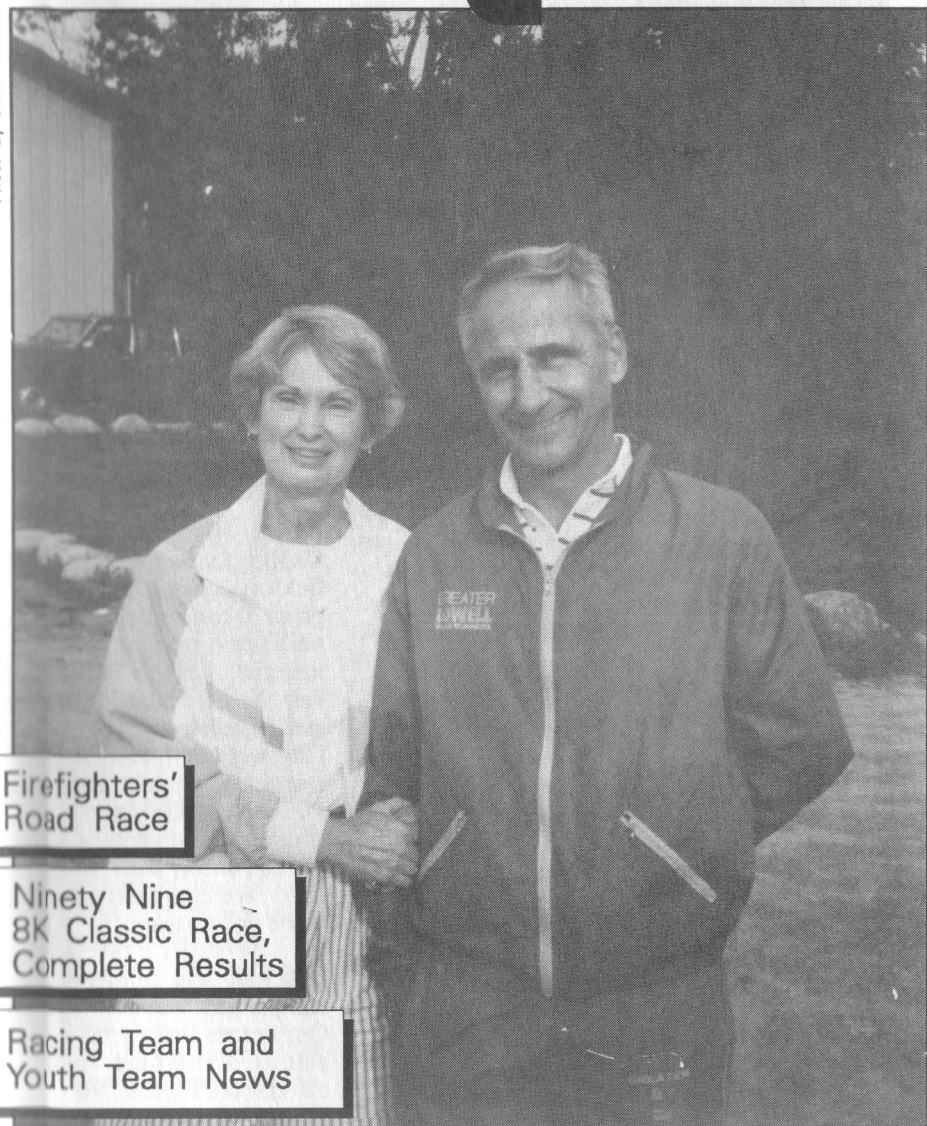


October 1992 Volume 12 Number 7

STARTING LINES

magazine of the
Greater Lowell Road Runners

Photo by Dave Camire



Firefighters'
Road Race

Ninety Nine
8K Classic Race,
Complete Results

Racing Team and
Youth Team News

WE RUN THE MERRIMACK VALLEY

President's Message

The last two months have been busy. The Two Mile Series just ended and adding the youth events has been a big hit. John Sutherland and crew did a wonderful job. At the Summer Outing the food was great, the weather, unfortunately, was not. Thanks to Jean Boswell for a job well done. The Ninety Nine 8K Classic was just run and I hope it becomes an annual event. Thanks to Mary Bourret for organizing the GLRRs' participation in this year's Fred Brown Relay.

Current Events

The next NEAC Grand Prix event for our racing team is the Cape Cod Marathon on October 25. The youth team has started cross country practices at Chelmsford High School on Mondays and Thursdays at 6:00 PM. Also, the Fall Coaching Program is currently taking place Wednesday evenings at 6:15 PM at Cawley Stadium.

