



## NEWSLETTER

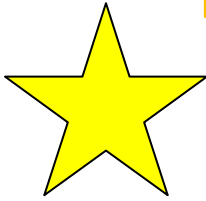
September-October Edition

Cost: Free

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Welcome to the fifth 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.

## NOTABLE PERFORMANCES



Since Fall 2011, a carefully selected committee has been announcing the Greater Lowell Road Runners' **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. Nominations for **Athlete of the Week** can be sent to [aow@glrr.net](mailto:aow@glrr.net).

**Athlete of the Week** for July 29<sup>th</sup>, 2012: **Michael Cryans**



Michael Cryans finishing Carver Cranberry 5 miler. Photo by Ted Tyler

**Michael Cryans** ran 32:55 on Saturday, July 28th at the Carver Cranberry 5 mile road race to place 4th in the 60-69 division and lead GLRR's veteran team to a second place finish. Michael is enjoying a strong season and has participated in every grand prix race this year. He ran 1:10:39 at the Jones (Amherst) 10 miler, 1:32:11 at the New Bedford Half Marathon, 49:11 at

the Bedford 12K, and 41:27 at the Newton 10K. After Carver he was leading the standings for the 60-64 division for the 2012 USATF-New England Grand Prix.

**Co-athletes of the Week** for August 5<sup>th</sup>, 2012: **Richard Dagenais and Marli Secher Piccolo**



Richard (l.) and Marli (r.) Photo source: Facebook.

**Richard Dagenais** (left) and **Marli Secher Piccolo** (right) both ran p.r.'s at the Yankee Homecoming 10 miler last Tuesday, July 31st in Newburyport. Richard ran 1:04:09 and Marli ran 1:20:30. Both have enjoyed successful running years in 2012. Richard also set a 5K p.r. of 18:09 on May 22nd at the Still We Believe 5K in Lowell. Marli won the Run T.H.E. Farm 5K trail race in Tewksbury on May 5th in 23:55. Both seem to still be getting faster!



**Athletes of the Week** for August 12<sup>th</sup>, 2012: **Ken Skier**



Ken Skier running the relay at Tufts in June 2012. Photo source: Facebook.

The AOW committee was informed recently that **Ken Skier** was the first person EVER to complete the USATF New England Mountain Circuit season series while running barefoot. This earned him the honor of being dubbed a USATF-New England "Mountain Goat" and earned him an automatic berth into the 2013 Mount Washington Road Race. The series included the six races of Sleepy Hollow Mountain Race, Wachusett Mountain, Pack Monadnock, Cranmore Hill Climb, Loon Mountain, and Ascutney Mountain Challenge. As of August 2012, Ken has run 23 races barefoot this year. At the Artesani Park 5K in Brighton on July 14th, he also recorded his fastest time "in years" of 26:09. He ran a 7:57 mile at the Tufts Marathon Relay on June 23rd. In addition to being an accomplished swimmer and seasoned biker, Ken also takes photographs at races while he runs them. His contributions to the local running community over the past couple of years have been interesting and varied. Good job, Ken!

**Athlete of the Week** for August 19<sup>th</sup>, 2012: **Pamela Beckwith**



Pamela Beckwith riding her bike in Lake Placid, NY. While her face might not indicate it, her shirt suggests that she is smiling. Source: Facebook.

On July 22nd, **Pamela Beckwith** completed the Lake Placid Ironman Triathlon in a time of 14:40:35. She completed the 2.4 mile swim in 1:24:23, the 112 mile bike in 6:40:46 and the 26.2 mile run in 6:17:56. Most people don't do that much exercise in a whole week nevermind 14 hours in a single day! Pamela also helps out as a volunteer at a lot of local road races, including the Good Times 5K where she hands out water to runners on Tuesday nights.

**Co-athletes of the Week** for August 26<sup>th</sup>, 2012: **Trina Picardi Sheehan and Volunteers at Noelle's running camp**



Photo: Trina Picardi Sheehan also won the maple syrup drawing at the club meeting in August.

