



NEWSLETTER

July-August Edition

Cost: Free

Timere Pullum

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.

USATF News

Results for Bedford 12K:

On May 19th, GLRR voyaged to Bedford NH to take part in the New England 10K Grand Prix championship. A few GLRR teams made it to the podium: The female seniors' team was 3rd out of 7 and the male veterans' team was 2nd out of 4.

Individual results and other team standings can be found at:

http://www.coolrunning.com/results/12/nh/May19_Bedfor_set1.shtml.

Results for Newton 10K:

On June 10th, GLRR ventured to Newton to participate in the USATF-New England 10K Grand Prix championship. A few GLRR teams made it to the podium: The male veterans' team was 1st out of 3, the male seniors' team was 2nd out of 9, and the female masters' team was 3rd out of 6. Also, the male open team was 10th of 18, the female open team was 7th out of 13 and the male masters' team was 5th out of 15. Individual results are below:

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum. Time</u>
1	706	CANDICE GAGNON	LOWELL MA	F	30	30	41:30.0	41:30.0
2	688	TRISH BOURNE	TEWKSBURY MA	F	43	73	42:54.1	1:24:24.1
3	718	ALLY MASLOWSKI	BILLERICA MA	F	48	121	43:31.6	2:07:55.8
4	684	KRISTEN ALLEN	BRIGHTON MA	F	50	171	43:39.6	2:51:35.4
5	691	KATHY BURLEY	ROCKPORT MA	F	77	248	46:28.2	3:38:03.7
6	713	BETHANY KNOETTNER	WESTFORD MA	F	82	330	46:57.2	4:25:00.9
7	710	SHEILA JACKS	LITTLETON MA	F	83	413	47:00.0	5:12:01.0
8	700	SUE DONOVAN	BILLERICA MA	F	89	502	47:35.0	5:59:36.0
9	693	ALLYSON CASEY	TEWKSBURY MA	F	90	592	47:35.6	6:47:11.6
10	716	AMANDA MAFFEI	HOPKINGTON MA	F	92	684	47:53.0	7:35:04.6
11	723	MARLI PICCOLO	TEWKSBURY MA	F	98	782	48:14.7	8:23:19.4
12	727	STEPHANIE ROCHE	AUBURN MA	F	102	884	48:28.4	9:11:47.8
13	702	NANCY DORN	PLYMOUTH MA	F	112	996	48:58.6	10:00:46.5
14	8576	ALICEMARY ASPELL	LOWELL MA	F	190	1186	54:41.0	10:55:27.5
15	719	LINDA MCCARTHY	DRACUT MA	F	241	1427	57:33.0	11:53:00.5
16	699	KERRI DESCHAIINE	CHELMSFORD MA	F	342	1769	1:03:25.4	12:56:25.9
17	692	LUCIANA CALVIN	CHELMSFORD MA	F	395	2164	1:06:44.0	14:03:09.9
18	726	MICHELLE ROCHE	LITTLETON MA	F	444	2608	1:11:42.3	15:14:52.2

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>Place</u>	<u>Place</u>	<u>Time</u>	<u>Cum. Time</u>
1	725	MARK REEDER	BRIGHTON MA	M	34	34	34:10.1	34:10.1
2	734	JAMES SULLIVAN	CHELMSFORD MA	M	84	118	37:08.2	1:11:18.3
3	8614	JAMES GARCIA	WESTFORD MA	M	98	216	37:50.6	1:49:09.0
4	709	E J HRYNOWSKI	ARLINGTON MA	M	99	315	37:54.5	2:27:03.5
5	698	JAMES DELUCA	ARLINGTON MA	M	100	415	38:02.6	3:05:06.1
6	737	BILL DIXON	BRATTLEBORO VT	M	119	534	38:49.8	3:43:56.0
7	704	OWEN EVANS	CHELMSFORD MA	M	138	672	39:44.1	4:23:40.1
8	695	JEFF CLARK	LOWELL MA	M	161	833	41:11.5	5:04:51.7
9	686	DAN BEAULIEU	LOWELL MA	M	163	996	41:15.8	5:46:07.6
10	705	FIL FARIA	HUDSON NH	M	169	1165	41:28.8	6:27:36.4
11	696	MICHAEL CRYANS	HANOVER NH	M	172	1337	41:40.8	7:09:17.3
12	707	FRANK GEORGES	LOWELL MA	M	179	1516	41:53.3	7:51:10.7
13	732	MATT STORY	WESTFORD MA	M	200	1716	43:04.4	8:34:15.1
14	717	CHIP MANN	TOWNSEND MA	M	206	1922	43:22.7	9:17:37.9
15	708	KENNETH GOODIN	LOWELL MA	M	217	2139	44:13.1	10:01:51.0
16	721	DAVID PECCHIA	CHELMSFORD MA	M	240	2379	45:28.2	10:47:19.2
17	689	MICHAEL BRODEUR	LOWELL MA	M	241	2620	45:33.8	11:32:53.1
18	722	TOM PETERS	FRANCESTOWN NH	M	245	2865	45:37.8	12:18:31.0
19	712	NICHOLAS KANARACUS	WORCESTER MA	M	260	3125	46:16.8	13:04:47.8
20	703	LUIS ESCOBAR	LOWELL MA	M	265	3390	46:22.1	13:51:10.0
21	687	BEN BOURNE	TEWKSBURY MA	M	284	3674	47:26.8	14:38:36.8
22	694	JOHN CHRISTENSEN	CHELMSFORD MA	M	287	3961	47:40.6	15:26:17.5
23	711	STAVROS KANARACUS	LOWELL MA	M	319	4280	49:50.2	16:16:07.7
24	714	DENNY LE BLANC	NASHUA NH	M	327	4607	50:29.8	17:06:37.6
25	690	RAY BROUILLETTE	LITTLETON MA	M	331	4938	50:38.7	17:57:16.3
26	729	GARY SEE	SALEM NH	M	355	5293	52:36.1	18:49:52.5
27	728	JIM SCOTTI	MIDDLETON MA	M	365	5658	52:56.1	19:42:48.6
28	730	MATTHEW SHAPIRO	CHELMSFORD MA	M	391	6049	54:41.8	20:37:30.5
29	731	JAMES LEE SHELTON	LOWELL MA	M	483	6532	1:08:22.2	21:45:52.8
30	735	DOUGLAS SYLVESTER	MARLBOROUGH MA	M	493	7025	1:19:27.2	23:05:20.1
31	724	DENNIS PRICE	CHELMSFORD MA	M	496	7521	1:23:41.0	24:29:01.1

