

September 1993 Volume 13 Number 5

STARTING LINES[©]

magazine of the
Greater Lowell Road Runners

Pippa Davis spent her summer running across America - Photo Dave Camire



Results to
All the Local
Summer Races

GLRR Makes
Big Gains in
NEAC Grand Prix

Racing Team and
Youth Team Updates

WE RUN THE MERRIMACK VALLEY

STARTING LINES

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On the Cover

The incredible Pippa Davis back from her *Run Across America*. Pippa ran 52-miles per day for sixty consecutive days while raising money to help with cancer research. GLRR salutes Pippa for her remarkable accomplishment and for her tireless efforts for a worthy cause.

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President's Message

Bill Smith

August and the dog days of Summer have passed, I hope you enjoyed the warm weather because soon their will be a nip in the air. I want to thank everyone that helped at the Chemical Corporate Challenge and at the Worthen House Run.

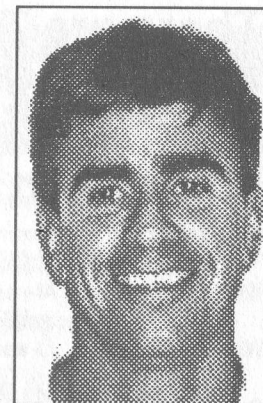
The competition in the NEAC Grand Prix continues with the 5K Championship on September 26 (application enclosed), and the Marathon Championship on October 24. At the conclusion of the Grand Prix, NEAC is planning a banquet with special awards for individuals who finished all seven Grand Prix races.

Our competitive teams have been doing a great job! At Newburyport, our men's team was third, our female team placed second, both male and

female masters finished first, our male seniors were also first, and our female seniors were third. Overall, after five events, our male team is sixth, our female team is first, our male masters are first, our female masters are tied for first, our male seniors are second, and our female seniors are tied for second.

We're had a great turnout from everyone at this year's Grand Prix races. It feels great when news reporters start asking how many people Lowell has at a race. Lets get a team in every division at the Falmouth Marathon. Keep up the good work, and lets continue to show up in great numbers.

The Fred Brown Relay is next on September 18. It's sixty-five miles around Lake



Bill Smith

Winnepesauki and each team consists of eight runners. If you are running let me know so I can credit you for the GLRR Grand Prix. If you are not on a team and want to run, contact me. The New England Cross Country Championship will be held at Franklin Park on November 7. It would be great to field a team in every division.

The next event that we'll need help on is the Baystate Marathon on October 17, contact Bill Gibney at 603-434-8201 if you can

Continued on page 6

There are Two Types of Runners:

*Those who wear GREEN, and those who wished they had.
What type are you?*

Club Singlet	Green & gold tricot singlet with cotton poly mini mesh screened with the GLRR logo. Adult sizes S, M, L, XL	\$10.00
Club Shorts	Green & gold nylon shorts with sewn in brief and the GLRR logo. Adult sizes L, XL	\$10.00
Windsuit (top)	All-weather nylon running jacket with zipper front. Green with gold trim and GLRR logo. Adult sizes M, L, XL	\$40.00
Windsuit (bottom)	All-weather nylon running pants with ankle zippers. Green with gold trim and GLRR logo. Adult sizes M, L, XL	\$30.00
Cotton Singlet	Green with club logo (big armholes). Adults sizes S, M, L, XL	\$5.00
Youth Singlets	50/50 Green. Youth sizes M, L	\$5.00
Training Singlets	50/50 unisex white singlet with GLRR logo. Adult sizes L, XL	\$5.00
Sweat pants	Heavy weight pants with elastic waist. Green with gold GLRR logo. Adult sizes S, M, L, XL	\$15.00
	Youth sizes M, L	\$10
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	Youth sizes M, L	\$15.00
Longsleeve Tees	50/50 green longsleeve tees with GLRR logo. Adult sizes S, M, L	\$10.00
Stocking Caps	Green with GLRR logo	\$15.00

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TEAMS

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*Continued from
page 3*

help. The Run Your Turkey Off is scheduled for November 17, contact Dave Tyler to volunteer. Also if you have Columbus Day (October 11) off, you may want to help us with the Tuft 10K for women. Contact me if you are interested.

We are looking for race directors for the following events for next year: Hynes Tavern (March), and the Worthen House Run (August). Please contact me if you are interested. Happy running and I'll see you on the roads.

Crash has Hodge on the Mend

*Dan Phelps
Lowell Sun*

Before July 28, Bob Hodge had never spent a night in the hospital. He had

never even undergone a day of surgery. And before July 28, Bob Hodge could run.

But a head-on collision that afternoon on Route 110 in Lancaster changed all that. Hodge spent four nights in the hospital. The scar on his right kneecap, which was broken in a few places, reveals his first trip into surgery.

And Hodge, a former Lowell High School and University of Lowell cross-country standout who placed third in the 1979 Boston Marathon, won't be doing too much running for a while.

Hodge, 38, was just a couple of miles from his home in Clinton when a car heading in the opposite direction on Route 110 struck his Ford Festiva head on. He had just rounded a bend in the road when he saw the Geo Metro crossing the center line into his lane.

In the short time he had to react, he managed to swerve his car onto the shoulder of the road, but he could not avoid the accident.

Hodge who works for the Internal Revenue Service in Boston and lives in Clinton, was on his way home from work, planning to stop to pick up his daughter first. "I was just a couple miles from picking her up," Hodge said last night from his home, "Thankfully, I hadn't picked her up yet. I'm grateful I wasn't hurt anymore. When you leave home every day, something like this can happen. You just take so much for granted."

Hodge is considered one of the best runners ever to come out of Lowell. After starring at Lowell High School, graduating in 1973, he attended ULowell from 1975 to '77. He has won the Mt.

Continued on page 16

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15 SHOES AT BLOWOUT PRICES! !

ASICS	REGULAR	SALE	BLOW-OUT PRICE!
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3. Coming from Reading, Wilmington, Woburn, Boston - Get on Rt. 93 North. Pick up 495 North (Exit 44a). Take 495 North to Exit 46. Go left off ramp, we're 2 miles down on left.
4. Coming from Salem NH, Windham, Manchester - Get on Rt. 93 south to Rt. 213 Methuen. Take 113 Pleasant Valley St. Exit. Take left off ramp, go past McDonalds (on left), proceed 1 mile to end of road. Take a left on Rt. 110. We're 1/2 mile down on left.



Sale ends 9/19/93

Void with other specials.

Wild Thing

Dave Kromer

Today, I was cruising along about a mile and a half into a tempo run when I was confronted by a German shepherd who was large enough to play lead dog in the Great Escape. I tried all kinds of psychological tactics to drop him but alas, the damn thing stuck to my heels like glue, and my run had to be temporarily aborted. Finally, I succeeded in pawing him off on a group of people clustered around a filling station. The poor creature was so confused that it proceeded to crawl into the front seat of an unsuspecting patron's vehicle (the driver's door had been left open). Free at last, I took off at a speed which was much faster than my initial pace, yet somehow it felt much easier? Thanks rover, for that shot of adrenaline which drove me to complete a

workout of a quality which, on this day, I would have never thought was in me.

I'm convinced that without the daily hassles and aggravations which drive us all crazy, both

"Well, I'll tell you with all this stuff that's piling up around me, this inmate is getting mighty restless. By the time that noontime bell starts ringing, I'm long gone."

the enjoyment as well as the quality of our running would surely suffer. We must not underestimate the influence and training effect of our daily interactions with the unrelenting phone solicitors, Massachusetts drivers, bickering children,



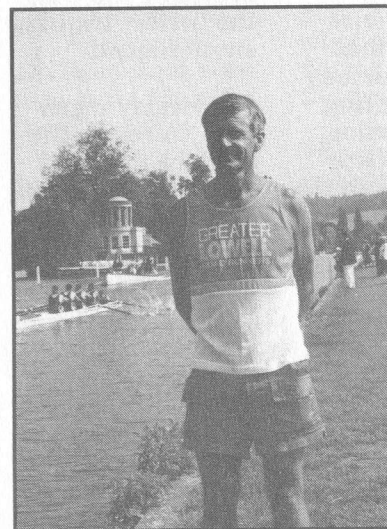
Dave Kromer

nagging spouses, and overbearing employers of the world in which we live today. They have driven me, on occasion, to shed that automatic pilot, cruise control, hum drum, pound the pavement day after day training mentality, and to switch gears into a mode which is much more spontaneous and exciting! To break those chains that bind me, kick some butt (my own), and to get in some great training which I never would have even attempted without their help.

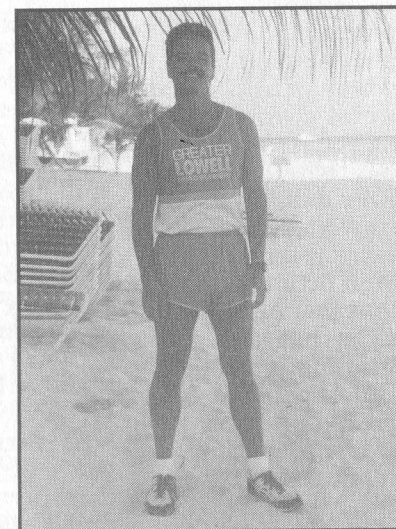
There's just nothing like a good confrontation with one

Continued on page 10

Here's The GREEN!



Ted Washburn, a rowing coach, wore the GREEN at the Royal Regatta in England last July, while keeping track of the crews and training many miles for this fall's Bay State Marathon.



Gerard Ottaviano wore the GREEN during a recent visit to Jamaica.



Kevin and Dick Curtin in St. Martin.

"Greetings from the largest clothing optional beach in the Western Hemisphere at St. Martin. The sign was where our hotel requested you to at least put on your bottoms. Saw some interesting sights on my morning runs, I prefer wearing the GREEN for a little support." -- Dick Curtin

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page 8*

of those idiotic phone solicitors when he calls at the worst possible time, as you're heading out the door for your daily fun run. Now you've got that extra strong dose of high octane fuel that you need to alter that boring training schedule and to get yourself geared up for a searing fartlek session. It's time to unleash that pent up aggression you've got building up inside of you. You've got to learn to channel that 100 proof dose of adrenaline into something positive. But, somehow I just don't think what the fitness professionals, the Jane Fondas of the world, have to offer is quite enough. You've heard about the runner's high? Well, I'll be the first to admit that I'm one of the many whose chemically dependent. However, I've got no use for the Betty Ford Clinic or any other

forms of rehabilitation.

Your vox (phone) informs you that you've got thirteen messages waiting for you, incoming fax messages are spilling out onto the floor, your PC says you've got cc:mail in the cue, you're worrying about what you're gonna do when you grow up after the next layoff, and your boss comes in to tell you that your monthly report was due yesterday! And you thought that the only prison in Billerica was the House of Correction? Well, I'll tell you with all this stuff that's piling up around me, this inmate is getting mighty restless. By the time that noontime bell starts ringing, I'm long gone. Stream'in out those doors and cutting a path to freedom. With five hours in the high technology world behind me and a few cups of coffee in my belly, I'm ready to roll. I've certainly got to be

grateful to my employer for providing me with the perfect training environment.