There was a "photo finish" for athlete of the week this week. There's no real finish order but first up: the volunteers who make Noelle's Running Camp such a great source of pride for Greater Lowell. The kids work hard, but if you had the pleasure of seeing them rounding that final turn and charging hard to the finish of the Chamberas Memorial XC in Carlisle this weekend you know they're taught "if it ain't fun it ain't worth doing". Kudos to El Presidente **Glenn Stewart**, Head counselors **Peter Molloy** (coach at Tewksbury HS) and **Bridget Russo** (coach at Lowell Community Charter Public School), Coach **Joe Ferris**, and Assistant Coaches (and past clinic graduates) **Jack Newcomb** (Chelmsford HS) and **Erin Dixon** (Lowell (?) HS) for their time and effort!

And next, we move from "behind the scenes" to front and center. **Trina Picardi Sheehan** spent the summer rolling through week after week of consistent runs at



Good Times and won the 40-49 age group for the series. This is a true test of AOW mojo. She ended the series by running a 24:46 5K...good for 7:59 pace.

**Athlete of the Week** for September 2<sup>nd</sup>, 2012: **James Sullivan**



Photo: James Sullivan sealing the deal at the last Good Times race. Photo: Ted Tyler.

After another really tough week for the AOW committee, when the votes were tallied the Pocatello Kid (also known in race results as **James Sullivan**) got the nod once again to earn his third athlete of the week award this year. He won the Good Times Summer Series Championship, sealing the victory with a PR at the Last Call 5k. With a solid lead in the standings, he could have cruised to the championship but chose to dig deep and win in style with a seven second personal record.

He started the Spring series with a 17:29 PR on April 10th, and moved it down again with 17:21 (5/1), 17:18 (5/8), 16:59 (5/15), 16:56 (6/26) and finished with last Tuesday's 16:49.

So what made it a tough week? **Erica Zornig** turned in yet another outstanding series, repeating as Good Times champion. And **Team Bourne (Trish and Ben)** tore up the course of the NH Ten Miler, burying their competition. **Jason Bui** hit the podium with

3rd in AG at the Olympic distance Cranberry triathlon. **Scott Graham** was 2nd overall at Meredith Book-it 5k. It goes to show the level of racing performance that we've come to expect, so take a bow one and all!

**Athlete of the Week** for September 9<sup>th</sup>, 2012: **Erica Zornig**



Photo: Erica Zornig (right) at Tufts Relay handing off to EJ Hrynokwski. Source: Facebook.

We have another repeat (if not habitual) offender, this week's AOW is **Erica Zornig**. One of two Angry Chicks to win a race last weekend, she edged out **Ally Maslowski** by virtue of "crushing the course record" at Run For The Hills in Harvard.

Ally won the inaugural Kickoff Classic in Lowell, so the stage is set for her to continue her road racing dominance and crush the course record next year.

Honorable mentions to **Bash Zaganjori** for his win at the Bad Habit 5k on Labor Day, and **Matt Shapiro** for a nice PR at the Kickoff Classic.



**Athlete of the Week** for September 16<sup>th</sup>, 2012: **Allyson Downey Casey**



Photo: Allyson Downey Casey at the Air Force Marathon held at Wright-Patterson AFB, Ohio. Photo: Fil Faria

The Athlete Of the Week selection process has included soul searching, coin tossing, lively debate, head scratching and overworked tiny little brains. Thankfully, the no-brainer of a selection this week gives us a blissfully stress-free choice in **Allyson Downey Casey**.

She's run a gazillion miles in all kinds of weather and has seen the payoff at a whole bunch of races from New Bedford to the recent East End 5 miler. She proved she's tough by running most of those gazillion miles with her training partner/coach, **Fil "The Camel" Faria**. (Fil's hills aren't easy, but it's the company that poses the real mental challenge).

Is she tough? Sure. But tough enough to run 3:35:37 in her DEBUT marathon? Yup! She certainly took the "Aim High" motto to heart at the Air Force Marathon.

Please join me in congratulating Allyson on her outstanding run, and well deserved AOW selection.