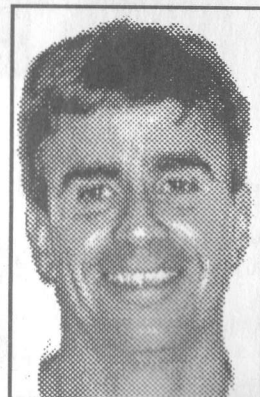
Some important news, our club phone number has changed. The new number is 508/957-6447. You will be surprised when you call.

We will be expanding and updating this service often. No lengthy tape, just choose your area of interest and make a selection. You can choose from Current Events, Racing Team News, Youth Team News, GLRR Race Information, Membership Information, and Coaching Workouts. Coming soon, Trivia. Call and let us know what you think — leave a message.

Upcoming events include the Bay State Marathon (October 15), Cape Cod Marathon (October 25), Run Your Turkey Off (November 15), and the Mill Cities Relay (December 6).

In Search of a Rare Creature

The creatures we search for are not on the endangered list, yet. But in recent years, their numbers have dwindled. Some say it is because of poachers, others say many have migrated to couches to hibernate and gain weight. The creatures we speak of are the 20-29 year old former high school and college runners. Members, if you know some of these



Bill Smith

creatures let them know GLRR will protect, nurture, and extend their life expediency. Most of all, let them know we run for fun.

Running More Than Baseball

Unlike baseball our field of play is more than grass. It can be asphalt, trail, board, or synthetic material. Fenway Park has the "Green Monster," a wall in left field. Our wall is invisible appearing somewhere in a marathon. Our game is never called because of rain, snow, sleet, or hail. We can practice alone or as a team.

Baseball has fantasy camps and we don't. Our heroes line up beside us. At anytime we can test our fitness. No

scout or general manager needs to decide if a rookie is ready. He can move into our Major League with one swift performance.

We can never have a perfect game. We could always have done something different to make it a better performance. Our game is played year round. We are not just the "Boys of Summer." Unlike baseball, our Field of Dreams lie at the end of a long and winding road, around a bend at the end of a trail, or just after the last corner on an oval track. We compete for the spirit within, not for wealth but for true competition.

Have a good month, wishing I could run. --
Bill Smith

Bay State Marathon and Half-Marathon Update

The October 18th Marathon/Half-Marathon is fast approaching and we still are in need of volunteers. Especially people to work the course and/or help out with pre and post registration.

If you're not running the race and have the time

to spare, then consider volunteering. We guarantee you'll have fun and for your efforts you will receive a quality long sleeve t-shirt, plus you will be invited to the post race party.

To sign-up to volunteer call Bill Gibney at 603/434-8201.

Front Cover

This month's front cover of *Starting Lines* features Mary and Tim Tiches. Mary and Tim serve as GLRR membership chairpersons. Mary takes care of GLRR membership cards and Tim maintains the GLRR database of addresses. Under the stewardship of the Tiches, GLRR membership reached an all-time high of 888 this year. Can 1000 members be that far off?

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Jack Pierce, Bill Smith, Barry Pearson, Ken Whitcomb, Dr. Jerold Fleishman, Dick Curtin, Colin Gouldson, Dave Tyler, Bill Gibney, Tim Tiches

Run Your Turkey Off '92

The race will take place on November 15th in Tewksbury. I'm looking forward to an even bigger and better event than last year. Over 60 turkeys to be won. If you're not going to run, make sure you plan on volunteering. We promise a great time. You'll be eligible for a special volunteer raffle. You'll be invited to a great post race pizza and beer volunteer party and you'll get a t-shirt. If you do plan on running either the 15K, 5K, or 1-5 miler, send me the enclosed entry form right away so you're guaranteed a t-shirt. Either way, plan on bringing food for our food drive at the race. The food will be donated to the Open Pantry of Greater Lowell. Your donation will get you a chance to win a scenic flight from TewMac airport. See ya. -- Dave Tyler 508/851-4088