It's Sunday morning... Already, the kids are fighting over that wonderful invention called Nintendo. My youngest has the cord to her controls wrapped around her older sister's neck and is screaming because all of her little green men are dead. As I'm drinking my morning coffee, checking out the Fresh Pond results, daydreaming about going for a run, the subject of unfinished projects surfaces from my other half. The house is peeling and needs to be painted, the grass on the front lawn is a foot deep, you've got a room upstairs that's half papered but you haven't had a chance to get back to it for a few months, the roof leaks, both cars need tune-ups, the cellar is a mess, etc., etc., etc.. The

Continued on page 16

World's Biggest Lie

Jack Pierce

If the 1993 Mt. Washington Road Race was true to its "Race to the Clouds" billing, I probably could have had a decent showing this year. When I pulled into the parking lot on race morning, the cloud cover was at about 200 to 300 above the base. Even I'm up to that much hill running. Unfortunately they always insist on running all the way to the top — consumer fraud. I'm destined to spend the balance of my career muddling up a hill that is a Hell of a lot tougher than I am, oh well!

Lets take a nostalgic look back at this year's race and dream about what could have been if the race director believe in truth in advertising. One of the few perks of being a veteran of this race is ease dropping on the novices. They all

plan, or fret, over what to wear during the ascent to the summit.

Wardrobe selection is easy if the sun is shining, a singlet is plenty. If its cloudy or raining your best bet is to wrap a light weight nylon jacket around your waist. Anything more will beat you up during the first three hot and

GLRR was the loudest by far, offering water and vocal support including the biggest lie in road running, "Your looking great, keep going."

humid miles. Also, you don't want a needless monkey on your back during the demanding second half of the course — less is more. Now that you have been advised on the appropriate dress,



Jack Pierce

let's review my experience at this year's race.

For starters, I must announce that my self assigned seed was my highlight and triumph of the day. I finished statically about where I seeded myself, about one-third of the way from the front. With the corny joke about "Only One Hill" behind us, the gun sounded and 900 optimistic racers dashed across the flat .15 miles before heading into the woods to meet "The Hill."

At about one half mile, I began questioning what

possessed me or any of these fools to pay hard earned money to do this! The gentle rain that was falling did not cool us, but rather added to the humidity. Certainly the heavy breathing and body heat emitting off the closely packed field does nothing to ease the discomfort level.

At the first water stop it was a mental relief to see the familiar faces of the Gate City Striders

work crew offering encouragement and water. This scene was repeated all the way up the mountain as the water stops looked like the Mill Cities Relay with crews from the Merrimack Valley Striders, Winners' Circle, and the Greater Lowell Road Runners. GLRR was the loudest by far, offering water and vocal support including the biggest lie in road running, "Your

looking great, keep going."

By the halfway point my time was as good as ever, but this was deceptive because the elements were taking a turn for the worst. A fog that would do Old London justice had taken over the mountain and limited visibility to 15 feet. When I broke through the tree line, rain and wind entered into the equation. The center of the

road was ankle deep mud and the only running lanes were the very outer edges of the road (watch out for the right side). The difficulty with this was the edges were populated by people either running slowly or walking. A bright light went off in my head, "What a break, I now have a built in excuse for mediocrity, rain on."

Through the fog, I heard noises other than those of runners gasping for air, I was nearing the finish with its diabolical 70 yards. Once again, the chorus sang out the BIG LIE "Looooooking good, way to go." What a crock! Nobody, but nobody looks anything remotely resembling good at this point.

For the first time ever I decided to walk down the mountain, not the auto road but Tuckerman's Ravine Trail. If you ever decide to run this race, even for

only one time, do yourself a favor and make arrangements to walk down. Even semi-fogged in the head wall is truly one of the most impressive sights in North America. As an added bonus, when you are just about at the base of the mountain there is a spectacular triple level cascade of water running off the mountain.

Well, that wraps up this review of one of the top five running events in New England. If you never run this race, you're missing a great adventure and it belongs on your running resume. Also, if you've run it before, you're familiar with the course and know that you can do better, so try it again.

PS — A late flashback helped me recall that runners are a strange group. For the first time in my eleven years of running this race, the auto road was closed to

traffic because of bad weather. After the race, everyone I talk with thought it wasn't that bad — "So what, a little rain, a little wind, a little fog, it was the same for everyone." This must say something about us, but I'm not sure what?

STARTING LINES

Starting Lines is published eight times per year by the Greater Lowell Road Runners. Articles, pictures, race results, and other items of interest to the running community should be sent to: Dave Camire, *Starting Lines Magazine*, 22 Winsor Drive, Dracut, MA 01826. Advertising is accepted. Our rates are \$59 full page, \$33 half-page, \$18 quarter page. Inserts are \$30 and must measure no larger than 8.5"x11"



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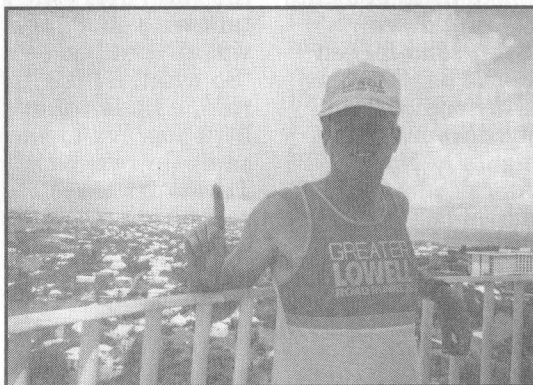
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Here's More Green



Jack Pierce brings GLRR to new heights atop of the lighthouse at Hamilton Harbor in Bermuda.

Saturday

September 18, 1993, 9:30 A.M.

Al Duff Jr. Memorial 5 Mile Road Race

**Starts at the Walter J. Stone
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10th ANNIVERSARY GREAT NORTHERN 10K



19

93



**ROAD RACE
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to benefit Autistic Children all administrative costs paid by Great Northern Mfg. Co.

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6.2 MILE RACE - 1 MILE FUN RUN

USATF Certified Course #MA-90031-WN

AWARDS:

Men's, Women's, Wheelchair
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COURSE RECORDS

Men - Alastair Douglas 29:53
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Women: Jane Raymond Hall: 33:55

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- Post entries welcome, \$10.00.

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Signature _____

Signature of Parent or Guardian _____

Categories (check one):

- | | | |
|--|---|--|
| A <input type="checkbox"/> Male 18 & under | E <input type="checkbox"/> Male 40-49 | I <input type="checkbox"/> Male Wheelchair |
| B <input type="checkbox"/> Female 18 & under | F <input type="checkbox"/> Female 40-49 | J <input type="checkbox"/> Female Wheelchair |
| C <input type="checkbox"/> Male 19-39 | G <input type="checkbox"/> Male 50 & over | K <input type="checkbox"/> Fun Run |
| D <input type="checkbox"/> Female 19-39 | H <input type="checkbox"/> Female 50 & over | |

Check one:

- ☐ Enclosed find check for \$8.00 payable to: Fund for Autistic Children
☐ Please waive my entry fee, I will obtain \$30.00 or more in sponsor contributions.

In consideration of this entry being accepted, I hereby for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against the sponsors, the race officials, and their successors and assigns, for any and all injuries suffered by me at this event, and further, I agree to indemnify and hold harmless the National Society for Autistic Children against any and all claims, damages, and liabilities arising from my participation in this event.

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USATF Sanctioned



*Continued from
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list is endless. After a heated discussion, I bolt out the door, with promises of an afternoon filled with productivity. As I head down the street the words, "you'd better get your rocks off while you can, buster," echo through my brain.

So you're out there a few miles, when suddenly from out of the blue some fool in a Blazer comes speeding around the corner, cuts you off, and then cruises on along as if nothing happened. The episode leaves you with an instant reminder of your mortality. With a cigarette protruding from his face, a cup of coffee in one hand and a cellular phone clutched in the other, this guy sets the human race back a few notches. But remember, a close encounter of this kind can transform a run which would

have consisted of mere garbage miles, into a thing of beauty. Why, this new found zest for life is certainly makes you appreciate the run a lot more, and may be good for a drop of thirty seconds or so in your per mile pace. Go for it!

So you think you've got things under control. You would never think of letting your emotions impact your training pace. You faithfully report back to your log immediately following each workout. Why, it might even be said that your running is a means of relaxation by which you attain a Zen-like, meditative state which transcends all worldly things. Well, put yourself in the middle of a pack of half a dozen runners when the talk turns to racing and tell me the pace doesn't plummet.

*Continued from
page 6*

Washington Road Race seven times. He finished his college education at ULowell in 1990.

But his running days are over for now, which is hard to take for Hodge, who has been running for 25 years. He has taken time off from serious running before, but would always train sporadically during those periods.

"This will, without a doubt, be the longest time I've gone without being able to do anything," he said. This has been a tough summer for Hodge, who recently recovered from a summertime flu. If that wasn't bad enough, now he needs a walker or crutches to get around. "It was a shock. I'd never been in a hospital and never had surgery. It's quite a

Continued on page 26

Youth Team News

Clint O'Brien

The Greater Lowell Youth Track program has done exceptionally well this year under the tutelage of head coach Jesse Harris. We were pleased to see so many new faces attending the spring training sessions on Tuesday and Thursday evenings. The word has obviously gotten out as many teenagers have joined us after their high school seasons finished up.

There were many opportunities for the youth to compete, ranging from several very well attended track and field meets hosted by the GLRR/NE volunteer group at the Chelmsford track to other local meets at White Stadium in Boston, Billerica, Braintree, Needham, Newton, Waltham, Brown U., and Randall's Island, NY. Several of these events were qualifiers for

State, Regional, or National Junior Olympic level competition. Nine of our youths qualified and earned expense paid trips to the National Hershey Youth Track Meet in Pennsylvania.

Forty-two of our youth qualified to participate in the National Youth Track & Field Meet in Knoxville, Tennessee. Fifteen GLRR youngsters were able to make the trip and show the green in Tennessee. Our special congratulations to these competitors and to all the youth who faithfully participated and enjoyed the camaraderie of youth sports. Let's not forget the parents and assistants, who are right behind our youth all the way coaching, organizing, encouraging, chauffeuring, and helping any way they can to enrich the lives of



Clint O'Brien

our youth through positive running experiences. We'll have a complete report on their accomplishments in the next issue of *Starting Lines*.

Cross Country

Many of our youth anxiously await the beginning of this year's season. For the first time ever, the USA Track & Field Junior Olympic National Cross Country Championships will be here in New England at Smithfield, Rhode Island. Additionally, the Regional and NEAC association meets are at the same location. Greater Lowell Youth Track intends to show a

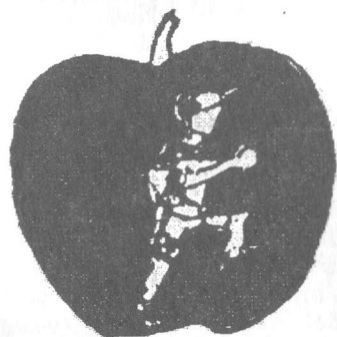
"field of green" this fall at the local, association, regional, and national meets. Please encourage your youngsters and their friends to attend the first parents meeting and practice at 1:00 pm on Sunday, September 12 at the Chelmsford High School Track. We will discuss the options for training and decide practice times/locations.

Winter Track

It's not too early to start thinking a little about it... For the jumpers, throwers, and sprinters, cross country is an excellent way to improve leg strength and maintain conditioning between track seasons.

The GLRR Phone again is 508-957-6447. Please use it to stay current on youth (and other) GLRR activities and running opportunities.

