at 5:00 A.M. normal? Well I had known it would be different - that I would need to adjust a bit and that my runs would be in a somewhat warmer climate. Warmer? Almost every runner I see looks like a fried woogie. Made a mental note to look at the temp when I get back to the house.

As I made the turn onto the farm road 423, I caught the movement of some little creature of the night. Was that a skunk? Do they even have skunks down here? Maybe it was one of those armadillo things, you know, the funny little animals that look like baby tanks. If it was, do they run away from people (even crazy runners)? Do they bite or spray an odor? Well I'm not going to worry about it right now, because it's gone into the brush. I can hear the brush rustling between the shuffling paces as I plod along.

Continued on Page 3

You've Run the Series



Now, see the Tape

Nov 25 - 7:30 PM
Knickerbocker Club
Lowell, MA

The Run Your Turkey Off Race(s) is Baaaak!

The Run Your Turkey Off is baaaaack and it's 11 days before Thanksgiving. Of course you could go out Christmas or Hanukkah shopping, but I guarantee it will cost you more than \$10 and you won't even get a free massage (in public anyway).

Being a first time race director is a learning experience. My first step was to "find a sponsor" as advised by John Aegerter, last year's director. "You need money to put on a race," he added. Well all my marathon training paid off. Having built a 3 day a week relationship with my physical therapist, I presented a race proposal to Lou Coiro of Tewksbury and Drum Hill Physical Therapy. He said "sure, we'd like to sponsor the race and I want to run too!"

OK. Job done, right? This is easy. Well, have any of you looked at Jay

McCarthy's sample race director's checklist? Don't! Sure it's complete, all three pages of it. Honey. . . help . . . (not you Jay, I call my wife honey). Naive? Maybe, but I want to rebuild a race that people remember and will come back to year after year. It can be done by focusing on all the runners, from the first to last and having lots of race amenities.

My next step was to recruit a race committee. I've got the best — Dan Bowse, John Sutherland, Dave Camire, John and Jeanne Morrison, John Aegerter, Jim Marsh, Jay McCarthy, and Jackie Tyler.

Finally, you'll miss a lot if you miss this race. We have turkeys for awards, a great course with certified GLRR hills (15K only), free post race massages, plenty of refreshments including hot soup, and a heck of a raffle.

Even the post race volunteer party promises to be a great event. So call, write, or chase us, or just show up on race day. We promise this will be a premiere event that will make you proud of the Green.

This is a food drive too! Please bring canned and other non-perishables on race day that we'll deliver to the Open Pantry of Greater Lowell. All contributors will get a chance for a scenic local flight for 3 compliments of TEW-MAC. -- Dave Tyler

**Don't Be Caught
One Brick Short
of a Full Load!**

RUN 

**Mill Cities Relay
and WIN a Brick!**

Green is Grande

Ed. Note: The following two snippets are re-printed, without permission, from the latest edition of the Hockomock Swamp Rat, the Journal of New England Road Racing. It's the only regularly published running newsletter worth reading other than the one that's in your mitts right now.

"Incredible. As if by some mnemogarfic quirk of blind fate, the 1,000th subscriber to the Hockomock Swamp Rat is Steve GRANDE of Windham, NH. And no better Rat could be imagined.

This guy is truly a few cards short of a full bridge deck. A racing compatriot of Dave Audet (Concord, NH) and Elaine Pechow (Brookline, MA), the three are presently attempting to run a marathon in every state in the union. They've been at it since November of 1990.

Need I add that Steve is a fully-slimed member of the Greater Lowell Road Runners? Mad, I tell you. They are all mad. Must be that Merrimack River water."

TYPING THE RUNNING CLUBS OF NEW ENGLAND

Club - Greater Lowell Road Runners
Nesting Area - Under Lowell Rail Road Bridges
Historical Role Model - Isabella Rossalini

"The absolute kings of the North-of-Boston macadam-smashing action, these Fudgemen are still hot for marathons long after the boom in 26'ers piddled out. Their immense organizational web of intrigue makes the Lowell area a hotbed of New England racing. They are the Isabella Rossalini of road racing in that they

have EVERYTHING: from good young runners like Mike Woodman and Dave Dunham, to good old farts like Tom Carroll, to good mountain goats like Bob Hodge to good philosophers like Will Mason. What they don't have is nicely-colored uniforms. Well, I like the "Lowell" showing on the back but the latrine green hue leaves much to be desired. Can you picture Isabella Rossalini in green unmentionables? It just doesn't hold water (or even cheap perfume). The Slimers (some 550 strong) have a great newsletter, race a lot as a club and can often be worrisome to the CMS ogre. Their working class runners are witty, personable and quite civil at post-race galas. Several Slimers always run both the Boylston 30K and the Wilton, NH 15K, and it is here that their barf-green singlets come in handy."

Bay State continued

ous sponsorship, the race had all the amenities of a big time event.

The real winners of the day, yet, were the runners of New England. They now have a first class Fall half-marathon and marathon that just may be the region's fastest.

GLRR Adult
Christmas Party
December 6 at 7:00 PM
Lowell Elks
contact Jean Boswell
for Tickets
508/441-1545

Children's Christmas Party
December 7 -- 1-4 PM
Knickerbocker Club
contact Steve Kanaracus
for details
508/458-2015

Nils continued

Sure is hard to find a good route to run, I think to myself, as I turn the corner at the halfway point. Why don't they have breakdown lanes like I'm used to? Oops, here comes a car. I know he's not going to see me until the last minute; I'd better get up on the grass. Wow, look at me. Here I am, only halfway through a five mile run and I'm soaked! Usually I don't sweat like this until I've done the whole five miles.