Welcome To Our Newest Members

Andover — Robert Gould, Holly Dezieck, **Beverly** — Jeff Phillips, **Billerica** — John Maslowski, Diane Milholland, **Charlottesville, VA** — Carly Kinsella, **Chelmsford** — Judy Lemaire, Lindsay DeLorme, Ronald Lazarto, Raymond Delorme, Paul Hofmann, Fran Maycock, Keith Kessler, James Apostolakes, Patricia Bilodeau, Doug Aker, Carolyn Benoit, Martin Vowels, **Dracut** — Jim Forance, Janice Forance, Laurie Hopkins, Ron Murphy, Donald Plummer, Renee Plummer, Sue Dion, Karin DeSimoni, Kara Kane, Amy Chouinard, Alfred Grondine, Karen Grondine, **Dunstable** — Bill Gikas, **Groton** — Mike Gates, **Hudson** — Ann Dickinson, **Hudson, NH** — Brian Rhodes, Ann Marie Rhodes, Bob Brouillette, **Leominster** — Frank Gorham, **Littleton** — Mike Hoisington, **Lowell** — Diane Tremblay, Brenda Trudel, James Fitzgerald, Robin Fitzgerald, John Lee, Anthony Buonanduci, Gary Bevis, James Kilmartin, Terri Kimartin, Mary Matyka, Charles Brady, Sue Brady, William Brady, Henry Gagnon, Sean Krasinski, Joseph Grenda, Kathleen Kelley, Bonnie Lacerda, Philip Maynard, Christopher Gonsalves, Regina Burton, Paul Zimmer, Jonathan Lemire, **Melrose** — Edmond Marchant, Anne Marchant, **Methuen** — Jackie Landers, **Nashua, NH** — Kevin Ray, **Newmarket, NH** — Jay Jenkins, **Pepperell** — Delores Sullivan, Paul Sullivan, **Pelham, NH** — Frank Holden, **Rindge, NH** — Ann Marie Maher, **Somerville** — John O'Neill, **Stow** — Frank Scherer, John Saarinen, Andrew Hoseir, **Stowe, VT** — Moira Durnin, **Tewksbury** — Carol Laliberte, **Townsend** — Walter Mann, Judy Smith, Scott Estabrook, John Roy, **Tyngsboro** — William Masson, Paul Quebec, Patrick Reidy, **Wakefield** — Gary Piazza, **Westford** — Jane Connell, Steven Connell, Kevin Shaw, **Wilmington** — Lisa Desforge, Laura Weymouth

Call the Club phone
508/957-6447

LOWELL FIREFIGHTERS 10TH ANNUAL ROAD RACE Lowell, MA, August 9, 1992

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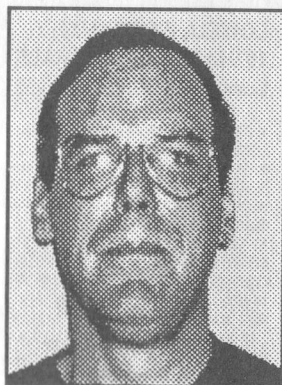
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continued on page 9

GLRR Youth Team News

Athletes first, winning second

Cross-country practices at Chelmsford High School from 6:00 to 7:30 every Monday and Thursday evening. We're still looking for boys and girls to fill out age group teams. Beginners are encouraged to show up and give it a try. Parents can give me a call to get an idea of what is involved. Team sweat suits have been distributed. They look really sharp. The "Green" is everywhere. We had about 20 people manning the big water stop and the start/finish water at the Ninety Nine 8K Classic. We had a fun time and everyone earned credits for their uniforms. Remember we are doing the same thing at the BayState Marathon on October 18 (we need many people for this one—we're handling three water stops). **MARK YOUR CALENDARS!** Youth Team members (and their families) who help with the water stops will earn credits toward their uniforms. You can get more details at practice. — *Dick Curtin*



Dick Curtin

1992 Youth Team Schedule Update

Through October	Cross-country Practices	Mon/Thurs at Chelmsford HS
October 18	BayState Marathon, Lowell	Youth Team Water Stops
October 25	Littleton Road Race 2.5/5 Miles	Youth Prizes Awarded
November 1	AAU Regional XC Meet	Chelmsford -- All
November 8	NEAC Super XC Meet	Bryant College, RI -- ALL
November 15	TAC Regional XC Meet	Saratoga, NY. Qualifiers ONLY
November 26	Feaster 5 Mile Road Race	Andover
December 5	AAU National XC Meet	Philadelphia, PA. Qualifiers ONLY

Lake Winnepesaukee Results

At press time, we had partial results available. In the next edition of *Starting Lines*, a more comprehensive listing including all GLRR teams will be printed. 6. GLRR Male Masters 6:05:33 (1st in div.), 7. GLRR Male Open "A" 6:12:50 (6th in div.), 20. GLRR Male Seniors 6:43:10 (1st in div.), 37. GLRR Male Open "B" 7:02:46, 64. GLRR Female "A" 7:26:47 (1st in div.), 75. GLRR Male "C" 7:34:08 (41st in div.), 137. GLRR Female "B" 8:35:17 (6th in div.).

Greater Lowell Road Runners

Alec's Shoe Store is pleased to welcome and offer the Greater Lowell Road Runners an introduction to our store of **10% off** any running shoe with this coupon.

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Thursday 9:00-9:00

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x Expires 11-1-92

x coupon must accompany purchase

Turning Green

"Icky, look its turning green," this is an often heard phrase in modern America and here I am contemplating that very experience. It's hard just thinking about putting on the green of the Greater Lowell Road Runners. Particularly for someone who grew up in Lawrence just two flushes down the Merrimack River. Also, my ethnic heritage was based on Saint Patrick's School's two primary tenets of faith. The first being Sister calling out the four obligatory names (Joseph, John, Patrick, Michael). That way she was sure to get the undivided attention of 90-percent of any class. The second tenet being the color Green is sacred. Could this be an attempt to return to core values?