**4th Annual
West Newbury, MA
Apple Harvest
5 & 1 Mile Road Race**
Sunday, October 3, 1993
1 Mile at 10:00, 5 Mile at 10:30
Helath Walk at 10:40



Location: Action Cove Playground,
Bachellor St., W. Newbury, MA

Entry: Fun Run/Walk \$6

5 Miler: \$8 (by 9/1). \$10 (after 9/1),
no family will pay more than \$24

Mail to: Apple Harvest RR, 11
Parson's Rd., W. Newbury, MA
01985

More info call: 508/749-4306 (days)
or 508/465-1249 (evenings)

t-shirts refreshments awards

*Use the Starting Lines generic
application on page 39*

Sports for Life

Join Holy Family Hospital Employees

for a day of

Fun, Fitness and Festivities!

Sunday, September 26, 1993

Break out the Sneakers

Dust off the Bike

Bring the Strollers

And the Kids!

WALK - RUN - BIKE

25/50-Mile BIKE RIDE 8:30 am

*Cycle along a scenic route
through neighboring towns.*

5-Mile Road Race 10:30 am

host by MVS. timed by Bay State

5-Mile Walk 10:45 am

*Enjoy a casual walk in the
neighborhood surrounding the
hospital.*

Send entries to: Sports for
Life '93, 70 East St., Meth-
uen, MA 01844

T-Shirts to all pre-registered
by 9/10/93

Awards to top 3 male and
female in each event

For more information call
508/687-0156 Ext. 2104

Entry fee: \$10 pre, \$15 post

Registration

Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

Male _____ Female _____ Age _____

Check your event

5-Mile Race _____

5-Mile Walk _____

25-Mile Bike Ride _____

50-Mile Bike Ride _____

I hereby certify that I am physically capable of participation in Sports for Life '93. I release Holy Family Hospital and Medical Center and its affiliated corporations, trustees, employees, and agents from any liability for any injury I may sustain and any damage to property that may occur during Sports for Life '93. A "wandering photographer" has been hired. These photos are for the sole purpose of use in hospital publications. Your signature below authorizes us to use photos of you that may be taken. Sorry, but we cannot honor requests for reprints. Thank you.

Signature of Participant (parent/guardian if under 18)


8th Annual
Finally Michael's Run for Children
5-Mile Road Race
Sunday, September 19, 9:30 am

All pre-registered runners get a t-shirt	Race day registration 8:00 am to 9:00 am
TAC certified course	For more info call 508/653-4142
Starts from Finally Michael's Restaurant, 1280 Worcester Rd. (Rt. 9)	Sponsored by: Pete's Wicked Ale

Race benefits Why Me Inc., a non-profit volunteer organization helping children with cancer

11th ANNUAL

 **apple fest**

 **half marathon**

 **hollis, n.h.**

Saturday

October 9, 1993, 10 AM

Hollis-Brookline H.S., Hollis, NH
RRCA NH Championship
hosted by Gate City Striders, Inc.

- **Rolling, scenic, certified course**
- **5 year & Clydesdale divisions**
- **Delicious, country-baked fare**
- **Finisher's awards**

Entry fee: (no post entries) \$16 with shirt, \$10 without shirt
Checks payable to: Gate City Striders
Mail to: GCS, P.O. Box 1083, Hollis, NH 03049 (include a business size SASE)

Use the Starting Lines generic application on pg 39

Racing Team News

Ed Pancoast

The Greater Lowell Racing Teams did an awesome job at the Yankee Homecoming 10-miler in Newburyport. We won three of the six categories and picked up 6 points on CMS to move into a tie at 118 points for the club overall series lead.

The Men's Masters team took first place and moved into the team overall series lead by one point. Rob Colantuono and Phil Riley are second and third respectively in the individual overall Masters series. The Women's Masters team also took first place and are in a tie for first place in the team overall series. Susan Maslowski held on for a one point lead in the individual overall series with Moira Durnin moving up to fifth with another strong performance. The Men's

Senior team was the third group to win in the 10-miler. A special congratulations goes to this group for handing the BRC their first lost of the season. Doug MacGregor and Charlie Pratt are second and third respectively in the individual overall series.

The Women's Open team finished second in this race but still maintained the team lead in the overall series. Lisa Senatore maintained her large lead in the individual overall series. The Women's Senior team finished third in the race and are in a tie for second in the team overall series. Delores Sullivan moved into sixth in the individual overall series. The Men's Open team turned a lot of heads by finishing third in the 10-miler. They were once again led by Eric Beauchesne



Ed Pancoast

who has been the first Greater Lowell finisher in every NEAC race this year. Congratulations to all who ran the 10-miler. Just keep remembering that we are all ordinary people doing extraordinary things.

Just an observation, but it looks like a lot of the NEAC standings are going to come down to the final NEAC race, the Cape Cod Marathon. Assuming nothing drastic occurs at the 5K, the Women's Open, Women's Masters and Men's Masters championship will be determined at the marathon. The

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current standings in each of these categories are that we lead by two points, are tied and lead by one point respectively. In both of the Seniors categories we are in second place. In the Men's Open category there are two teams within five points that are real possibilities to catch.

In addition to this, there is the overall team championship that is at stake. This is particularly near and dear to my heart since we have had a two year hiatus to that team from the other part of the state. While we had a great showing in Newburyport, I would expect that they will be coming back hard in Manchester (5K). It would be a shame to get all the way down to the final race of the season and not win due to a lack of participa-

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GLRR Grand Prix

Male division

Competitor	30K	1/2	8K	T&C	10k	WH	10M
Don Alvey	8.5	X	X	X	7	X	X
Dave Audet	.5	X	4.5	X	X	X	3
Tom Amiro	.5	X	X	X	X	X	X
John Barbour	X	X	X	X	X	X	9.5
Eric Beauchesne	10	10	10	X	10	X	10
Steve Beckwith	.5	.5	X	10	2	X	2
George Bisson	.5	.5	X	X	X	X	X
John Poison	.5	X	X	X	X	X	X
Dan Bowse	.5	X	X	X	X	X	X
Bob Brouillette	X	X	X	X	X	X	.5
Ed Brylasyk	.5	X	X	X	X	X	X
John Byrne	.5	X	X	X	X	X	X
Dave Camire	6.5	6.0	4.0	10	3	10	.5
Tom Carroll	5.0	7.0	X	X	8	10	8
Jack Clancy	.5	X	X	X	X	X	.5
Mark Coddair	2.0	X	X	X	X	X	X
Bob Colantuano	X	X	9.5	X	7.5	X	6
Brian Colcord	X	X	X	X	X	X	.5
Patrick Cook	.5	X	X	X	X	X	X
Dave Cunningham	.5	X	X	X	X	X	X
Kevin Curtin	X	X	.5	X	.5	10	X
Richard Curtin	X	X	.5	X	.5	10	X
John Dalton	8.0	X	X	X	4	X	4.5
Arthur Demers	3.5	X	8.5	X	4.5	X	5
Steve Desisto	X	7.5	6.5	X	5.5	X	X
Tom Doody	1.5	X	X	X	X	X	3.5
David Feng	.5	.5	X	X	X	X	X
Jim Fitzgerald	.5	X	X	X	X	X	X
Ben Fudge	.5	X	X	X	X	X	X
John Dowling	X	X	8.0	X	9.5	X	9
Dave Darcangelo	X	X	7.5	X	X	X	X
Tom Foltz	X	X	2.0	X	.5	X	.5
Philip Gurdella	X	1.5	X	X	X	X	X
Robert Grande	.5	X	.5	X	.5	10	X
Steve Grande	X	.5	X	X	X	10	.5
Frank Gorham	X	X	X	X	X	X	.5
Colin Gouldson	X	X	1.0	1.0	.5	10	.5
Bob Hall	3.0	6.5	5.5	10	6.5	10	6.5
Dave Hannon	X	X	X	X	9	X	8.5
Bill Gibney	X	X	X	X	X	X	.5

Competitor	30K	1/2	8K	T&C	10k	WH	10M
Rich Keane	5.5	5.5	X	X	1	X	1
Dave Kromer	9.0	9.0	X	X	X	X	2.5
Jay Jenkins	X	8.5	X	X	X	X	X
David Hannula	.5	X	X	X	X	X	X
Bob Hansford	.5	X	X	X	X	X	X
Steve Kanaracus	.5	X	X	X	X	X	X
Sean Krasinski	X	.5	X	X	X	X	X
Don Lambert	X	.5	.5	X	.5	X	X
Dave Lapierre	4.0	X	X	X	X	X	X
Denny Leblanc	X	.5	.5	10	.5	X	.5
Bob Ludwig	.5	1.0	.5	10	X	10	.5
Roger Lavasseur	X	X	X	X	X	X	.5
Jack Pierce	1.0	3.0	.5	X	.5	10	.5
Paul St. Paul	.5	X	X	X	X	X	X
Bob Lordan	X	.5	X	X	X	10	.5
Jim Maines	.5	X	X	X	X	10	X
Richard Marcotte	.5	X	X	X	X	X	X
Walter Mann	7.0	X	3.5	X	X	10	.5
Doug MacGregor	X	X	6.0	X	5	X	5.5
Ed Pancoast	2.5	3.5	2.5	10	.5	X	.5
Will Mason	.5	2.0	X	X	X	X	X
Dan McCarthy	X	X	X	X	.5	X	X
Stoddard Melhado	6.0	8.0	7.0	10	6	10	X
Scott Merrill	X	2.5	.5	10	.5	X	X
Richard Nadeau	.5	X	X	X	X	X	X
Clint O'Brien	X	X	X	X	X	X	.5
John Morrison	.5	X	X	X	.5	X	.5
Jack Mulligan	X	X	X	X	X	X	7.5
Mike Padanoffsky	.5	.5	X	X	X	X	X
Gerard Ottaviano	X	X	X	X	X	10	.5
Barry Pearson	X	.5	X	X	X	X	X
Steve Peckinonis	X	4.5	X	X	1.5	X	X
Steve Peterson	X	.5	X	X	X	X	X
John Piekos	.5	X	X	X	X	X	X
Charlie Pratt	4.5	4.0	3.0	X	.5	X	.5
Steve Pepe	X	.5	.5	X	.5	10	.5
Steve Rondeau	X	X	X	X	X	X	.5
Philip Riley	9.5	9.5	9.0	X	8.5	10	7
Jerry Rosa	X	.5	.5	X	X	10	.5
Ernie Roy	X	.5	X	X	X	X	X
John Saarinen	.5	.5	X	X	X	X	.5
Bill Smith	X	X	.5	10	.5	10	X
Scott Spence	.5	X	X	X	X	X	X

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tion.

In closing I will ask that you take the time to fill out the survey that I have had enclosed with this issue. I am attempting to clarify the role of the racing teams with that of the club. In future issues I will update you on the results of the survey.

