



## NEWSLETTER

May-June 2012 Edition

Cost: Free

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Welcome to the third GLRR newsletter of 2012! The purpose of this newsletter is to inform club members of some of the doings of the club and its members, which you may or may not find on the club website: <http://www.glrr.net>. Check that website for information about upcoming races, club meetings, group runs, track workouts, youth programs, and various race results. Also various race results are available on <http://www.coolrunning.com>. This newsletter will focus on some of the stories behind the local running scene. The hope is that this newsletter will focus on the running accomplishments of the specific members of the club as well as some of the other post- or pre-race randomness that is associated with the club. Right now, this newsletter is in the early stages of resurrecting itself from after being on hiatus for a few years. As time goes on it might take one form or another. Maybe it will simply take no form at all.

Anyway, some of you might actually want to read an article so here is one now:

# BOSTON MARATHON:

*HEAT EMERGENCY 2012*



It was really, really hot at the finish this year. Really. As this undoctored photo shows.

I don't know what I can say about this year's Boston Marathon. Actually, I don't. I wasn't going to run it so on the morning of the race I figured I would have to imagine what it would be like. To try to spark my imagination, I began the day by running the Patriots' Day 5 mile race in Lexington. I decided this would be a good way to empathize with my fellow runners who would be running 26.2 miles in 90 degree heat. Like the marathon, my race began at 10 a.m. when the temperatures were just passing 80. On the way to the start I saw other GLRRers like Mike Shanahan, Doug Sylvester and John Feerher who decided to come and do this race for one reason or another. Before the start of the race, I remember casually mentioning that it didn't feel too hot yet. The 80 degree weather felt rather comfortable. However, once the race started and I was 2 miles in...I realized it was going to be a difficult day for running. I was glad I was only running a 5 mile race and not a marathon.

About 15 miles away in the town of Hopkinton, many GLRRers were beginning their marathon journey just as I was thinking this. Some in our club did fairly well given the adverse conditions. Jason Bui (2:58:15) would break three hours and lead the mens' open team consisting of Owen Evans (3:11:35) and James Sullivan (3:26:14). Jill Trotter (3:17:42) would anchor the female masters team along with Sheila Jacks (4:06:32) and Christine St. Martin (4:10:06). Jim Garcia (3:07:33), David Oliver (3:07:52) and E.J. Hrynowski (3:16:54) would all turn in fine performances for the mens' masters' team even though all would be somewhat slowed down by the weather from their original goals. Susan Bourque (3:55:41) and Zona Sharfman (3:55:41) ran the whole race together to pace the the womens' open team and were joined by Rebekah Welch (4:08:33). Yet the times can not accurately tell the story. Perhaps words can't either. This race is a massive event with widespread participation by our club. So, instead, maybe a series of pictures is the best way to relay what happened. Fortunately club photographer Jimmy Shelton was on the scene and provided us with many great photos of the day:

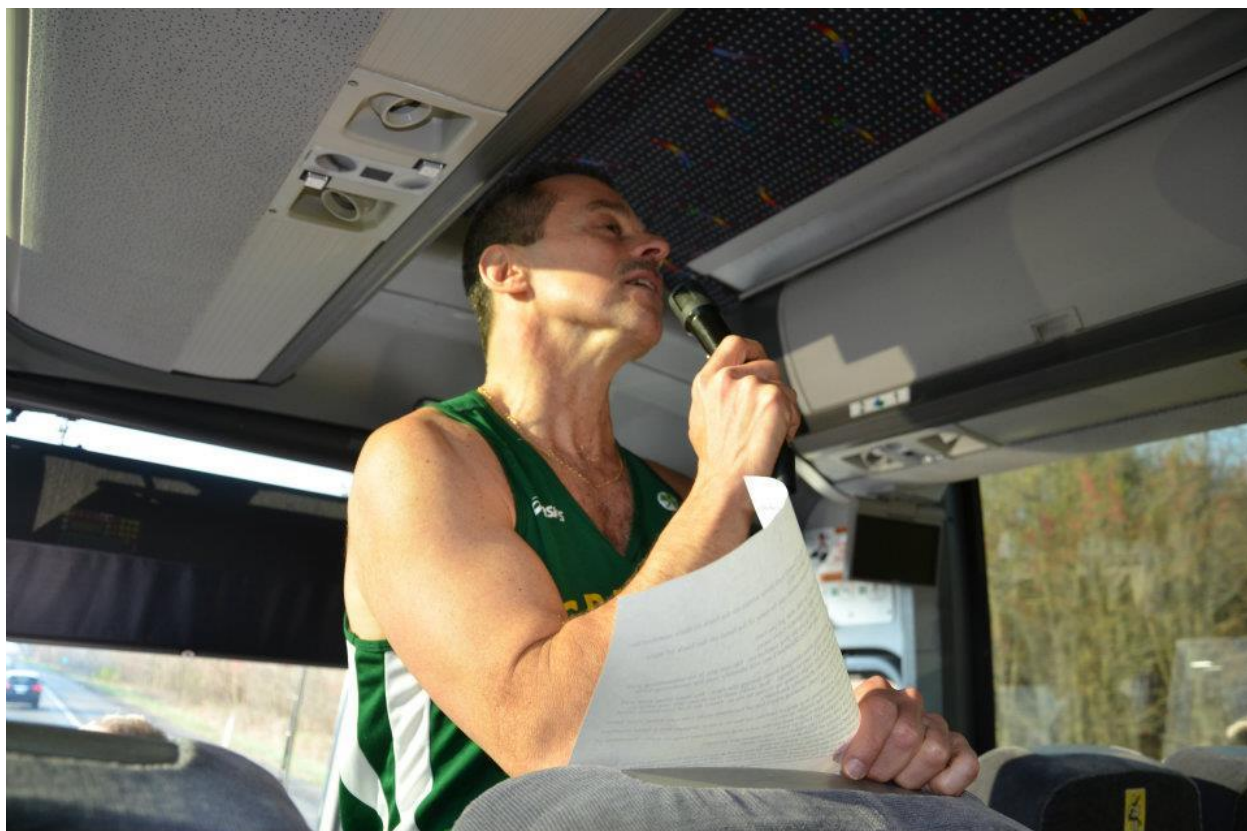


The day began casually enough. A trip from Hopkinton to Boston feels like it could be as easy as a trip to the grocery store.