"There must be a reason for a good boy like me to take such a drastic step, and there is, it's the people."

This measured against spending my entire Lawrence High School career chanting "Low, Lower, Lowest, Lowell" and praying for just one Thanksgiving Day victory over the hated up river flushes. Damn, first they steal the colors and then they use the "L" word in the name of the organization, and here I am going over to their side. Its good no one has the nerve to tell my family.

There must be a reason for a good boy like me to take such a drastic step, and there is, it's the people. People who have always been open, warm, and friendly. Runners who believe in competing at the highest level while cheering just as hard for the humblest teammate wearing the colors. People who understand that this running thing is a hobby for just about all of us. People who feel that it's as important to party and socialize at the same level as we compete. People who can be counted on to step up and volunteer to take on a task. Thus ensuring that their club's activities are something to be proud of being a part of. Well there you have it, just a few of the reasons I am committed to turning Green. It will be very interesting to see if anybody down river either understands or forgives me for taking such a bold step. -- Jack Pierce

Firefighters cont.

45:42, 228 PAUL SMYTH 45:53, 229 DENNIS HERLIHY 46:13, 230 JACK KEEFE 46:14, 231 KATHY A KIRANE 46:48, 232 DON MCALLISTER 46:56, 233 BILL GALVIN 47:17, 234 DICK MARTIN 47:23, 235 GEORGE CALDWELL 48:03, 236 ROBERT C BEALS 48:33, 237 DEBRA A PANESSITI 48:37, 238 ROBERT A HUNTER 48:38, 239 NITA A BEALS 48:58, 240 MIKE MCGUIRE 49:00, 241 DENNIS R CORMIER 49:01, 242 JAY GAUTHIER 49:05, 243 BOB CIAMPA 49:08, 244 JOHN MARTIN 49:31, 245 JOE MACHADO 51:12, 246 BOB MCINNIS 52:37, 247 ED LAWLER 53:50, 248 CAROL CURTIS 54:50, 249 KIM CAVANAGH 54:52, 250 LOUISE ROSETTI 55:11, 251 MARIE FITZHERBERT 55:32, 252 MARIE LUNT 55:33, 253 JAMES E ANGEL 57:50, 254 JIM BOUDREAU 58:16, 255 KAREN GAGNON 59:14

Results courtesy of Bay State Race Services, call John Burke 508/372-6160

Ten Years Ago

If you were running ten years ago (1982) do you remember these local road races that are no more? St. Valentine's Day Road Race (6.2) Lowell, Apple Blossom Race (6.2) Westford, Friends of Lowell High (6.2) Lowell, Grab Bag Race (7.1) Lowell, Lowell General Hospital Road Race (6.2) Lowell and Chelmsford Elks (7.7) Chelmsford.

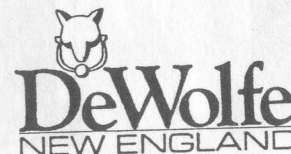
The average cost of a road race was \$3.00 which often included a tee-shirt to all pre-registered runners. — Barry Pearson

Your Pace is Your Pace

The start of the race is only minutes away. You position yourself close to the starting line so you can have a fast start. You're rubbing elbows with likes of Dave Dunham, Eric Beauchesne, and Tom Carroll. You look behind you and see 300 runners setting their watches. You know you can do better than your normal 8:30 pace. The gun goes off and so are you. For the next 100 yards you notice runners passing you, cutting in front and nipping at your heels. This slows

down your pace and expends extra energy resulting in a slow first mile. Also, the faster runners behind you find their first mile time slow because they had to fight their way through a field of slower runners. What is the solution? When you come to the starting line, place yourself in the pack according to your pace. Fast runners up front, with slower runners towards the rear. Some races will have pace signs to help you but most of the time you must use your judge-

ment on where to place yourself. After a few races, the whole field of runners would move more efficiently. There would be less chance of getting tripped up at the start and you will be rewarded with a quality first mile split. Remember, your pace determines where you place yourself at the beginning of the race. — Barry W. Pearson



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*GLRR At The
1992 Fred Brown Relay
at Lake Winnepesaukee*



Dr. Jerold H. Fleishman, D.P.M. FootNotes

As a sports medicine specialist, I see a great number of athletes with foot problems in my practice. Because biomechanical deficiencies (most often, excessive pronation) are the cause of many of the foot and leg problems, my goal and treatment is to find a conservative way to realign the relationship between the bones and muscles of the foot.

What are Orthotics?