NEAC Grand Prix (5 races)

Male Open	
1 CMS	40
2 BRC	29
3 WRT	26
4 CSU	23
5 TVFR	21
6 GLRR	18
7 BAA	12
8 GSH	6
9 SISU	3
10 SMAC	1
GCS	1
Female Open	
1 GLRR	34
2 BRC	32
3 CMS	28
4 CSU	28
5 LAC	21
6 TVFR	9
7 GNBTC	7
8 GBTC	6
9 GSH	4
10 SMAC	2
BBRR	2
RIIR	2
BAA	2
14 IATC	1

Continued on page 24

Ralph Steere	X	.5	.5	X	.5	X	.5
Dave Tyler	X	X	5.0	X	3.5	10	4
Ted Washburn	X	.5	X	X	X	X	X
Ken Whitcomb	X	X	1.5	1.0	.5	X	.5
Joe Vail	.5	X	.5	X	.5	X	.5

Female division

Competitor	30K	1/2	8K	T&C	10k	WH10M
Michelle Alvarez	X	4.0	X	X	4	X 3.5
Jackie Atherley	X	X	5.5	X	X	X 4.5
Chris Bellinger	X	4.5	X	X	X	X X
Jean Boswell	6.5	5.5	5.0	X	5	X 5
Mary Bourett	X	X	3.5	X	3.5	X 2
Kassie Burgess	7.0	7.5	X	10	X	X 6
Regina Burton	X	6.5	X	10	X	X X
Nancy Roy	X	3.5	4.5	X	X	X 4
Debra Cole	X	7.0	X	X	3	X X
Sharon Cassidy	X	2.5	X	X	2.5	X X
Pippa Davis	6.0	X	X	X	X	X X
Lisa Deforge	X	8.0	X	X	X	X 2.5
Moir a Durnin	X	X	7.5	X	9	X 8.5
Patty Foltz	X	X	6.0	X	6	X 6.5
Melanie Hire	X	X	7.0	10	6.5	X X
Jan Johnson	8.0	5.0	6.5	10	7	10 X
Babs Kimball	7.5	6.0	X	X	5.5	10 5.5
Leslie Lowry	X	.5	2.0	X	.5	X X
Kara Molloy	9.5	9.0	9.5	X	9.5	X 9
Sue Maslowski	8.5	8.5	8.5	X	8.5	X 7.5
Tracy Maher	X	X	9.0	X	X	X 8
Terry Anne McGettrick	X	10	X	X	X	X 9.5
Hazel Palmer	5.0	1.0	1.5	X	X	X .5
Janet Newell	5.5	.5	X	X	.5	X .5
Kris Noble	X	X	X	X	7.5	X X
Christina Robertson	X	X	X	X	X	X .5
Elaine Pechow	X	2.0	2.5	X	1	10 .5
Lisa Senatore	10	X	10	X	10	X 10
Delores Sullivan	X	3.0	3.0	X	2	10 1.5
Mary Tiches	X	X	X	X	1.5	X X
Sue Trudel	9.0	9.5	8.0	10	8	10 7
Karen Whitcomb	X	X	1.0	X	4.5	X 3
Renee Wells	X	1.5	X	X	4.5	X 3

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page 23

Male Masters

1	GLRR	27
2	TVFR	26
3	CMS	22
4	CSU	15
5	BRC	8
6	BAA	5
7	RIRR	1
	GSH	1

Female Masters

1	GLRR	25
	CMS	25
3	CSU	15
4	LAC	15
5	GBTC	8
6	RIRR	5
7	GSH	2
	BAA	2
	SMAC	2
10	GNBTC	1

Male Seniors

1	BRC	13
2	GLRR	9
3	RIRR	4
4	CMS	3

Female Seniors

1	LAC	10
2	GLRR	5
	CSU	5
4	SMAC	4

Top Five Clubs

1	GLRR	118
2	CMS	118
3	BRC	82
	CSU	72
5	TVFR	56

**NEAC 10 Mile
Championship, New-
buryport, MA
8/3/93**

Male Open — 1. CMS 4:18:52, 2. BRC 4:22:27, 3. GLRR 4:28:45 (Eric Beauchesne 52:00, John Barbour 52:08, John Dowling 54:35, David Hannon 54:59, Tom Carroll 55:03) 4. WRT 4:30:34, 5. CSU 4:32:28, 6. SISU 4:32:55, 7. TVFR 4:36:45, 8. BAA 4:41:26 **Female Open** — 1. LAC 3:03:09, 2. GLRR 3:04:43 (Lisa Senatore 58:15, Terriane McGettrick 1:02:18, Kara Molloy

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Women's Team Is #1!

Jan Johnson

With two races to go in the 1993 NEAC Grand Prix we're still on top. Since we last reported, we trekked out to Agawam in May for the Riverside Twilight 8K, where we took first place with Lisa Senatore (27:15) leading the charge (overall female and GLRR), Kara Molloy (28:55) not too far behind, and Tracy Maher (30:03), a first start with GLRR hailing from George Davis' UMass-Lowell women's team, in third for the team. Sue Maslowski (30:37) and Sue "I Pr'd!!!" Trudel (30:44) in hot pursuit. Boy, were we fast, scaring off BRC and CSU by minutes! Then it was on to Winthrop in June for the Gold Medal Day 10K. After this event and a surprising third place, we still held first place and a tie and a with BRC at 27 points each (NEAC team

standings). Lisa Senatore took first place women's overall with a PR of 33:47 (sounds like national class to this observer!) Kara Molloy came along next, second for GLRR, in 35:25. Moira Durnin (38:10), Susan Maslowski (38:30) and Sue Trudel (39:44) rounded out the squad.

Next stop: Newburyport in August, and the Yankee Homecoming 10 miler. GLRR posted a second place team finish behind Liberty, but with BRC back two spots, we not only retained first place but now grab it alone (34 pts vs. 32). Lisa Senatore, third female overall, got blocked at the start but managed to fly to the finish in an awe inspiring 58:15. Terriane McGettrick (1:02:18) placed second for GLRR (with an amazing



Jan Johnson

PR despite the stifling heat and humidity). Kara Malloy, stopping twice to tie her shoe, and once to lose her "cookies", grabbed third in 1:04:10.

Fast and proud is the theme for two other team members who may not stack up so formidably in rankings but set PRs at almost every outing; kudos go out to Nancy Roy and Jackie Atherley for their great strides this season.

All for now...see you at the races! **Don't forget:** Manchester, NH on September 25th!

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bit to go through," he said.

"There'll be a lot of rehabilitation, but most people do come back," he added. "The kneecap itself was broken in a few places. The patella tendon was separated and had to be reattached." Hodge said he hopes to start rehabilitation soon and eventually hit the roads again.

"I'm hoping to, but it's going to be a while. I have to wait until it heals to a certain extent before I can start to do rehabilitation. I really don't know. I'm not making any plans," Hodge said.

Reprinted for the Lowell Sun. Send your get well cards to: Bob Hodge, 16 Harbor Street, Clinton, MA 01510.

Heart muscle identified as cause of racer's death

North Andover — A state coroner has determined a heart muscle problem caused the death of a young runner during the town's July 4 road race.

Dr. Gerald Fargan said he has determined focal myocarditis caused the death of 28-year-old David Tudisco, who collapsed during the town's annual 10-kilometer road race.

Myocarditis is an inflammation of the heart muscle most often caused by a viral infection or by toxins released during a bacterial infection. It can sometimes linger undetected for years. Dr. Fargan said he did not know how Mr. Tudisco might have developed the condition. The condition is not unique to runners, he said. Mr. Fargan's preliminary report indicated a

bee sting was the cause of death, but he said that has since been disproven.

This was the first time in the race's 15-year history that a runner had suffered an injury or condition that required hospitalization. The race organizers [Merrimack Valley Striders] take precautions to make sure they are ready to handle any problem that might occur during the race.

"We really pride ourselves on making sure the runners are well cared for," said organizer Tom Licciardillo.

Reprinted from the Lawrence Eagle-Tribune

We Get Letters

Dear Jan,
Our sincere thanks to you, your committee, the Greater Lowell Road Runners who participated in the Great Legs 5K Road Race, as well as donors for the generous contribution you made to the House of Hope in the amount of \$1,362.19 including \$40 donation made to House of Hope toward your cause.

It was great to be among so many wonderful people who ran despite the extremely hot and humid temperature.

From July 1989, and over the past five years, you have contributed \$6,156.19. Do you know what that means to us at the House of Hope? We are also grateful for the donation of canned goods that Berna Finley delivered.

May God bless each person involved for their generosity and sense of caring for others. Our Guests are very grateful to each of you since you are helping to provide a roof over the head of many families.

Sincerely,
Sister Jeanne Poor, S.G.M.
Executive Director

Dear GLRR,
Enclosed you will find your club's prize winnings from the Yankee Homecoming/ New England 10 Mile Championship, August 3, 1993. You will also find a copy of the results from the race. Thanks again for supporting the 1993 Grand Prix.

Michael Pieroni
USAT&F Office Manager

Mount Street Madness 5-Miler 10 am

September 26

Starts from
Silver's Health
Club, 750 Union
St., Franklin, MA
(exit 16 off Rt.
495)

Entry fee: pre \$8,
post \$10

More info: Debbie
Daddario, 508/
528-5960

Cash Prizes



The Best of the Local Road Races

Jack Mulligan

With all the local road races to choose from, I often wonder what makes people pick a particular race to run. I know that I pick my races mostly based on my training and goals. I will pick some low key races to use as workouts and I will run some highly competitive races because I find that running against better runners always brings out my best efforts. All this eventually leads up to what I hope will be a "peak" race (or two) where all the training, racing, and rest combine to give me one top notch "out of this world performance." Of course, it does not always work that way, most of the time my best races come during the training phase when I least expect it, then when I do taper to a peak, I have yet to have that one great race. But that is a

topic for another time.

So the question remains, what selection criteria do you use when deciding to run a road race? Are you methodical like me? Do you look for prize money? Tee Shirts? Food? Beer? Location? Course topography?

The point of all this is that I have always wondered why certain local races seem to generate huge crowds. What is it about these particular races that attracts people? Is it the level of difficulty? That would seem logical for Boston and Mt. Washington. Is it tradition? Once you have run a race a couple of times, do you automatically go back year after year? The other side of this issue is that I have gone to several races in the past, expecting big crowds and compe-

tition, only to find a small handful of runners. What is it about these races that turns people off?

My personal favorite race is the Yankee Homecoming 10 miler. It is a very well organized race and they have a pretty good party afterwards, though the awards ceremony tends to go on way too long for a work night (lucky for me, I never win any awards). I think that the main attraction is that almost everyone runs this race every year. All the Merrimack Valley clubs tend to have quite a number of participants (even before it became the NEAC 10M championship), so you are certain to find yourself competing against a large number of local runners in your category. You can then measure yourself by how well you do against

your peers. Since I tend to run this race almost every year, my finishing time provides me with a benchmark to measure my fitness against previous years. From a social standpoint, it is always nice to see all the people that you have competed against on a regular basis. The outdoor post race party provides a great opportunity to catch up with these folks and commiserate on "how the training is going." The competition is fun but the camaraderie is better.

Another nice thing about the Yankee Homecoming is that it has a big race feel to it. The streets are always lined with spectators, particularly that last mile, when you need it most. The race is part of a week long Yankee Homecoming celebration, which further adds to the festive atmosphere. The finish is on a track, which makes

each runner feel like an Olympian as they enter the stadium and hear their name called out. The post race party is among the better running social events of the year. When you add these factors to the tradition of a race that has been run for over twenty years, I think the Yankee Homecoming is the biggest race in New England with the exception of the Boston Marathon. But from a personal standpoint, it is better than the Boston Marathon. As I previously mentioned, one of the nicer things about the Yankee Homecoming is that you get to see and compete against all your friends in the local running community. The Boston Marathon is far too big for this type of personal contact. At Boston, you consider yourself lucky to be able to find your bus after you stagger to the finish. The only chance for social

interaction is in the medical tent, where you are not likely to be in the mood for polite conversation.

