



## NEWSLETTER

Year End Edition-December 2012

Cost: Free

Timere Pullum

Welcome to the sixth 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.

# GLRR Places 3<sup>rd</sup> at 2012 Mill Cities Relay



Picture of 2012 GLRR Mill Cities Relay squad. (Photo by Jimmy Shelton.)

On December 2<sup>nd</sup>, GLRR participated in the Mill Cities relay, which involves multiple teams running 5 legs of a 26.9 mile course along the Merrimack River from Nashua, NH to Lawrence, MA. GLRR had its most successful Mill Cities Relay in several years and finished 3<sup>rd</sup> amongst 19 local running clubs in a competition that helps to define who has the fastest running club north of Boston. There are a variety of categories based on age group and gender, and our club fielded teams in almost every category. The club finished with 106 points. This was only three

points behind the second place Somerville Road Runners and 21 points behind the overall winner Gate City Striders club from Nashua. Greater Lowell had a number of teams that placed in the top 3 of their divisions and thus won a Mill Cities brick. Most impressive was the performance of the Men's Veteran (60+) team (named "Two Greeks and Three Geeks") which placed first in the category in a field of nine teams. This team consisted of Tom Peters, Steve Kanaracus, Jack Flynn, Chip Mann and Nick Kanaracus. The Co-ed Ancient (70+) team "Quicksilver" of Hazel Palmer, Denny LeBlanc and Jon Mackenzie won their division too.

Also garnering a brick was the GLRR open co-ed team of David Ndunga, Bashkim Zaganjori, Emily Kinback Anderson, James Sullivan and Lindsay Willard. This group (with the team name of "We're Going Streaking!") finished second in a *highly* competitive division of 17 teams. Another strong GLRR team was "Souped Up Chickens" (with E.J. Hrynowski, Scott Graham, Ken Goodin, Matt Curran, and Norman Kim) which placed second in the male's senior division to a highly skilled Whirlaway team. The female senior team ("Senior Chicks") of Mary Casey-Gorman, Liane Pancoast, and Madeline Febo also placed second and came within three minutes of passing the Whirlaway seniors for first place.

Four teams also just missed winning bricks and finished in fourth place in their extremely competitive divisions: the GLRR women's open team ("Quick Chicks"), the men's open team ("Lowell High United"), the male master's team ("GLRR IV"), and the female master's team ("Bourne to Trott").

Overall, Greater Lowell had a great day and scored about 30 more points than the previous year. Another year of improvement like this and the club can expect to bring the first place trophy back to the biggest and best Mill City of Lowell in 2013.



Shown here is 2/3 of the winning Co-ed Ancient "Quicksilver" team at Mill Cities. Hazel Palmer and Jon MacKenzie leave leg 3 by the UMass-Lowell boathouse. Not pictured is fellow team member Denny LeBlanc who was running the long leg.





Emily Kinback Anderson, a member of GLRR's 2<sup>nd</sup> place finishing co-ed open team, warms up before the start of her leg 3 run at the Lowell Vocational School prior to Mill Cities. (Photo by Jimmy Shelton.)



Chip Mann hoists the first place brick for his Male 60+ Veterans team ("Two Greeks and Three Geeks" at Mill Cities. Chip ran the long leg for the team.



# 2012 Holiday Group Run



The picture above is from the run held in front of GLRR headquarters in Lowell on December 22<sup>nd</sup>. Each year in December the club turns its weekly Saturday run into something more resembling a party. This year 68 club members turned out for the event. People ran distances from 3 to 18 miles and then celebrated with snacks and a club meeting afterward.



Above: GLRR runners Linda McCarthy, Dave Tyler, Pam Beckwith, Scott Casper and Luis Escobar enjoy holiday treats. Andrea Shelton provided cookies (including the one held up by Dave Tyler.)



## GLRR Holiday Kids Party

On December 16<sup>th</sup>, GLRR road runners also had a party for the children of the club. This involved ice skating at the Janas Rink and pizza at Milan's Pizza. Santa made a surprise appearance at the pizza place.



## Baystate Volunteer Appreciation Party:

On November 10<sup>th</sup>, volunteers who helped out with the BayState Marathon were rewarded with a dinner and appreciation party at the Princeton Station restaurant in Chelmsford, MA. Music was provided by The Usual Suspects, a band in which club member Dave Penn plays drums. Here are some photos from the gathering:



(Clockwise from top left: Alex Gomez cuts loose on the dance floor. Dave Penn provides a beat. The Usual Suspects outperform the Blues Brothers. Linda McCarthy and Glenn Stewart engage in a dance-off.)