More info can be found at:

http://www.coolrunning.com/results/12/ma/Jun10_Newton_1_set1.shtml

Tufts Marathon Relay (June 23rd, 2012)



On June 23rd, members of the Greater Lowell Road Runners went down to Somerville, MA to participate in the Tufts Marathon relay. This event consisted of fifteen teams from various clubs. Each team has 26 people separately run 1600m before handing off to the next runner. An opening leg of 587 m makes the entire race equivalent to a marathon in distance. GLRR had two teams participate. The fastest GLRR team finished 3rd. This allowed GLRR to win the 3rd place trophy. This is the first time in several years that a team besides one from Somerville Road Runners or Cambridge Running Club has finished in the top three. Cambridge won the event in 2:17:44 and Somerville had a second place team in 2:20:52. GLRR had a third place team finishing in 2:26:39. This was a 14 minute improvement from last year. GLRR's second team finished in 3:17:15. This was a 25 minute improvement over GLRR's second team from 2011. Clearly, the club is getting faster! This was a good event for the club and most people found it fun running a mile and then cheering teammates on. A lot of people got to socialize with other runners whom they don't get to see for long at other races. There were some good individual performances in the club too. Winning awards were Matt Theodoros (4:42, 1st male 30-39), Matt Curran (5:04, 2nd male 50-59), Steve Kanaracus (6:45, 3rd male 60-69), Liane Pancoast (6:04, 1st female 50-59), Amanda

Maffei (6:55, 2nd female 50-59), Lynn Graham (6:56, 3rd female 50-59), Trish Bourne (6:08, 1st female 40-49) and Ben Bourne (5:36, 1st 19 and under male.)

Individual Results:

GLRR Team: Rulers of the Roost- Final Time: 2:26:39 (3rd place overall out of 15 teams)

Name	1600 m Time
Matt Theodoros	1:33 (ran 587 m opening leg)
Bashkim Zaganjori	5:00
Erica Zornig	5:50
E.J. Hrynowski	5:15
Lauren Liuzzo	6:21
Scott O'Brien	5:16
Melissa Joyce	6:26
James Sullivan	4:58
Fil Faria	5:25
Matt Theodoros	4:42 (1 st 30-39 male)
Matt Curran	5:04 (2 nd 50-59 male)
Peter LaGoy	5:34
Frank Georges	5:14
Keith O'Brien	5:28
Chris Hancock	5:24
Richard Dagenais	5:19
John Stone	5:40
Dan Beaulieu	5:27
Zona Sharfman	6:06
Matt Story	5:46
Kristen Allen	6:03
Candice Gagnon	5:39
Ally Maslowski	5:52
Liane Pancoast	6:04 (1 st 50-59 female)
Trish Bourne	6:08 (1 st 40-49 female)
Rebekah Welch	5:50
Jason Bui	5:05

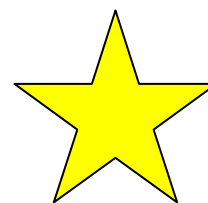
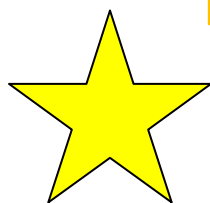
GLRR Team: Brave Chickens – Final Time: 3:17:15 (14th place overall out of 15 teams)