Over the past few years, I have not run as well as I planned at the Homecoming. For a brief moment, I even considered not running this year, thinking that a year off might help improve my performance next year. I quickly dropped that idea, since the race has much more meaning than personal goals. Also, I rationalized that it is training for the 10 miler that motivates me to continue those long runs in the sweltering Summer heat.

So, as the Spring and Summer race season approaches, I always train with one eye on the last week of July for the Yankee Homecoming 10 miler. Although this year's race has come and gone, it is not too early to think about next year. See you then!

Grande Report

Steve Grande

Destination: Salt Lake City, Utah

Getting bumped to first class was not a bad way to start a trip to Utah. Upon arriving at the local HoJo's in downtown Salt Lake City, we received a free gourmet cookie (they really know the way to a man's heart.) The big treat, however, was a certificate for a free TAC certified Utah coffee mug. "Big Deal," so you say? Well, let it be known here and now that a fifty state coffee mug collection is what I am really working on! When I'm completed, I'll be inviting fifty GLRR guys and gals over so you'd better be real nice to me.

On the second day of our trip, we took in a professional rodeo at the Delta Center. There was one act I found to be particularly amusing, there was

a tiny monkey riding on back of a dog and rounding sheep up into a corral. While Jerry was hog tying a steer, Bob and Davy were rustling up some grub (tube steaks and beer).

The next day's itinerary started with having breakfast at an old fashion diner located in a canyon. It had outside dining and mountains in your face — what scenery! The minute we finished this huge fatmeister breakfast, Davy orders Lunch!!! Our next stop was the Mormon Tabernacle where they do their impression of the Sprint commercial by dropping a pin in the cathedral to demonstrate the superior acoustics and design of the building. We next visited the Capital and took pictures of some gorgeous scenery that included some great looking blond



Steve Grande

women who were posing for some magazine. My lasting impression of the Mormon culture is that they are all beautiful, clean, and have five kids.

Race Day: The first and only bus picks you up at 3:30 AM sharp and takes to another stop so you can walk two miles to another pickup area. You are then dropped off in the canyons in the pitch dark. There is only light from the moon to prevent you from going to the bathroom on someone in a nearby bush. At 5:30 AM the starting gun sounds and

you are off.

The first few miles are downhill but you can't see the mile markers on your watch because it's so dark, I shut off my watch accidentally. Fortunately I stayed with the Great One (a.k.a. J. Rosa) for 10 miles ascending a 1000 ft. climb to mile ten, soon we departed (still friends). At this point, Davy was way out in the front pack.

The last sixteen miles rolled downhill for a 2000 ft. drop, Sugarloaf's drop is pale in comparison. The last couple of miles pass through town where thousands of people lined the streets to watch a parade that begins after the race. It was a disappointing crowd because they could care less about the runners. On little kid (I guess all kids are little), walked right out in front of Davy, like we were the obstacles!! Results (I knew you could

not wait anymore) Davy placed 7th overall in 2:44 and 5th in his age group. He received a stupid ribbon, my Davy deserves better than that. Jerry ran a 3:11 and was the second master. Yours truly ran 3:17 and Bob ran 4:13. After the race they had free massages. The spectacular scenery was the highlight. The races looses big points because of the lack of mile splits, few after race refreshments and little crowd support. The race was held on Friday and is always on July 24 (Elaine's birthday) because it's Brigham Young day. This gave us the weekend to do some hiking into the mountains. Jerry spent his time cooling off in a mountain spring pool with Bobby played lifeguard. Meanwhile, Davy and I were brave enough to take a bungi jump, you should have seen the look on his face and I caught it on

camera! After I took all those awesome pictures, Bobby realized he never loaded the camera (stupid!!!). This was definitely not my fault. On the way back we all got bumped on the return flight, what a country, you've got to love it! In September we spend ten days in North and South Dakota and run two marathons within eight days. Oh the pain, I can feel it now, and you think this stuff is easy?

Continued from page 24

1:04:10, 3. CMS 3:05:39, 4. BRC 3:08:14, 5. CSU 3:13:45, 6. TVFR 3:19:48, 7. BAA 3:22:27, 8. SMAC 4:41:46 **Male Masters** — 1. GLRR 4:39:51 (Tom Carroll 55:03, Phil Riley 55:29, Bob Hall 56:13, Bob Colantuono 56:21, Doug MacGregor 56:45), 2. TVFR 4:40:14, 3. CMS 4:40:14, 4. CSU 4:50:54, 5. BAA 5:08:04, 6. BRC 5:10:53 **Female Masters** — 1. GLRR 3:25:40 (Moiria Durnin 1:06:30, Susan Maslowski 1:08:09, Patty Foltz 1:11:01), 2. CSU 3:28:30, 3. CMS 3:29:14, 4. LAC 3:43:21, 5. SMAC 4:41:46 **Male Seniors** — 1. GLRR 3:00:29 (Doug MacGregor 56:45, John Pierce 1:01:50, 1:01:54), 2. BRC 3:03:28, 3. CMS 3:08:44 **Female Senior** — 1. CSU 4:11:56, 2. SMAC 4:41:46, 3. GLRR 4:52:30 (Delores Sullivan 1:33:26, Christine Robertson 1:34:18, Janet Newell 4:52:30)



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East End 5-Miler, 7/18/93, Lowell, Ma

1 ROBERT DABRIO 26:05, 2 JAMES GARCIA 26:27, 3 ART DEMERS 26:29, 4 MIKE COONEY 26:32, 5 LARS ERNSTROM 26:34, 6 JIM QUADROS 27:21, 7 DAVE TYLER 27:23, 8 LISA SENATORE 27:29, 9 JOHN KIMBALL 27:34, 10 BILL FORBES 28:14, 11 ANDY KING 28:30, 12 GLENN THOMAS 28:49, 13 SHAUN CREMIN 28:53, 14 TOM ROLDAN 28:59, 15 WILL GARCIA 29:11, 16 MARK CODDAIRE 29:13, 17 DICK HOYT 29:35, 18 SCOTT MERRILL 29:46, 19 BRAD FORS 29:49, 20 GARY WALLACE 29:51, 21 BOB KEARNS 30:03, 22 JOHN PIERCE 30:17, 23 PETER ORNI 30:22, 24 DAN DORAZIO 30:25, 25 CHRIS LANOATHIANOS 30:28, 26 RICK FORBES 30:41, 27 DENNY LEBLANC 30:45, 28 PETER GARRIGAN 30:51, 29 JACK CHASE 30:52, 30 STEVE SARTORI 30:55, 31 KRISTINE O'SHEA 30:57, 32 STEVE SMITH 31:06, 33 HAROLD DELANEY 31:08, 34 SEAN DONNELLY 31:11, 35 DICK MARCHAND 31:12, 36 JEFF MORSE 31:22, 37 RICH BURK 31:27, 38 BOB BROUILLETTE 31:28, 39 MARC BRIERE 31:31, 40 SEAN KEDDIE 31:37, 41 ROBERT WALLACE 31:41, 42 BOB JORDAN 31:48, 43 BEN HOISINGTON 31:52, 44 AL NAGEL 31:53, 45 DAN TONELLI 31:54, 46

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1 LISA SENATORE 16:57, 2 SANDRA BRANNEY 17:15, 3 MIMI CORCORAN 17:41, 4 DIANE TEDFOR 17:58, 5 TERRY SUTTON 17:59, 6 KARA MOLLOY 18:01, 7 ALAYNE ADAMS 18:08, 8 MICHELLE GRENEK 18:09, 9 SUE LACHANCE 18:12, 10 RITA CECIL 18:19, 11 TERRI ANNE MCGETTRICK 18:26, 12 MARY DONAHUE 18:35, 13 JOY MORETON 18:44, 14 DALE SEAMANS 18:48, 15 JACKIE SHAKAR 18:50, 16 BARBARA REMMERS 18:54, 17 SUE MCNATT 18:57, 18 MOIRA DURNIN 18:58, 19 TRACY MAHER 19:05, 20 KIM LESAGE 19:06, 21 SUSAN MASLOWSKI 19:10, 22 MIMI DIPIETRO 19:13, 23 KELLY TAPLIN 19:37, 24 DOREEN ERICKSON 19:38, 25 LYSE LEPINE 19:43, 26 ANNE RICARDELLI 19:45, 27 GAIL PARENT 19:55, 28 KATHY GEARY 19:58, 29 SUSAN TRUDEL 20:00, 30 CINDY CROWER 20:05, 31 SHANNON GOTTEN 20:05, 32 WENDY FONTAINE 20:06, 33 ELLEN MALGILVRAY 20:13, 34 JAN JOHNSON 20:21, 35 PAT ROBINSON 20:24, 36 LINDSAY WILLARD 20:24, 37 ANDREA COPPOLA 20:31, 38 TONYA JOYNER 20:31, 39 LISA DESFORGE 20:33, 40 CARRIE PARS 20:35, 41 LISA PIEHLER 20:36, 42 DAWN ROBERTS 20:38, 43 AMANDA MORRISSEY 20:39, 44 KATHERINE SLATTERY 20:41, 45 KENYA KIEBUZINSKI 20:41, 46 MARY JANE BOYD 20:44, 47 JESSICA PARROTT 20:47, 48 MAURA FRAME 20:48, 49 JILL SALTER 20:54, 50 ANN MARIE RHODES 21:02, 51 LYN COUTU 21:04, 52 RASSIE BURGESS 21:13, 53 LORI HENNESSEY 21:16, 54 PATTY FOLTZ 21:19, 55 LINDA HALEY 21:35, 56 LIANE PANCOAST 21:40, 57 JUDY DESTINO 21:46, 58 CARA PENNEY 21:47, 59 DEBORAH SHEEDY 21:52, 60 CAROLINE GILMAN 21:54, 61 JUDY ROMOS 21:56, 62 KANDY ROBERTS 21:57, 63 KATHLEEN BRADSHAW-LONG 21:59, 64 NANCY KNEELAND 22:00, 65 HEATHER BEAM 22:04, 66 JOANNE LACHAPPELLE 22:07, 67 COREEN WHITE

