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November 1993 Volume 13 Number 6

# STARTING LINES<sup>©</sup>

magazine of the  
Greater Lowell Road Runners

John Barber competing in this year's Fred Brown Relay - Photo Dave Camire



Results of  
the Bay State  
Marathon & Half

Bobby Bell  
and Applefest  
Half-Marathon

Racing Team and  
Youth Team Updates

WE RUN THE MERRIMACK VALLEY

# STARTING LINES

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## On the Cover

Look out New England masters, Atlanta, Ga transplant John Barber is ready to take on the master's division by storm. The 39 (soon to 40) year old has already racked up some impressive stats in the open category.

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## President's Message

Bill Smith

First, let me welcome everyone that ran the Bay State Marathon and Half-Marathon. I hope all of you ran PRs! Special thanks go out to race director Bill Gibney and his committee: course director Jerry Rosa, water station director Ralph Steere, publicity director Steve Pepe, registration director Sue Trudel, and results director Dave Camire. Thanks also go to the Greater Lowell Youth Team who ran several water stations and every club members along with their friends and families who volunteered their valuable time. Without all of you volunteers and participants, a race of this quality could not take place. If you would like information on our other GLRR races or would like to join the Greater Lowell Road Runners, call our 24-HOUR club

phone at 508-957-6447.

On October 24 the NEAC Marathon Championship took place. At that race, we met a goal we set back in January. Our goal was to score more NEAC Grand Prix points than any other club! We went into the marathon up a mere three points. However, as has been the case in six of the seven GP races, we were the only club to score a team in every team category. We outdistanced the Central Massachusetts Striders 181-147 and set a new all-time point total for Grand Prix competition. Congratulations to the hundreds of GLRR members who participated in this year's NEAC Grand Prix. The NEAC Grand Prix for 1994 will be set on November 1 and we'll have more details in the next edition.



Bill Smith

Our next big event is the Mill Cities Relay on December 6. If you need more information on this event, call the club phone.

I want to thank everyone who helped out at the Tufts 10K on October 12.

The Greater Lowell Youth Team will be competing in the USA Track & Field National Cross County Championship on December 11. The race will be held at Bryant College in Rhode Island. For those of you who are competing, good luck! Happy running.

## There are Two Types of Runners:

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## The Fabulous Grande Boys

### Ordinary People Doing Extraordinary Things

#### Airport Supervisor Sets Goal For 51 Marathons in USA

Phil Orlandella

Being an Airport Supervisor at Logan International Airport is grueling and time consuming enough, leaving little, if any time to participate in any major outside events, especially a marathon. Working as an Airport Supervisor means many different shift changes. One month, the shift is 7 a.m. to 3 p.m., the next month its 3 p.m. to 11 p.m., and the following month is 11 p.m. to 7 a.m. there are times when working a double shift is necessary as well.

However, for Bob Grande, it's a piece of cake. He not only tackles his job, but he has managed to run in 21 marathons in the



Steve and Bob Grande seeing the USA in a whole new way.

United States, and is planning to participate in 30 more over the next year and a half to have reached his goal of running in a marathon in each state and in Washington D.C. as well.

Grande, a member of the Greater Lowell Road Runners, began his quest in the Marine Corps Marathon in Washington D.C. finishing in 4:37. "it wasn't fast, but it got me addicted," Grande said. Since then, Grande had pretty much closed

out the East Coast and has gone as far as Hawaii. "It wasn't originally a planned thing, I just started running and enjoyed the marathons and traveling to the different states," he said. He plans on running nine to eleven marathons a year until he reaches his goal of 51, and he has already lined up West Virginia, Iowa, and South Dakota this summer.

Grande's best marathon perfor-

mance came in Connecticut, where he ran a 3:25, but he averages about four hours. Not bad for a guy who a few years ago was diagnosed with cancer. After regular radiation treatments, the cancer appears to have been beaten, although he is still checked every six months. Grande never let his battle with cancer stand

in the way of running marathons.

Grande has not restricted himself to running in this country. He has also run marathons in Italy, Canada and Sweden. Plus, he has the distinguished honor of being the only Massachusetts member of the Indiana based group called "50 States and D.C."

Working at Logan and meeting his marathon goals has been no easy task for Grande, but his determination and desire will help him cross the finish line.

*Reprinted from On Good Authority a Massport publication*

## Free Spirit Aiming to Run the Country

Paul Hemingway

The well-documented slogan "Life is short, play hard" fits Sandown's Steve Grande and his attitude perfectly. The 39-year-old local has been running in marathons for seven years, and his major athletic goal is believe it or not, to compete in a marathon in ever one of the 50 states in America.

"So far I've run in about 30 states. and by the end of the year, hopefully I'll be up around 35 or 36," Grande says.

"I love the challenge when people say you can't do something. Running in marathons was definitely one of those things," he adds.

Grande has taken part in small marathons, as well as renowned races like the Boston and New York City marathons. He owns and runs Ammaculate Blind and Carpet Cleaning. And being his own boss has freed him up to roam to different parts of the country to race.

His interest in running marathons came at a point at which he felt he had to get involved in some physical activity. "I was 190 pounds and 32-years-old, and I knew I had to make some changes," Grande says. The first day he ran half a mile, increasing his distance to three-quarter of a mile the next day. By the end of the week he was running six miles a

*Continued on page 11*

## Summer Dreams

Dave Kromer

The other night I was out on a training run when one of my running mates mentioned to me that he'd recently been doing some running down on the Cape in the vicinity of Craigville Beach. Instant flashback to that wide open stretch along the ocean which just happens to fall on one of my favorite running routes from the past ten years or so. As fate would have it, as if drawn by some magnetic force, every time I return to Cape Cod somehow I always end up back out there on that course. Nine miles which could seduce even the most devout proponent of LSD to denounce his vows and put the pedal to the floor.

Once out the door, I cruised down Sea Street towards downtown Hyannis, a few blocks away. Loosening up and

collecting my thoughts, I anxiously wondered what was in the cards for me this time around. But it was always the same. You see, whether it was winter, summer, autumn, or spring there was something about this course, some

**"In sharp contrast to my efforts the only physical exertion most of these beings would consider on a day such as this would be a couple of trips to the hamburger stand. Taking it all in I realized that this was the American dream...."**

unknown element, which always drove me to run it at a totally crazy, spontaneous pace



Dave Kromer

virtually every time I ran it. There were no measured mile markers or splits, just a series of random, self-imposed surges ranging from a quarter of a mile to up to several miles in length, with the total elapsed time being the only gauge of my efforts.

At the corner by Dunkin Donuts I bolted across Main Street up through the dreaded rotary and over to safe asylum on the bike path where things would start to heat up. That bike path along Route 28 was a dream come true. From the very day when the steam was still rising from the freshly laid, hot blacktop it was to become the site of

numerous memorable runs in the years to follow. As I hit the path I surged for several miles, absorbing the energy from those heavy metal machines alongside me on the road within spitting distance. The flatness engaged in one long, one sided drag race.

At approximately three miles out I reached a set of lights where I took a left, exiting the main drag and abruptly entering a woodsy, country-like setting. The cemetery, whose borders I trace as I rounded the corner, was symbolic of my oxygen starved state by this point in the run. For the next mile or so I worked my way over several rolling hills and through a beautiful area filled with large, Victorian homes which were in sharp contrast to the ranches and capes in most of the surrounding communities. Eventually, I passed the timeless, old

fashioned candy store and felt the pace quicken as I let gravity carry me down the hill and though the lights towards the oceans which loomed in the distance.

Running along the road which paralleled Craigville Beach in the summertime was always an eye opening experience. In this shadeless environment I was thankful for the cooling sea breeze which caressed my body and provided welcome relief from the hot sun which relentlessly beat down upon me. As I gazed upon the ocean and the mass of humanity which was deeply engrossed in paying homage to the sun's rays, I felt as if I had entered some other world or dimension. In sharp contrast to my efforts the only physical exertion most of these beings would consider on a day such as this would be a couple of trips to the hamburger stand. Taking it all

in I realized that this was the American dream....

Down the road apiece, I reached the bend in the road which sent me back up away from the shore line into a wooded, suburban area past a convenience store, a Mexican restaurant, and several motels. The frivolous stimulation which running along the beach front had provided was replaced by the stark realization that fatigue was setting in. These last few miles always served as a painful reminder that flirting with a suicidal pace can be fun early on, but may spell disaster in the long run, one of those deadly sins. But at least I had turned the corner towards home.