Name	1600 m Time
Bill Adamson	1:45 (ran 587 m opening leg)
Scott Casper	7:07
Paula Canela	9:01
Lynn Graham	6:56 (3 rd 50-59 female)
Andre Chandonnet	5:56
Ken Skier	7:57
Ashley Beaucaire	8:06
Allyson Downey	6:17 (p.r.!)
David Penn	6:16
Sheila Jacks	6:16
Ray Brouillette	6:36
Marli Piccolo	6:37
Alex Gomez	6:15
Michael Formichella	5:42
Doug Sylvester	10:08
Steve Kanaracus	6:45 (3 rd 60+ male)
John MacKenzie	8:07 (1 st 70+ male)
Tom Peters	6:41
Bill Adamson	5:36
Kimberly Adamson	8:15
Andrea Shelton	17:53
Jimmy Shelton	8:48
Sue Maslowski	7:53
Ryan Faria	7:27
Zach Hrynowski	6:19
Amanda Maffei	6:55 (2 nd 50-59 female)
Ben Bourne	5:38 (1 st under 20 male)



GLRR gets to keep the third place trophy for a year as a result of the club's performance in the marathon relay. The club will have its name etched on the trophy!

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.

Athlete of the Week for May 20th, 2012: **Bill Dixon**



Photo: Bill Dixon. Source: Photo found on Internet (Fitzphoto)

Bill Dixon won the 2012 NATIONAL CHAMPIONSHIP while representing Greater Lowell in the Male 65-69 division at the USATF 8 km Masters Championship in Williamsburg, VA. Bill ran 30:46 to beat his next competitor by 73 seconds, a whopping win in an 8K. Bill won athlete of the week in a week of many impressive GLRR performances. However, an individual age group national championship is undoubtedly the best performance by any club member in recent memory. Results at:

<http://www.usatf.org/events/2012/USAMasters8kmChampionships/results.asp>

Co-athletes of the Week for May 27th, 2012: **Ally Maslowski and Bashkim Zaganjori**

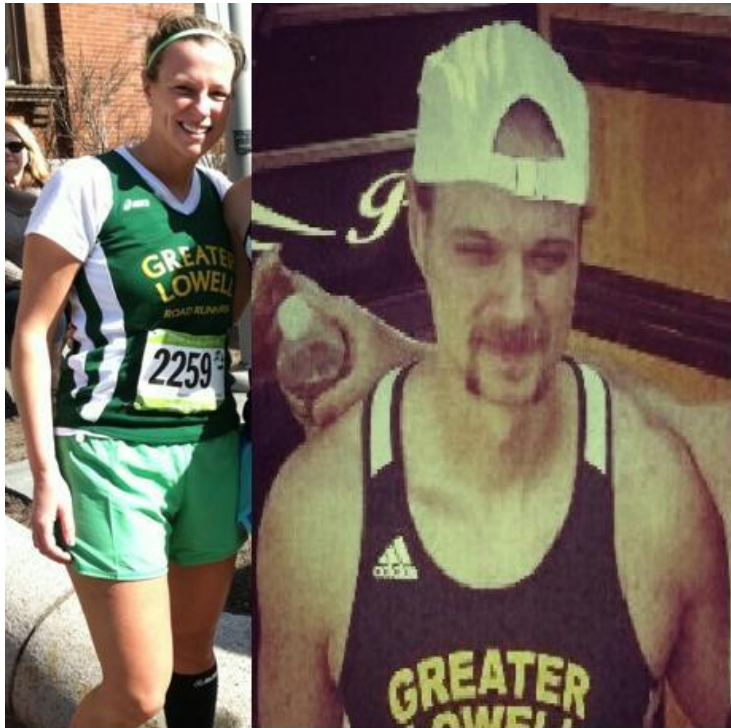


Photo: Ally Maslowski (l.) and Bashkim Zaganjori (r.). Source: Facebook

Ally ran the Still We Believe 5K in 19:52 on May 22nd in Lowell, MA. This took 40 seconds off her previous 5K personal best. Five days later she followed it up with a time of 1:35:00 in the Boston Run To Remember Half Marathon. This was seven minutes faster than her old personal record. Ally actually didn't want to be named athlete of the week because she insists she can still run faster...but no one in the club showed more improvement than her this week and that wins her the award!

Also, this was a good week to recognize Bash. Bash ran three races in a span of eight days. The most impressive of these was his 29:50 in the Boston Run To Remember 5 miler. The committee has always felt breaking 30 minutes in a 5 miler is especially hard to do and fewer good runners actually do it anymore. While this was not a p.r. for Bash, he did it on a warm day and finished 5th overall in a field of 2042 runners. He did this a week after running a very warm Sugarloaf Marathon and five days after helping pace Ally to her 5K. Bash combined individual accomplishment in short and long distances as well as team spirit in doing all these things!

Co-athletes of the Week for June 3rd, 2012: **Alisa Crueger and McKenzie Clark**

Both of these young ladies are 10 year-old emerging elite athletes. Alisa ran a 21:04 at the Good Times 5K in Lowell on Tuesday, May 29. This is the 73rd best female time in the history of the Good Times race and was good enough to win the 20 & under division at the race. McKenzie won three events at the Hershey meet in Billerica in early June. She won the 200 meters with a time of 35 seconds. She won the 400 meters with a time of 79 seconds. She won the standing long jump with a distance of 5'9.5". She won both running events by two full seconds. McKenzie also became eligible for the state Hershey championships which were held in Bolton, MA in late June.