GLRRers relaxed on the bus as they made their way to the start.



Gerard Ottaviano gave runners instructions on how to find the club hotel room at the finish line and advice on how to run the race.



The club posed for a photo before the big event began.





Volunteers of all ages helped out



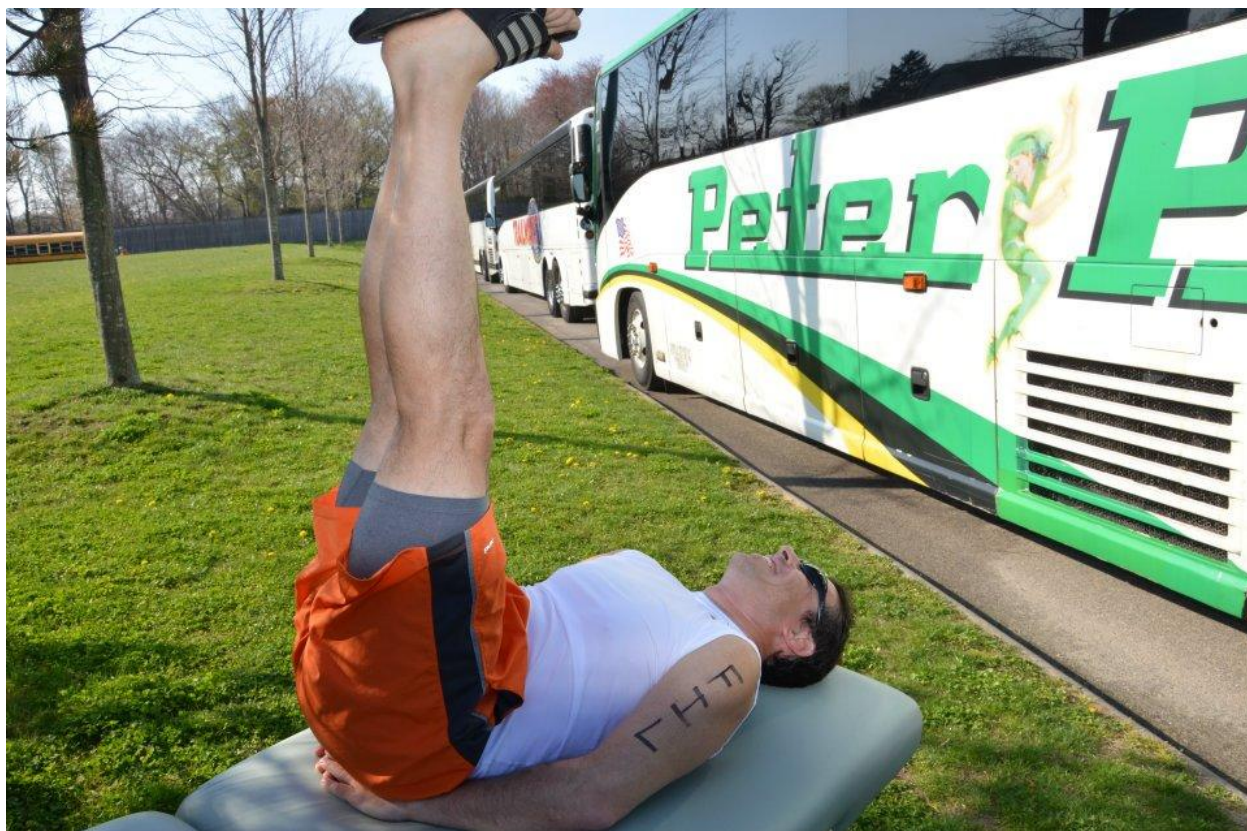


Sue Bourque and Zona Sharfman enjoyed a light moment before the race. Steve Kanaracus gets in the “zone”.



A few runners like Jill Trotter discarded the traditional green club uniform for lighter and cooler colors.





The day of the marathon is a personal journey. Prepare in the way that works best for you as Fil Faria shows.





Scott Graham pigs out on bagels before the race. This would turn out to be a wise decision.



James Sullivan is in a fierce battle for 4165<sup>th</sup> place at this early point in the race.



E.J. Hrynowski (Photo by Richie Blake) looks like he is having too much fun and smiling too much at mile 19....



...but at least E.J. was still smiling at the finish of this hot day.





Jason Bui (in orange) was the first GLRR chicken in. Unlike many other chickens, he didn't get barbequed and finished very strong.



Tom Peters (3:32:42) quietly had a very good day at Boston again this year.



Even though the temperatures were in the 90s, a cool breeze made it seem like 85 with the wind chill factor. Accordingly, many runners eagerly sought heat blankets at the finish.





An unidentified Greater Lowell Road Runner spontaneously ignites while celebrating on the way back to hotel. Street temperatures neared 95 degrees in downtown Boston



The Brothers Kanaracus (Steve, l., and Nick, r.,) also finished close together. Steve ran 4:40:21 but was edged out by Nick (4:40:01). They did run together for a while although the fraternal competition heated up on the hills of Newton.



Scott Graham claimed he lost 10 pounds after Boston. I didn't believe him until I looked at this photo. Now I think he might have lost 20. Good thing he had those bagels.





Linda McCarthy gets some help from Jon MacKenzie who paced her the last few miles



Jack Pierce (4:44:50, age 69) has had enough after doing yet another Boston. Gerard Ottaviano, Scott Graham, and Andy Chandonnet also are veterans of over 20 Boston Marathons and kept substantial streaks going by finishing this year.

