

Starting LINES

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

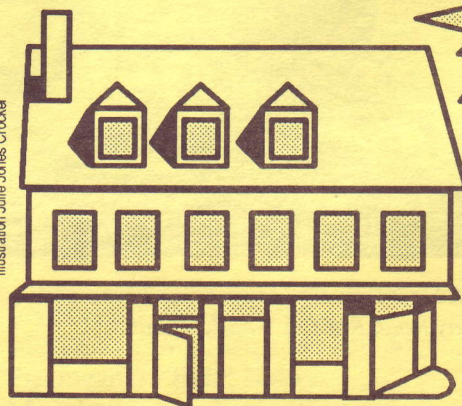
Worthen House Run

Lance Burgess Wins Historic Run through Lowell

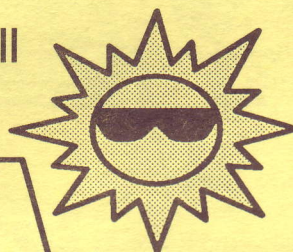
The Worthen House Tavern has welcomed many famous patrons through the years. Luminaries such as Jack Kerouac, Allan Ginsberg, and Ed McMahon have been known to frequent this historic watering hole. On August 20th, Lance Burgess of GLRR fame, and Jennifer Long of Chelmsford, made history of sorts in winning the 2nd Annual Worthen House Run.

Burgess (16:02) and Long (19:24) led the field of 320 competitors that included Tom Mixon (16:10, 2nd), and GLRR master phenom Tom Carroll (16:31, 3rd). Incredibly, Carroll ran a masters' course record 15:49 at the Old HomeDay 5K in Londonderry, NH the day before!

Illustration Julie Jones Crocker



The first 250 entrants received a designer tee depicting a neat graphic of the Worthen House — surely to become a collector's item. All winners were awarded Worthen House Run slate plaques. These plaques are made from the original roof of the



Worthen House which dates from 1832. Winners not only made history, but had the chance to take a piece of history home with them.

This race would not happen, of course, without the help of many club members who sacrificed a Sunday morning to help. Thanks to each and everyone of you that volunteered. Special thanks go to the race committee that included Steve Peterson (course control), Tom Amiro (finish line), Bob Lordan (results), Berna Finley (t-shirts), Jean Boswell (registration), Bill Mahoney (awards), and Jay McCarthy (city liaison). **Dave Camire**

Nude Road Runner Nabbed

(Editor's Note: the above headline was attached to the following story that appeared recently in the Lowell Sun, the Boston Globe and the Enquirer for all I know. It concerns itself with an incident, or series thereof, that occurred during the early morning hours of June 12. Your editor's witty comments are enclosed within the parentheses.)

After running naked on Route 3 and allegedly causing a one-car accident on Route 128 in Burlington early Wednesday morning, (place your favorite male runner's name here) was arrested by State Police and later committed for psychiatric treatment (Hmmm.....psychiatric treatment. Could apply to any number of people I know, present company included).

According to State Trooper Frank Hughes, (place your favorite male runner's name here) was arrested by Concord State Police on charges of being a disorderly person and indecent exposure. (place your favorite male runner's name here) was transported to Emerson Hospital in Concord and committed for psychiatric treatment, he said (Sounds like an escapee from Au Raw Bar North.).

Continued on Page 2

GLRR at Yankee Homecoming Race

Congratulations to the GLRR female open, male masters, and female masters teams for finishing first at this year's Yankee Homecoming 10-Miler. Scoring for the GLRR females was Lisa Senatore, (58:03), Sue Maslowski (1:03:42), and Nancy Chapman (1:07:14). The male masters were lead by Tom Carroll (53:28), Stoddard Melhado (55:24), Doug MacGregor (55:48), Bob Hall (58:08), and Bruce Brown (59:23). The female masters team consisted of Joyce Bezdek (1:14:01), Christine Bellinger (1:19:03), and Sharon Cassidy (1:20:53). Over 1600 runners completed this year's event. **Dave Camire**



(left to right): Joe Keith, John Febbi, Ralph Steere, Boston Mayor Ray Flynn and Sharon Cassidy at the 1991 St. Patrick's Day Road Race in South Boston.

Nude Runner Continued *

Around 3:30 a.m. on June 12 (I already checked with Janet - Tom Amiro was in bed.), Hughes said, state and local police began receiving reports of a nude man running through traffic on Routes 3 and 495 in Chelmsford. From later reports police determined the man was running down Route 3 towards Burlington, he said (Single loop course or out-and-back?).