Athlete of the Week for June 10th, 2012: **Mark Reeder**



Photo: Mark Reeder. Source: Boston College website.

Mark ran 34:10 at the Newton 10K Grand Prix race to WIN the Men's Senior Division and lead the GLRR senior team to 2nd place. Mark was also the top scorer for the open team and the master's team. The Master's team was only 13 seconds out of fourth place largely on the strength of Mark's performance. Mark's performance was simply awesome. To put it in perspective...that's the equivalent two 17:05 5K's...consecutively...on a fairly warm day. If

someone half his age ran 5K in half the time it took Mark to run a 10K, most would consider that a very good race itself. Mark's race wasn't simply very good. It was GREAT!

Athlete of the Week for June 17th, 2012: **James Sullivan**



Here is what James did in the span of just ten days: On Sunday, June 10th, James ran a P.R. of 36:59 to be GLRR's 2nd scoring runner in the Newton 10K. Two days later on June 12th, James ran 17:23 at the Good Times 5K to wrap up 2nd place overall and first in his 20-29 age division for the entire 10 week series. Four days after that he WON the Bow Lake 15K in a time of 57:09. This was an extremely hilly race and James won by a full minute. He also threw a track workout of hard 200's somewhere in the middle of the week too. Finally, on June 19th, he ran the Good Times 5K again and ran 18:05 while carrying a giant oversized box (see above) for most of the race. He actually holds a full time job while doing this too. All this activity almost seems silly. But it is not silly...it is Sully. This is the third time he has won AOW for the GLRR. Soon, we may just have to name the award for best amateur athlete after him. Although apparently...that might have been done already too: <http://aausullivan.org/overview.html>

Athlete of the Week for June 24th, 2012: **Frank Georges**



Photo: Frank Georges. Source: Jimmy Shelton

Frank ran a 5:14 mile as part of the GLRR club's third place finish in the Tufts Marathon relay on June 23rd. This was a 3 second improvement over 2011. It should also be noted that for the spring Good Times Series, Frank came in 2nd for males in the 30-39 age group. During the series, he ran a 18:27 (5:57 pace) 5K on May 1st. The committee considers running sub 6 minutes per mile for a 5k a difficult feat to accomplish. On top of all of this, he also did an OUTSTANDING job organizing the marathon relay. Many people within the club consider this to be one of the best reasons to be part of the club and without his hard work it wouldn't have gone so smoothly.

Athlete of the Week for July 1st, 2012: **Xiaopeng Li**



Xiaopeng recently opened up the Far Eastern branch of the Greater Lowell Road Runners when he moved back to China. Xiaopeng ran with us this year and turned in some admirable race times. He ran a 1:14:35 at the DH Jones 10 miler in Amherst in February. He then ran a 1:31:25 half marathon at New Bedford in March. He also was a frequent runner at the Fudgcicle 5K races this winter. We wish Xiaopeng well as he takes the spirit of the chicken to a different hemisphere.

Athlete of the Week for July 8th, 2012: **Ruben Sanca**



A graduate of UMass-Lowell and resident of the Greater Lowell area, Ruben is going to the Olympic Games in London in 2012 to run the 5000 m. To put in perspective the sheer enormity of this accomplishment, consider that only about 50 people in the world get to participate in this event every 4 years. The average person statistically has a better chance at being elected a U.S. Senator or playing in the NBA than getting to run the 5000 m at the Olympics. Ruben's p.r. time of 13:56.46, while not as fast as the best runners in the world, is still extremely fast. To get a sense of how fast that is, consider someone who can run 18:30 for a 5000 m on a 400 m track. Someone who runs 16:50 would lap that person. Ruben would lap the 16:50 person. Twice. THAT's FAST! Ruben has also run 2:18:43 in the marathon and 1:05:25 in the half marathon. He won the Carson 2 mile race last week in Chelmsford with a time of 9:10, which must have been a jog for him. The committee would venture that Ruben could probably beat a relay team of any number of the other Greater Lowell Road Runners at any distance.

Ruben will be representing Cape Verde at the Olympics. While he is also a member of the Greater Boston Track Club, we know he is a true GLRR chicken in spirit. He is one of the 295 participants on this facebook page and has showed up for many Lowell races and group runs over the past couple of years. How many cities or clubs can say they have an Olympian in their midst? Few indeed. Thus, when Ruben ascends to the highest echelon of his sport in a few weeks...the Olympus of the running world...we wish him well. Truly the world shall fear the chicken in a few weeks.

Athlete of the Week for July 15th, 2012: **Rebekah Welch**



Rebekah ran a 20:33 to take third place overall in warm conditions at the Berna's Great Legs 5K held in Lowell on Thursday, July 12th. She also ran a 5:50 mile at the Tufts Relay on June 23rd and a 4:08:33 at this year's extremely hot Boston Marathon. Rebekah is becoming a regular at GLRR track workouts and local races. We are glad she is running for us!