In addition to the previous photos, we are lucky to have a first-hand account written up of what it was like to run the Boston Marathon on April 16, 2012. Scott Casper provides us with details of his experience below:

## **“Boston Wrap-Up From a Slow, Lumbering, Angry Chicken” by Scott Casper**

The weather for the training was nearly perfect. There were very few runs in the snow or in very cold weather. This is the first year where I truly trained with a group. I became close to several other angry chickens (and you know who you are), and that made a huge difference throughout the training season. This was also the first year I had to contend with several minor injuries and a nasty cold just two weeks before the Boston Marathon. Did you know there are 52 tissues per box? I know because I counted everyone of them, from two boxes, in less than one day. However, with all of that I think I was still ready to shoot for a four and half hour marathon until the famous New England weather played its hand. A week before marathon Monday, the weathermen were predicting a warm front setting up in the south. With fingers crossed I was hoping there was still time for the weather reports to change. But, as we all know, it wasn't meant to be. The 2012 Boston Marathon will go down as one of the hottest in its 116 year history.

I won't go into too many details of the morning. I took advantage of the GLRR Boston Bus, which everyone running Boston needs to take advantage of, and tried to stay focused while trying to take in as much of the sights and sounds I could. I was hoping to absorb as much as I could from all the amazing runners around me. Two hours passed in moments and it was time to head down to the start line. The walk to the start was typical of any other big race, it was crowded and cramped. Some runners were still prepping as they walked, others were looking for the perfect “last minute tree” and still others were trying to get in the zone with their I-pods. And then things became frantic. Within a few feet you go from scrambling runners trying to get in that last minute “must have”, to taking a right hand turn and being herded through the staging corrals. And before you know it, you are crossing the giant blue start line on your way to Boston. For me this was surreal. After helping others in the past get to their start line, I was doing this for me, this was my “Boston”, and I was on cloud nine. I spent the first few minutes trying to not get caught up in the moment, and be whisked away to a much too fast start, which I was doing well enough. Thank goodness for my Garmin, it was the only thing I had to keep me from running all out from the adrenalin. The early experiences were amazing. I was checking off all the landmarks I was familiar with during the GLRR marathon training runs and it's true that in these types of situations time flies. It seemed like in just a few minutes I was already at the four and half mile mark. Time to take a mental note on how things are going, legs goods, lungs good, pace a little quick, but still good. But, as I went through my check list, I noticed my head was pounding and throbbing, the heat was already a factor, and I was only at 4.5 miles. Not good. People were already walking all around me. And I had the annoying need to go to the bathroom. Time to look for my own “perfect tree”. After my pee-break I took the opportunity to walk just a bit. I was drawing on my Mount Washington experience where you take walk breaks before you end up too tired for it to make a difference. I was hoping to slow things down and work on a nice easy pace, slow and steady wins the race. However, with the temps already in the mid 80's, and people walking all around me, It wasn't long before the pounding in my head made me realize this wasn't going to be an easy day. I ran as much as I could, but the relentless sun, and lack of shade, had me walking again. I was in full survival mode, and I was only in Natick! The nine mile mark brought a ray of sunshine, and anyone who knows Linda McCarthy knows how much she brightens any situation. Linda admitted that she was also walking a bit. Which made me happy, misery loves company, but within a minute or two she was off and getting smaller and smaller as she got farther and farther away. Nine miles, just about a third of the way. My



new goal was to try and get to mile 15, where my support group was waiting. Paula Canela, her daughter Ev, my son Zach, Pamela Beckwith and Johan McKenzie were all waiting. I at least had to make it to Wellesley Center. Eleven miles in, still hot, but still feeling OK. I want to think I was still running more than I was walking, but those miles are just a blur. Twelve miles brought the scream tunnel and the girls of Wellesley College. The screaming and support was great, and after a kiss or two, I was at the half-marathon mark. Half way to Boston, and I wasn't too far off from my original time goal. Ha, not too far off.

I was at the half way mark of the Boston Marathon, with the easiest part of the race behind me. The hills of Newton are looming. For the first time all day, I started feeling nauseous. This was the feeling I was trying to avoid, but it snuck up on me. I had two miles to go to get to my support group. And the wheels came off. The heat, the sun, the walking, the blisters and the realization that I have so far to go all conspired against me. But, finally, I made it to mile 15 and the beautiful smiling face of Paula Canela was there to greet me. I took the chance to sit for just a moment in the shade, and contemplated dropping out. Eleven miles to go, there's no way I can do it. Drop out! Stay in! Drop out! Stay in! There's a nice comfortable car just a few feet away, get in! And then Jessica Costa passed me, without even a hello or word of support, she stopped for a moment, and then was gone, like Linda, getting smaller and smaller as she got farther and farther away. As I bent over with my hands on my knees, I was struck with the realization that I couldn't drop out. OK, that realization was my friend (and savoir) Pamela Beckwith spanking me on the butt, and dumping a giant bowl of ice down my back! Hurt so good. I cannot thank her enough for knowing what to do and for getting me going. And then we were off. Hugs from everyone and back on the course. With my shirt tucked into my shorts and ice melting down my legs, we were heading off to the Newton Hills.