Eventually, I headed down a quiet side street, around a sharp corner and returned to the shore line by the Sea

*Continued on page 38*

## Fred Brown — R. I. P.

Jack Pierce

If there is nothing but peace and contentment on the other side, then the low clouds hanging over the Lake Winnepesaukee area on relay day must have surely obscured Fred Brown's view of the day's events.

As a veteran runner of every Fred Brown relay except the first one,

**"Fred would have bagged the whole deal before he subjected his beloved runners to this rule."**

I was surprised to find only 150 or so of the 160 registered teams starting the race. To put this year's race in perspective, the last two relay's held on the Cape drew 323 and 327 teams respectively.

This left many of us wondering what was going on and what caused such a

radical drop in participation? We were also asking ourselves what needs to be done to salvage this formerly major event on most of our calendars.

The early date of the race has just never worked.

It's much too close to the end of summer and the busy return to regular life after Labor Day. This makes it difficult to get eight runners to solidly commitment to competing. Maybe it's time to think of a post foliage date for the race?

Secondly, somebody has to get through to the people dictating the

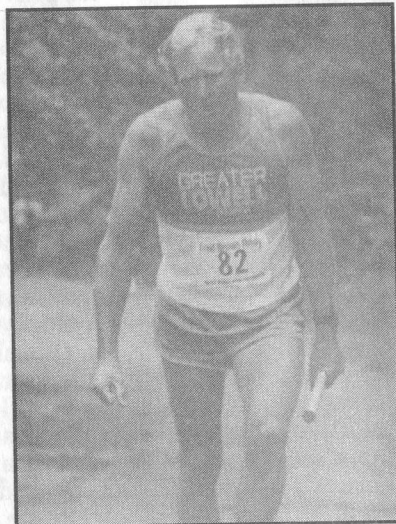


Photo Bob Ness

*"Obscene, brutal!" Jack Pierce muttered as he finally reached the crest of Bay Hill in Alton, NH.*

rules that we come up here to have fun and not to be burdened by a set of rules that would make the Third Reich proud. As someone mentioned to me, "there's no way we can be more trouble than 100,000 Hell's Angels".

Clearly we are visitors and we owe the natives courtesy and respect,

*Continued on page 12*

*Continued from page 7*

day, and he was on his way to bigger and better challenges


Shortly thereafter, Grande's older brother Robert was scheduled to run in a marathon near Kennebunkport, Maine. "I told him I wanted to enter with him. He said I was crazy and I needed at least a year to train before entering such a race," the Sandown

man says

Of course, his personality thrives on challenges like that, and he not only ran the race, but he made it to the finish line nearly eight minutes before his sibling. Now that he's a seasoned marathoner, Grande has a rather unique training regimen. He takes training runs only when he "finds the time," and chooses instead to prepare himself for marathons by

running in smaller events like 5-kilometer races.

And when it comes to races, Grande usually throws the rulebook right out the window. "You're not advised to do little things like wearing new shoes in a race, but I do," he says. Once he had a glass of wine and cold fried rice just before a race and finished with his second fastest time ever (three hours and nine minutes.) "I'd love it if they had

  
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Chinese catering at the 20-mile marker," he jokes.

Grande expect to finish the rest of the American states he has yet to compete in over the next two years. "Once I've completed the United States I'd like to compete in the 13 provinces of Canada. I've already run in two up there," he says. He's also interested in running in Portugal with a friend who is a native of that country.

Grande, who is a member of the Greater Lowell Road Runners, uses running as his one and only social outlet. "It's a great excuse to travel and see the country. Besides, where else can you pay eight dollars and get all the food and drink you want, plus T-shirts," jokes Grande.

*Reprinted from the Derry News.*

### *Continued from page 10*

but if the merchants want us they need to sell the concept of lightening up a bit. The majority of us are mature adults and as participants in multiple relay races fully know how to safely conduct ourselves during the course of the day. We understand when it's OK to pull over to the side of the road and when it's not.

The only real problem that ever occurs during the course of a relay is at the exchange points. With a little creative thinking, on all parts, this does not have to be a restraining factor. A perfect example of creative thinking was the closing of the Morgan Farm Road. This was best race improvement in the history of the relay — an example of an idea that more than worked. This kind of thinking and planning would go a long way in reversing the

recent negative participation trend.

Also on the downside, the rigid enforcement of only one official water station per 10 miles has the user friendliness of a death march. This is a disaster waiting to happen! If there is ever a hot humid day on this difficult course, there will be bodies and lawsuits all over the place. This rule borders on criminal negligence. Fred would have bagged the whole deal before he subjected his beloved runners to this rule.

I don't like continuing on such a negative track, but if the finish is so painful to the local police why not extend the course 100 yards and end the thing in the parking lot? This would remove everybody from the road.

As a long time relay junkie, I offer the above suggestions not as negative nit-picking and criticism, but as a hopelessly optimistic fan of this type

of event. I trust we can all find the light at the end of the tunnel that allows us to meet once a year and share the common bonding experience of all running together and against each other. I hope and trust we can find a way to turn the clock back and return to the innocent Fred Brown concept of runners coming together for a friendly competition and a collective rolling block party.

In closing, let me be the first to publicly affirm that I for one will be back next year. If for no other reason than to have a few moments with Fred and — with a little bit of luck — at least the initials FB will be on the sleeves of the shirts.

**Joining GLRR is cheaper than entering most road races call our 24-hour HOTLINE for membership info 508-957-6447**

## Tri-This

*Dennis Leblanc*

The multi-sport news hasn't exactly been coming fast and furious, but then the interest level of club members has not exactly been overwhelming either. I shoulder part of the blame, because as captain I should be instilling participation. Most weekends, unfortunately, I've been involved in the work ethic thing (driving the rich and famous around). I would much rather have been training or competing with my friends, (yes, I have a couple) but I digress!! The initial tri-season (92-93) is closing and I would like to summarize some individual successes and briefly outline what is proposed for the future. I only competed in two tri's this year. In June, I placed third in the 50 to 59 age group at Amesbury. I also did the DMSE tri in Fairlee, VT and finished fifth in the 50 to 55 age group. This race had very stiff competition because it was part of a series of the D.M.S.E. Triathlon Series. Colin Gouldson competed in four triathlons and finished first in his age division in each one. I think he's reliving the glory days of his '89 Ironman year. Among his first place finishes was a half-ironman in Keene, NH. That race consisted of a 1-plus mile swim, 56 mile bike, and 13.1 mile run. Other GLRR triathlon competitors this year included Dave Tyler and John Morrison. **Current Status** — 1. We are currently having a special triathlon logo, similar to the club's logo, drawn-up to put on a triathlon singlet. 2. We will be creating a multi-sport HOTLINE on the club phone with messages pertinent to the season (i.e., indoor pool laps for the winter). 3. Before the beginning of next season, we will brainstorm

*Continued on page 21*

A personal view

## Fred Brown – a race to the future

Bob Ness

This past weekend the Lakes Region played host to a growing annual attraction. Specifically, the Fred Brown Lake Winnepesaukee Relay Race. Supported by the communities around the lake, this event will grow and become a strong draw for tourism in the region between Labor Day and Columbus Day.

This year 210 teams competed along the scenic roadways around the lake. Each team had eight runners. Each team came with support people and family members. Based upon 1,680 runners having run the course, a total participation figure between 3,500 and 4,000 is well within reason. Those who came from out of the region stayed, ate and played in local establishments.

Next year could be even bigger, both in terms of numbers of participants and in range of exposure throughout the United States for New Hampshire and the Lakes Region.

Race organizer Raymond Furbush of Gilford has reported inquiries from as far away as Georgia and Utah.

The race offers prime sites at which local vendors and civic groups can promote the region and themselves. Other than Funspot in Meredith, which hosts the start/finish area, there are seven handoff sites in Gilford, Alton, Wolfeboro, Tuftonboro and Moultonborough. Each of these sites could become mini-fair grounds for refreshments, crafts, etc.

As a veteran of marathons, 24-hour relay races, 10-mile and 10-kilometer runs, I found the

race to have been one of the best organized and controlled races I have seen. The coordination between race organizers and local officials was quite evident.

I visited the handoff points at the Alton Bandstand and Kingswood Regional High School, as well as stops in between. Police responded to incidents smoothly and efficiently.

Were there no negative comments from the public? No, and that is to be expected. After all, this was an event planned by humans, run by humans, and experienced by humans. Everyone is not going to be happy all the time.

However, race organizers have and will consider all the comments they receive. They make

*Continued on page 15*

## Grand Slam in Grand Prix

Jan Beckwith

Since we last reported, we have been even more awesome than before. Our performance has been nothing short of spectacular, but also the turnout has been incredible! Fifteen women made the drive up on September 25th to Manchester for the Heart-to-Heart 5K. When the results were in we had increased our lead over BRC in the points standing from 4 to 5 points, and Lisa Senatore in her usual style took first and set the course record!