**Co-Athletes of the Week** for September 23<sup>rd</sup>, 2012: **Ben Bourne and Trish Bourne**



Photo: Ben (r.) and Trish (l.) Bourne at the Wilmington Half Marathon. Photo source: Facebook.

After one easy week, the Athlete Of the Week selection process returned to soul searching, coin tossing, lively debate, head scratching and overworked tiny little brains. We're in prime autumn racing season, and there's gonna be lots more chickeny goodness and head scratching ahead.

This week's selection is the dynamic duo of **Team Bourne**, with another excellent day at the Wilmington Half Marathon. Last year, **Trish and Ben** were two-thirds of the winning co-ed team, and this year Trish was on a hardware winning team again (I can't find the group awards

on coolrunning this year, so I'm not sure whether or not GLRR fielded a men's team or coed team)

Individually, Trish Bourne was second woman overall in 1:31:21 and Ben was third in the 18-29 age group in 1:31:37 (such a nice boy that Benny, letting mom cross the line first.)

Among many notable performances this week, Team Bourne had fantastic competition from [Marli](#) and her win at Baystate Memorial 5k (21:55). Also [Mary Casey](#) (22:52) and [Jon MacKenzie](#) (28:30) came through with Baystate age group wins. **Nancy Dorn** had an AG win at Wilmington (1:43:10) and **Matt Curran** was fourth overall at Gloucester's Lone Gull 10k (36:30)

**Athlete of the Week** for September 30<sup>th</sup>, 2012: **Steve Gendron**



Photo: Steve Gendron at Kerouac 5K. Photo by Ted Tyler.

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Against the usual ridiculously deep and talented field, **Steve Gendron** was 36th overall at the USATF New England 5k Championship (Kerouac) in 16:08.



Other worthy performances included **Matt Theodoros** (50th overall in 16:25), **Layce Alves** (8th AG in 18:28), **Liane Pancoast** (6th AG in 21:24), **Tom Peters** (1st in AG at Clarence DeMar in 3:26:31) and **Ann Marie Johnson** (1:33:38 at Smuttynose Half)

There's something in the water, these Chickens be ANGRY.

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Keep the feedback, nominations and outrageous bribes coming to AOW@glrr.net and more importantly...run Angry!

--E.J. Hrynowski, King of Athlete of the Week Committee

# *Fashion Corner*



Photo by Ted Tyler above. Johanna Riley (l.) and President Glenn Stewart (r.) show off some really, really vintage GLRR singlets from the mid 1980's at the East End 5-mile Road Race in July. These are rarer than the early 1990's slime green ones that Jason Bui and I own and hearken back to the days when the club had thousands of runners. (I don't think that is an exaggeration.) Jerry Rosa, a veteran runner himself, noticed these jerseys at the East End race. He then struck up a conversation with Glenn and they presumably talked about running in the

“old days.” Jerry next felt compelled to join the 2012 edition of the club on the spot...and he signed up that day.

## Notable Performances and Other News:

- Matt Shapiro ran a personal record of 24:58 at the Kickoff Classic 5K in Lowell on September 9<sup>th</sup>. This eclipsed his P.R. of 25:08 set at a Fudgcicle 5K this January. Mary Casey-Gorman paced him to his p.r. at the Kickoff Classic. Steve Gendron won the race in 16:45. Ally Maslowski was top woman in 20:00. Marybeth Finn was top 40-49 female in 22:18. Mary Casey-Gorman was top 50-59 female in 22:57. Donna Newcomb was 2<sup>nd</sup> 50-59 in 32:41.
- Joe Morasse won the East End 5-mile race in Lowell in July in 28:55. According to Glenn Stewart, he agreed to run for us at Mill Cities in December. Dan Beaulieu ran 33:26. Marli-Piccolo was 3<sup>rd</sup> woman in 37:51. Ken Goodin (34:56) turned in a solid performance. Glenn (35:19) just missed winning the 60-69 age group by 12 seconds in his return to racing. Allyson Casey was 2<sup>nd</sup> woman in 38:42. Mary Casey was top 50-59 woman in 44:21. Johanna Riley was 3<sup>rd</sup> 60-69 woman in 57:29. Denny LeBlanc won the 70-79 male division in 41:25. George Leslie was top 80+ male in 53:10.
- Matt Theodoros led all GLRR participants at the Carver Cranberry 5 miler race, which served as this year’s USATF-NE Grand Prix championship for the distance. Matt ran 27:46 to finish 76<sup>th</sup>. Team results for the men are as follows:



## Team - Greater Lowell Road Runners Finish Position - 9

Team Score (times): 2:22:54.8

<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	218	MATT THEODOROS	NORTH CHELMSFORD MA	M	76	76	27:46.4	27:46.4
2	211	MARK REEDER	BRIGHTON MA	M	94	170	28:33.1	56:19.5
3	216	JAMES SULLIVAN	CHELMSFORD MA	M	97	267	28:40.1	1:24:59.7
4	184	JASON BUI	AYER MA	M	104	371	28:57.4	1:53:57.2
5	197	E J HRYNOWSKI	ARLINGTON MA	M	105	476	28:57.6	2:22:54.8
6	219	JAMES DELUCA	ARLINGTON MA	M	112	588	29:41.6	2:52:36.5
7	182	JOHN BRODIE	STOWE MA	M	117	705	30:07.6	3:22:44.2
8	206	SCOTT O'BRIEN	CAMBRIDGE MA	M	150	855	32:11.0	3:54:55.2
9	187	MICHAEL CRYANS	HANOVER NH	M	160	1015	32:55.6	4:27:50.9
10	215	MATT STORY	WESTFORD MA	M	170	1185	33:26.4	5:01:17.3
11	203	CHIP MANN	TOWNSEND MA	M	181	1366	33:59.4	5:35:16.7
12	196	KEN GOODIN	LOWELL MA	M	191	1557	34:27.9	6:09:44.7
13	214	GLENN STEWART	N. CHELMSFORD MA	M	194	1751	34:36.1	6:44:20.9
14	179	BENJAMIN BOURNE	TEWKSBURY MA	M	196	1947	34:44.2	7:19:05.1
15	208	TOM PETERS	FRANCESTOWN NH	M	203	2150	35:25.4	7:54:30.6
16	181	MICHAEL BRODEUR	LOWELL MA	M	223	2373	36:27.4	8:30:58.0
17	199	STAVROS KANARACUS	LOWELL MA	M	239	2612	37:50.6	9:08:48.7
18	192	LUIS ESCOBAR	LOWELL MA	M	246	2858	38:26.6	9:47:15.3
19	212	MATTHEW SHAPIRO	CHELMSFORD MA	M	293	3151	43:20.7	10:30:36.0
20	210	DENNIS PRICE	CHELMSFORD MA	M	319	3470	49:08.1	11:19:44.1
21	213	JAMES LEE SHELTON	LOWELL MA	M	336	3806	52:57.2	12:12:41.3
22	194	MICHAEL FEENEY	METHUEN MA	M	341	4147	55:15.1	13:07:56.5
23	217	DOUGLAS SYLVESTER	MARLBOROUGH MA	M	350	4497	59:45.1	14:07:41.6

On the ladies' side, Candice Gagnon lead the way in 33:20 at Carver. Team results for the women are listed here:

## Team - Greater Lowell Road Runners Finish Position - 8

Team Score (times): 2:50:10.0

<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	195	CANDICE GAGNON	LOWELL MA	F	38	38	33:20.6	33:20.6
2	204	ALLY MASLOWSKI	BILLERICA MA	F	39	77	33:23.4	1:06:44.1
3	180	TRISH BOURNE	TEWKSBURY MA	F	42	119	33:35.1	1:40:19.3
4	176	KRISTEN ALLEN	BRIGHTON MA	F	48	167	34:15.2	2:14:34.5
5	207	LIANE PANCOAST	WESTFORD MA	F	63	230	35:35.4	2:50:10.0
6	201	BETHANY KNOETTNER	WESTFORD MA	F	67	297	36:02.6	3:26:12.6
7	186	ALLYSON CASEY	TEWKSBURY MA	F	78	375	37:10.1	4:03:22.8
8	190	NANCY DORN	PLYMOUTH MA	F	80	455	37:14.9	4:40:37.7
9	202	AMANDA MAFFEI	HOPKINGTON MA	F	81	536	37:26.4	5:18:04.1
10	189	SUE DONOVAN	BILLERICA MA	F	89	625	38:20.5	5:56:24.6
11	209	MARLI PICCOLO	TEWKSBURY MA	F	92	717	38:37.7	6:35:02.3
12	205	LINDA MCCARTHY	DRACUT MA	F	162	879	46:28.2	7:21:30.6