Miles sixteen and seventeen flew by. Now we were taking the right hand turn onto Commonwealth Ave. The hills! Slow and steady. Eight miles to go. This is doable now, maybe. As we started up the hills the heat of day was getting to runners ahead of me. On each side of the road were runners, some sitting in the shade trying to decide what to do, some laying in the shade with others helping, and still others with EMT's on either side of them. It was a wake-up call at how serious the weather was. This was also the time when I was glad to be wearing the Greater Lowell singlet, and to have had my name written on my shoulders. The crowd support was amazing, and people cheering for me and for Greater Lowell was uplifting and inspiring. My focus now was on Heartbreak Hill. The famous hill that I have run dozens of times, but never as part of an actual Boston Marathon. If you've never been on Heartbreak Hill, you'd never know you were on it. It really isn't that much of a hill, but where it comes, at mile 20, is the worst possible spot in the race. I really wanted to "run" Heartbreak hill, and made it about  $\frac{3}{4}$  of the way up, but the raw blister under my left foot, and the fatigue setting into my legs, just wasn't going to allow me to run the entire hill. But, after getting to the top I was at mile 21, five miles to go. Now, I can do this, and I will finish, it's just a matter of how quick, and in what shape. Pamela's vigilant support and the cheers from the crowd kept me moving forward. I don't remember much of mile 22 or 23, just that I kept looking for the Citgo sign and the Prudential Building. And there they were, so close, but still so far away. Oh hey, Fenway Park is right there, and what is this tiny hill I have to go up, the Mass Pike? Cool, I'm so close. Any chance we can get the finish line moved up a mile or so? Pamela is now making me run. She is insisting that we finish off running. Ok, dig deep and see what you have. Not a lot, but enough to get me going. Right on Hereford Street, what? Another hill? Left on Boylston. And there it is the finish line. The most famous finish line in the world. Keep running, don't stop. Cheers and screams from the crowd, which is so amazing. I went from running into the sun to seeing my shadow. I've been running (well, let's not kid myself, walking really fast) all day. I started at breakfast time, and I'm finishing at supper time, and all these people are still out here cheering us on. Go Scott! I heard a familiar voice yell. I looked to my right and saw Trina Sheehan, standing almost alone in the bleachers at the finish. 200 feet to go. 100 feet to go. Look up and smile, there are cameras here. Pretend you are having fun. And finally the finish line. Six hours and two minutes later. I have finished the Boston Marathon. I finished in 20,725 out of 21,544 which is

both horrible and awesome all at once. BUT, I finished. Sweet victory of my own! But, I wouldn't have gotten here if it wasn't for Pamela Beckwith, Paula Canela and the smile on my sons face as his dad, slow and in pain, finished the race.

So many people to thank. So much support from, and for, the greatest running club there is. It was an amazing day and amazing experience. Will I ever run a marathon again? Well, I can't have a six hour marathon be my last 26.2. But, my next marathon will not be in 80 degree weather.

## New Places to Run *by Frank Georges*

Every Saturday and/or Sunday, different members of GLRR gather either at the running store on 118 Merrimack Street in Lowell or at Forever Fitness (formerly Gold's Gym) on Parkhurst Road, Chelmsford to do a "group run." The runs usually entail running around the Merrimack River and parts of the Baystate Marathon course. There are some scenic parts to these runs where water, trees, canals, waterfalls or old brick buildings are strewn on the way. These runs are mostly flat with maybe an occasional small hill appearing. People have been running from these locations for years. The Gold's Gym location even dates back to the 1970s as a meeting place for marathon runners during the running boom.

However, no matter how nice a course or route may be, if one runs it 500 or 1,000 times one starts to perhaps look for other places to run. The greater Lowell area may seem rather urban but there are in fact many nice places to run and I've been exploring more new neighborhoods in which to run over the past year or so. Here is a list of some of the runs which I've come to enjoy.

1. East of Lowell: This run can start at the downtown store. However, instead of heading towards the Rourke Bridge, one makes their way down east Merrimack Street and eventually intersects route 133. If one keeps going for a few miles, one climbs a big hill in Tewksbury by way of River Road or by way of Route 133. It is possible to do a loop in Andover by running out to Haggetts' Pond Road and Bailey Road. These roads are much quieter and in greener neighborhoods than the typical Saturday river runs and are accessible if one can run 10 to 12 miles starting at the downtown location. If one wants to do 15 or more miles, some really good hills on quiet roads are available on High Plain Rd or Greenwood Rd.

Once one crosses Nesmith Street there are few traffic lights to worry about. The route is mostly uphill on the way out and downhill on the way back and provides a workout for a lot of different running muscles. An alternative route for this course is to

come back downtown through North Street, Tewksbury Center, Whipple Road, and Shedd Park. These roads are a little busier but they provide hills and shade at some point.

2. Nabnasset: This run starts at Drum Hill. It crosses route 4 and heads towards Chelmsford High school. It then goes on Crooked Spring Rd and Jordan Rd. These are two shady, quiet roads with moderate but not difficult rolling hills. From there, one proceeds onto Nabnasset St. and Brookside Rd. in Westford with a possible loop back on Graniteville Rd. There is a nice river (called Stony Brook) along this route. If one wishes to increase the distance or add in a challenging hill, one can run on Chamberlain Rd. or Main Street in Westford or even run all the way to Stony Brook Rd. The terrain on this road is challenging but the roads are quiet and the scenery is...scenic. It has become one of my favorite local runs even though I only recently started doing it.
3. Freeman Trail in Lowell/Chelmsford/Westford/Acton: This run is on a bike path straddling four different communities. A mostly flat bike path goes for about 6 miles from Cross Point towers in Lowell until one reaches route 225 near the Carlisle/Acton border. This run is great in the summer since the trees provide a natural sunblock. Crossing the state roads in Chelmsford Center can be a little tricky although knowledge of the locations of the crosswalks on route 110 is helpful. To vary up the terrain and provide more hills, I sometimes run on Robin Hill Rd, High St, Pine Hill Rd. or Hunt Rd and maybe work in the bike path at some other point of the run. A nice detour from the bike path occurs at Kate's Corner on Maple Rd. From here it is easy to get on Proctor Rd., which has rolling hills and takes the runner out to Carlisle. If on a longer run, one can go to Great Brook Farm and work in some trails (or run on forested roads.) One can also easily return towards Chelmsford Center on Route 4 and shorten the distance but still work in some slightly rolling hills.
4. Thanksgiving Forest/Great Brook Farm: If trails are what one is after, then a good place to find them locally is here. There is a free parking area at the end of Janet Road for Chelmsford's Thanksgiving Forest. This is adjacent to Great Brook Farm and there are miles of trails to run in here. If one wants to add in some road miles from this point, there is a big hill nearby on Route 4 near the Billerica/Chelmsford line. (This hill is pretty good for hill workouts.) It is also possible to run on nearby Mill Street (where a saw-mill used to be near a waterfall) and Turnpike Road. These roads are a little busier but provide varied terrain and good hills.
5. Nashua River Rail Trail: This is a long (12 mile) bike trail going from Nashua, NH to Ayer, MA and includes Dunstable, Pepperell and Groton. Like the Freeman trail it is quiet and shady. Unlike the Freeman Trail it is hillier and crosses fewer busy streets. (Both are pluses in my book.) The only major traffic crossing is in Pepperell but there is a crosswalk here and runners have the right of way. If one starts in Nashua, the trail is