22:11, 68 BO BEVIS 22:11, 69 DIANE YOUNG 22:12, 70 DIANE MCLAUGHLIN 22:13, 71 TINA ROUINE 22:18, 72 SARA HALLOR 22:19, 73 ANDREA PIERCE 22:20, 74 PAMELA NISITICH 22:22, 75 LOUISE CONLON 22:25, 76 SARAH DUDLEY 22:33, 77 MARIA LEVREULT 22:34, 78 MELISSA BERGERON 22:39, 79 LISA CROSS 22:45, 80 KARA BEAUCHESNE 22:52, 81 NORA HANNIFAN 22:53, 82 KATHLEEN FEENEY 22:57, 83 LINDA USHER 23:03, 84 NANCY METIVIER 23:04, 85 JACKI ATHERLEY 23:04, 86 ROBIN SCHULMAN 23:07, 87 HEIDI SHEALY 23:12, 88 NANCY GEARY 23:13, 89 MARGUERITE SMITH 23:14, 90 TISH ABRAHAM 23:18, 91 MARY ANN PECK 23:20, 92 JENNIFER WYNN 23:21, 93 CARMEN DANFORTH 23:28, 94 DONNA DEVEAU 23:32, 95 LISA DOYON 23:39, 96 DOLLY LEMOINE 23:40, 97 CYNTHIA HEBERT 23:42, 98 ELLEN MILLER 23:43, 99 LAURA BECKWITH 23:47, 100 EILEEN BEAUCHAMP 23:48, 101 LORA WOODWARD 23:57, 102 MICHELLE KITCHEN 23:58, 103 JEAN MORRISSEY 24:01, 104 JUDY MANNING 24:05, 105 JULIE VAILLEUX 24:06, 106 KERRY HARNOIS 24:07, 107 NORA DIPANFLO 24:09, 108 LAURIE HADLEY 24:13, 109 CAROL LALIBERTE 24:14, 110 LAURA COTE 24:17, 111 MELANIE KALAFATIS 24:20, 112 CONNIE GILMAN 24:20, 113 KAREN REINHART 24:24, 114 DONNA HAIRSTON 24:25, 115 MELISSA CROSS 24:30, 116 CAROL RODGERS 24:37, 117 DEBORAH HUGHES 24:39, 118 JENN TRACEY 24:40, 119 SANDRA KO-NECK 24:47, 120 CINDI CAVANAUGH 24:47, 121 JACQUELINE HEBERT 24:48, 122 JOANNE SHEEDY-MCKINNO 24:48, 123 JANE CONNELL 24:49, 124 VIRGINIA MILLS 24:50, 125 PAULA PETERS-TATE 24:50, 126 BONNIE RICARDELLI 24:51, 127 BARBARA DOYLE 24:57, 128 TRICIA MCFADDEN 24:58, 129 KAREN LAFERRIERE 24:59, 130 CARRIE NOYES 24:59, 131 MARTHA WEXLER 25:01, 132 SUSAN BARRY 25:03, 133 LAUREL FLAX 25:07, 134 JOAN MURZICK 25:09, 135 ANDREA SKIRVEN 25:11, 136 JOAN VAILLEUX 25:12, 137 JOY HELEN 25:13, 138 DIANNE FLYNN 25:21, 139 CHERYL SAVARD 25:21, 140 SUZANNE YEGHIAYAN 25:22, 141 LISA SPINELLI 25:23, 142 DEB SANDOCK 25:25, 143 SUSAN LAJOIE 25:25, 144 PAM MATVIYA 25:26, 145 ALISON MILLER 25:27, 146 ANNE BATE 25:27, 147 PAULA METIVIER 25:29, 148 BIANCA LAPHAM 25:30, 149 BECKY SNYDER 25:30, 150 ANDREA SALERNO 25:33, 151 JENNIFER ROUINE 25:33, 152 KATIE WEEKS 25:35, 153 SHEILA BARTER 25:37, 154 JOAN HALLIGAN 25:40, 155 DALE SIBBLE 25:40, 156 JAIME FLEMING 25:41, 157 MAUREEN FITZPATRICK 25:42, 158 STACY PORATH 25:46, 159 ASHLEY BEVIS 25:48, 160 MARY BOURRET 25:55, 161 MARYLU GRANQUIST 25:57, 162 LORRAINE JOU-

BERT 25:58, 163 WENDY BUNDZINSKI 26:02, 164 TOBEY BERLIN 26:03, 165 BARBARA QUIRK 26:04, 166 LESLIE WALLACE 26:07, 167 JOANNE COLELLO 26:08, 168 ELIZABETH PATRIQUIN 26:10, 169 JAYNE RICHARD 26:11, 170 JULIE ROSENBLATT 26:11, 171 NANCY TULLEY 26:12, 172 AMY KORN 26:17, 173 BETH KORN 26:19, 174 GINNY FORD 26:20, 175 NANCY MCGINITY 26:21, 176 NANCY ROY 26:24, 177 KERRI LEVASSEUR 26:26, 178 DELORES SULLIVAN 26:29, 179 HATTIE BERNSTEIN 26:29, 180 BRENDA TRUDEL 26:31, 181 NIKKI HOEBEKE 26:32, 182 JEANNE FLEMING 26:33, 183 SUSAN SAKELARIOS 26:33, 184 JODY BERGSTROM 26:39, 185 SALLY COTE 26:41, 186 MARILYNN JEWETT 26:44, 187 MARY RIZZOTTO 26:46, 188 PAM MURPHY 26:46, 189 KAREN BUTLER 26:50, 190 ELAINE RUSH 26:54, 191 DENISE RICHARDSON 26:59, 192 ABBY SHAUGHNESSY 27:00, 193 KATHY JACOBSEN 27:00, 194 CATHY CARBONE 27:05, 195 TINA GUERIN 27:06, 196 DIANE POMERLEAU 27:09, 197 KATHLEEN SHEEHAN 27:11, 198 CAROL GAGNE 27:16, 199 PAULETTE THABAUT 27:18, 200 CYNTHIA KUENZLER 27:25, 201 MARGARET POOR 27:30, 202 STACY SHEALY 27:32, 203 BERNA FINLEY 27:33, 204 DEBORA COLE 27:34, 205 BARBARA KIMBALL 27:35, 206 MARILYN GRAVES 27:35, 207 SHEILA MORRIS 27:36, 208 NANCY SHERIDAN 27:36, 209 MARY DURKIN 27:37, 210 MARYGAIL DACOSTA 27:37, 211 ELAINE PECHOW 27:40, 212 DONNA FERRO 27:41, 213 KAREN HANSEN 27:44, 214 WANDA PIERCE 27:46, 215 ROBIN MEECE 27:48, 216 MARIE WOUTAS 27:49, 217 CATHERINE HAYES 27:53, 218 LORI COU TU 28:01, 219 PENNY HARRINGTON 28:03, 220 MIMI ALKER 28:06, 221 DANA Z. SHERER 28:07, 222 LESLIE LOWRY 28:08, 223 PATRICIA REIDY 28:11, 224 MARY O'SULLIVAN 28:14, 225 SHARON MERRILL 28:18, 226 GAIL SWEENEY 28:20, 227 COBY KOZLOWSKI 28:21, 228 SHEILA KOZIOWSKI 28:26, 229 SHEILA DEMERS 28:26, 230 JUDITH HOHMANN 28:27, 231 KATIE MACKAY 28:28, 232 JULIE HARRISON 28:29, 233 SANDY HAMEL 28:44, 234 BETTI OLSEN 28:45, 235 PAULA CALLAHAN 28:48, 236 JACQUELINE COLLINS 28:49, 237 CHRISTINA FLORENCE 28:50, 238 ALICE EASTHAM 28:51, 239 MARCIE NOYES 28:51, 240 BERTIE GATTON 28:56, 241 JANICE WINN 29:00, 242 LINDA LIST 29:00, 243 NANCY FOLEY 29:01, 244 MAURA FOLEY 29:07, 245 LOIS KUIPER 29:11, 246 CAROLYN COX 29:11, 247 HEATHER BEE 29:15, 248 GERALYN RICHARD 29:15, 249 CHRISTINE ROBERTSEN 29:21, 250 SANDRA STEERE 29:23, 251 PENNIE NELSON 29:31, 252 SANDRA FITZWATER 29:34, 253 JUNIE FARESE 29:36, 254 PAT WOUTAS 29:39, 255 JULIETTE ALLISON 29:43, 256 SUZANNE RAK

29:47, 257 DEBORAH HOVEY 29:49, 258 TERRI WERNER 29:49, 259 CHERYL IRWIN 29:51, 260 MARY KARABATSOS 29:57, 261 KATHLEEN MCLEAN 29:59, 262 MAUREEN HURLEY 30:08, 263 ALLISON KULICK 30:09, 264 SUE PERCY 30:13, 265 PAMELA FINELLI 30:23, 266 ELIZABETH CARBONE 30:24, 267 DONNA RITCHIE 30:27, 268 KATHY SULLIVAN 30:29, 269 ANN MARIE PETERSON 30:29, 270 SARAH GLADSTONE 30:34, 271 PAT FLEISCHAUER 30:35, 272 DORINDA DOYLE 30:38, 273 LISALEBLAN 30:40, 274 PAULA WINN 30:45, 275 ROBIN CARR 30:48, 276 MARY ANN SMITH 30:48, 277 VIVIAN ROWE 30:56, 278 COLLEEN BLANDA 30:57, 279 LAUREN BLANDA 31:01, 280 ERICA LOGGHER 31:02, 281 HEATHER NOCKS 31:10, 282 KERRY LEWIS 31:29, 283 KAREN MURPHY 31:33, 284 JULIE BOYLE 31:46, 285 COLLEEN CIOCCA 31:47, 286 CAROLE LOUGHRAN 31:52, 287 ROBIN MARCHAND 32:03, 288 ANN PURCELL 32:08, 289 CHARLOTTE OTOOLE 32:15, 290 LAREN L. HANLEY 32:46, 291 BRIGID A MCNIFF 33:24, 292 CATHY DONAHER 33:25, 293 AMY COU TU 33:32, 294 DONNA DUCHARME 33:39, 295 MARY MURRAY 33:44, 296 KAREN GAGNON 33:46, 297 MARY CHIESA 33:55, 298 ERIN CONNELLY 33:56, 299 STACY CONNELLY 34:08, 300 BETH HANSON 34:08, 301 LOUISE ROSSETTI 34:21, 302 CHRISTINA KLEIN 34:24, 303 BARBARA SCOLLAN 34:42, 304 WENDY WHITE 34:46, 305 ROBERTA MURRAY 34:59, 306 ELLEN CASSIDY 35:00, 307 LINDA REILLY 35:10, 308 SHARON KEEFE 35:13, 309 ANN HOGAN 35:17, 310 LINDA O'BRIEN 35:45, 311 FLIP MERRILL 35:47, 312 LEESA MCKENNA 36:19, 313 NANCY PEASLEE 36:27, 314 CAROL CURTIS 37:13, 315 KELLY BROOKS 37:47, 316 JULIE CHRISTO 39:32

Worthen House 5K, 8/22/93, Lowell, MA

1 ERIC BEAUCHESNE 15:00, 2 DAVE HANNON 15:40, 3 JON SCHOENBERG 15:41, 4 ARTHUR DEMERS 16:09, 5 DAVAN HANDE, 236 JACQUELINE COLLINS 28:49, 237 CHRISTINA FLORENCE 28:50, 238 ALICE EASTHAM 28:51, 239 MARCIE NOYES 28:51, 240 BERTIE GATTON 28:56, 241 JANICE WINN 29:00, 242 LINDA LIST 29:00, 243 NANCY FOLEY 29:01, 244 MAURA FOLEY 29:07, 245 LOIS KUIPER 29:11, 246 CAROLYN COX 29:11, 247 HEATHER BEE 29:15, 248 GERALYN RICHARD 29:15, 249 CHRISTINE ROBERTSEN 29:21, 250 SANDRA STEERE 29:23, 251 PENNIE NELSON 29:31, 252 SANDRA FITZWATER 29:34, 253 JUNIE FARESE 29:36, 254 PAT WOUTAS 29:39, 255 JULIETTE ALLISON 29:43, 256 SUZANNE RAK