Athlete of the Week for July 22nd, 2012: **Erica Zornig**



Erica WON the Great Cranberry Island 50k Ultra Marathon in Maine this week with a time of 4:07:27. Erica won the race by just 42 seconds. She closed in on her competition late in the race. While she was 10 minutes behind the leader halfway through the race, she made up a lot of ground when she ran the 4 miles from 23.1 miles to 27.1 miles in a blistering 28:09. Erica is also leading the overall standings for the Good Times 5K summer series in Lowell. Erica has been steadily running times in the low to mid 19:00's for 5K's this year and ran a 5:50 mile at the Tufts Marathon relay in June. She has had success at both short races and long races this year and her selection for Athlete of the Week is well earned!

In other news



Above: Dan Beaulieu, Susan Bourque and Zona Sharfman having fun after completing the Finger Lakes 50 mile trail run in Hector, NY.

Recently, Dan Beaulieu, Sue Bourque and Zona Sharfman all completed the Finger Lakes 50 mile trail run in Hector, NY on Saturday, June 30. I asked Dan a few questions about the experience. Here is what he had to say:

Q : Why did you do want to a try a fifty mile race?

A: My previous long race was a half marathon and I never really trained for anything longer, until I met Zona Sharfman and Susan Bourque. I met them last year after one NGT5.something miler. (*Ed. Note: non-Good Times =NGT*) It went something like, "we're going to add another 7, who wants to come?" Well, I went, and that was the beginning of my training for longer distances.

Q: Which course did you pick and why did you pick it?

Zona had competed at the Finger Lakes 50 in 2011 (along with Jason) and she was aiming for another shot at it in 2012. Somewhere along the line Sue and I were brought on board. I wanted to do the training and give it a shot.

Q: How did you train for the 50 miler?

Some memorable training runs include running TO and FROM the Fudgcicle, running on the trails of the Middlesex Fells, the Merrimack River trail in Andover, and the Lowell/Dracut state forest. Also, Sue and I had the opportunity to prep at the Pineland Farms 50K trail race.

Q: How did the three of you do? Did any of you win any awards?

Well, my race ended at around 42 miles. Zona and Sue both finished and did great. I'm still happy to have reached a personal distance record.

Q: What was the most fun part of the race experience?

You're kidding right? No, actually it was a fun experience overall. Nothing stands out as the most fun, but all the memories and the learning experience made it fun.

Q: What was the toughest part of the race?

Deciding to drop out was the easy part. Leading up to that was tough. The course consisted of 3 loops on a very hilly course. The first loop felt a little too good. In hindsight I should have used that loop to figure out how the next 2 would go. Pace started out easy, but I should have been extra conservative on the downhill and with respect to the other runners. Also, I should have had more real food. Energy gels were not cutting it.

Q: Would you go back next year?

I probably won't next year. It's too soon to say if I'll make another attempt at that distance. I do want to get an actual marathon under my belt. A race that stops at 26.2 will be relatively nice.

Q: Anything else you want to add?

not right now

Thanks, Dan!

Results for the Finger Lakes 50 mile race can be found at:

http://www.coolrunning.com/results/12/ny/Jun30_Finger_set1.shtml

Race for Justice



Race for Justice or Rush to Judgment? The reader can decide the meaning of these cryptic logos on this shirt, the official t-shirt at the Race for Justice 5k/10K held on June 24th in Lowell last month.

Cranberry Island 50K.



Runners from left: Erica Zornig, Reno Stirrat, Lauren Liuzzo, and Jason Bui at the Cranberry Island 50K in Maine in July 21st.

Jason Bui ran the Cranberry Island 50k in Maine on Saturday, July 21st. He provided a race report for the newsletter. He finished 3rd and ran the race in a time of 3:47:11 for a pace of 7:19 per mile. Here is his race report:

I earned another p.r., but all I really had to do was just finish standing up. This was my first attempt at the 50k distance. I didn't really know what to expect for this race, since most of my training for this event had to cross over with my training for the Timberman Triathlon, which meant a lot of biking and swimming miles. My running mileage leading up to this race was between 45-70 miles per week for the past month, with only two of those weeks over 60. I did a 30 mile training run with my friend Reno Stirrat about three weeks ago and I pretty much died a little after the marathon mark. That

definitely wasn't a confidence booster, but actually a wakeup call. I had to get serious if I wanted to have a respectable showing at the race itself.

Then two weeks ago, when I was finally getting some speed back into my legs, I seriously tweaked my hamstring at the Good Times 5K. I ran 17:05 that night and that gave me a huge boost of confidence for Cranberry. I was only off my 5k pr by 3 seconds, on arguably a tougher course, but paid a hefty price in the end. Fortunately, it was just a pulled hammy, and not a tear. With only a week and a half to go, I just rested and ran a little every other day leading into cranberry, hoping the hammy would be back closer to 100%. By the Friday before the race i was no longer compensating for the hammy, and I felt that the hammy was back to about 95% by race morning. This was as good as it was going to get, and that I just had to make do with what I had and pin that bib on. I also had to remind myself that the power of the race bib acts in mysterious ways.