Some people call them "arch supports", but they really aren't. They are much more. Prescription orthotics are custom-made shoe inserts which correct your individual foot/leg problems and help an individual stand, walk, or run in a more normal,

efficient, and comfortable manner. The purpose of an orthotic is to prevent the foot from pronating excessively or the arch from flattening. Because pronation distributes the force of the footstrike (sometimes three times the body weight) over the entire foot, some pronation is good. The problem arises when the foot pronates excessively. This over-pronation causes the lower leg to twist inward, which in turn, sometimes causes the knee cap to rub against the long bone of the thigh - creating runner's knee. The twisting can also extend to the hip. Over-pronation can also cause certain back, arch, ankle or foot problems.

How Do They Work?

As your foot rests on the orthotic, it is gently and consistently directed into the correct position for walking, running and standing. Pressure points, improper rotation of the foot, and painful muscle strain are all eliminated with a pair of orthotics, because the

foot is functioning properly. As a result, orthotics appear to work extremely well for over-use syndromes of the foot, leg, knee, thigh, hip, and back. Orthotics fall into three broad categories: Those that primarily attempt to change foot function, those that are primarily protective in nature, and those that combine functional control and protection. Rigid orthoses specifically designed to control foot function, are made of a firm material such as hard plastic.

They are used primarily in walking or dress shoes to ease strain or pain in the lower back, due to abnormal foot function or a difference in leg length. Soft orthoses devices help absorb shock, increase balance, and take the pressure off sore spots. They usually are constructed of leather and cork or a compressible material, and are especially effective for arthritic and deformed feet which lack protective fatty tissue. Semi-rigid orthoses help guide the foot through the proper func-

tions while walking or participating in sports. Customized to each sport, as well as to the individual, they are usually constructed of flexible plastics or composite graphite. It is my opinion that almost every athlete could benefit from some form of foot support or some form of shock absorbing material within their shoes. I am actually surprised when I make this statement, because it appears that I am overselling something I do - taking care of biomechanical problems while utilizing various materials to control lower extremity function. But, athletes should have the best protection available when their health and performance are at stake.

Dr. Fleishman is a podiatrist and he is a member of the American College of Foot Surgeons and the American Academy of Podiatric Sports Medicine.

Do You Know the Race Course?

The Merrimack Valley is the home of many quality races and many have been in existence for several years. I bet any Greater Lowell Road Runner can name ten of these races but that's too easy. Let's make it a little more difficult. The following course descriptions are of races held in the Merrimack Valley during the last two years. Can you name the races?

1. The course is 5-miles with the first hill at 3-miles. You pass by a former reservoir and the last half mile is downhill with a right turn at the finish. This race goes through two communities.

2. This 8-kilometer race crosses the Merrimack River twice. There are five right hand turns and only one left hand turn.

3. This race is 8-kilometers long and it passes by a school, a golf course, a church, a nursing home, a fire station, and a non-profit organization. This race passes through two communities and there is a hill at three miles.

4. This is a 6.2 miler with the first half mile up a steep hill. During the first mile you pass a fire station on your left and a little past five and one-half miles you pass the same fire station on your right. This course is a figure eight.

5. This is a 5-mile race and part of mile one is the same as mile five. This race passes by a cemetery twice also over route 495 twice and under the same bridge twice.

6. You run over the course eight times. (Hint: You also pass John Sutherland eight times.)

7. This is a 5-miler that runs within one community. There is a small hill just before the finish. The course runs over the Concord River twice and by four buildings of similar nature

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whose occupants sponsor the race.

8. On this 5-mile course the first mile is the same as the last mile. At one and one-half miles you cross Route 495 and at about the two and three-quarter miles you cross under Route 495. At the three mile mark you pass a sausage company as you go up a hill.

9. This is a 5-mile race and you run about a mile on roadway that is cement. You run by a large city park and a closed church.

10. This 5-mile race is run within one community. The course is relatively flat and passes Wendy's and Burger King. It passes near Lowell's tallest buildings. It runs by a small park, the same fire station twice, and two parochial schools.

11. The start of this 5-mile race is at a school. Just before the 3-mile mark, the course turns right on to a dirt path that heads downhill. At the three and one-half miles you pass the same school again.

Answers on page 17

Ninety Nine 8K Classic

September 6, 1992 — Lowell, MA

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Great Harvard 4th of July Race

Wet weather, sufficient to cause the cancellation of the town's festivities as well as to cut the field of runners in half, marked an exciting, if somewhat soggy, 15th running of the Great Harvard 4th of July Road Race. Two previous champions were narrowly denied in their attempts to etch their names for a second time, as winners, on the Ralph Goodell and Cindy McElwain 4th of July Road Race trophies

Scott Whitley captured the top slot with a winning time of 27:13. The Auckland New Zealand native came from behind to best Littleton's Stoddard Melhado by three seconds. In the women's race Cindy Ulrich from Hudson beat Harvard's Pamela Alexander to the finish by two seconds, 31:45 to 31:47. GLRR's Melhado, the first men's master to finish, was looking to repeat his 1983 victory in this race.