## GLRR XC News

- At the USATF New England Cross Country Championships on November 18<sup>th</sup>, 2012: The GLRR women's team was fifth overall (out of eight), and the GLRR master's team was sixth overall (also out of eight.) Mark Reeder (28:04), Matt Curran (28:29), and John Barbour (29:40) all broke 30:00 in the 8K race. Erin Roberts (21:29), Layce Alves (23:27), Rebekah Welch (24:27), and Trish Bourne (24:59) broke 25:00 in the 6K race.
- Mark Reeder (36:45), John Barbour (37:43), Matt Curran (38:38), Keith O'Brien (39:02), E.J. Hrynowski (39:12), Bob Kearns (43:25), Glenn Stewart (47:09) and Denny LeBlanc (51:47) represented Greater Lowell at the USATF National Cross Country Championships in Lexington, KY (not Lexington, MA) on December 8<sup>th</sup>. Denny was the 3<sup>rd</sup> place finisher in the 70+ category (which had 16 runners in this national championship event.) Liane Pancoast (27:44), Kathy Burley (28:20), and Mary Casey-Gorman (29:47) ran the 6K for GLRR's senior women team. The women's senior team was 5<sup>th</sup> in their race and the men's senior team was 6<sup>th</sup>. Erin Roberts (22:12) and Layce Alves (24:00) ran in the women's 6K open race.



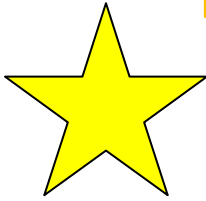


Above: the GLRR Men's team at Lexington, KY.



Below: Assorted GLRR team members at Lexington, KY.

## 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). The following is a synopsis of the selections and were written up by the Director of the AOW committee, E.J. Hrynowski.

**Athlete of the Week** for October 7<sup>th</sup>, 2012: **E.J. Hrynowski**



(Photo E.J. and Jason Bui)

On October 7<sup>th</sup>, Athlete of the Week was hijacked in order to honor the head of the athlete of the week committee, **E.J. Hrynowski**, by naming him athlete of the week himself. He would never give it to himself, so we're here to do him the honor of making him that week's AOW.

E. J. destroyed his marathon PR at Steamtown with a 2:50:04, which was good enough for 19th overall, 3rd male master, and a 6+ minute PR. E.J. keeps getting older, but he keeps getting faster at every distance. He is just simply amazing. We love the godfather of running.

Honorable Mentions:

Jill Maguire Trotter: 1st female master with a 3:08 at Steamtown!  
Ally Maslowski: 3:29 at Chicago. A 26+ minute PR!  
Fil Faria: 3:06 at Steamtown without a breaking sweat. 6+ minute PR!  
Kimberly J Adamson: 4:37 at Chicago. 18+ minute PR!

And everybody else that we missed :)

Damn this job is tough. All yours, EJ.

*(Note by E.J.): Even though the replay shows conclusive evidence that the replacement committee stepped out of bounds and failed to reach any of three possible valid selections, by rule the AOW selection is not reviewable and this incorrect call cannot be overturned. The bandits that arrived at this erroneous conclusion have been shown red cards and sent off by Fil Faria and the committee apologizes to the aggrieved parties.*

*The primary valid choices were obvious, [Ally](#) and [Jill](#) kicked some SERIOUS asphalt. The upside to this week's AOW piracy/hijacking is that I didn't have to make that brutal choice. I need my sleep, and having to choose one of those great performances would have me tossing and turning.*

*If I was unable to make that call, the third option would have been to recognize Coach Stronach for the supporting role he played in so many recent race results. I'm expecting the soon to be released "Angry Chickens Gone Wild" video to be a runaway blockbuster, and I have no doubt that the monsters Jim has created will be adding to the highlight reel in the weeks to come.*

*To their credit, the hijackers did a nice job with the honorable mentions. Congrats to all! Keep running Angry, and keep your comments and suggestions coming to AOW@glrr.net*



**Athlete of the Week** for October 14<sup>th</sup>, 2012: **Fil Faria**



**Fil Faria** has been a training resource for a number of Angry Chicks, and has also provided highly professional marathon pacing services (most recently pacing Allyson Downey at Air Force Marathon.)

When he's not pacing clubmates, he does a fine job on his own pacing, and crossed the line at Steamtown Marathon in 3:07:17. That's 17:43 faster than his Boston qualifier time, not too shabby.

I know what you're thinking: what did Fil do after Steamtown? Glad you asked. On the Saturday following a significant personal record at Steamtown, he notched a SECOND Boston qualifier at Hartford with a finish time of 3:18:27.