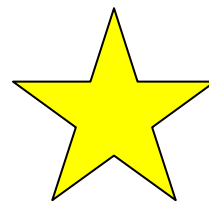


uphill and gets steeper heading out towards Groton. Large parts of the trail follow the Nashua River. There is little development on the trail and it is great for a contemplative long run. There is free parking at Gilson Road in Nashua and other locations all along on the trail. If one starts and ends in Pepperell center one can get lunch or ice cream after the run. It is maybe a 25-30 minute drive to get to the trail from Lowell but I've been finding it well worth it lately.

6. Battle Road in Lexington: This is a trail maintained by the National Park Service to recreate the same road Revolutionary War soldiers marched on. The trail is groomed dirt and soft to run on. It is not a technical trail at all and there are hardly any sticks or rocks on the path that might cause one to turn an ankle. (This is the kind of trail running I like best.) The terrain has rolling hills at points but no one hill is long. The path cuts through fields and swamps. It can get a little humid in warm weather but there is plenty of shade to block out intense sun. If one wants to extend the run, there are even more trails in the Great Meadows Wildlife Refuge near the Concord end of the trail. There are also a couple of sizable hills near the Lexington end of the trail. The Minuteman bike path is also nearby and it is possible to do a quiet loop for a long run with minimal traffic because it is mostly closed off from cars.
7. North of Lowell: Starting downtown one crosses the Bridge St. bridge and heads on to Methuen Street. There one gets into East Dracut. There are many rolling hills, quieter roads and a few farms out here. Scenic routes include going down Wheeler Road and eventually connecting over to Jones Rd. or Marsh Hill Rd. Most roads in this area are okay to run except Rte. 113, which is rather busy for runners. If one wants to include a really big hill on this run, there is always Christian Hill, which is home of the Lowell Reservoir.

Anyways, these are some of my favorite local routes to run on. Everyone has their favorites and I thought I'd share mine!

## NOTABLE PERFORMANCES



Since Fall 2011, a carefully selected committee has been announcing the Greater Lowell Road Runner **Athlete of the Week** to honor outstanding athletic performances by those associated with the club or to recognize the personal achievement and improvement of club members. This section summarizes the accomplishments of those who have won **Athlete of the Week** since the last newsletter.



Photo: Jason Bui running some race not called Irish Feet. He's run so many races now he may have run every race in the world. Source: Facebook.

### **Athlete of the Week** for March 25<sup>th</sup>, 2012: **Jason Bui**

Jason placed 2nd in the Irish Feet Are Running 5 mile race in Lowell yesterday. Jason ran the distance in a time of 29:01, a personal best time for him. This is one week after he ran 1:17:57 at the New Bedford Half Marathon, also a personal best for him. About three weeks later, Jason would run 2:58:15 in the Boston Marathon. This time was first for all GLRR entrants and was good for a finish of 456<sup>th</sup> on a 90 degree day in a field of over 20,000 competitive runners. Jason has come a long way from a few years ago when he started running more competitively. Actually, he has come a long way from even last year, when he was just merely fast.



Photo: Festus Mbuva with David Corbett. Source: Facebook.

### **Athlete of the Week** for April 1<sup>st</sup>, 2012: **Festus Mbuva**

Festus took 2nd place in the weekly Lake Q 5K in Wakefield, MA on Wednesday, March 28, 2012. Festus ran a time of 18:03, 12 seconds behind Stoneham's David Corbett. Festus has been battling injuries this year but still posts very good 5K times. He eventually ran the same course in 17:07 on April 18<sup>th</sup> to take 1st place. He also won the race on April 11<sup>th</sup> in a time of 17:56 and on May 2<sup>nd</sup> in a time of 18:03. Festus is also training to run the Sugarloaf Marathon in Maine on May 20<sup>th</sup>.





Photo of Scott Casper finishing the 2012 Boston Marathon. Source: Facebook.