The same was true of Alexander who captured the women's title two years ago. Following Melhado in the men's masters division were Boxboro's Ken Whitcomb and Fred Lambie of Harvard with times of 29:33 and 30:56, respectively.

The wet weather held the number of finishers to 128 as compared to the 250 plus or minus, who have enjoyed this event in the past years.

Ninety Nine 8K Classic Results Continued

CORRIEVAU 39:45, 535 BEVERLY SAVAGE 39:46, 536 ROBERT LAUNDRY 39:47, 537 PAUL RICHARD 39:48, 538 RICHARD ST AMOUR 39:49, 539 CATHY REYNOLDS 39:52, 540 BARRY MOORE 39:53, 541 LINDA GALLAGHER 39:53, 542 RICK PIERMARINI 39:55, 543 JOHN MOLINARI 39:57, 544 MARK SCAFINI 40:00, 545 JAY LINCOLN 40:01, 546 CAROL BLANCH 40:01, 547 PATRICK COUGHLIN 40:04, 548 JIM SHELTON 40:09, 549 NORA DIPAFILO 40:12, 550 BILL KULLIS 40:13, 551 BRIAN POLI 40:14, 552 JOE MAFERA 40:23, 553 JOSEPH ROENSCH 40:24, 554 LAURA MAGY 40:26, 555 KAREN BUTLER 40:27, 556 BRENTON SPENCER 40:31, 557 ELLIE DOURIS 40:31, 558 GAIL SWEENEY 40:33, 559 MATTHEW CARPENTER 40:37, 560 GEORGE PAPANOTAS 40:40, 561 TIMOTHY O CONNOR 40:42, 562 ROMONA SKELLY 40:43, 563 PATRICK SHANNAN 40:45, 564 SUSAN CURRY 40:46, 565 JULIE WILKINSON 40:49, 566 STAN WOJACK 40:50, 567 BILL BARROWS 40:53, 568 RON REDFERN 40:54, 569 ROGER CHARTRAND 40:54, 570 ANDREA SKIRVEN 40:55, 571 ANNIE WYNN 40:55, 572 REMO SINIBALDI 40:56, 573 MARK SWYMER 41:01, 574 ANTHONY DACOSTA 41:05, 575 KEN CHARTRAND 41:09, 576 KERRY WHITE 41:10, 577 JAMES MALAPANIS 41:13, 578 CHERYL SAVARD 41:14, 579 DAN KENNEDY 41:15, 580 MARK ROY 41:16, 581 CHRISTINE SARTORI 41:16, 582 SHARON MALAPANIS 41:22, 583 JAY BOYCE 41:23, 584 JENNIFER LAKE 41:29, 585 SHELAGH LAKE 41:33, 586 BOB MAIMONE 41:33, 587 KEVIN KELLY 41:34, 588 CHERYL ROBERTSON 41:34, 589 GEORGE PFEIFFER 41:36, 590 CARLOS RAMIREZ 41:36, 591 TIMOTHY KOTTES 41:37, 592 RICHARD MASON 41:38, 593 ELSA MURPHY 41:39, 594 JOE MCNAMEE 41:40, 595 LINDA GEORGE 41:51, 596 ED SPOGNARDI 41:52, 597 STEPHEN MCCAFFREY 41:54, 598 DERECK ROBINSON 41:55, 599 BARBARA QUIRK 42:00, 600 JAY BOYLE 42:05, 601 JOHN SULLIVAN 42:08, 602 MONA CARPENTER 42:11, 603 THOMAS COLLINS 42:13, 604 RICHARD HUBBELL 42:17, 605 GLENN STEWART 42:19, 606 JESSICA SPINAZOLA 42:21, 607 TOM KENNEDY 42:22, 608 DONALD COOMBS 42:23, 609 ANDY GAMBON 42:23, 610 BRENDA TRUDEL 42:25, 611 MAURICE NOONAN 42:26, 612 HELMUT TAYLOR 42:28, 613 PAUL COSTELLO 42:29, 614 KEVIN BURNS 42:29, 615 DENNIS RICHARDS 42:33, 616 JEANNE WEST 42:37, 617 ROBERT COAKLEY 42:43, 618 MARY SEVIGNEY 42:48, 619 HARRY PROCTOR 42:50, 620 GORDON EMANUELSON 42:51, 621 JOHN MALONEY 42:52, 622 ELEANOR WHITNEY 42:53, 623 PATRICK MARTIN 42:54, 624 MICHAEL CARNEY 43:03, 625 WALTER JOHNSON 43:04, 626 JOAN WHOLEY 43:05, 627 JOHN O'CONNOR 43:09, 628 BRIAN HAND 43:10, 629 LEUEEN O'CONNOR 43:18, 630 ROBERT LENNON 43:19, 631 NED QUINN 43:22, 632 PATRICIA WOTJAS 43:23, 633 PETER DEMARCO 43:26, 634 RICHARD DIPAFILO 43:30, 635 LINDA LANDINO 43:49, 636 PAUL VITAGLIANO 43:51, 637 JOHN SHEEHAN 43:56, 638 CHRIS COLLINS 44:03, 639 PAULA CALLAHAN 44:04, 640 CHRISTOPHE MELE 44:05, 641 STEVE FOLVEN 44:09, 642 PATRICK LEARY 44:09, 643 MICHAEL HOURAHAN 44:10, 644 LISA MANISCALCO 44:10, 645 MICHAEL MANISCALCO 44:10, 646 KEVIN HIGGINS 44:11, 647 BRIAN DOLAN 44:12, 648 KENNETH COPPINGER 44:17, 649 HARRY WILKINSON 44:19, 650 MICHAEL WOLMIK 44:19, 651 WILLIAM SANTOS 44:20, 652 NEIL MCCARTIN 44:20, 653 BARBARA BLUMERIS 44:23, 654 PATRICK BLUMERIS 44:24, 655 RICHARD BOISVERT 44:27, 656 KEITH DOERSAM 44:41, 657 MARY JO CAHILL 44:47, 658 JACK KEEFE 44:50, 659 RICK FITZGERALD 44:53, 660 JAMES MCLEOD 44:55, 661 TIM PRICE 44:56, 662 JEFF JENKINS 44:57, 663 LOUIS PETERS 44:58, 664 JOHN TUCKER 44:59, 665 RAY JONES 45:05, 666 DAVID MAYALL 45:33, 667 LESLIE LOWRY 45:35, 668 JOE SUSLOVICH 45:36, 669 PAUL CHAKOIAN 45:36, 670 LISA TAY 45:36, 671 LORI KIDGER 45:37, 672 MARYGAIL DACOSTA 45:57, 673 TP SAWYER 46:00, 674 CAROL LOUGHRAN 46:03, 675 MARYANN DULLY 46:03, 676 KRISTIN GLOSSO 46:09, 677 KEVIN MCINERNEY 46:09, 678 TRICIA MCFADDEN 46:20, 679 JOHN GRZYSIEWICZ 46:20, 680 LINDA STONE 46:21, 681 JULIE BOYLE 46:23, 682 LINDA MACHADO 46:23, 683 DOROTHY HARGROVE 46:26, 684 KATHY KIRANE 46:32, 685 PAUL MURRAY 46:44, 686 KATHLEEN CAIL 46:49, 687 ELIZABETH DUNDAS 46:54, 688 JOSEPH MACHADO 46:59, 689 NEIL MURPHY 47:15, 690 KY MELHADO 47:23, 691 CAROLINE ABREU 47:23, 692 HARRY TIERNEY 47:32, 693 CHARLIE KUENZLER 47:33, 694 KIM HEBERT 47:45, 695 GEORGE CALDWELL 47:51, 696 ELAINE ACCOLLA 48:14, 697 ROBERT AVERILL 48:17, 698 MARY KARABATSOS 48:34, 699 BERNIE OSGOOD