Earning TWO Boston qualifiers in a span of six days when you're in the 45-49 age group is damned impressive. My hat's off to this week's AOW, Fil "The Camel" Faria.

## Co-Athletes of the Week for October 21<sup>st</sup>, 2012: **Mary Casey and Jason Bui**



When the Athlete Of the Week selection is late, it's safe to assume the AOW czar is scratching his head and/or hitting it on his desk. This week was another headbanger, it was hard enough to get down to two finalists. I have a strong preference for highlighting one super special Angry Chicken, but as AOW czar I've authorized myself to be weak on special occasions. What could be more special than GLRR's biggest week, when Baystate showcases our strengths as individual contributors and club members?

Our first co-winner, **Mary Casey** has been working hard on the road and at the track and it was great to see it pay off at the Baystate Half on Sunday. In a VERY competitive age group (123 seconds separated first from third), Mary climbed to the top of the podium with her 1:46:07 finish!

I've chased our second co-winner at millions of races (well probably more like 100, but that's still a lot), and personally witnessed amazing performance after amazing performance. I thought by now that he would have run out of ways to amaze me, but just when I think that he reaches into his bag of tricks and tops the last stunner. In a span of 13 days, **Jason Bui** ran three marathons (10/7 Steamtown (Scranton, PA) 2:50:54, 10/20 Monster Mash (Dover, DE) 2:58:04, 10/13 Hartford (CT) , 3:03:38) faster than the time required to qualify for Boston. That's mind boggling folks, and proves beyond the shadow of a doubt that he is an absolute beast. (Then for fun, Jason showed up on Sunday 10/14 to volunteer at Baystate)

**Co-athletes of the Week** for October 28<sup>th</sup>, 2012: **Trish Bourne, Michael Cryans, Steve Kanaracus, Tom Peters**



From left: (Michael Cryans, Steve Kanaracus, Trish Bourne, Tom Peters)

We'll call this week's AOW The Queen and Her Court. **Trish Cerra Bourne** took on all challengers, and came out on top of her AG in the New England Grand Prix. Any club would be lucky to have one runner of such high caliber, but **Michael Cryans** and **Stavros "Special K" Kanaracus** managed the same feat in the 60-64 and 65-69 age groups for men. Also, since a court of two doesn't seem big enough for our beloved Queen, **Tom Peters** joins by virtue of placing in his AG (and qualifying for Boston) three times in the span of a month (9/30/12 Clarence DeMar Marathon 3:26:31, 10/21/12 Baystate Marathon 3:20:45, and 10/28/12 Cape Cod Marathon 3:29:44)

That is a whole lot of awesome for one club, please join me in congratulating Trish, Michael, Stavros (aka Steve) and Tom!



**Athlete of the Week** for November 4<sup>th</sup>, 2012: **Layce Alves**



Photo: Layce Alves. (Photo by Ted Tyler.)

Our forebears marched, and fought and sacrificed so that each of us would have the honor and privilege of casting our vote. Why would you waste your AOW vote on a donkey, or squander it on an elephant? Stand up and be counted! Make your voice heard, and defend the Republic! Vote ANGRY CHICKEN!

Sometimes AOW is about overcoming odds and obstacles. Sometimes it's about teamwork. And sometimes it's about getting in touch with your inner Angry Chicken, and kicking the ass of every other runner who had the audacity to pin on a bib and challenge you.

When the Athlete Of The Week votes were tallied, Layce Alves won in a landslide by breaking the tape in 1:25:00 at the One Lucky Guy Half Marathon in Newburyport. I'll save you the trouble of consulting the results or your pace calculator, that's 6:30 per mile. That's how you run like an Angry Chick, congratulations Layce!

**Athlete of the Week** for November 11<sup>th</sup>, 2012: **Amanda Maffei**



Photo: Amanda Maffei. (Photo by Ray Brouillette)

Ted: Bill?

Bill: What?

Ted: I believe our adventure through time has taken a most serious turn.

AOW was a tad bit late being announced this week (again). I had a hard time choosing a mode for travelling back to October (finally decided the phone booth is a much more triumphant means of time transport than the DeLorean, and therefore much more appropriate for AOW).

Why is time travel now an occasional possibility for AOW? Because I ran unopposed for the open Czar's seat, and I get to make the rules (so get involved in the system, take my job, and prevent this sort of thing from happening in the future!)

Some weeks it is really hard to give credit to all deserving parties, and that was especially true as the USATF Grand Prix wrapped up. With three AG winners, I really wasn't able to give proper credit to our Iron Runners.