### **Athlete of the Week** for April 8<sup>th</sup>, 2012: **Scott Casper**

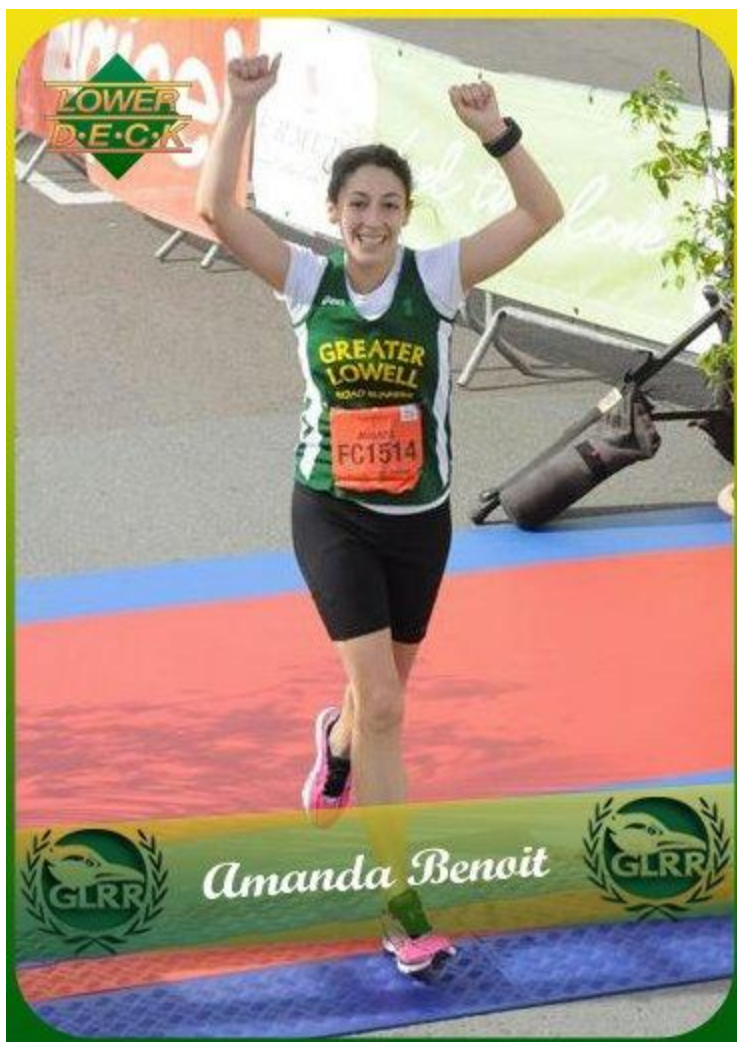
Scott ran the Boston Marathon this year. He has also volunteered at a TON of GLRR events this year (such as the Fudgcicle races and Irish Feet Are Running) while training for a marathon and serving as the club's secretary. Even though finishing the marathon was likely not easy given 90 degree temperatures, Scott did so and finished in a time of 6:02:17.



Photo of Gerard Ottaviano running at the 2012 Boston Marathon. Photo by Frank Georges.

### **Athlete of the Week** for April 15<sup>th</sup>, 2012: **Gerard Ottaviano**

Gerard completed his THIRTIETH consecutive Boston Marathon (29<sup>th</sup> official) this year in 90 F degree weather in a time of 4:01:33. He also has been the coordinator of the GLRR marathon bus for many years. We recognize his outstanding accomplishment and impressive streak as well as his long time service to the club in helping to organize and make easier the transportation and post-race festivities for many BAA marathons for many club members. Great job, Gerard!



**Athlete of the Week** for April 22<sup>nd</sup>, 2012: **Amanda Benoit**

Amanda WON the female division of the Lowell Firefighters 5K on April 22<sup>nd</sup> in a time of 21:45! This is several days after running the Boston Marathon in 90 degree heat in 4:33:24 and was her first road race win. Congratulations, Amanda!





Photo: Jill Maguire Trotter at Boston Marathon, 2012. Photo courtesy of GLRR photographer extraordinaire Jimmy Shelton.

### **Athlete of the Week** for April 29<sup>th</sup>, 2012: **Jill Maguire Trotter**

Jill ran the Boston Marathon in 3:17:42. This was good for 15th place in the female 40-44 age division in a major marathon as well as 21<sup>st</sup> Female Master. The more the Athlete of the Week committee thought about this performance, the more it decided that this run was worthy of at least Athlete of the Week. It might have actually been the best age-group performance by any club member this year given the difficult conditions of the course on race day and the quality of the field.



Photo of Candice Gagnon running the 2012 New Bedford Half Marathon. Source: Facebook.

**Athlete of the Week** for May 6<sup>th</sup>, 2012: **Candice Gagnon**

Candice has recently joined our running club and is already making an impact on the local running scene. She is currently the women's overall leader in the weekly Good Times 5K race series in Lowell and has run a course p.r. of 19:24 there this year. Candice has run under 20 minutes in each of the five Good Times 5K races this season and also ran a 1:34:03 half marathon in New Bedford in March. She seems to still be getting faster too!





Photo: Chip Mann winning the George Junior Pay It Forward 3.75 mile Road Race in May 2012.  
Source: Facebook.

**Co-Athlete of the Week** for May 13<sup>th</sup>, 2012: **Chip Mann**

At the age of 60, Chip WON the George Junior Pay It Forward Road Race in his hometown of Marshfield, MA on May 13th. The distance was 3.75 miles and Chip's time was 24:35 (6:35 per mile.) TO BE CLEAR: Chip didn't just win his age group. He WON the race. Chip is a long time club member who has raced for GLRR teams for years and who has an extremely fast marathon p.r. time (It is at least in the 2:20's, I believe. It might even be faster.)





Photo: Matthew Curran running in 2007. Source: Coolrunning.

### **Co-Athlete of the Week** for May 13<sup>th</sup>, 2012: **Matthew Curran**

At the age of 55, Matthew finished 2<sup>nd</sup> OVERALL in the Backshore 5 Mile Road Race in the town of Gloucester, MA on May 11<sup>th</sup> in a time of 28:15 (5:39 per mile.) He was only 35 seconds behind overall winner Levi Miller despite being 31 years older than him. Matthew joined the club last year when he raced for GLRR cross country teams. Hopefully he can run more races for us again soon!

#### ***In other news:***

**32<sup>nd</sup> Annual Boston Tune-Up (15K)-Upton, MA**-March 31<sup>st</sup>. Dave Oliver was top senior and 6<sup>th</sup> overall in a time of 56:39. Frank Georges ran 1:02:35 and Doug Sylvester finished in 1:57:36.

**Merrimack River 10 mile Trail Race-Andover, MA**-April 14<sup>th</sup>. GLRR's participating in this year's race were Keith O'Brien (1:08:30), Richie Blake (1:23:21), Thomas Parker (1:23:49), and Ronald Desmarais (1:33:46). This race goes through the riverside forest between Lowell and Lawrence and is fairly

technical terrain. It is about five minutes slower than a road race of the same distance.