Some notes from the Carver race: We had 3 podium finishes (\$\$) for the teams: Master Women (Trish, Liane & Nancy) 3<sup>rd</sup>, Senior Women (Liane, Nancy & Amanda) 3<sup>rd</sup>, and Men's Vets (Michael C, Chip & Glenn) 2<sup>nd</sup>. Men's open was 9th, men's masters were 7th (could have used some help there), Seniors were 5th (it would not have taken much to move up to 3rd). Women's open moved up to 8<sup>th</sup>.

On individual USATF-NE Grand Prix overall standing notes (post-Carver) – Michael Cryans, despite pulling a hammy in the race held onto the top veteran spot with two races to go – and should keep that spot. Well done, Michael. Steve Kanaracus

has the top 65-69 spot – way to go Steve. Denny LeBlanc has missed 2 races – but is still in the running for top 70+. Trish was second in the 45-49 female category.

For the teams' USATF-NE Grand Prix overall standings: after Carver Men's vets were 3rd, but only 2 points out of first., Women's Masters are 4th with a good shot at 3rd and Seniors are 3rd with a chance to take 2nd.

- At the 24-Hour Around the Lake races in Wakefield, MA on July 27<sup>th</sup>, Susan Bourque was 6<sup>th</sup> woman in the 12 hour race and ran 57.94 miles. Dan Beaulieu ran 54.77 miles in the same race. Zona Sharfman (last year's winner) ran 48.42 miles.
- At the Yankee Homecoming 10 mile race on July 31<sup>st</sup>, Ethan Brown ran for the Greater Lowell Road runners and finished 13<sup>th</sup> overall in a time of 55:08 in a highly competitive field. He led a flock of chickens in the 10 miler: (new member) Ken Cain (1:06:34), Maureen Pellegrini (1:18:32), Steve Kanaracus (1:19:12), Marli Picollo (1:20:30), Cody Freihofer (who paced a friend in 1:29:08), and Ray Phillips (1:49:06). It also marked the return of Mark Corbett to racing in the 5K (27:58). Michelle Roche took the women's 40-44 age group in 21:55.
- At the Falmouth Road Race, Liane Pancoast was 4<sup>th</sup> senior and Nancy Dorn was 9<sup>th</sup> senior. Rich Molloy won the 70+ age group.
- Thomas Chamberas XC Race: 6K at Great Brook Farm in Carlisle on August 25<sup>th</sup>:

This one was mostly about the youth runners... we had the nucleus of the young girls team – Alisa Crueger-Cain and McKenzie Clark – who were 1st and 3rd against the teenagers there. We also had new teammates Christina Berger and Justin Eubanks in their first GLRR race approaches and a couple of kids that are now veterans of the youth scene – McKenzie's brother, Bobby and Cameron Murphy.

- There were also some adults – EJ Hrynowski was first GLRR over the line in 32<sup>nd</sup> place, followed by Bob Kearns, Mike Murphy (Cameron's dad), Lee Panas (in a rare green appearance), Trina



Sheehan, Glenn Stewart and Jessica Costa. Results at:

[http://www.coolrunning.com/results/12/ma/Aug25\\_Thomas\\_set1.shtml](http://www.coolrunning.com/results/12/ma/Aug25_Thomas_set1.shtml)