October's Cape Cod Marathon was no lighter a turnout nor less spectacular an outcome. Although Susan Trudel was the only open women's team official participant (3:32 with minimal training!!), we gained formidable support from the masters' team deep pockets and took first. Special thanks to Sue Maslowski (3:17), Moira Durnin (3:22) and Patty Foltz (3:26). This marathon performance clinched our "rightful spot" (who made that outrageous prediction in March?) as NUMBER 1. We blew away CSU and BRC tied for second with 30 points to our 50. And to top off our good news, 40% of the entire marathon field was made up of green!

A very dear and heartfelt thanks to all our team members for their top notch performances, sincere support, and determined depth of field without whom none of this would have been possible. Happiest of rest and fun through the holidays, and let's do it all again next year. (gulp!)



Jan Beckwith

*Continued from page 14*

corrections whenever they can to improve the race and lessen whatever negative impact the race may have. This should serve as both an example and a challenge to local groups to come out and support it. They can only benefit by so doing.

This was one great racing event. It is popular with runners in and out of state, and it has the potential to be a strong economic stimulus to the region.

Let's get our collective shoulders to the wheel and help make it better each year!

*Reprinted from The Granite State News.*

## Youth Team News

Clint O'Brien

Cross Country is running competition in open wooded areas off the track and roads. In addition to coping with the fogs of fatigue during competition, one must also be prepared to contend with a variety of temperature and terrain changes. I believe these running challenges have a very positive influence on other aspects of one's life, especially a young life.

Youth cross country practice continues on Tuesday, Wednesday, and Thursday nights at 5 p.m. at Chelmsford High School. There are competitions every Sunday from now through December 11. All the boys and girls are training hard for the upcoming association, regional, and national Championships that are here in Rhode Island for

the first time ever. Hopefully, we will have some good news to report about the National Junior Olympic Cross Country Championships in next month's newsletter. It's still not too late to get involved. So please contact James Mayol at 256-0280 if you have any questions about this program.

Several indoor track meets are already scheduled, the most important of which is March 21, 1994 at the University of New Hampshire Durham. The cross country regional all-stars will be honored at this time. Please contact Jesse at 256-8819 for additional information on indoor track activities.

Special thanks to all the boys and girls who staffed the water stops at the Bay State Marathon on Oct. 17. We very much



Clint O'Brien

enjoyed helping our fellow runners through their marathon and the shirts are great!

Again, I would like to thank the parents and coaches who volunteer much time and energy to help our youth running program. Without their dedicated support, our young people would not be able experience the enjoyment of cross country running.

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## Racing Team News

Ed Pancoast

The Green has once again swarmed another NEAC Grand Prix Race. This time it was the Elliot Hospital 5K Heart to Heart race in Manchester, NH on September 26th. We came into this race tied with CMS for the overall series lead. After winning four of the six categories, we came out of the 5K race with a slim three point lead. This leads to a very interesting situation leading into the final Prix race - the Cape Cod Marathon. But more on that as we go along.

The Women's Open team was led to victory by another outstanding performance by Lisa Senatore. Lisa broke the course record with an awesome 16:17. With this race, Lisa wrapped up first place for the Individual Grand Prix title no matter what happens at the Marathon.

Great job Lisa. Kara Molloy, Terri Ann McGettrick, Moira Durnin and Kathy Geary rounded out the scoring for the Women's Open team. They are also currently in first place by three points in the overall Grand Prix team standings.

The Women's Masters team also had another excellent race. They won by finishing second, third and tenth by Moira Durnin, Susan Maslowski and Patty Foltz respectively. In the Individual Grand Prix, Sue is second (by only one point) and Moira is fourth overall. The Women's Masters team is first by one point in the team standings, another interesting situation for the Marathon.

The Men's Masters team also won. They were led by strong performances from Phil Riley and Tom



Ed Pancoast

Carroll who finished third and fourth respectively in the Masters division. With this race, Phil moved up to second and Tom up to sixth in the Individual Grand Prix standings. Rob Colantuono is also holding onto third at this point. The scoring was rounded out by Rob Colantuono, Bob Hall and Doug MacGregor. The Masters team is currently first by three points going into the Marathon, with Cross Country season in full swing, this makes another interesting situation for the Marathon.

The Men's Senior team is the fourth group that won their division.

Doug MacGregor won the Senior division and was strongly supported by Jerry Rosa, Charlie Pratt, Colin Gouldson and Jack Pierce who finished fifth, seventh, eighth and ninth respectively. For a bunch of old guys, you look marvelous, but where is Will? With this race Doug moved into a tie for the Individual Grand Prix standings. The Seniors team has locked up a second place in the Overall standings. Although they can not change their overall standings position, I think the Masters team is counting on them in the Marathon. We will have to see.

The scoring was rounded out by a third place finish by the Women's Seniors team and a fifth place finish by the Men's Open team. Eric Beauchesne once again led all Greater Lowell runners by being our first finisher. Congratulations to all who ran the 5K, it is

great to see the Green swarming in all of these races. Just keep remembering, we are all ordinary people doing extraordinary things.

At the time of this writing, the next NEAC race is the Cape Cod Marathon. By the time you receive this article, that race will be history. Hopefully it will result in history that looks favorable upon GLRR. I'm sure it will. Also, I have received 26 surveys, two weeks after the club mailing. Thank you to all the people who have taken the time to fill them out. In the next Starting Lines I will summarize the results.

## CROSS COUNTRY CORNER

You are probably saying to yourself, what in the world are those cross country runners bothering me for. Aren't they the ones that love to run in the cold and mud? Well for the most

part, I have to admit to being one of those weird people who actually enjoys running through woods, tripping over tree roots and slopping through the mud. Now at least I claim to be a little more sane than those trail runners. Unlike the trail races that are usually 10+ over trails that only deer travel, Cross Country races typically range from 5K to 10K through well traveled trails and golf courses.

By the time you read this article, the majority of the schedule will be complete. For the first time that I know of, USA Track and Field New England (the new name for NEAC) has started a Grand Prix style cross country circuit. This circuit will consist of the Yankee Runner 5K, USATF-NE Rec Series 5K, Mayor's Cup Races and the Hurtin' For Certain

*Continued on page 21*

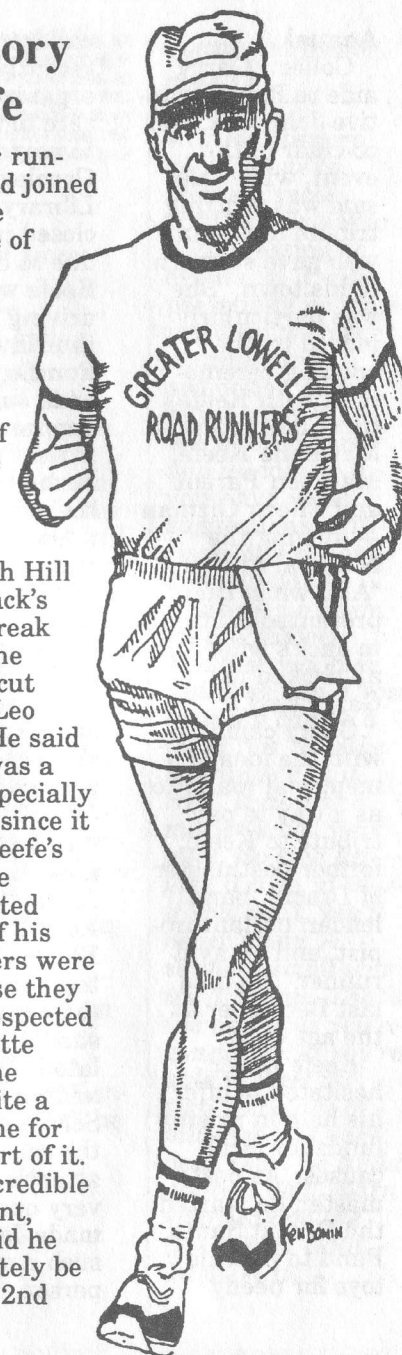
## Runners Honor Memory of GLRR's Jack Keefe

**DRACUT** - Despite rain and cool temperatures, more than 200 runners came out on Sunday, October 3, for the 1st Annual Jack Keefe Memorial Road Race and Fitness Walk. As the winners crossed the finish line, the sun was peeking through the clouds, shining on what organizers and family members called a "great day."