**Patriots' Day 5 mile Road Race-Lexington, MA**-April 16<sup>th</sup>. Michael Shanahan was 13<sup>th</sup> overall in a time of 30:30. This was only 10 seconds off his p.r. time of 30:20 established at the Irish Feet race in Lowell a few weeks earlier. This race was done, however, in very warm conditions with temperatures already in the low 80s by the time the race started at 10 a.m. Setting a p.r. was Douglas Sylvester who ran the course in 57:28. Doug had planned to run Boston that day but wisely deferred his entry to next year due to the heat. The marathon training he did paid off with a 5 mile p.r. here. Also running for GLRR in Lexington were Frank Georges (32:45) and John Feehrer (34:33). Despite it being a holiday, John still went into work after the race since the company he works for is based in California!

**Doyle's Emerald Necklace Race-West Roxbury, MA**-April 22<sup>nd</sup>. Mark Reeder was top senior male in 27:13. Liane Pancoast was top senior female in 34:04. Peter LaGoy was 10<sup>th</sup> senior male in an extremely deep field but still broke 30 minutes in a time of 29:37. Ally Maslowski finished in 36:40.

**Lowell Firefighters' Race-Lowell, MA**-April 22<sup>nd</sup>. Mary Beth McKenney was top master female and Marli Piccolo was 2<sup>nd</sup> master female in times of 22:48 and 22:59 respectively. Ratthana Yorn (age 13) ran in 21:14 for fourth under-19. Sean Donnelly ran in 21:47 for fourth master. Dan Dorazio ran in 23:56 for first veteran male. Johanna Riley ran in 25:02 (PR?!) for first veteran female. Dave LaBrode finished in 25:06. Mike Stanwyck finished in 25:14.

**Groton Road Races-Groton, MA**-April 29<sup>th</sup>. Running the 10K were Ken Goodin (43:25), Ally Maslowski (45:50), and Jonathan MacKenzie (1:01:18). Running the 5K was Erica Zornig (19:29, 4<sup>th</sup> female).

**Steps for the Steeple-Chelmsford, MA**-May 5<sup>th</sup>. Scott Graham WON the 2.5 mile race in a time of 16:11. This was 40 seconds ahead of the nearest competitor.

**Run T.H.E. Farm 5K-Tewksbury, MA**-May 5<sup>th</sup>. James Sullivan (20:51) overcame a wrong turn on this cross country course to edge out 13 year old Ratthana Yorn (20:56) in the closing meters of the race. It was James first win. James shouldn't feel too guilty taking a win from a 13 year old since Ratthana will have many years to achieve his first victory. I actually know a few other people who outkicked a 13 year old to win first place. They were 13 years old themselves, however, and were in junior high when it happened. Still, congratulations anyways, James. The first win is the hardest.

Marli Piccolo also garnered her first win ever in a time of 23:55 to take the female division. Jimmy Shelton (32:39) ran too. The race was punctuated by a helicopter which dropped 600 marked golf balls onto a target near the start of the race to determine a lottery winner.

**BC Race to Educate 5K-Chestnut Hill, MA-May 5<sup>th</sup>.** Joe Ferris, GLRR youth coach, returned to racing himself and finished in a time of 24:29. This beat many members of the BC NCAA national champion hockey team who also participated as well as Baldwin, the Eagle mascot, who also allegedly ran the race. Joe was happy to race again after a long injury layoff.

**Westford Road Races-Groton, MA-May 6<sup>th</sup>.** In the 10K: Jill Trotter was first master in 42:37. Liane Pancoast was first senior in 43:45. John Feehrer ran in 44:35 and Ann Marie Johnson was 2<sup>nd</sup> 30-39 female in 44:57.

In the 5K: Cody Freihofer captured the 20-29 age group in 17:59. Mike Murphy was 3<sup>rd</sup> in the 40-49 age group in 21:37. Matt Story finished in 20:55.

**Providence Marathon-Providence, RI-May 6<sup>th</sup>.** Sheila Jacks finished in 3:54:39. Kali Langevin (age 20) finished her first marathon in 3:56:10. Ray Brouillette also finished in 4:27:38.

**Backshore 5 miler-Gloucester, MA-May 11<sup>th</sup>.** Kathy Burley was top female in a time of 34:56.

**New Balance Twilight Meet-Waltham, MA-May 12<sup>th</sup>.** Mark Reeder ran the 5000m in an impressive time of 16:32.

**M.O.M's run-Salem, MA-May 13<sup>th</sup>.** E.J. Hrynowski battled through an ankle injury to defend his master's crown from last year here. He ran in 17:49, good for 3<sup>rd</sup> place (also same place as last year.) Joining him was Bashkim Zaganjori, who finished in 19:02-probably after doing some long training run the previous day.

**Sleepy Hollow Mountain Race-Huntington, VT-May 13<sup>th</sup>.** Skip Cleaver (1:24:07) and Ken Skier (1:39:37) did this 10K trail race way up north. The times look good when one remembers this is a trail race and also that Ken did it barefoot!

## *Fashion Update*



**Photo: Sideway Bib Numbers are the new “in” thing.**

GLRR running gear (singlets, shorts, jackets, hats, shirts, sweats) is now available. The information is at: <http://www.glrr.net/Apparel/>.

You can get GLRR Apparel by emailing [apparel@glrr.net](mailto:apparel@glrr.net)

Sometimes we bring the clothing to many races - we can also mail the apparel to you (you pay postage).





Note: GLRR socks available in blood color (above) by special request only.



Above: Local runner Lauren Liuzzo (right) hopes to make synchronized running a sport at the 2020 Olympics.