- At the Lemkin 5K in Lowell on August 26<sup>th</sup>: Ben Ndaya (16:22) and Kara Haas (17:50) won. Festus Mbuva was 4<sup>th</sup>, Trish Bourne was 13<sup>th</sup> (3<sup>rd</sup> woman) and Mary Casey-Gorman won women's seniors. Steve Kanaracus was 2<sup>nd</sup> vet. Rich Molloy was first 70+ male. Jerry Rosa and his wife Maxine served as volunteers. The Shedd Park Misfits: Ben, Festus, Ratthana Yorn, Dave LaBrode and James Pawlicki took the men's team title. On the ladies side: Trish, Mary, (new member) Cindy Meklenburg, Donna Newcomb (Jack's Mom) and Johanna Riley took 2<sup>nd</sup> women's team while running for GLRR.
- In the summer Good Times series: Erica Zornig wrapped up the ladies title. On the men's side it was a GLRR sweep with James Sullivan at the top and Jason Bui and EJ Hrynowski close behind.

In age groups – little dynamo McKenzie Clark won the under-19 girls, with her teammates Alisa Cruger-Cain and Lily Robinson close behind. Jason Bui won the male 30-39 division. In the ladies 40's age division, Trina Sheehan edged out Linda McCarthy. E.J. won the top spot in men's 40s. In the ladies 50's group, Liane Pancoast overcame a missed race and passed Mary Casey-Gorman for the top spot. In the ladies 60's group, Johanna Riley wrapped up the top spot. Don Gatton likewise wrapped up the top of the men's 60's, and in the 70's male age division the trio of Jonathan MacKenzie, George Leslie, and George Bisson swept (in that order).

- **Youth Activities**

We had the 6th Annual Noelle's Running Clinic – held this year for 2 weeks in August. 16 runners attended the first week and 17

came the second. This was for sure the best behaved group we've ever had. Our youngest was 7 and the oldest was 13. They all worked well together and were also very talented runners. Huge thanks to the camp counselors: Peter Molloy, Bridget Russo, Joe Ferris, and past clinic graduates Jack Newcomb and Erin Dixon.

- We also had our first Cross Country Camp – with 9 runners. We did a variety of venues with a graduation race at Great Brook. For a first time venture it went really well – with the help of Peter, Joe and Jack.
- Now we transition to XC practices and the fall XC races. Joe Ferris recently completed the USATF coaching class and will put this new knowledge to work getting the kids ready for Junior Olympics

We have targeted the following races for the kids:

**Sept 9<sup>th</sup> - Harvard 5K**

**Oct 7<sup>th</sup> - Wayland XC Challenge**

**Oct 28<sup>th</sup> – Mayors Cup – location TBD**

**Nov 4<sup>th</sup> – JO Prelim – Amherst NH**

**Nov 11<sup>th</sup> – Junior Olympics NE– Amherst NH**

**Nov 18<sup>th</sup> - Junior Olympics Region 1– Long Island**

**Dec 8<sup>th</sup> - Junior Olympics Nationals – Albuquerque**

- Those on Facebook know there is a changing of the guard on the Athlete of the Week committee – Frank Georges (that is me, the editor of this newsletter) now has a teaching job at Stonehill College – so I won't be around much and will be pretty busy. So E.J. Hrynowski will take over the committee. If you'd like to help him select the next AOW – you can email him at [aow@glrr.net](mailto:aow@glrr.net) – he also accepts PBR bribes
- The format of the newsletter may change as a result of the editor's new time constraint/lifestyle. The plan is to have another newsletter in December 2012 but that itself is tentative. After that, new volunteers will likely be needed to help produce

newsletters for next year. If there were any typos or errors in this edition, I apologize. It was put together kind of fast.