Dawn is starting to break as I make the turn onto Paige St. One and a half to go and I'm really feeling good. Guess I'm getting used to the climate. I'm sweating like crazy, but I feel good. Maybe in time I'll sweat a little less. Sure do miss running the Two Mile Series and track workouts. At least then when I'd sweat I could look around and see others sweating too. As I passed the Junior High School, I thought about the track there. Not a bad little track! At least it's paved, and the great part is that no one else

THE GRANDE REPORT

CNN correspondent Steve Grande reporting from Portland, Oregon.

Jay: Running with my full club colors in the Portland, OR marathon and some woman to be named later said "You guys (meaning GLRR) are EVERYWHERE!". I thought at the time it was amusing (like my first time), but our Davy Audet, Elaine and Steve's adopted son, finished 69th out of 4,200 runners, complaining of tight muscles and no potty problems. He finished 9th in his age group and got some hardware for his efforts. They go 15 deep out here. Elaine Pechow, otherwise known as Steve's girlfriend, finished another marathon in 4:53. I would have taken home some hardware myself had they gone 750 deep. Too bad "Double D" (Dave Dunham) wasn't here. He would have given the Japanese runners (they clean up the male and female divisions out here) a run for their money.

The winning time was 2:19. Dave, you should have been there; you might have won another bike! Actually, the winners took home some cash.

Chicago is next by way of the Taylor Wine Glass Marathon (Hammondsport, NY). Let's see how our Davy Audet does running with the r-e-a-l big guns.

Unedited CNN-GLRR Correspondent - Steve Grande

ever uses it. Promised myself to set up a workout and stick with it once the weather cools a bit.

The last quarter mile to home and I've picked up the pace a little bit, to about a 7 minute pace. (In my dreams I do the last half of my workout at this pace.) A hard run the last 100 yards, and I'm home. As I pass the hall mirror, I take a quick peek: by golly, I look like a fried woogie too; maybe even worse than some of the other runners I saw. Out on the patio, I check the temp. Eighty two degrees, and it's only now getting light out. Good thing I got my run in early, because it's going to be a scorcher.

This ain't one of those tails where I ride off into the sunset. It's still dawn, and I still got a whole day ahead of me. That's how I feel about running: as though I still have a whole lifetime ahead of me. I believe I'll always run, and I'll always think of GLRR as the catalyst that made running fun. Adios, runners. - Nils Granquist/The Colony, Texas.



GLRR Hotline

508/452-9426

Call for up-to-date Runners' Info

Welcome to Our Newest Members

Ayer -- Thomas Brennan, Billerica -
- John Martel, Brighton -- Gabriel Bernal, Chelmsford -- Paul Hofmann, Jack Heffernan, Mark Coddair, Lowell -- John Gangemi, Methuen -- Edward Keleher, Glenna Keleher, Tom Gorman, Robin Gorman, Westford -- Allison Beal

Without a Team for Mill Cities?

Call Ernie Roy at 508/937-3426 and he will help place you on a GLRR team with runners of your ability.

Run Your Turkey Off
November 17 -- Tewksbury High School

BULK RATE
U.S. POSTAGE
PAID
LOWELL, MA 01853
PERMIT NO. 40

Starting **LINES**
P.O. Box 864
Lowell, MA 01853

GLRR Events Calendar

November 17

Run Your Turkey Off Road Race;
Tewksbury, MA. It's back, folks!
Contact Race Director Dave Tyler at
(508) 851-4088 for further informa-
tion.

November 25

GLRR club meeting featuring a video
of this year's 2-Mile Series. The
meeting begins at 7:30 PM at the
Knickerbocker A.C. in Lowell.

December 1

Eighth Annual Mill Cities Relay.
Relay race from Nashua to Lawrence
open to all GLRR members. To be
placed on a team contact Ernie Roy at
(508) 937-3426.

December 6

GLRR Adult Christmas Party featur-
ing cocktails, dinner, and dancing.
Festivities begin at 7:00 PM at the
Lowell Elks. For tickets (\$15/person)
contact Jean Boswell at 508/441-1545.

December 7

Children's Christmas Party featuring
food, music, games, and Santa. 1 to 4
PM at the Knickerbocker Club, contact
Steve Kanaracus (508) 458-2015 for
more details.

January -- February

Fudgical Series -- Weekly 5KM races
held on Saturdays at 9:00 AM from
Tewksbury High School on Pleasant
St. Race fee is 25-cents (cheap!),
contact Nancy or Jim Stronach at 508/
454-4172 for more information.

Starting **LINES**

Editor	Jay McCarthy
Design	Dave Camire
Mailing	Tim Tiches
Printing	William Branden Co.

Starting Lines is published
monthly by the Greater Lowell
Road Runners, Inc. Members
are encouraged to submit ideas,
results, and articles to Jay
McCarthy, 57 Arkansas Drive,
Dracut, MA 01826 or call at
(508) 957-4456. Advertising
rates are 1/4 Pg \$29, 1/2 Pg
\$59, 3/4 Pg \$88, and full pg
\$118.

Volume 11, Number 10

**GREATER
LOWELL
ROAD RUNNERS**

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