## Selected Upcoming Events (check race websites for start times):

- Club meetings: May 21<sup>st</sup>, 7:30 P.M. and June 25<sup>th</sup> @ Hookslide Kelly's bar.
- Track workouts. Each Thursday night this spring at Chelmsford High School. 6:30 p.m. Until end of June.
- GLRR group run. Saturday Mornings. 8 A.M. 118 E. Merrimack Street. Lowell, MA. Various distances and paces.
- **Volunteers needed for Run to Remember Half Marathon.** GLRR is hosting a water table at the race. The race is Sunday, May 27th. Volunteers can car pool as a group, probably at Dunkin Donuts on Drum Hill, and drive down that morning. We are being requested to be in Boston for 5:00am, so this is an early one. If you are interested please send an email with your contact info to Scott Casper. His e-mail is [sicmtnbiker@comcast.net](mailto:sicmtnbiker@comcast.net).
- Good Times 5K series: starts on Tuesday, April 10<sup>th</sup>, 7:00 P.M. @ Hookslide Kelly's bar in Lowell. Continues through June 12<sup>th</sup> (10 week series.)
- Newton (MA) 10K. (Grand Prix Race #4) June 10<sup>th</sup>, 2012. 9 a.m. Sign up on Club Website for free entry by May 26th.  
<http://fattmanproductions.com/roadraces.html>
- **SRR Club Challenge Marathon Relay. June 23<sup>rd</sup>. 8 a.m. to 12 p.m. This is held at the Tufts University Track (Ellis Oval on College Ave. in Somerville) GLRR will field teams where each runner runs a mile and the whole team will complete a marathon! This event is FREE for all club members. Each team must have at 26 runners of whom 10 must be female. To sign up, follow these steps:**
  - 1) Go to the following site: <https://www.racemenu.com/events/10107-26x1-Mile-Club-Challenge-Relay-2012>.
  - 2) Click on "Register"
  - 3) Make a race-menu account if you do not have one. This is necessary to sign a required waiver.
  - 4) Log in. Then click on "join a relay team" (for \$0.00) and click next.

- 5) Under select team, click on one of the Greater Lowell Road Runners teams. (It does not matter which one you click on at this point. We will make more teams as we get more runners and assign runners to specific teams later.)
  - 6) Fill out all the other required contact information such as e-mail, address and phone.
  - 7) Sign the required electronic waiver. This MUST be done for you to participate!
  - 8) When finished with sign-up, also e-mail Frank Georges at [frankgeorges77@gmail.com](mailto:frankgeorges77@gmail.com) to confirm. In the e-mail, indicate how fast you can run a mile. We expect to have at least two (maybe three) teams of varying paces. The more runners we get then the more teams we will make! Everyone will likely be able to participate as long as they follow the steps above. We will let you know which team you are on as the race approaches. Event info: <http://www.srr.org/events/club-challenge-marathon-relay/index.php>
- Second Annual Race for Justice. June 24<sup>th</sup>. Lowell, MA. John Street. Time TBA. <http://www.active.com/10k-race/lowell-ma/second-annual-race-for-justice-2012?cmp=1745>
  - Billerica Girl Scouts 5K. June 24<sup>th</sup>. Billerica, MA. 9 A.M. Shawsheen Tech. H.S. at 100 Cook Street. Contact: Angela Rzeszut (Girl Scouts of Eastern Massachusetts). 1-978-663-7316 [rzeszut\\_6@msn.com](mailto:rzeszut_6@msn.com)
  - Berna's Great Legs 5K. July 12<sup>th</sup>, 2012. 7 p.m. Lowell, MA. Women runners only. Volunteers needed.
  - Carver (MA) 5 miler. (Grand Prix Race #5) July 28<sup>th</sup>. 9 a.m. Sign up on Club Website for free entry by July 16th. <http://www.leaguelineup.com/welcome.asp?url=cranberry5mile>
  - <http://www.glrr.net/races/BernasGreatLegs/index.htm>
  - John Carson Road Race. July 4<sup>th</sup>. Two miles. 9:30 a.m. Parkhurst Road, Chelmsford, MA. [http://sullivanfarmsicecream.com/wp-content/uploads/2012/03/Race\\_Flyer\\_2012.pdf](http://sullivanfarmsicecream.com/wp-content/uploads/2012/03/Race_Flyer_2012.pdf)



- East End 5-mile Road Race. July 22<sup>nd</sup>. 10:30 A.M. 15 W. Fourth Street Lowell, MA. <http://www.yankeetiming.com/eastend/>
- GLRR summer cookout. Saturday, August 4<sup>th</sup>. Glenn Stewart's House. 15 Drexel Drive. Group Runs of various distances at 8 A.M.-Party afterwards. 2<sup>nd</sup> annual GLRR Almost Dangerous Game of Swimming-pool-ball to be part of festivities.
- GLRR annual family outing. Thursday, August 16<sup>th</sup>. 6:00 P.M. Edward LeLacheur Park, Lowell, MA. 32 tickets for Spinners game available at \$9 each. Contact Gerard Ottaviano ([gjotto@comcast.net](mailto:gjotto@comcast.net)) if interested. First 1,000 fans to enter receive a Micky Ward garden gnome!

## New Members:

**Joining in March:** James DeLuca, Mark Gallagher, Rick Kennedy, Bridget Lavigne, Jennifer Leonardo, Johan MacKenzie, Scott O'Brien, Stephanie Roche.

**Joining in April:** Luciana Calvin, Florence Clement, Alba Clement, Milo Clement, Gerard Clement, Nael Clement, Denise Gilbride, Cassidy Gilbride, Jonathan Gilbride, Matthew Pearson, Micheal Robertson, Allison Washkurak.

### Editorial Staff for Newsletter:

Editor-in-chief: Frank Georges

Feature editor: Frank Georges

News editor: Frank Georges

Club notes editor: Frank Georges

Staff writer: Frank Georges

Art Director: Frank Georges

Photo editor: Frank Georges

Athlete of the Week Committee CHAIR: Metta World War

Writers needed. Send e-mail to [frankgeorges77@yahoo.com](mailto:frankgeorges77@yahoo.com) if interested.