- Thanks to **Mike Ballerini** for hosting the September GLRR club meeting at **Papa Gino's at 31 Wood Street, Lowell, MA**. There was no beer like at Hookslide Kelly's but the pizza was much, much better.
- Jim Garcia ran the New Hampshire Marathon in a time of 3:00:41 and took 7<sup>th</sup> overall. Jim just missed the coveted sub-three mark. He ran 2:33:17 to set the course record in 1994 and that mark still stands on a rather challenging and hilly course near Newfound Lake. Jim had an eventful running week. Earlier in the week he was also re-elected to serve as one of three vice presidents for the USATF-New England chapter.
- GLRR's John Feehrer again organized the annual 5-mile Grace Race in Chelmsford to help build schools for orphans in Kenya on September 29<sup>th</sup>. Andy Chandonnet returned to racing to run 35:06. Joe Morasse (27:55), Lee Panas (35:29) Dan Dorazio (38:53), Tom Amiro (39:42), Cindy Meklenburg (40:36), and Jessy Cah (48:19) all took part. Ex-GLRR'er Kara Haas (29:26) edged out fellow 41-year old female Claudia Camargo by just 12 seconds to take the women's title.
- Erica Zornig won the Harvard Run for the Hills 5K to "smash" the course record with a winning time of 20:55. Sue Donovan was 2<sup>nd</sup> 40-49 woman in 23:47. Alisa Crueger-Cain led the under 18 females in 22:07.
- At the Stoneham 5K on Sept. 15<sup>th</sup>, Glenn Stewart volunteered his timing services to help raise money for the Phil Riley scholarship.

Johanna Riley, Phil's wife, participated in the race and was 2<sup>nd</sup> 60-69 female.

- At the Ryan's Cup 5K in Chelmsford on Sept. 16<sup>th</sup>, Cody Freihofer was first GLRR and 4<sup>th</sup> overall in 17:14. Peter Molloy was 10<sup>th</sup> in 20:17. New member Jim Burke was 19<sup>th</sup> in 21:51 and 2<sup>nd</sup> 50-59 male. Rich Molloy ran 23:31 to be 2nd 70+ male. George Leslie was third in the 70+ category with a 33:44. Thanks to Tom Amiro, Antonio, Ken Goodin, Jimmy Shelton and Mark and Dale S for volunteering.
- At the GBTC cross country meet, the team of Mark Reeder, Keith O'Brien, Peter LaGoy, Ken Cain, and James Stronach took 3<sup>rd</sup> place in the master's division.
- The BayState Memorial 5K was a success thanks to volunteers Scott Casper, Pamela Beckwith, Johan MacKenzie, Jimmy Shelton, Michael Sheehan and Trina Sheehan. Marli Piccolo won the women's race in 21:59. Lee Panas was first GLRR in 20:53 and 8<sup>th</sup> overall. Other medal winners were Linda McCarthy (2<sup>nd</sup> 40-49), Mary Casey-Gorman (1<sup>st</sup> 50-59), Steve Kanaracus (2<sup>nd</sup> 60-69), Johanna Riley (2<sup>nd</sup> 60-69), and Jonathan MacKenzie (1<sup>st</sup> 70-79.)
- Finally, in the Kerouac 5K, GLRR women took 5<sup>th</sup> open, 3<sup>rd</sup> masters, and 3<sup>rd</sup> seniors. GLRR men took 8<sup>th</sup> open, 5<sup>th</sup> masters, 3<sup>rd</sup> seniors, and 3<sup>rd</sup> veterans. The top 7 performers for the men were Steve Gendron (16:08), Matt Theodoros (16:25), Matt Curran (17:18), Jason Bui (17:20), E.J. Hrynowski (17:22), James DeLuca (17:40) and Keith O'Brien (18:22). The top 7 women were Layce Alves (18:28), Trish Bourne (19:39), Rachel Eatherton (20:14), Ally Maslowski (20:16), Liane Pancoast (21:04), Sheila Jacks (21:22) and Amanda Maffei (22:26). Matt Curran was top 55+ male and



7<sup>th</sup> 50+. E.J. Hrynowski was 8<sup>th</sup> 50+ male. John Barbour was 4<sup>th</sup> 55+ male in 18:48 and Michael Cryans was 4<sup>th</sup> 60+ male in 19:47. Trish Bourne was 4<sup>th</sup> 45-49 female and Liane Pancoast was 7<sup>th</sup> 50+ female (and 6<sup>th</sup> in the 50-54 category.) The club had a strong showing. New additions Steve Gendron and Layce Alves helped with strength at the top end of the roster. We beat our rivals Gate City in every team category except male veterans...and we came close there.