Honey Badger (Lauren Liuzzo), EZ (Erica Zornig), and I arrived on the island via ferry by 9:45am and we were greeted by the wonderful island locals who hauled all of our camping gear down to the race area for setup. There are no words to describe the uniqueness of this event. You feel welcomed right away and there are so MANY small touches that make it feel so personal i.e. our name and town printed and hung on the telephone poles all along the course, personalized bibs, etc. Reno was the first person that greeted us as we arrived at the center of town, which was also the start and finish of the race. Reno was here to go after the American Age Group record for the 50K. The race director extraordinaire, Gary Allen, soon found me and gave me a big hug! Where else do you get this kind of welcome?!

With about an hour to go before race start, we went about setting up our base camp a little off of the 4 mile stretch of Main Street where the race was going to take place. The race course was out and back, out and back, out and back, etc. The gun went off at exactly 11:30AM with the blazing sun high over head. It was warm, but not unmanageable. We just had to be smart about our run. Reno and I settled into a 7 minute pace and watched as the race unfolded in front of us. We could see the battles taking place up front, and the scars it left behind, at each turn around. The lead pack started out with 3, then 4, and then 5 by mile 10. Reno and I just stuck to our plan of 7 min miles and hung back by about 100 yards. We would wait until mile 15 to see who was still standing to make any sort of move. We were only about 2 minutes off of the leaders at this point, and using the Tour de France as an analogy, Reno and I were the first attack group with the lead group in front and the peloton somewhere behind us. The lead group soon began to splinter a little after 11 miles and we reeled in each one! Reno and I stayed on course and continued to stick to our plan. It was just awesome talking race strategy with Reno during this phase. It help me keep my mind off of my hamstring and to stay relaxed.

The leaders in the main pack kept on changing through 19 miles, and Reno and I were now only less than a minute behind the two remaining runners in the lead pack. We could tell that they were exchanging blows, and not backing down from each other! It was definitely taking a toll on them and they were ripe for the picking. Reno smelled blood and now wanted to taste it. Even though he was already 7 minutes ahead of the American age group record pace at this point, Reno's competitive side wanted the overall win. Reno broke away from me a little after mile 20 and went after the fading leaders. I tried to follow suit, but could only manage to hold my 7 min pace. Reno pulled further and further away and would soon catch up to the leaders and pass them both. I was still only about a minute thirty behind Reno at mile 23, but then something strange happened around

mile 25. I managed to catch up to the 2nd and 3rd place guys, who were both beginning to run/walk. they were done for the day. Reno was now in first! I quickly moved into 2nd place behind Reno, but then two runners who had lead the race earlier came up from behind and passed me! In the span of about 30 seconds I had gone from 4th place to 2nd place back to 4th place! It was surreal. Then the leg cramps started happening a little after the marathon mark. Just like during the training run. Damn.

I managed to get through the BQ certified marathon mark in 3:07. Now there were just 5 miles to go! Every step after 26.2 was followed with a twinge of cramping, either in my calf or on the inside of my thigh. The inside thigh cramp was really strange and it felt like something was going to snap at any minute. I was seriously worried about continuing. I didn't know what to do, but kept on moving forward. One step in front of the other. The most painful cramps, thankfully, subsided by mile 27, with only the calf cramps asserting itself every other step, especially on the uphill. The 4 mile cranberry road is merciless with absolutely no flats anywhere. You're either going up or you're going down. Somebody said that the total ascent on the course was somewhere in the 3000 ft range. Ouch. The road surface is also very rough in some areas and it was completely chewing up the soles of my feet. Reno was also beginning to feel the effects of the rolling course and the warm day by the 27.1 mile turn around point. I saw him do a stutter step and quick walk. I told him I was having the same cramps. I was only 7 seconds behind Reno, and would soon overtake him for 3rd around mile 28. I knew we weren't alone as the others were suffering the same fate.

Unfortunately, the two new leaders managed to build upon their lead and pull away from both me and Reno. My pace slowed dramatically over the final 4 miles (low 8's) as I just hung onto dear life just to finish and to hold onto 3rd. I finally crossed the line in 3rd with a time of 3:47:12. I was proud to later learn that I was also the first American to finish this championship race! I was honored and felt that this was probably my most disciplined and gutsiest race to date. I have so many stories and experiences to take away and to build upon from this one. Congrats to Reno for having the courage to go after the record and overall win. Next year my friend! Congrats to Erica Zornig for the most amazing victory (and run) on the day as she captured the top female spot in her ever first ultra (7th overall - a truly amazing and mind boggling run - check out her splits)! Congrats to Lauren Liuzzo for 5th overall female and the kickoff to our Steamtown marathon training! Now it's time for me to focus on the Timberman triathlon and then a new marathon p.r. at Steamtown. I can already tell that the rest of this year is going to be just as crazy as the first 7 months.

Results for the Cranberry Island 50k are found here:

http://www.areep.com/events/gci/2012_gci_results.txt

Steve Kanaracus also provided a race report for the Newton 10K. This is what he wrote right after the race:

“You are only as bad as your last race”

Well, today is the day for the Newton 10K. Even though I have been running faithfully out in Lompoc, Ca in the cool early morning temps, prior to heading up the mountain to work at the Radar Site at Vandenberg AFB, I can still feel the jet lag from Friday night's redeye flight from LA. It never stopped when I arrived home. So now it is Sunday and I am just about ready to head for Newton.