99 Results Cont. on Pg 18

Call Me, Call Me, Call Me

Hi. Let me introduce myself. I am your new club phone. I would really appreciate it if you could call me at 508/957-6447. When you reach me, you'll be surprised at all the services that I offer you. Unlike my predecessor, the old club phone, who was connected to a phone answering machine, I am connected to a computer that uses the Watson Voice Information System.

The Watson system allows me to connect you to the information you need from your phone's touch tone pad. For example, press six and I will connect you to the "Art of Coaching." Weekly, Coach Art Demers will be updating workout schedules for you to use in your training. Press two and I will connect you to Team Manager Colin Gouldson. Colin will update you on the latest Racing Team News. Press three and I will connect you to our Youth Team Director, Dick Curtin. Dick will present you with the latest Youth Team News. You'll have to call me to find out where all my other menu selections lead you.

Now if you don't have a touch tone phone, please call me anyway. I will automatically transfer you to my Current Events File. From this file you'll get the latest GLRR news and, if you like, you'll have the opportunity to leave me a message.

Occasionally I'll be calling you. Calling club members is one of my best features. When I call you, I'll introduce myself then I'll allow enough time for the runner of the house to come to the phone. I'll be calling you for a variety of reasons. Sometimes I'll call to remind you about club meetings. Other times I'll call to tell you about special club events. On occasion, I'll call because I want to know your opinion on important club matters.