- Volunteering at the Kerouac 5K were Glenn Stewart, Fil Faria, Mike Ballerini, Ken Goodin, Paul Kelly, Jimmy Shelton, Frank Georges, Dan Beaulieu, Zona Sharfman, John Morrison, Dan Dorazio, Jessica Costa and a few others whom I may have missed. 50 club members ran the race also. I'm not sure if Kerouac ever ran a road race although he did play football for Columbia. Next year, if we have more volunteers we can perhaps have some people read parts of Kerouac's works aloud as runners pass by. This would perhaps make more of a connection between the author and the race. Right now it seems the only connection is that his face goes on the t-shirt and his name on the website. That is better than nothing, I suppose, but the old race course actually used to run through Kerouac Park. Due to traffic considerations running there is no longer an option....



Photo: various GLRR'ers at the Kerouac 5K. Photo source: GLRR Facebook page.

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

# . BayState Marathon.

October 21<sup>st</sup>. Lowell, MA. Lowell High School/Tsongas Arena. 8:00 A.M.

## **VOLUNTEERS NEEDED**

especially with traffic control. We still need a few dozen more volunteers to staff the race. Go to:

<http://www.baystatemarathon.com/volunteers.html> for more information or to sign up. You know you must do this. All the stuff that you get from the club is largely paid for by this race and volunteering is crucial.

- Weekly track workouts. Thursday nights through October 11<sup>th</sup> at Chelmsford High School. Check <http://www.glrr.net> website for time.
- GLRR group run. Saturday Mornings. 8 A.M. 118 E. Merrimack Street. Lowell, MA. Various distances and paces.
- Mill Cities Relay. Sunday, December 2<sup>nd</sup>. 8:00 A.M. Start: Norman Crisp School in Nashua, NH. Finish: Claddagh Pub in Lawrence, MA. Teams of 5 separate runners cover 28.3 miles. The top teams from each club score and as part of a competition between north shore running clubs. Contact Jessica Costa at [vice\\_president@glrr.net](mailto:vice_president@glrr.net) for more information.  
<http://millcities.com/race-details/>
- Bobby Bell 5-mile race. The Lasting Room, Haverhill, MA. Sunday, October 7<sup>th</sup>, 10:30 A.M. for walkers. 11 A.M. for runners.<http://www.yankeetiming.com/Bbell/>
- Wayland cross-country races. Sunday, October 7<sup>th</sup>, 9:30 A.M. Wayland, MA.  
<http://www.waylandxc.com/general.htm>
- 14<sup>th</sup> Annual Jennifer's Run 5K. Saturday October 13<sup>th</sup>, 300 Martin Luther King Way. Lowell, MA. 10:00 A.M.  
<https://www.racemenu.com/events/13562-14th-Annual-Jennifer-s-Run-5K>
- 17<sup>th</sup> Annual Genesis Battlegreen Run. Sunday, November 4<sup>th</sup>, 12:15 P.M. 5K and 10K races. Lexington High School Field House.  
<http://genesishrsolutions.com/about-us/genesis-battlegreen-run-details/>
- Cape Cod Marathon. Falmouth, MA. October 28<sup>th</sup>. 8:30 A.M. USATF-New England Marathon Championship. <http://www.capecodmarathon.com/>
- USATF-NE XC Championship. November 18<sup>th</sup>. Stanley Park, Westfield, MA.  
<http://www.usatfne.org/cross/index.html>

## New Members:

- Aims Coney
- Rachel Eatherton
- Ryan Faria
- The Febo's: Antonio, Anthony, Karina, Madelini
- Steve Gendron
- Maureen Holland & Jeff Strobel
- George Leslie
- Adam Parslow
- Jerry Rosa
- Jim Burke
- Brendan Burke
- David Burns
- Kelliann Burns
- Katelyn Burns
- Tyler Burns
- Michael Carr
- Deb Dorsey
- Howard Hersey
- Steffan Zwirek



**Editorial Staff for Newsletter:**

Editor-in-chief: Frank Georges

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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 King: E.J. Hrynowski

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