It is somewhere around 6:45 but I can't seem to gather up all my running gear. Luckily for Denny Leblanc, I was still bopping around the house when he called asking for a ride. "Sure", I said, "glad to pick you up at Dunkins over in Chelmsford. Be there."

On the way I mentioned to Denny that the likelihood of his repeating as first Ancient (70+year old runner), as he had done at the last 12K club race in Bedford was most unlikely. He agreed as he had just placed second to Lawson Noyes at a Kennebunkport 5k during the past week and he expected him to be running in Newton.

Well, during the drive there we only got lost once and did find a spot to park beyond the finish line on the right side of the canal which fortunately had a little known port o potty for our personal use. At least it was for our personal use until it was discovered by everyone else. We learned that only the first 400 got shirts. Well, the race is free for club members so I won't complain too much.

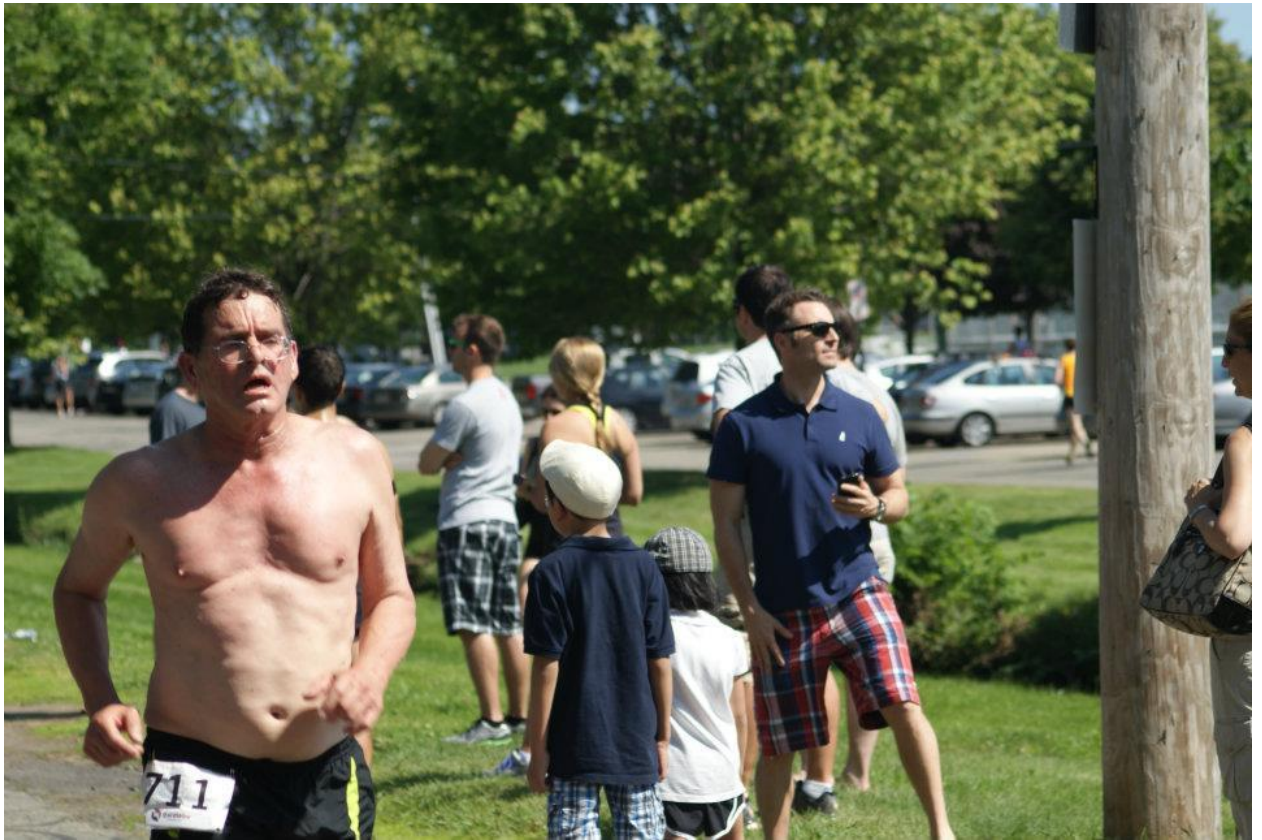
We warmed up on the roundabout loop of the Fessenden school and eventually headed over to the start. It was getting quite hot with Denny noting that he is not a hot weather runner.

Well, once the race got under way it took me about 4.5 miles to catch up to a wilting Denny and those monumental hills we were advised to reserve our energy for really never appeared. I broke 50 minutes but Denny took a bit longer. As Denny said he is not a hot weather runner. Post race I found Denny on the grass next to the car surrounded with Greek yogurt, assorted goodies and liquids and with a t-shirt that he was able to retrieve from the surplus. After a few trips back for the items I missed, Denny asked if I had checked the results. Why, I wondered? Our "Bad Day" efforts were not worth searching for, at least not at this type of run with so many quality runners. So we took off to Dunkin Donuts in Newton Lower Falls where we met up with my brother Nick (Kanaracus), who did reasonably well in 47 and change. We wondered about the awards ceremony. As Denny repeatedly mentioned, he is not a hot weather runner and he had run out of gas about halfway through. So we skipped the awards ceremony and goodie handout to the winners and division winners.