If you don't like me calling you, just let me know the first time I call and I'll remove your phone number from my phone book. I promise never to call after 8:30 in the evening or on Sundays, unless, of course, you instruct me to. If you're not home, I will leave a message on your an-

swering machine. If you don't have an answering machine, I'll try calling at another time.

I really hope you take advantage of all my capabilities. I come highly recommended by your President, Bill Smith. He felt I could help fill the communications' gap between club meetings and club mailings. If you call me and I am busy helping another member, please try again in a few minutes. I am here to serve you — 24 hours a day, seven days a week. Call me and you'll see. — 508/957-6447

Road Race Answers

1. Fred Slavin
2. Jim Witt
3. Wang Heart Run
4. Andover July 4th 10K
5. Hynes Tavern
6. GLRR Two Mile Series
7. Lowell Fire Fighters
8. Friday Nite Fiver — Andover
9. Cappy's Copper Kettle
10. Captain John's
11. Fletcher Five Westford

Racing Team News

Dateline August 31 — Dave Camire has been asking "where's the racing team article?" Dave, my excuse is I am looking for a theme! Now as I lay on the sand at Hampton Beach on a sunny Monday morning, recuperating from one third of half an Iron Man, I have found my theme. It's "simplicity."

As my eyes danced between beach scenes, seagulls and a free issue of *Runners' World*, I read George Sheehan's article titled "Yankee Simplicity." It was a fitting tribute to Fred Brown how he epitomized the pure sport of running and this quotation referring to Fresh Pond says it all. "There was no signing up. No entry fee. No numbers. No age groups. No t-shirts. No instructions. Fred had reduced racing to the essentials."

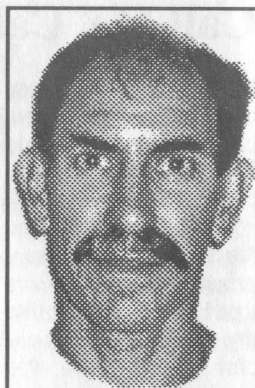
Thanks Fred. I believe you had the right perspective. As our lives have become more complicated there could be some wisdom in remembering that quote. At least someone had their head screwed on right.

The racing team has

completed the Boylston 30K, Pittsfield 20K, Winthrop 10K, Worcester 5K, Newburyport 10-miler, and the Lowell 8K. Only the Cape Cod Marathon remains.

Back to simplicity. This year is my first full term as the racing team manager. I thought I would let you in on what I think is my job function. Simply it is to keep things simple and have the club participate in NEAC races without going broke. There are a few details involved. We have a bunch of enthusiasts serving as team captains who organize you runners into teams.

For you the runner, I have tried to keep entering races using the Fred approach -- simple. You sign-up when asked, pay no entry-fee, show up on race day and go. Any club member wishing to contribute their talents to the team by running the best they can in at least two races receives a free uniform. What a deal! To cap that there are post race refreshments and tee-shirts. Imagine, just for filling out your name and address and some sexist details the race organiz-



Colin Gouldson

ers requires makes you eligible for free money.

That's the racing team folks, in the next issue you'll read about team standings and triathlons.

Ninety Nine Results Cont.

48:36, 700 DAVID DUNDAS 48:39, 701 NANCY LAMOUREUX 48:59, 702 MARY MATYKA 49:13, 703 STASIA PETERS 49:14, 704 TOM HENDERSON 49:28, 705 RAY CORMIER 49:39, 706 ELIZABETH CLEVASY 49:41, 707 KAREN LAFERRIERE 49:47, 708 JAMES MURDOCK 49:48, 709 CAROL ROY 50:39, 710 LAURENE CAIRA 50:42, 711 BETH DOWNER 50:42, 712 BILL GALVIN 50:43, 713 DAVID COSTELLO 50:44, 714 NELSON OCASIO 51:00, 715 GEORGE DONNELLAN 51:18, 716 JANET NEWELL 51:38, 717 EDWIN LAWLER 53:04, 718 JOHN CLARKE 53:26, 719 PETE CAPONE 53:27, 720 LISA BARATTA 53:39, 721 LOUISE ROSSETTI 53:54, 722 WILLIAM LIPCHITZ 53:55, 723 JOHN MAHONEY 54:00, 724 SHARON KEEFE 54:02, 725 MICHELLE MELO 54:03, 726 KELLY BROOKS 54:08, 727 RHONDA MULLINS 55:06, 728 ROSEMARY PHELAN 55:07, 729 CAROL CURTIS 55:07, 730 KIM CAVANAGH 57:47, 731 WILLIAM KOUTROUBAS 59:51, 732 ROBERT PETOW 60:50, 733 MARIE FITZHERBERT 60:53, 734 MARIE LUNT 64:04, 735 KAREN GAGNON 70:48, 736 JAMES MACDONALD
Results Courtesy of Dave Camire, Dot Febbi, Bob Lordan, and Tim Tiches

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