The walkers were the first to step off from the Loon Hill Road starting line, some pushing baby carriages, others holding the hands of little children. Then it was time for the runners; some who came because they knew Jack and others just because they wanted to compete. For the latter, the course was a competitive one, rather more difficult than most in the Merrimack Valley area. Notable were the

many senior runners who had joined Keefe on the starting line of area races, including members of the New England Runners 65-Plus Club, of which Keefe was one of the first members.

"Old Marsh Hill Road was Jack's own Heartbreak Hill," said one runner, Dracut fire fighter Leo Gaudette. He said the course was a good one, especially appropriate since it went past Keefe's home. While Gaudette noted that many of his fellow runners were there because they knew and respected Jack, Gaudette added that he talked to quite a few who came for the pure sport of it. Calling it a credible sporting event, Gaudette said he would definitely be back for the 2nd



Annual.

Colleen Garry, aide to Representative John Cox, was co-chair of the event, which she said was a fitting tribute to a man who gave so much to his town. She was particularly moved by the opening ceremonies, with Keefe's three daughters — Marianne Keefe, Maureen Parent and Eileen Gizman — singing the National Anthem. "Also when they presented that quilt to Jack's wife, I got all choked up," Garry said.

Garry came up with the idea of a memorial road race as a way to pay tribute to Keefe; former postmaster of Dracut, band leader, philanthropist, and an avid runner. He died last December as the age of 67.

Keefe never hesitated to offer his help in raising funds for local causes. As postmaster, he started the Dracut Santa Fund to provide toys for needy

children. More recently, Keefe organized a road race to raise funds to reopen the Moses Greeley Parker Library that was closed in July, 1992, due to budget cuts. Keefe was also the driving force behind the Nawn-LeBrie Fun Day, a town wide outpouring of support for the three East Dracut burn victims and their families.

"Jack touched so many people in so many ways. I know he was up there smiling down on us," said Garry.

## Jack Would be Smiling

In true Jack fashion, the 1st Annual Jack Keefe Road Race and Fitness Walk was a total success and the organizers should be congratulated. Besides adding to the Keefe Scholarship Fund, the race called our attention to the very qualities that made Jack Keefe such a special person. His caring

concern for other and his tireless efforts to come to the assistance of those in need, were the hallmarks of his life and career.

*Reprinted from the  
Merrimack Journal*

## 1st JACK KEEFE MEMORIAL RACE Dracut, MA 10/3/93

1 MARK LUSSIER 28:40, 2 MARK COCK-ROFT 29:09, 3 ANDREW KALIL 29:36, 4 MARK DANIELI 30:02, 5 SCOTT MERRILL 30:04, 6 MIKE FITZPATRICK 30:16, 7 ROBERT LEAHY 30:23, 8 SCOTT GRAHAM 30:25, 9 DICK MARCHAND 30:26, 10 EVERETT MCBRIDE 30:36, 11 DOUG ANDERSON 30:41, 12 BOB BROUILLETTE 30:45, 13 DAN DORAZIO 31:07, 14 LEE PANAS 31:24, 15 EDWIN MATOS 31:26, 16 DAVID VASTA 31:30, 17 GEORGE BISSON 31:50, 18 DENNIS WLODYKA 32:07, 19 ROBERT BARNES 32:11, 20 BILL DEVLIN 32:25, 21 MOE VILLINEUE 32:41, 22 JOHN BRYNE 32:47, 23 STEVE ZIEGLER 32:55, 24 JACK CLANCY 33:09, 25 BERNIE CLANCY 33:14, 26 DON LEVESQUE 33:18, 27 ROGER LEVASSEUR 33:27, 28 SUS-ANTRUDELL 33:29, 29 ANDY SAYER 33:40, 30 BARRY PEARSON 33:41, 31 DAVID LABRODE 33:47, 32 JOHN HIRE 33:54, 33 JOHN VANDAL 34:03, 34 GEORGE FYRER 34:04, 35 MIKE AQUINO 34:06, 36 KENNETH PROULX 34:35, 37 JOHN PIERCE 34:53, 38 STEPHEN LOMBARDO 35:17, 39 LEO GEOFFROY 35:29, 40 JOSE D. MANGUAL 35:30, 41 SHAUN HARRINGTON 35:34, 42 BILL MOONEY 35:38, 43 DENNIS CONNERS 35:48, 44 LEO ST. LOUIS 35:50, 45 TIM KEARNS 35:51, 46 JIM MCGUIRK 35:57, 47 DICK PIERCE 36:06, 48 DONALD PLUMMER 36:07, 49 JOE SUSLOVITCH 36:12, 50 BILL BELCHER 36:24, 51 MICHAEL FADDEN 36:25, 52 RALPH MCCLELLAN 36:25, 53 STEVE ZIS 36:25, 54 RAY LACROIX 36:29, 55 GERRY WHITNEY 36:30, 56 JOHN IANUCCI 36:34, 57 GREG DILLON 36:36, 58 DAN CORREA 36:37, 59 THOMAS STEVENSON 36:42, 60 BRIAN KARCZ 36:45, 61 JERRY HORGAN 36:49, 62 BO BEVIS 36:52, 63 FRED MESSINA 37:00, 64 MARK GAGNON 37:07, 65 EILEEN

MONTBLEAU 37:12, 66 GERARD PINTAL 37:22, 67 GLENN ENGER 37:23, 68 PAUL ZIMMER 37:27, 69 BARRY FINNEGAN 37:34, 70 VALERIE HAMILTON 37:41, 71 DENNIS KEEFE 37:46, 72 WINK MCCARTHY 37:49, 73 WALTER KANE 37:55, 74 MARTY CARDOZA 37:57, 75 JOY KEEFE 38:01, 76 DONNA DEVEAU 38:06, 77 RICHARD CURTIN 38:08, 78 RYAN BUCKLEY 38:21, 79 JACK HEFFERNAN 38:24, 80 ROBERT GOULD 38:29, 81 WALTER NUTTER 38:32, 82 JAMES RHOADES 38:41, 83 NANCY ROY 38:43, 84 JIM DOLAN 39:09, 85 JIMMY LAWLER 39:13, 86 JOE RYAN 39:23, 87 CHARLES SAVARD 39:24, 88 RON MURPHY 39:36, 89 E. DALE COX 39:49, 90 VINNY COUTURE 39:49, 91 GEORGE KILMARTIN 39:50, 92 ROWAN KOSMIN 39:51, 93 STEVE MASCIARELLI 40:15, 94 RUSS STARLING 40:19, 95 SEAN MERROW 40:28, 96 ANN SARTORELLI 40:35, 97 DONALD KURPIS 40:39, 98 BILL PIPER 40:47, 99 JACK LANDERS 40:50, 100 PAUL DELANEY 40:52, 101 STEVEN ALLIETTE 41:01, 102 CHERYL SAVARD 41:05, 103 BRAD SMITH 41:10, 104 TRISH CERRETANI-BOU 41:14, 105 KIMBERLY O'CONNELL 41:20, 106 JOHN SCHELLBORN 41:23, 107 BILL BARROWS 41:29, 108 SUSAN OLSON 41:35, 109 NANCY COX-LUND 41:39, 110 BARRY MOORE 41:43, 111 BRIAN ALLIETTE 41:45, 112 BILL SULLIVAN 41:47, 113 STEVE BELCHER 41:48, 114 CHRISTINA BRENNAN 42:10, 115 JACK MARTIN 42:18, 116 NANCY MARTINAGE 42:22, 117 BREN CARDOZA 42:28, 118 DICK SMITH 42:40, 119 MICHAEL DONELAN 42:49, 120 BILL COPPINGER 42:51, 121 GEORGE RAWNSLEY 43:04, 122 JAMES SHETTON 43:11, 123 JASON KEYS 43:16, 124 FRAN CARNEY 43:19, 125 AL RETELLE 43:21, 126 ARTHUR LIAKOS 43:27, 127 PAULA CRUZ 43:29, 128 FRANK CLARK 43:29, 129 MICHAEL VIENS 43:32, 130 JOE CRAVEN 43:49, 131 FRAN MARTIN 43:58, 132 LINDA MACHADO 44:01, 133 PHILLIP CAMPBELL 44:06, 134 RICK McDONNELL 44:09, 135 MAURICE NOONAN 44:25, 136 DENISE BUBAR 44:29, 137 JOHN SULLIVAN 44:55, 138 CINDY TRANK 44:56, 139 SANDIE STEERE 45:34, 140 JOE MACHADO 45:40, 141 CAROL GAGNE 45:48, 142 EDWARD GRAILICH 45:50, 143 LOUIS PETERS 45:52, 144 MICHAEL GOBRON 46:12, 145 MARIO ESPINOS 46:20, 146 BILL GREENWOOD 46:21, 147 DAVID RECCO 46:38, 148 LEO GAUDETTE 46:43, 149 KRISTINA GRAHAM 46:44, 150 JOHN KANE 46:45, 151 BOB BASSETT 47:16, 152 ANGELA T. BLATUS 47:46, 153 CHRIS ZAHKA 47:57, 154 JOSEPH ZANKA 48:05, 155 EDWIN LAWLOR 48:46, 156 RINALDO DIVACRI 48:56, 157 KATHLEEN FERREIRA 49:03, 158 BILL KANE 49:33, 159 BONNIE DALTON 49:58, 160 MAURA FOLEY 51:26, 161 NANCY FOLEY 51:26, 162 NELSON OCASIO 51:34, 163 ROLAND GAGNE