Just getting to and running each of the seven races takes a serious commitment, but one of our Iron Chickens rose above from a competitive standpoint. While it might have snuck under the radar for a casual observer, these things don't escape the eagle eye of GLRR Hall of Fame member Dave Dunham. And, with thanks to Matt Story (and Steve Peckiconis of USATFNE),

Dave's "The Best Runners in New England" write-up came to my attention.

**Amanda Maffei** not only ran each of the seven GP races, she placed in the top ten for her age group at each. If you score in your AG once during the series you're doing pretty well, but to take on some of the best runners in New England and run each of these distances well enough to score is really amazing stuff. Please join me in congratulating Amanda on her selection as Athlete of the Week.

**Athlete of the Week** for November 18<sup>th</sup>, 2012: **Denny Leblanc**



Photo: Denny Leblanc at Kerouac 5K (Photo by Ted Tyler.)

Anybody that made the long and perilous journey to Westfield for the 2012 USATF New England XC Championships deserves a medal. However, one of our intrepid adventurers is Athlete of the Week and this deserves even better than a medal. Another USATF Grand Prix 2012 superstar, he was third in the 70+ AG for the series.

Not only did **Denny LeBlanc** make the journey westward, he ran a nice pace of 4:55 per kilometer on a cross country course. And almost as importantly, Denny is a longtime member of the Last To Leave Club and is on track to make the LTLC Hall of Fame (Turn out the lights, the party's over...)



**Athlete of the Week** for November 25<sup>th</sup>, 2012: **Erin Roberts**



Photo: Erin Roberts running the 6K at USATF XC Nationals in Lexington, KY

**Erin Roberts** is a member of the elite group of Angry Chicken running commandos that reside near and train in a top secret facility somewhere on the North Shore near Gloucester. After joining Greater Lowell, she made quite the splash at the USATF New England regional cross country championships in Westfield on November 18th. Against some of the very best New England has to offer, she more than held her own by finishing in 13th place overall in 21:29, a mere 70 seconds behind the winner. THAT is how you run like an Angry Chicken. Please join me in congratulating Erin on her most excellent effort and result, and her well earned recognition as Athlete Of the Week.

**Athlete of the Week** for December 2<sup>nd</sup>, 2012: **Jason Bui**



Photo of Jason Bui in thought (l.) and in action (r.)

Sometimes this AOW assignment is really difficult (like last week, I still haven't decided on AOW for November 19-25...) and sometimes it is mercifully easy. The choice this week is easy in spite of MANY fantastic Mill Cities performances, in fact you could say it was made easier because of them. What witchcraft could turn an abundance of stellar runs into an easy choice?

Our Director of Angry Chicken Relay Personnel Management not only ran his self-assigned leg well, he covered an open leg for another team AND carefully devised the groupings that brought the Jack Pierce award to our humble coop. We all owe a huge debt of gratitude to this Athlete of the Week, none other than **Jason Bui**.

(Here's a typical sequence of events from J's racing and I've experienced this firsthand: You peek in your rearview mirror and you see him closing fast, then the next thing you know you're looking at the soles of his shoes.)



**Athlete of the Week** for December 9<sup>th</sup>, 2012: **James Sullivan**



Photo: James Sullivan after Tucson Marathon. (Photo by Fil Faria.) After the race, The Kid says it's easy as 1323.

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It's not unusual for me to fall behind on AOW, and the holidays aren't helping any. I actually have to put a date on these things from now on, so I can try to keep track of which weeks I've covered. AOW for the week of December 2-8 is one of our usual suspects, as he added an exclamation point to the story of an amazing year. After setting PR after PR at various distances, the only goal that had escaped him was the elusive sub three hour marathon.

He had been ready to break three hours on several occasions, but fate had not looked favorably upon previous attempts. This time he took no chances and brought along an Angry Chicken support crew for the trip West, including his training buddy Bash and trusty sweeper Fil (just in case....)

There was no doubt this time. He wasn't going to just sneak in under his goal, he CRUSHED it.



Great training, a great race plan and flawless execution had **James "The Pocatello Kid" Sullivan** crossing the Tucson Marathon finish line 23rd overall in 2:55:54.

Now that he's got his first behind him, I get the feeling that sub three hour marathons are going to be a regular thing for our Athlete Of The Week. Please join me in congratulating our beloved Director of Sartorial Chickenness on his outstanding effort and result!

**Athlete of the Week** for December 16<sup>th</sup>, 2012: **TBA. Maybe.....**

# YOU!

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Keep the feedback, nominations and outrageous bribes coming to [AOW@glrr.net](mailto:AOW@glrr.net) and more importantly...run Angry!