BURNS 18:04, 27 STEVE SMITH 18:10, 28 RICK GOLAS 18:11, 29 SEAN HEVENOR 18:16, 30 RICH BURK 18:17, 31 HARRY DELANY 18:20, 32 STEPHEN SARTORI 18:31, 33 TODD SILVA 18:33, 34 RICHARD FAIAS 18:34, 35 KEITH LANDER 18:36, 36 BOBBY JOHNSON 18:39, 37 PETER GAR-RIGAN 18:43, 38 JOHN BYRNE 18:45, 39 ROBERT WALLACE 19:01, 40 PETER NOBLE 19:03, 41 STEVE GEARY 19:10, 42 MIKE FITZPATRICK 19:12, 43 STEVE NOLAN 19:13, 44 SEAN DONNELLY 19:14, 45 JACK CLANCY 19:19, 46 JOHN PIEKOS 19:20, 47 KEITH O'BRIEN 19:20, 48 DAVE LABRODE 19:21, 49 MAUREEN MAHONEY 19:21, 50 MANUEL SILVA 19:25, 51 STEVE GENDRON 19:26, 52 JOHN GEARY 19:26, 53 BARRY PEARSON 19:27, 54 PATRICK COUGHLIN 19:31, 55 BRETT PETERS 19:32, 56 JOHN LEE 19:34, 57 MICHAEL CHASSON 19:42, 58 STEVEN COU TU 19:42, 59 DANIEL LEB- OEUUF 19:45, 60 ROBERT STENZEL 19:46, 61 DELL CHRISTMAN 19:49, 62 TONYA JOYNER 19:54, 63 TIM PHELPS 20:02, 64 ED TRZCIENSKI 20:07, 65 LEO KENNEAL- LY 20:07, 66 KENNETH PROULX 20:13, 67 RAYMOND DELORME 20:15, 68 ROGER LAVASSEUR 20:17, 69 MANUEL ARRUDA 20:20, 70 PAUL LEONE 20:21, 71 LYN COU- TU 20:22, 72 DAVID TESSIER 20:26, 73 ANTHONY BUONANDUCCI 20:27, 74 DAVID SULLIVAN 20:29, 75 PENNY PETERS 20:30, 76 JOHN IANUCCI 20:37, 77 JONATHAN HORN 20:42, 78 JIM MCGUIRK 20:44, 79 JOHN O'DONNELL 20:52, 80 ART FRENCH 20:55, 81 DAN ROY 20:56, 82 TRICIA NEARY 20:57, 83 JOSH MATTHEWS 20:59, 84 ROBERT O'NEIL 20:59, 85 SHERMAN SMITH 21:03, 86 RICK MALONEY 21:04, 87 RON WAL- LACE 21:08, 88 SEAN KRASINSKI 21:10, 89 JONATHAN PARROTT 21:12, 90 JAMES SHEEHAN 21:20, 91 BILL GENDRON 21:21, 92 STEPHEN ROHRBACHER 21:25, 93 DAVID BARAN 21:30, 94 STEVE BAR- ROWS 21:33, 95 JOHN HIRE 21:35, 96 DI- ANE DEXTER 21:38, 97 JAMES LAWLER 21:38, 98 KEVIN O'SULLIVAN 21:38, 99 PAUL DONAGHUE 21:41, 100 DAVID NO- WOSWIAT 21:42, 101 STEVEN ZIS 21:47, 102 STEVE CLARK 21:47, 103 MARK KLO- ZA 21:48, 104 KARA BEAUCHESNE 21:51, 105 ROBERT DAVIDSON JR 21:54, 106 SHAUN HARRINGTON 21:54, 107 DOUGLAS JOHNSTON 21:55, 108 DAN COR- REA 21:56, 109 MATT KENNEY 22:08, 110 MARTINO CARDOZA 22:09, 111 BILL PAR- ROTT 22:17, 112 BRIAN CLARK 22:22, 113 BO BEVIS 22:23, 114 STEVE INCROPERA 22:24, 115 EUGENE FITZGERALD 22:27, 116 JAMES SOULARD 22:28, 117 JACK NYHAN 22:28, 118 ANTHONY ALLEN 22:30, 119 PETER ELIOYOUS 22:31, 120 LARRY DANIELS 22:32, 121 ALBERT DUBE 22:33, 122 JOHN KELLY 22:34, 123 TIMOTHY O'CONNOR 22:35, 124 ROB-

ERT HAYES 22:37, 125 DAVE FARWELL 22:40, 126 GERARD PINTAL 22:40, 127 BILL STURGEON 22:41, 128 TOM HIL- DRETH 22:43, 129 JAMES RHODES 22:44, 130 GEORGE KIMARTIN 22:45, 131 MARY SEVIGNEY 22:47, 132 RICH FITZGERALD 22:49, 133 MANNY SILVA 22:49, 134 JAMES BOUTSELIS 22:50, 135 MICHAEL MASCOLA 22:50, 136 BARRY MOORE 22:53, 137 HENRY GAGNON 23:07, 138 PATTY TOBIN 23:11, 139 JACK HEFFERNAN 23:14, 140 JONATHAN NOONE 23:19, 141 JONATHAN TACK 23:26, 142 KEVIN TOBIN 23:26, 143 JOHN JOSCIOLA 23:27, 144 ROBERT FORSYTH 23:29, 145 KAREN GRONDINE 23:36, 146 JAMES MATTINA 23:37, 147 MICHELE SIEGFRIEDT 23:39, 148 PAUL MARCH- AND 23:44, 149 JOE REGAN 23:45, 150 ANGELU KARABATSUS 23:46, 151 DAVE TRUDEL 23:48, 152 DIANE PAGLIA 23:52, 153 CAROL RODGERS 23:52, 154 FRANK SEXTON 23:53, 155 JODIE CLANTOIN 23:54, 156 CINDI CAVANAUGH 23:57, 157 HARRY PROCTOR 23:57, 158 MICHELLE KITCHEN 23:58, 159 JACK LANDERS 24:00, 160 KAREN HANSEN 24:01, 161 CATHERINE HAYES 24:02, 162 MARYANN SULLIVAN 24:03, 163 ROBERT SULLIVAN 24:19, 164 GERRY CHENELLE 24:21, 165 RON MURPHY 24:25, 166 RICK CULVER 24:26, 167 MAUREEN FITZPATRICK 24:27, 168 BRENDA CARDOZA 24:27, 169 JOHN SULLIVA 24:29, 170 RYAN BUCKLEY 24:31, 171 KATHY REGAN 24:33, 172 SUE CONROY 24:35, 173 MICHAEL DONELAN 24:37, 174 DAVID MCGULLOUGH 24:37, 175 PHILLIP CODDARO 24:44, 176 ROB- ERT WOUTAS 24:47, 177 JOSEPH ROEN- SCH 24:49, 178 JAMES SHELTON 24:50, 179 BILL BARROWS 24:53, 180 PAUL RI- CHARD 25:09, 181 MAURICE NOONAN 25:14, 182 MICHAEL PEDERSEN 25:19, 183 JEANNE FLEMING 25:20, 184 JENNI- FER GAVIN 25:21, 185 LINDA MACHADO 25:39, 186 TRICIA MCFADDEN 25:44, 187 BOB VALOROSE 25:45, 188 PAMELA MURPHY 25:54, 189 PAUL BESSETTE 25:54, 190 KAREN GOLDEN 25:55, 191 KATHY BRADFORD 25:59, 192 NICOLE HOEBEKE 26:05, 193 LOUIS PETERS 26:12, 194 KATHLEEN SHEEHAN 26:12, 195 ARTHUR LIAKOS 26:19, 196 JOSEPH MACHADO 26:20, 197 WILLIAM RICCO 26:31, 198 ELLEN BUCKLEY 26:32, 199 BILL EARLY 26:36, 200 LORI COU TU 26:55, 201 BETH MCCABE 27:02, 202 VALERIE TUCKER 27:02, 203 DAVID RECCIO 27:08, 204 DONNA NEWCOMB 27:16, 205 THO- MAS NEWCOMB 27:17, 206 BERNARD COOKSON 27:17, 207 LINDA LIST 27:18, 208 SUE CALLERY 27:21, 209 JOHN SANANTONI 27:24, 210 NEIL MCCAR- TIR 27:24, 211 DAVE TOUSIGNANT 27:26, 212 CAROL GAGNE 27:28, 213 SHERIE PETERS 27:33, 214 PAT WOUTAS 27:50, 215 KELLIE DUNN 27:54, 216 KAREN LA-

FERRIERE 27:57, 217 RICHARD SYNDER 28:06, 218 ROLAND GAGNE 28:10, 219 EDWIN LAWLER 28:11, 220 MICHAEL LAP- PIN 28:13, 221 ALEXANDER LAPPEN 28:13, 222 MICHELLE THERRIAULT 28:19, 223 ELAINE RUSH 28:26, 224 GERALYN RICHARD 28:31, 225 JEFF DORENFELD 28:32, 226 CHRISTINE SMITH 28:44, 227 CHERYL DAVIS 28:47, 228 NICOLE LEB- OEUUF 28:47, 229 BONNI DALTON 28:48, 230 LORI CODDAIRE 29:02, 231 BETH ROCHETTE 29:24, 232 JUDY WELCH 29:24, 233 RICHARD WELCH 29:25, 234 ANDREW LAPPIN 29:27, 235 MICHAEL SWEENEY 29:47, 236 EARL SCHARFEN- BERGER 29:54, 237 ROBIN MARCHAND 30:13, 238 TINA NOLAN 30:27, 239 LINDA GAUVREAU 30:31, 240 EDWARD SHEE- HAN 30:32, 241 ADAM SCHARFENBERG- ER 30:35, 242 JOANE SHEEHAN 30:43, 243 CHARLES KUENZLER 30:44, 244 TOM HAIRSTON 30:50, 245 ROBERTA LEVAS- SEUR 30:52, 246 MAURICE FITZGERALD 31:00, 247 BILL GALVIN 31:01, 248 SARAH KIRANE 31:10, 249 KATHY ANN KIRANE 31:55, 250 WALTER ROBERTS 32:07, 251 ANN HOGAN 32:20, 252 AMY COU TU 33:13, 253 LEA CAHILL 34:48, 254 CHUCK SPECHT 34:52, 255 BOB BROUILLETTE 35:02, 256 MARIO ESPINOSA

FANA 5K Tewksbury, MA 08/22/93

1 ERIC BEAUCHESNE 15:13, 2 MIKE COONEY 15:27, 3 STEVE KELTS 15:46, 4 CREAGAN TRAINER 16:24, 5 ARTHUR DEMERS 16:27, 6 BOB HALL 16:38, 7 TODD SILVA 16:39, 8 ERIC TAKACH 16:57, 9 CHUCK KEATING 17:04, 10 BRIAN DOYLE 17:06, 11 GLEN THOMAS 17:08, 12 DAVID AYKAMIAN 17:23, 13 MARK BUGDEN 17:30, 14 SEAN HEVENOR 17:34, 15 JEFF HAAS 17:35, 16 LEE PANAS 17:36, 17 TROY SLACK 17:38, 18 ANDREW KALIL 17:40, 19 WILL GARCIA 17:47, 20 DICK MARCHAND 17:57, 21 RYAN HOFF- MAN 18:04, 22 TONY DRAKOULAKOS 18:05, 23 JUAN GUEVARA 18:07, 24 GEORGE LUCE 18:22, 25 MICHAEL LIN- SKEY 18:38, 26 MIKE FITZPATRICK 18:39, 27 CHRIS LANGATHANOS 18:53, 28 LOLO GONZALEZ 18:53, 29 JOHN BRYNE 18:54, 30 BILLY PRENTISS 19:01, 31 ROB- ERT WALLACE 19:06, 32 DANIEL BOWSE 19:12, 33 BARRY PEARSON 19:17, 34 FRANK KILLOREN 19:27, 35 JOHN LEE 19:32, 36 ROBERT MACDOUGALL 19:34, 37 PETER WOUTAS 19:34, 38 KATHY GEARY 19:37, 39 WILLIAM DEVLIN 19:44, 40 ED TRZCIENSKI 19:53, 41 JOHN MOR- RISON 19:56, 42 JOHN CORBET 20:17, 43 BEN HOISINGTON 20:21, 44 GEORGE

HALLOWEEN HORROR 5K ROAD RACE

9:30 A.M. Saturday, October 30, 1993

Place: American Legion Farm -- Post 4
Main Street, Haverhill, MA

Course: 5k (3.1 miles) -- Scenic Country Roads

Entry Fee: \$10.00 (all entries)

Awards: Top 3 Male/Female Overall
Top 3 Male/Female Age Groups
Top 3 Costumed Finishers
1st Male/Female Haverhill Resident

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65 & Over

Amenities: Mile Split timers
Computerized Timing & Scoring
Post Race Refreshments & Music
Raffle Prizes

Long Sleeve T-shirts to all entries received by 10/16/93

Proceeds to Benefit: Haverhill Girls Softball League

In consideration of my entry being accepted I hereby waive and release any and all claims for damages that I may have against any of the groups or persons associated with the Halloween Horror 5K Road Race.