51:35, 164 LOUISE ROSSETTI 51:38, 165 STEVE NOTINI 51:41, 166 MARY CHIESA 51:52, 167 EVERETT CLARK 52:08, 168 BILL GALVIN 53:33, 169 WALTER ROBERTS 54:37, 170 JAMES KEYS 55:00, 171 JO ANNE DUFOUR 55:07, 172 ANN CRAVEN 55:25, 173 RENEE PLUMMER 57:58

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5K races. These races will score a Men's Open five person team and a Women's Open three person team.

In addition to the Grand Prix, we will enter several teams into the USATF-NE Cross Country Championships on November 7th and the Reebok Challenge 5K and TAC/USA National Masters 8K championships at Franklin Park on November 20th. If you get this information before the races on the 20th, please come out and see the competition on the former site of the World Cross Country Championships. You won't be sorry.

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with multisport enthusiasts to create a race/triathlon calendar with a listing of events. 4. I will personally be more involved with the running and promotion of the multi-sport team. We welcome any and all ideas. If you have ideas, suggestions, criticisms call me at 508-649-7138.

Here is a poem on the subject:  
*Whether you bike, swim, or run, Cross training can be a lot of fun. Whether training or in a race, It doesn't matter what your pace. So sign up — give it a go, B'cause if you don't, you'll never know. A single discipline or try all three, That's the only way you're gonna see. If you're able to meet the test, To be one of multi-sport's very best. Don't be timid, act real bold, Earn your way on the Green and Gold Just Tri It!*

# NEAC 1993 Grand Prix Championship

## Final Standings

### Male Open

1	Central Mass Striders	52	8	Greater Boston Track Club	6
2	Boston Running Club	36	9	Greater Springfield Harriers	4
3	Cambridge Sports Union	33	10	Granite State Racing Team	3
4	Whirlaway Racing Team	32	11	Irish American Track Club	2
5	Tri-Valley Front Runners	32		Sugarloaf Mountain AC	2
6	Greater Lowell Road Runners	30		Back Bay Road Runners	2
7	Boston Athletic Association	14	14	Greater New Bedford TC	1
8	Greater Springfield Harriers	7			
9	Marshfield Road Runners	5			
10	Boston SISU	3			
11	Sugarloaf Mountain AC	1			
12	Gate City Striders	1			

### Male Masters

1	Greater Lowell Road Runners	38			
2	Tri-Valley Front Runners	36			
3	Central Mass Striders	27			
4	Cambridge Sports Union	18			
5	Boston Running Club	9			
6	Boston Athletic Association	7			
7	Marshfield Road Runners	4			
8	Rhode Island Road Runners	1			
9	Greater Springfield Harriers	1			

### Male Seniors

1	Boston Running Club	16
2	Greater Lowell Road Runners	15
3	Rhode Island Road Runners	4
	Central Mass Striders	4
5	Marshfield Road Runners	2

### Female Open

1	Greater Lowell Road Runners	50
2	Cambridge Sports Union	39
	Boston Running Club	39
4	Central Mass Striders	34
5	Liberty Athletic Club	26
6	Tri-Valley Front Runners	9
7	Greater New Bedford TC	7

### Female Masters

1	Greater Lowell Road Runners	39
2	Central Mass Striders	30
3	Cambridge Sports Union	20
4	Liberty Athletic Club	17
5	Greater Boston Track Club	8
6	Rhode Island Road Runners	5
7	Granite State Racing Team	3
8	Greater Springfield Harriers	2
	Boston Athletic Association	2
	Sugarloaf Mountain AC	2
11	Greater New Bedford TC	1

### Female Seniors

1	Liberty Athletic Club	12
2	Greater Lowell Road Runners	9
3	Cambridge Sports Union	7
4	Sugarloaf Mountain AC	4

### OVERALL

1	Greater Lowell Road Runners	181*
2	Central Mass Striders	147
3	Cambridge Sports Union	117
4	Boston Running Club	100
5	Tri-Valley Front Runners	77

\* New Record

## The Grande Report

Steve Grande

**Destination:**  
Rapid City, South  
Dakota and  
Bismark, North  
Dakota

Participating GLRR members in alphabetical order, more of less, were Dave Audet from Concord, NH, Mr. Mass Port (aka Bob Grande) from the People's Republic of Massachusetts, Ms. Elaine Pechow, that lovely belle from Brookline, MA, and last but not least, yours truly, Sandown Steve.

You may not know me but when I leave town, I carry my green card. Show your GLRR green card to any race director and believe me now, when I tell you later, membership does have its privileges.

Driving into Rapid City is overwhelming — NOT! The tallest building is only 13 stories but they don't count the 13th floor because its an unlucky number. So there are really



### Here's More Green

Bob Grande, Elaine Pechow, Steve Grande, and Dave Audet (back) doing the antler dance somewhere in North or South Dakota?

only 12 floors.

It didn't take us long to find "THE" place in town. A micro-brewery named after an old firehouse, it was something akin to the Commonwealth Brewery in Boston. They had great burgers and all kinds of barley brew — light, dark, copper — you name it! So eat your hearts out you beer drinking masters of the Green Slimers!!

The night before the marathon we went to this nice

looking restaurant. It seemed OK until Bobby got the pasta. The sauce looked like watered down ketchup. To add insult to injury, he ordered cheese expecting a nice bowl of cheese. However, the waiter brings him a bottle of powered Kraft. It was truly Bob's most disappointing moment in life. If you could have only seen those glassy eyes. (Probably due to

*Continued on page 25*

# Fram Cops Easy 1st at Bobby Bell

Lisa Cascio

**HAVERHILL** — The extreme wind was no problem at the seventh annual Bobby Bell 5 Mile Road Race Sunday, October 10 in downtown Haverhill. Even more so than past years, this year's race was a success. The wind and chilly weather were a hindrance to virtually no one as a record 257 runners showed for the 11 a.m. start.

"It's called a men's race, but everyone is invited to enter," said Dave LaBrode. "The race is more popular for the social atmosphere provided for the runners." Indeed, the social race shows no discrimination, as evident from the 20 or so female entries. Even an unofficial entry of a dog running alongside its master could be seen on the course.

Sponsored by the Lasting Room in downtown Haver-

hill, the race is centered around friendly competition and a good time. Mingling in the pub are a very diverse group of runners which pays tribute to the race's eight age categories. There is no sex division, and prizes are awarded to the top finishers in each age group.

This year's winner, Craig Fram, finished the five-mile course of gently rolling hills in 25:24. His time was 1:20 ahead of the pack. Growing up in Haverhill and presently residing in Hampstead, NH, Fram entered the and won his first Bobby Bell race. Last year's winner, Jim Quadros, placed eight with a time of 27:15.

Crowd favorite Buddy Bostick, who is back after several injuries, participated in his seventh race. He has had excellent success on this course, winning

five of the last six races. He took fifth this year in 26:32. "I ran right around what I expected to run," said Bostick. "I've been recuperating from some injuries and my time was close to what I thought it might be."

Among the first big pack of runners to cross the finish line around the 35 minute mark was the first women. Kathy Cavaretta finished in the top half, taking 95th place in 35:20.