Shortly afterwards, Hughes said, two women reported nearly striking a nude male on Route 3 at the Route 128 exit in Burlington (Sounds like some kind of bizarre Nude Relay. On the other hand, if it was the same person, I don't care if he's the biggest lunatic there is. I say get him into the club any way we can, because he's got to be the fastest human on earth. Besides, we're trying all means possible to increase our female membership. This could be the answer...or maybe not.). Police also received reports that a nude male was running northbound on the Route 128 median strip, he said (Yeah, but like, was he totally nude? Was he wearing foot pasties? You know, running shoes? If so, what kind? You can tell this article was not written by an aficionado of the sport.).

After receiving these reports, Hughes said he came across a pickup truck lying on its side in the high-speed, northbound lane of Route 128 (I checked with Jan - Tom Carroll was also in bed.). The driver was transported to Lahey Clinic and treated for minor head and back injuries, he said.

Hughes said the injured driver reported he was driving northbound on Route 128 near the Burlington Mall when a nude man ran in front of his truck. In order to avoid hitting (place your favorite male runner's name here) the driver told police he swerved and struck the guardrail.

After stopping to help the injured driver, Hughes said he saw a nude male run across Route 128 approximately 100 yards in front of the overturned truck. Hughes said he then apprehended (place your favorite male runner's name here) and placed him under arrest. - **Jay McCarthy**

Steve Grande Writes . .

"Cowabunga, dude....don't have a cow, man! But I do have a bit of info.

Destination: Grandma's Marathon in Duluth, Minnesota.

Bulletin: Elaine Pechow finished her first marathon as a member of GLRR in 4:48. Her longest run was the Nipmuck Trail Half Marathon. She was elated, to say the least!

Dave Audet, running ahead of the female elites, developed potty problems frequently. He had about 32 Power Bars the day before, so he had to settle with a slow finishing time and run with yours truly in 3:15:57. Not a bad time for me considering 72 miles of training for 5 weeks. That's it for now, dude." - **Steve Grande**
(Editor's Note: Steve reports his next state to conquer, marathon-wise, is Oregon. Then on to Burma.)

Wait! There's more. Steve dropped me this note at a recent Two Mile Series meet:

"GLRR took to the road via cruise ship to Nova Scotia. Dave Audet (one third of the Travelling Triad) captured 1st place in the Nova Scotia Marathon in 2:41:05 (with no potty problems). Elaine Pechow ran the Half in 2:14 and I don't care to mention my time".
(Editor's Note #2: I understand that Dave's victory in the Nova Scotia Marathon earned him a 3-year supply of Power Bars.)

Next Starting Lines?

The next edition of Starting Lines will have complete results from the Great Legs Race, Worthen House Run, and the Two Mile Series. If you haven't paid your 1991 GLRR dues, you will not receive this great edition. Dues are \$5 students, \$10 individuals, and \$15 for families. Dues should be mailed to Tim Tiches, 10 Stillwater Drive, Chelmsford, MA 01824.

THE WINDHAM INVITATIONAL

On August 4th, the second "Windham Invitational" was hosted by Bill and Linda Gibney. Although it sounds like it could be a golf tournament, it was anything but. Bill instead treated the invitees to a tortuous 10K handicapped race over the hilly terrain of Windham, NH.

Don't ask me what criteria Bill uses in selecting those who he invites. In my case, it may have been the sizable contribution I made to the "Send Bill & Linda to Aruba" fund, but in any event, I had fun, as did everyone else.

The starting time for each runner was based on 85% of his/her best, or lied-about, 10K time. For example, the first runner, owing to a 10 minute per mile pace, started at 9:30 A.M. The last runner, Dave Dunham, started almost a half hour later. The course? Tough as nails, but well marked and controlled and boasting three water stops. Hell, you can't say that about most 10K races period.

After the run, the Gibneys held a post race brunch and cookout, with runners splashing in the pool or playing volleyball. As an aside, Jerry Rosa went out of his way to inform me that I had spelled his name wrong in reporting the prior week's Two Mile Series results. No sweat, Jerry - I'll have my agent call your agent. Mike Beeman did a most worthy job

of acting as emcee for the awards ceremony, thus confirming all those rumors about Ed McMahon's secret replacement. Mike was also generous enough to donate some of the prizes that were given away.