First Name _____ Last Name _____

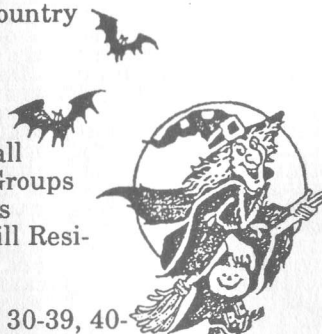
Address _____ Age _____ Sex _____ M F

City _____ State _____ Zip _____

Signature _____ Phone _____ T-shirt: M L X

(Parent or Guardian if under 18)

Make Checks payable to: Bay State Race Services
3 Foster Rd
Haverhill, MA 01832-3809



DIRAGO 20:24, 45 NATHAN HOISINGTON 20:25, 46 BRUCE YAP 20:29, 47 LINDSAY DELORME 20:43, 48 KEVIN JOHNSON 20:43, 49 KENDRA HANSFORD 20:44, 50 HECTOR COLON 20:49, 51 DAVID BORN 20:50, 52 SHAUN HARRINGTON 20:52, 53 JOHN MATUZEK 20:52, 54 NANCY GEARY 21:00, 55 STEPHEN CLARK 21:05, 56 STEVE ALLARD 21:10, 57 DAVID RAND 21:14, 58 JIM LYNCH 21:16, 59 RICHARD FEDION 21:24, 60 DAN TROMBLY 21:25, 61 JARROD MEDEIROS 21:28, 62 NICK ANASTASI 21:28, 63 DAVID NOWOSWIAT 21:31, 64 JOHN SUTHERLAND 21:31, 65 MICHAEL MASCOLA 21:33, 66 RICHARD LARNARD 21:34, 67 KARA BEAUCHESNE 21:37, 68 RICHARD NADEAU 21:42, 69 BEN FUDGE 21:44, 70 NORA HANNAFIN 21:45, 71 MIKE HOISINGTON 21:45, 72 JAMES DAVIS 21:48, 73 LEO HOY 21:48, 74 DONALD BONGIOVI 21:52, 75 RALPH MOORES 21:58, 76 DENNIS SULLIVAN 22:05, 77 BRIAN CLARK 22:09, 78 ED BRYLCZYK 22:10, 79 JOE RYAN 22:10, 80 CAROLYN DAVIS 22:14, 81 MIKE CROWE 22:25, 82 JOE RYAN 22:28, 83 STEPHEN MASCIARELLI 22:31, 84 SEAN MERROW 22:32, 85 JIM KELLEY 22:36, 86 JOSHUA BROWN 22:40, 87 NORA DIPANFILO 22:41, 88 JAMES RHOADES 22:47, 89 KAREN GRONDINE 22:59, 90 MELISSA BERGERON 23:04, 91 FREDERICK MCCANN 23:10, 92 CHARLES BOYCE 23:24, 93 JAMES MCCUE 23:25, 94 PAUL MARC HAND 23:35, 95 ERIC LIST 23:46, 96 JAMES SHELTON 24:00, 97 RICHARD DIPANFILO 24:00, 98 MICHAEL MERRON 24:01, 99 JOE CHAFIN 24:04, 100 FRAN

CARNEY 24:26, 101 TIMOTHY HALPERN 24:36, 102 JAIME FLEMING 24:37, 103 PAUL RICHARD 25:06, 104 MICHAEL TARDIFF 25:08, 105 DAN SOLOMON 25:14, 106 KURT BUNTING 25:27, 107 KATHY BRADFORD 25:27, 108 JOANNE COLELLO 25:29, 109 LOUIS PETERS 25:35, 110 FRED GREATHEAD JR 25:44, 111 CHRIS DONOGHUE 25:44, 112 PAUL CHAKOIAN 25:57, 113 MARK ODELL 26:14, 114 EDWARD GRAILICH 26:18, 115 RICHARD COLELLO 26:26, 116 JULIA SINCLAIR-ODEL 26:37, 117 MARY GAFFNEY 26:43, 118 ROSANNE HALPERN 26:43, 119 LINDA LIST 26:47, 120 TIM PRICE 26:51, 121 TOM SAWYER 26:53, 122 JULIETTE M ALLISON 27:01, 123 KENNETH GONDA 27:05, 124 MIKE BERNARD 27:20, 125 JOE BERNARD 27:24, 126 DAVID COTE 27:25, 127 PAT WOJTAS 27:29, 128 YVONNE CHANVEL 27:47, 129 BONNI DALTON 27:54, 130 MATTHEW CLARK 28:04, 131 CAITLIN BOYD 28:04, 132 BILL BOYD 28:10, 133 CHERYL IRWIN 28:11, 134 RICHARD SNYDER 28:14, 135 JEFF DORENFELD 28:19, 136 MICHAEL HOORIHAN 28:34, 137 JAMES ANGEL 28:46, 138 PAMELA FINELLI 28:48, 139 DAVID MAYALL 29:09, 140 ROBIN MARCHAND 29:17, 141 JOHN O'LEARY 29:23, 142 MICHELLE SARACUSA 29:28, 143 COLLETTE FROTTON 30:12, 144 CHARLES BRADY 30:24, 145 JOHN MEDEIROS 30:40, 146 FAITH JAMESON 30:58, 147 WALT ROBERTS 31:53, 148 DONNA LINDSEY 32:12, 149 BOB WHITTEN 32:12, 150 CAROL CURTIS 34:17

Join the Green Team

Would you like to represent the GLRR in a racing capacity? Would you like to help promote the club while running a race? Then, participate on one of our racing teams.

We agree to run several races, ones you probably do already, and enter for team awards. It makes your races a bit more challenging. It's fun and you promote your club while you are at it. Participate! It's fun! Call me if you have questions.

-- Ed Pancoast
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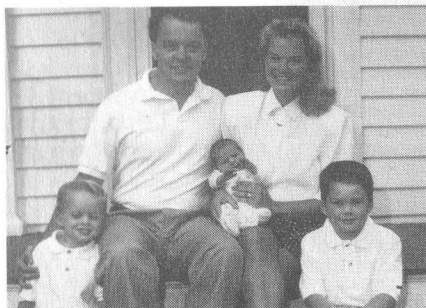
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up-to-date information

Run with ...

Gendron

Lowell City Council



Steve, Kate, Stevie-5, Matthew-3, Michael-2 weeks

"I want to bring new ideas and new enthusiasm to our city council, without the political baggage.

- Steve Gendron

THE BETH BRODIE MEMORIAL SCHOLARSHIP FUND PRESENTS THE 1st 5 MILE BUTTERFLY RUN AND 2 MILE FUN WALK NOVEMBER 7, 1993



Entry fee: Adults pre- \$10 & post-\$12, students \$6
Starting times: Walkers 8:45 AM, Runners 9:00 AM
Location: Pentucket Regional High School
T-shirts: First 400 registrants
Awards: top finisher in each div. (18 & under, 19-29, 30-39, 40-49, 50-59, 60 & over)
Send entries to: Beth Brodie Scholarship Fund, 5 Fairview Circle, Groveland, MA 01834
More info: Bob Scanlon 508/356-0405

Use the Stating Lines generic application on pg 39

Steve Gendron Personal Background

Steve is a life-long resident of Lowell. His father, Arthur, is a retired Captain from the Lowell Fire Department and his mother, Mary (Downing), is a former Teacher's aide at Lowell High School.

He is married to Katherine (Kijanka) Gendron. They have three sons: Stephen (age 5), Matthew (age 3), and Michael, who was born in July of this year.

Education:

1980 - Lowell High School
 1985 - University of Lowell
 Bachelor of Science, Electrical Engineering

Professional Experience:

Steve has 11 years experience as an Electrical Engineer and Technical Manager in the High Technology Industry.

Community Involvement:

Highlands Council
 Involved in efforts to restore Tyler Park.
 Lowell Recycling Committee - volunteer
 Lowell Folk Festival - volunteer
 St. Margaret's Church - CYO Youth Advisor,
 CYO Basketball Coach, CCD Teacher, Lector

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					STATE		CITY					PHONE					CLUB NAME (if applicable)										

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 organizers, 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)

Starting Lines Event Finder

September 18

Al Duff Jr., 5-Miler, 9:30 AM, Stoneham, MA. **See our ad on page 14**

September 19

Finally Michaels 5-Miler, 9:45 AM, Framingham, MA. **See our ad on page 20.**

September 26

Sports for Life 5 Miler and Walk, 10:30 AM, Methuen. **See our application on page 19.**

Heart to Heart 5K, 10:00 AM, Manchester, NH. NEAC Grand Prix Race.

Mount Street Madness 5 Miler, 10:00 AM, Franklin, MA. **See our ad on page 27.**

October 3

Apple Harvest 1 and 5 Miler, 10:00/10:30 AM, West Newbury, MA. **See our ad on page 18.**

Heart and Soul 5 Miler, 11:00 AM, Needham, MA. **See our ad on page 5.**

October 7

Beth Brodie 5 Miler, 9:00 AM, Pentucket Regional HS, Groveland, MA. **See our ad on page 38.**

October 9

Applefest Half Marathon, 10:00 AM, Hollis, NH. **See our ad on page 20.**

October 10

Bobby Belle 5 Miler, 11:00 AM, Haverhill, MA.

October 17

Bay State Marathon and Half Marathon, 8:00 AM, Tyngsboro, MA

Great Northern 10K, 10:00 AM, Chelsea, MA. **See our application on page 15.**

October 30

Halloween Horror 10K, 9:30 AM, Haverhill, MA. **See our application on page 36.**

November 14

Run Your Turkey Off 1.5M, 5K, 15K, 9:30AM/10:00AM/11:00 AM, Tewksbury, HS.

December 5

Mill Cities Relay, 8:00 AM, Nashua YMCA to Lawrence Elks