*Reprinted from the Haverhill Gazette*

## Results

1 Craig Fram 25:24, 2 Rich Burke 26:04, 3 Brian Martin 26:15, 4 Kevin Retalle 26:22, 5 Buddy Bostick 26:32, 6 Jim Morisseau 27:08, 7 Tom Roldan 27:11, 8 Dave Tyler 27:16, 10 Marty Lechleider 28:09, 11 Abedoa Richardo 28:18, 12 Bob Sullivan 28:41, 13 Mark Cockroft 28:46, 14 Andrew Kalil 28:49, 15 Gerson Manchane 29:04, 16 Dave Camire 29:15, 17 Elias Taveras 29:21, 18 Phil Gardella 29:31, 19 Juan Guevara 29:34, 20 Ken White 29:44, 21 Tom Alfionco 29:52, 22 Peter Flink 29:57, 23 William Steele 29:58, 25 Jeff Gould 30:07, 26 Stephen Connolly 30:35, 27 Steve Smith 30:37, 28 Kevin Ray 30:39, 29 George Bisson 30:44, 30 David Vasta 30:52, 31 Russ Army 30:55, 32 Bob Manning 31:00, 33 Wally Kurz 31:11, 34 Dennis Wlodyka 31:15, 35 John Ottaviani 31:17, 36 Andy Pendleton 31:18, 37 Peter Houvouras 31:28, 38 Richard Hess 31:29, 39 John Byrne 31:38, 40 Claude Sequeira 31:43, 41 Will Mason 31:47, 42 Raymond Tilden Jr 31:50, 43 Mark Donais 31:51, 44

James Geiger 31:53, 45 Moe Villeneuve 32:03, 46 Dave Muldowney 32:05, 47 Don Staruk 32:08, 48 Jim Barry 32:11, 49 David Fotino 32:24, 50 Joe Castello 32:44, 51 Tim Galvin 32:48, 52 Jon Martin 32:57, 53 Joseph Albinder 32:58, 54 John Eriksson 33:01, 55 Frank Salvatore 33:03, 56 Angel Galcomio 33:04, 57 Thomas Mahon 33:06, 58 Kevin Johnson 33:27, 59 Robert Nelson 33:14, 60 Doug Eastman 33:15, 61 Harry Dow 33:16, 62 Jim Batts 33:17, 63 George Nigro 33:19, 64 Steve Vitkaskas 33:22, 65 Gerard Boucher 33:28, 66 Luis Perez 33:34, 68 John Ariemme 33:51, 69 Richard Donohue 33:55, 70 Leo Clarke 33:59, 71 Richard Jones 34:05, 72 Corey Enam 34:09, 73 Fred Bertelson 34:10, 74 Paul Sorenson 34:12, 75 Dan Jones 34:15, 76 Michael Hume 34:20, 77 Dave McGuigan 34:23, 78 Paul Bogna 34:27, 79 Ron Beckett 34:34, 80 Christen Martin 34:35, 81 Shawn Harrington 34:35, 82 Jim Jellison 34:36, 83 Richard Green 34:37, 84 Stephan Lombardo 34:42, 85 Andy Schachat 34:51, 86 Louis Sanville 34:52, 87 Norm Beers 34:53, 88 Brian Allietee 34:54, 89 Victor Servian 34:59, 90 George Dirago 35:04, 91 Mike Groves 35:08, 92 Kevin Curlin 35:15, 93 Brian Karcz 35:16, 94 Steve Clark 35:20, 95 Kathy Cavaretta 35:20, 96 Donald Kalapinski 35:21, 97 Norm Cynewski 35:24, 98 David Fabrizio 35:25, 99 Wayne Groves 35:26, 100 Steve Zis 35:28, 101 Ray Mazzaglia 35:31, 102 Peter Limber 35:35, 103 Robert Eram 35:42, 104 Bo Bevis 35:48, 105 Wayne McDonald 35:50, 106 Stephen Carell 35:51, 107 Clare Thompson 35:56, 108 Bruce Young 36:00, 109 Judy Romvos 36:01, 110 Keith Enos 36:02, 111 Jim Laprel 36:02, 112 Barry Finnegan 36:03, 113 Peter Rickheit 36:04, 114 John Matuzek 36:05, 115 Mike Keenan 36:06, 116 Richard Curtin 36:07, 117 Richard Larnard 36:08, 118 Mike Marich 36:09, 119 Bill Bingham 36:09, 120 Fed Emilio 36:11, 121 Mike McCormick 36:12, 122 John Given 36:13, 123 Marty Fisch 36:14, 124 David Baran 36:16, 125 Charles Cordischi 36:17, 126 James Rhodes 36:24, 127 Peter Kall 36:25, 128 John Lynen 36:27, 129 Diane Antille 36:28, 130 Bill Flannery 36:30, 131 Paul Sedgwick 36:32, 132 Albert Dube 36:36, 133 Dennis Keele 36:37, 134 Nick Anastasi 36:39, 135 Paul Bolster 36:44, 136 Steve Sousa 36:49, 137 Ken Enos 36:53, 138 Joe Ryan 36:54, 139 Mike Hodge 36:57, 140 Garry Daniels 36:59, 141 Ken Siros 37:00, 142 Joe Morin 37:02, 143 Dave Hall 37:06, 144 Ed Mulvey 37:07, 145 Tim Courmoyer 37:08, 146 John Cragen 37:08, 147 James Karamurtopoulos 37:18, 148 Walter Kane 37:26, 149 John Perlowski 37:31, 150 Bob Prescott 37:33, 151 William Anderson 37:40, 152 Jim Sainville 37:44, 153 Jack Heffernan 37:57, 154 Michael Giday 38:01, 155 Jim Sharkey 38:04, 156 Mike Shields 38:10, 157 Mike Tuccol 38:11, 158 Hank Pangione 38:12, 159 Steve Wholley 38:17, 160 Ken Atkinson 38:18, 161 Robert Coburn 38:20, 162 Dennis Morgardo 38:25,

163 Paul DiBenedetto 38:28, 164 Joe Quinn 38:29, 165 William DesRoches 38:33, 166 John Finnell 38:34, 167 Steven Allette 38:47, 168 Bill Field 38:49, 169 Roanld Sanville 38:55, 170 Max Ward 38:56, 171 Brian Heffernan 39:08, 172 Don Schwankamp 39:10, 173 Bill Dow 39:17, 174 Joseph Su 39:27, 175 Jeff Nelson 39:36, 176 Patti Finocchiaro 39:39, 177 Todd Flannery 39:40, 178 Mike McGonagle 39:42, 179 George Chriel 39:43, 180 Tony Ferro 39:44, 181 Frank Silva 39:47, 182 Ray Jones 39:48, 183 Troy Dagres 39:54, 184 Michael Mascola 39:54, 185 Raymond Thompson 39:57, 186 Jack Landers 40:11, 187 Don Descoteaux 40:26, 188 Scott Whitley 40:39, 189 Shirley Siros 40:45, 190 Bill Barrows 40:46, 191 Steve Kohanski 40:54, 192 Peter LaRochelle 41:59, 193 Casey Rice 41:16, 194 Phil Rice 41:17, 195 Edward Damish 41:18, 196 Michael Vien 41:45, 197 Robert Rymsha 41:46, 198 Edward O'Connell 41:59, 199 Roger Duchesne 42:18, 200 Michael Viens 42:31, 201 John Abruzzi 42:53, 202 Cathy Manning 42:59, 203 Elaine April 43:02, 204 Maurice Noonan 43:06, 205 Joseph Agneta 43:08, 206 Donald Coombs 43:41, 207 James Rymsha 43:59, 208 Tom Starr 44:04, 209 Bruce Caron 44:05, 210 Louis Peters 44:34, 211 Michael Tardiff 44:47, 212 Gary Croft 45:22, 213 John Kane 45:54, 214 John Welby 46:02, 215 Peter Sumner 46:18, 216 Jim Rayle 46:20, 217 Beth Rochette 46:43, 218 Ed Lawler 46:58, 219 Laura Sumner 47:06, 220 Tim Price 47:27, 221 Meredith Rickheit 48:03, 222 Jack Leonard 48:46, 223 Bob Hunter 54:33, 224 Walter Roberts 24 hrs.

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finishing off a liter of wine.)

Race Morning: It was a long ride to the start; it's a point-to-point course. We arrived with only 15 minutes to shed our clothes and do our business in the woods. It was raining and in the forties; not bad after a couple of

miles. The course is potentially fast. Scenic? You bet. Hilly? Mostly downhill except mile 16 is all uphill. The last 10k is a dream, I wished I'd actually trained for this one.

Bobby broke four hours and was very happy. Davey pr'ed big time with a 2:31:59 and easily placed second. I finished a respectable 3:22:09. Elaine ran the toughest leg in the accompanying relay.

Upon crossing the finish line you are handed plaque with a medal affixed to the corner and a plastic pocket for a photo. Just too cool for school!

The six days between marathons were filled with all kinds of adventure. Starting with a safari type ride through the Custer State Park. Elaine wanted to pose next to a Bison that was protecting its calf. The Bison immediately went after

*Continued on page 30*

# Applefest Half Marathon For Dunham, it was more of the same

Jeff Novotny

**M**aybe the Applefest Half Marathon should change its name to the Dave Dunham Half Marathon.

The Londonderry resident proved once again that he owns the 13.1-mile race through the roads of Hollis as he ran away from the field and won Applefest for the fourth consecutive year.