And now, the results:

First Place Male - Kurt Schlott; would you buy a set of tires from this guy? See "Sandbagger" Division.
Second Place Male - Bob Grande
Third Place Male - Steve Hauptman

First Place Female - Nancy Chapman
Second Place Female - Nuri Wheeler
Third Place Female - Lu Simmons

Sandbagger - Kurt Schlott
Most Glistening (What the hell does that mean?) - Heidi Nelson
Most Improved - Elaine Pechow
Fastest Couple - Lu Simmons & Dean Wishart
Fastest Father & Son - Eric & Ed Gaucher
Oldest Runner - Doug MacGregor
Youngest Runner - Tom Brown
Best Stride (Male) - Dave Dunham
Best Stride (Female) - Jean Boswell
Best Dressed (Male) - Jerry Rosa
Best Dressed (Female) - Gloria McClellan

Once again, thanks go to Bill and Linda for being such generous hosts. Dig deep, y'all...you might get invited next year.

AAU Cross Country Event in Tyngsboro

The New England AAU Junior Olympic Cross Country Championships will be conducted in Tyngsboro beginning at noon on November 3.

Age divisions will range from 10-and-under to 17 and 18 years old. Participants will try to qualify for the National Championships, to be held in Birmingham, Ala., on Dec. 7. For further information, or to volunteer, call GLRR Youth Coach Jesse Harris at 256-8819.

GLRR Coaching Series

The GLRR Coaching Series has begun. Coach Bob Hodge and Coach George Davis will run the ten week program from September 4 through November 6. The first eight coaching sessions will take place at Cawley Stadium in Lowell. Sessions 9 and 10 (October 30 and November 6) will take place at Dracut High School located on Lakeview Ave. in Dracut. All sessions begin at 6:30 and the cost is \$10. For more information, please contact Bill Mahoney at (508) 458-8047.

Bay State Marathon

This year's Bay State Marathon and Half-Marathon, scheduled for October 20, promises to be the best running event of the year. Both races will start and finish at the Greater Lowell Regional Vocational High School in Tyngsboro. The GLRR hopes to stage a quality event that will attract runners from throughout New England for years to come. To accomplish this goal, we need your help. Please volunteer early. To volunteer call race director John Meehan at (508) 957-3178, so you can be part of New England's newest and fastest growing race. All race volunteers will receive a long-sleeved Bay State Marathon t-shirt.

Welcome to Our Newest Members

Billerica — Renee Wells, **Canton** — John Powers, **Chelsea** — Joanne Loretta, **Chelmsford** — Lydia Mayol, Bridget O'Shaughnessy, Robert O'Shaughnessy, Eric Beeman, Mary Fadel, **Concord, NH** — Gregory Audet, Michael Peck, **Derry, NH** — Alan DeCosta, **Dracut** — Celeste Bedard, Fran Martin, **Dunstable** — Kathleen Robinson, Bonnie Ricardelli, Robert Ricardelli, **Fitchburg** — David Sullivan, **Littleton** — Mark Kimball, **Lowell** — Denise Bergeron, Vic Bomil, Joanne Izbicki, Quesen Brown, Jo Jones, Kathy Davis, **Methuen** — Nancy Cox-Lund, **Nashua, NH** — Ann Marie Riley, **Reading** — John Wiklanski, **Salem, NH** — Michael Trull, **Shirley** — Joan Wholey, **Somerville** — James Azzola, **Tewksbury** — Susan Soldani, Maureen Bernard, **Tyngsboro** — Linda McCarthy, James Lapham, Lynne Lapham, **Westford** — Laurie Rockney, Ben Rockney

Jim Witt Road Race -- September 29

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

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

GLRR Events Calendar

September 14

Lake Winnepesaukee Relays;
Gunstock Ski Area, Laconia, NH.
This is the most fun you'll ever have
with your clothes on and teams are
forming even as I type. Contact
Mary Bourret at (603) 893-7377 to
get on a team or for more informa-
tion.

September 30 Club Meeting

The next club will take place on
Monday, September 30 at 7:30 P.M.
at the Knickerbocker Club in Lowell.
Guest speaker for the evening will be
Dr. Rodney Gallo a certified sports
podiatrist. Dr. Gallo was also a
collegian cross country runner at
Northeastern University. It should
prove to be an interesting meeting, so
please mark your calendars.

September 29

Jim Witt Road Race; Lowell, MA.
Contact Dave Crocker at (508) 256-
5724 for more information. Since this
is a GLRR hosted event, volunteers
will be needed.

October 20

Bay State Marathon; Lowell, MA.
Volunteers (Lots!) will be needed.
Contact John Meehan at (508) 957-
3178 for information.

November 17

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

Starting LINES

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

Starting Lines is published
monthly by the Greater Lowell
Road Runners, Inc. Members
are encouraged to submit ideas,
results, and articles to Jay
McCarthy, 57 Arkansas Drive,
Dracut, MA 01826 or call at
(508) 957-4456.

Volume 11, Number 08

**GREATER
LOWELL
ROAD RUNNERS**

P.O. Box 864, Lowell, MA 01853