What were the chances he'd win anything anyway? It was too far to walk back to the main area. We were all too hot and too discouraged.

Lo and behold, I check the results on Monday and yes, Denny again is first "in his age group".

Even on a bad day he still wins!



Above: Steve Kanaracus (711) finishing the Newton 10K.

Notable Performances:

- Jason Bui WON the Minuteman 5 miler on July 4th, 2012. He ran this in a p.r. time of 28:25 and eked out a close win by 10 seconds for his first career win.
- Mike Shanahan (18:09) and Ally Maslowski (19:58) WON the Billerica Girl Scouts 5K on June 24th. Richard Dagenais was 2nd male in 18:41.
- At the Race for Justice in Lowell on June 24th: GLRR's own Festus Mbuva won the 5K in 19:05 with John Stone finishing close behind in 19:13. Allyson Casey was top female in the 5K in a time of 21:40. In the 10K, E.J. Hrynowski was top 40-49 in 38:35. Candice Gagnon (44:11), Ally Maslowski (44:41) and Susan Bourque (45:41) went 1-2-3 for females in the 10K.
- Ethan Brown ran 9:31 at the Carson 2 mile race in Chelmsford on July 4th while donning a GLRR jersey. Hopefully, he will wear it again at many other races in the future!
- James Sullivan is leading the Good Times 5K Summer Series in Lowell. James has run 5K times of 16:57, 16:58, and 16:59 on three separate occasions.
- Matt Theodoros ran a 4:48.47 mile at the Martinez Classic in Concord on July 7th. This was three days after running a 10:18 2-mile race in Chelmsford on July 4th. That is a tough double.
- Candice Gagnon won the Berna's Great Legs 5K race in Lowell on July 12th. Candice won in 20:00 flat on a warm night. A slew of other GLRR ladies participated including Athlete of the Week Rebekah Welch (20:33), Ally Maslowski (20:41), Liane Pancoast (20:53), Trish Bourne (21:01), Bethany Knoettner (21:13), Zona

Sharfman (23:08), Kim Budryk (24:58), Linda McCarthy (26:27), Karen Grondine (27:02), and Johanna Riley (34:28).



(Above: GLRR women at Berna's Great Legs 5K. Lowell. July 12, 2012. From left: Rebekah Welch, Bethany Knoettner, Ally Maslowski, Zona Sharfman, Liane Pancoast, Candice Gagnon and Trish Bourne.)

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

- GLRR summer cookout/club meeting. Saturday, August 4th. Glenn Stewart's House. 15 Drexel Drive, Chelmsford, MA. Group runs of various distances and speeds to begin at 10 A.M. Party afterwards with burgers, hot dogs and swimming. 2nd annual GLRR Almost Dangerous Game of Swimming-pool-ball to be part of festivities.
- Weekly track workouts. Resuming Thursday nights on August 9th, 6:30 p.m. at Chelmsford High School. Warm-up at 6:00 p.m.
- GLRR group run. Saturday Mornings. 8 A.M. 118 E. Merrimack Street. Lowell, MA. Various distances and paces.

- Westford Academy Summer Road Race Series. Thursday nights at 6:30 p.m. until August 16th. 3.6 mile run or walk at Westford Academy. Contact Paul Poisson at Paulrunxc@aol.com for more info.
- Carver (MA) 5 miler. (USATF Grand Prix Race #5) July 28th. 9 a.m. Sign up on Club Website for free entry by July 16th.
<http://www.leaguelineup.com/welcome.asp?url=cranberry5mile>
- GLRR annual family outing. Thursday, August 16th. 6:00 P.M. Edward LeLacheur Park, Lowell, MA. 32 tickets for Spinners game available at \$9 each. Contact Gerard Ottaviano (gjotto@comcast.net) if interested. First 1,000 fans to enter receive a Micky Ward garden gnome!
- Jack Kerouack 5K, Sunday, September 30th, 2012. Noon. (USATF Grand Prix Race #6) <http://www.jackkerouac5k.com/>.

New Members:

Joining in May:

Kristen Allen	Jessica Alosco	Ken Cain	Stacy Ennis
Carlos Flores	Lucas Flores	Matthew Flores	Natalia Flores
Anna Geary-Meyer	Lindsey Wallis	Ed Walsh	

Joining in June:

John Brodie	Dennis Evangelos	Annie Evangelos	Michael Formichella
Chrissy Gilmore	Mike Gilmore	Aidan Gilmore	Owen Gilmore
Andrew Gilmore	Cindy Meklenberg	April Mendez	Juston Mendez
Loren Mendez	Steven Mendez	Melissa Weiksnar	

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: Heywood Hugh Wauntadoot

Writers needed. Send e-mail to frankgeorges77@yahoo.com if interested.