Dunham's finishing time of 1 hour, 8 minutes, 36 seconds fell shy of the course record of 1:06:07 which he set last year, and short of his state record of 1:05:43, which he set at North Conway's White Mountain Milers Half Marathon. But he still easily outdistanced his nearest rival, fellow Central Mass. Striders runner and Londonderry resident Bryne Decker, who was second overall with a time of

1:09:53.

"I would have liked to have brought down the record here, but this is a tough course," said the 29-year old Dunham, who knew very early in the race that yesterday wouldn't be a record-setting day. "I planned on going hard for the first couple miles and if I didn't feel good I was just going to try to win it. I was sluggish and I knew at the first mile marker that it wasn't going to be a good day."

Mike Cook of Hyde Park, Mass. was third at 1:11:28, Vincent Connelly of Brookline, Mass., four in 1:11:58 and three more CMS runners — Kevin McGovern (1:12:08) of West Boylston, Mass., Stephen Jackson (1:14:08), of Worcester, Mass., and Peter Blomquest (1:14:27) of Worcester, Mass. — took

fifth through seventh place.

Nashua resident and Gate City Strider Laura Bianco ran ahead of a wide open women's field to win the female title in a time of 1:24:50, placing her 62nd overall. Michelle Horgan of Beverly, Mass., was the second female finisher, in 1:25:23, and Michelle Pelletier of New Boston was third in 1:25:36.

Medals were awarded to the top finishers in 21 age groups yesterday. The race was hosted by the Gate City Striders and sponsored by Brookdale Fruit Farm, Gemini Construction Company, Kerk Motion Pictures, and New England Country Pies.

*Reprinted from the  
Nashua Telegraph*

## 11th Applefest Half Marathon Hollis, NH October 9, 1993

1 DAVE DUNHAM 1:08:36, 2 BYRNE DECKER 1:09:53, 3 MIKE COOK 1:11:28, 4 VINCENT CONNELLY 1:11:58, 5 KEVIN MCGOVERN 1:12:08, 6 STEPHEN JACKSON 1:14:01, 7 PETER BLOMQUEST 1:14:27, 8 JIM MORISSEAU 1:14:47, 9 JOHN DALTON 1:16:12, 10 MARK LUSSIER 1:16:25, 11 THOMAS PERAGINE 1:17:45, 12 ROBERT NAGLE 1:17:47, 13 DON MCCARTHY 1:17:50, 14 TIM BURKE 1:17:53, 15 GEORGE CLARKE 1:18:06, 16 JOH LUCEY 1:18:08, 17 VINCENT RICCIARDI 1:18:31, 18 WILLIAM CLAPHAM 1:18:38, 19 STEVE VIRGADAULA 1:18:45, 20 MICHAEL MAWN 1:18:59, 21 JACK AFARIAN 1:19:08, 22 LAWRENCE CORMIER 1:19:24, 23 KHAMFEUA HALEUDETH 1:19:28, 24 BRETT MICHAUD 1:19:37, 25 WAYNE ALUKONIS 1:19:40, 26 MARK COCKROFT 1:19:40, 27 DAMIAN COOPER 1:19:46, 28 MIKE DUBOIS 1:19:50, 29 JIM FREID 1:20:04, 30 MICHAEL SERETTO 1:20:13, 31 MICHAEL VEATCH 1:20:22, 32 TIMOTHY QUINN 1:20:58, 33 BILLY WALSH 1:21:16, 34 GARY RING 1:21:20, 35 RON KITA 1:21:31, 36 KEVIN MOROZ 1:21:33, 37 DAVE SMITH 1:21:54, 38 VINNIE FUSCO 1:22:03, 39 ED FROMM 1:22:05, 40 KRISHNA NARAYANASWA 1:22:25, 41 DONALD DWIGHT 1:22:27, 42 MARK MAYALL 1:22:40, 43 GOULDSON COLIN 1:22:49, 44 TOM KOLB 1:22:52, 45 STEVEN BURKE 1:22:52, 46 PETER ORNI 1:22:53, 47 BILL PENNINGTON 1:23:00, 48 DAVID HIBBARD 1:23:20, 49 WALTER KUKLINSKI 1:23:30, 50 JEREMIAH FITZGIBBON 1:23:31, 51 KENNY MCMAHON 1:23:32, 52 LENNY WAGNER 1:23:33, 53 JOHN M PIERCE 1:23:35, 54 EDWARD COLEMAN 1:23:42, 55 MARK FONTAINE 1:23:53, 56 DON MAYER 1:23:59, 57 SCOTT WADE 1:24:11, 58 JOEL EHLE 1:24:16, 59 ALLAN RUBE 1:24:29, 60 BRADLEY KANGAS 1:24:34, 61 BRUCE HURLEY 1:24:43, 62 LAURA BIANCO 1:24:50, 63 JD DOYLE 1:24:59, 64 DANA WATERMAN 1:25:11, 65 MICHAEL BOYLE 1:25:13, 66 DANIEL CUDDY 1:25:18, 67 MICHELLE HORGAN 1:25:23, 68 MICHELLE PELLETIER 1:25:36, 69 MICHAEL FRESHOUR 1:25:37, 70 NANCY SIROIS 1:25:42, 71 STEVE HEARD 1:25:48, 72 WILLIAM DIXON 1:25:55, 73 PETER GARRIGAN 1:25:58, 74 ROBERT NEAR 1:26:16, 75 FRANZ VAIL 1:26:20, 76 JIM GONYEA 1:26:21, 77 JEFFREY QUIMETTE 1:26:22, 78 GERARD OTTAVIANO 1:26:29, 79 PETER QUINLAN 1:26:30, 80 FRANK GORHAM 1:26:31, 81 PETER LEONARD 1:26:33, 82 JAMES ANDRE 1:26:38, 83 JENNIFER ROOD 1:26:44, 84 MICHAEL LAWLER 1:26:44, 85 COLETTE WORS-

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Elaine. Scared out of her wits, Elaine sprinted so fast away it would of made the women's open team proud. We also hit some underground caverns that were really neat.

We did spend considerable time searching for a half decent cup of coffee. It's strange, we really couldn't find one! In North Dakota I did find a donut shop. Now you'd think they'd cream for coffee right? Wrong!! Well at that point, I just about had it. I actually ran to a food mart a quarter mile away so we could have cream in our coffee. Did I mention we went to Mt. Rushmore too?

I found out about this 10K race that was being held at this big international pow-wow we attended. Unfortunately it was the

night before our second marathon. I somehow convince the crew that it would be beneficial for them to run. So we had to register as a "Tribe." So be it! Tribe Lowell with squaw Pechow, Dave "2 legs" Audet, Bob "Slow Foot" Grande, and Steve "Why am I so stupid" Grande. Dave finished first in 34:56, I finished eighth (second in age group), Elaine was second master, and Bob ran easy. The GLRR scalped the Indians in this tour de force!

The next morning we were up and at'em for the North Dakota Marathon. We had nice weather, the course was flat, and Davey finished second overall with a 2:47 (he would have won had he not raced the night before). Bob took it at finishers pace in 4:31. I ran 3:36 and was happy it was over. One week is not enough rest for me to run that distance without serious pain! Elaine ran

the half-marathon and placed second in the master's division again.

A man named Jerry Dunn was also at both marathons and finished both. He is doing 93 marathons in 1993. So if you think we're nuts, we're tamed compared to this guy. There is also this 62 year old guy who does a cartwheel everytime he crosses the finish line of a marathon — Elaine witnessed it!

Other attractions of note included the McDonald's restaurants that were exceptionally different from our's. They are set-up with 1950's decor and feature high school yearbook pictures of celebrities embedded in the tables. They had all kind of 50's paraphernalia including a '57 Chevy encased in glass. To make a long story short, in which this case I didn't, a good time was had by all. Except when Bobby yelled at me, just kidding!

## 5th Annual Bay State Marathon: Record Field, Record Times

*Don Allison*

**T**he prevailing theme of the fifth running of the Bay State marathon in Lowell was that of a flat, fast course offering area marathoners the opportunity to qualify for the 1994 Boston Marathon. This has always been the primary objective of Bay State, although those who remember the inaugural run in February of 1990 will recall that winter weather prevented some from reaching that goal. As it turned out, this year there were many other interesting stories among the 379 race finishers.

A calm, foggy morning gave hope to the runners that fast times would be in the offing. For the elite, \$250 men's and women's course record bonuses were on the line. Jim Garcia of the Central Mass Striders took command of the

race early on; the only suspense was whether or not he would claim the bonus money. Although he reached the finish line in 2:28:31 (17 seconds off the previous record), he was awarded the money. A slight detour sent him off the course for over a minute at mile 18. Michelle Bociek from Concord came

**"Once again, the two loop course around the Merrimack river lived up to its reputation as New England's fastest"**

to Lowell simply looking for a fast time. She got that and the \$250 bonus, as her time of 3:02:46 eclipsed the old CR by nearly two minutes. In the accompanying half marathon, Dave Counts from Brook-

line and Ann-Marie Starret from North Andover led a field of 380. Their winning times were 1:10:33 and 1:24:11 respectively.

National class runner Dave Dunham kept his streak of having run all five Bay States alive, cruising the course in a workout time of 2:51:25. Dave Buddington, 52 of Glastonbury, CT has broken three hours in four of the five Bay States, including a 2:57:39 in '93. More importantly, this year's race was marathon number 99 of his career. Sharon Mordorski 41, of Buffalo Grove, IL, has completed a marathon in all fifty States. She is now on track to becoming the first person to repeat that achievement. She can check off Massachusetts on her list after her 4:11:39 here at Bay State.

Bob Sevene of the Boston Athletic Association, who coached Joan Samuelson to her 1984 Olympic gold medal, ran his first 26 miler in many years, finishing in 3:07:55. Pippa Davis, fresh from her recent Oregon to Massachusetts cross country run (for The Dana Farber Cancer Institute) used Bay State as a cool down, coasting to a finish of 3:43:27.

Once again, the two loop course around the Merrimack River lived up to its reputation as New England's fastest, with 167 of the 379 finishers meeting the standard for next year's Hopkinton to Boston trek. A first class effort by GLRR will surely let folks know that there is more than one quality marathon in Eastern Massachusetts.

*Don Allison is the founder of the Bay State Marathon and he is a frequent contributor to New England Runner.*

## Baystate Marathon Tyngsboro, MA October 17, 1993

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\* Indicates that runner qualified for the 1994 Boston Marathon

## Baystate Half-Marathon Tyngsboro, MA October 17, 1993

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## To: All Bay State Marathon and Half Marathon Runners

Congratulations on running a great race! Many of you had PR's as well as qualifying times for the Boston Marathon.

This year we had over 900 runners participate in the combined races. In the marathon first place male overall was Jim Garcia of Westford, MA in a time of 2:28:31.

First place women's overall was Michelle Bociek of Concord, MA in a time of 3:02:16. Both Jim and Michelle collected \$250.00 for their efforts. Michelle broke the existing women's course record by two minutes and Jim would have broken the men's course record if he had not lost 20 seconds going off the course.

In the half marathon first place male overall winner was Dave Counts of Brookline, MA,

1:10:33 and first place women's overall winner was Annmarie Starrett of North Andover, 1:24:11.

Look for all finishing results on page 32 of Starting Lines.

Thank you all for participating in this year's Bay State Marathon and Half Marathon and we hope to see you again October 16, 1994.

*Good Running,  
Bill Gibney  
Race Director*

## To: Bay State Marathon and Half Marathon Volunteers and Sponsors

Thanks to your efforts you have made the 1993 edition of the Bay State Marathon and Half Marathon the most successful to date!

Many of the runners have called to mention they felt the support along the course, the

water stops, the finish line and the post race festivities were great. Calls have even come in from people who heard about the race and want an application for next year!

Our sincere thanks to our sponsors: Monadnock Spring Water, Veryfine Fruit Drinks, T-Bones Restaurants and our major sponsor Brian's Ivy Hall of Lowell.

We look forward to working with you all next year.

*Thanks again,  
Bill Gibney  
Race Director*

Dear Bill,

I just wanted to thank you and the rest of the GLRR for a great marathon a week and a half ago. I am the guy from Milton who called you a couple of times about a ride. You helped me find one, and I appreciate it.

The marathon seemed beautifully organized. The course and traffic went smoothly, the water stops were plentiful and well stocked (I loved the straws with the 10-K), and the sponges at 20 miles were tremendous.

It was my second marathon ever, and I qualified for Boston for the first time (3:16:00) which has me very excited.

Thanks to you and all of the people who made the marathon possible.

*Sincerely,  
Kurt Jacobsen  
Milton, MA*

### **SLATTERY'S BACK ROOM "TURKEY TROT"**

**SUNDAY, NOVEMBER 21, 1993 - 1:00 PM**

—5.0 Miles—  
Fitchburg, Mass

**Cash Prizes - 900 t-shirts - Raffles  
pre-entry \$9, post-entry \$10**

**Mail entries to: Slattery's Turkey Trot,  
Slattery's Back Room, 21 Culley St.,  
Fitchburg, MA 01420**

*use the generic form on pg 39*

### **Racing Team Meeting**

There will be a racing team meeting on November 29 at 7:30 pm at the Knickerbocker Club in Lowell. All racing team members and enthusiasts are asked to attend.

## **ARE YOU RUNNING BOSTON?**

**Then here's the race  
you should run first!**

*The first annual*  
**BORDER  
TO  
BORDER**  
*20 MILE RACE*



**Kittery, Maine through the New Hampshire Coast  
to Salisbury, Massachusetts**

*Saturday February 19, 1994 10:00 a.m.*

- USTAF sanctioned & certified
- Aid stations and accurate splits every 5K
- Fast finish line results
- Shuttle buses to and from race headquarters
- Many award categories
- Great prizes! Travel, accommodations, running gear
- Spectator viewing locations and poster contest
- Big post-race party at the home of the Winner's Circle Running Club
- **COMMEMORATIVE KNIT HATS FOR ALL PRE-ENTRIES!**  
Sorry, hats not available with post-entry. Please specify adult size small, medium or large on entry form in back of this magazine.  
Include a self-addressed stamped envelop if you'd like a course map.
- **RACE VOLUNTEERS NEEDED!** Please call George & Bev Bisson at (603)625-9899 if you will help. Let them know your hat size!

*Professionally managed by:*

**ACORN RACE PRODUCTIONS**

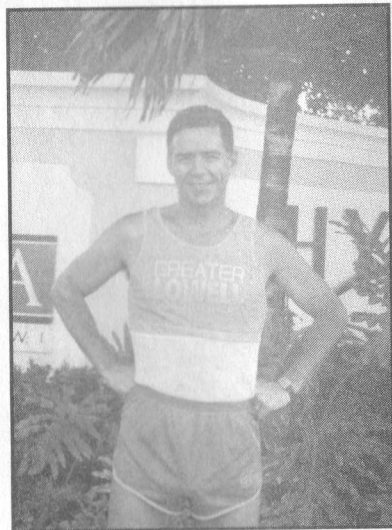
P.O. Box 298, Ipswich MA 01938 • (617) 893-8383

## Here's the GREEN



### Czech out the GREEN

Will Mason on the KarLuv (that's bridge) in Prague, Czech Republic.



### Tropical GREEN

Roger Levasseur brought the GREEN to the Grand Cayman Islands.

Continued from page 9

Street Beach in Hyannis. This abrupt transition from the wooded, suburban area to the wide open view of the ocean was like being abruptly awakened from a long, intense dream. I continued my way up a short hill and back down Sea Street for what seemed like the longest quarter of a mile I'll ever run.

Sprawling onto the spacious lawn in my mother-in-law's backyard was one of those unfathomable good things in life. After a leisurely drink I grabbed a towel, wobbled back down to the beach, and stumbled my way across the sand into the cooling waters of the ocean.....

Let us know where the GREEN is showed. Send your photos to: Here's the GREEN, 22 Winsor Drive, Dracut, MA 01826. Please include a SASE for returns.

## Starting Lines Generic Race Application

Please use this application to enter any of the races that advertised in this edition of *Starting Lines*. This application can be photocopied. All the information such as entry fee, where to send the check, race starting time, race location, and race distance can be found in the ad for each race. We urge all our readers to use this application and to support the races that advertise in *Starting Lines*. It is the support of our many advertisers that allows us to supply you with a quality running magazine.

FIRST NAME										LAST NAME										SEX		AGE (on race day)		ZIP CODE										CLUB NAME (if applicable)									
ADDRESS										CITY										STATE																							
PHONE																																											

I know that running a road race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road all known risk being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and for anyone entitled to act on my behalf, waive the race organizer, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness, on the part of the person named in this waiver.

(If applicant is under 18, form must be co-signed by parent or guardian)