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

# *Fashion Corner*



Photo by Pamela Beckwith. New GLRR gear like beanies, singlets, and this long sleeve shirt that Ruben Sanca is wearing is now available. Ruben looks very comfortable in this shirt. We hope he wears it as often as possible. Contact [apparel@glrr.net](mailto:apparel@glrr.net) for information on how to order new clothing.

## Notable Performances and Other News:

- Chip Mann writes: a great time was had by all in Townsend on October 6<sup>th</sup> at the Greg Reeves Scholarship Race. This is one of the more scenic as well as challenging courses in the area. Runners get beautiful views of the foliage on this rural 4.6 mile course.

Maybe that helps them through the second mile as they climb 270 feet.

Interestingly, the four GLRR competitors placed in positions of one, two, three, and four in four different age groups. Karen Kondilis just missed the podium with a 4<sup>th</sup> in the Female 20-29 division. On the male side, Lee Panas placed 3<sup>rd</sup> in M 40-49. Jon McKenzie was 2<sup>nd</sup> in M 70-79, and Chip Mann captured 1<sup>st</sup> in M 60-69.

Runners were treated to a fantastic post-race luncheon featuring home-made chili, a wide selection of sandwiches, and a 20 foot long baked goodies table as well as the standard post-race fruit and yogurt.

- While Jason Bui ran three marathons in three straight weeks in October in respective times of 2:50:56, 3:03:39, and 2:58:05 at Steamtown (Scranton, PA), Hartford, CT and the Monster Mash Marathon (held on a Nascar track in Dover, DE), it should be noted that James Sullivan also ran three marathons this fall at Hartford, at the Harpeth Hills Flying Monkey Marathon (in Nashville, TN) and at Tucson, AZ. James ran times of 3:01:01, 3:02:12 and 2:55:54 in those races respectively. James was joined in Tennessee by Doug Sylvester, Eric Mottram, Bashkim Zaganjori, Mike Girouard and E.J. Hrynowski.
- Ken Skier ran 24:50 (8:01 pace) at the Lisa's Lung Cancer Awareness 5K Run in Lowell on November 18<sup>th</sup>, 2012. Ken has gotten a lot faster this fall and is flirting with sub-8 pace now on many of his runs.



- New member Mike Girouard ran 9:50 in the 3000 m at BU on December 29<sup>th</sup> and 4:58 in the mile on December 22<sup>nd</sup>. E.J. Hrynowski and Kevin Carnabucci ran 5:07 and 5:08 in the mile at the BU meet on December 29<sup>th</sup>.
- Steve Gendron won the 10K race in 36: 28 at the Thanks for Giving 5K/10K in Lowell on November 22<sup>nd</sup>. Liam Skinner was 3<sup>rd</sup> in 39:38 and this was enough for 1<sup>st</sup> master. Ally Maslowski was 2<sup>nd</sup> female in 42:23. Mike Hurton ran 41:46 and just missed taking the 50-59 division by 2 seconds. In the 5K race, Jonathan Sheehan, son of GLRR's Michael, ran 18:51 to finish 7<sup>th</sup>. Not far behind were Fil Faria and Michael Shanahan who were 8<sup>th</sup> and 10<sup>th</sup> in the 5K.



Photo: Steve Gendron preps for the 10K in Lowell on Thanksgiving. Sue Maslowski volunteers at the same race.



Left: (Clockwise from center) James Sullivan, Bashkim Zaganjori, Eric Mottram and Mike Girouard discuss what to do in case of an attack by flying monkeys in Nashville, TN.  
Right: is that a chicken, turkey, a chicken in a turkey or a turken?

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

- Weekly track workouts. Thursday nights at 7 p.m. January 10<sup>th</sup> through April 11<sup>th</sup> at Lexington High School Fieldhouse. Exceptions are weeks of school vacations and high school special events. Check <http://www.glrr.net> website for workouts and more information about schedule. There is a \$5 fee to run and use the track.
- Fudgcicle 5K Races. Saturday Mornings from January 5<sup>th</sup> to February 23<sup>rd</sup>. 8:00 A.M. Tewksbury High School. \$1 entry fee.
- Super 5K. February 3<sup>rd</sup>, 2013. 12:00 P.M. Lowell Elks Club. 40 Old Ferry Road, Lowell, MA. <http://www.super5k.com/>

## New Members:

- Emily Anderson
- Cindy Campbell
- Tim Campbell
- Kevin Carbanucci
- Alex Delp
- Gregory Delp
- Kelly Delp
- Peter Eliopoulos
- Lee Fox
- Ella Haas
- Mike Haas
- Michael Girouard
- Colin Loghin
- James McCabe
- Leonardo Medina
- Nanci Miller
- Meghan Misset
- Ray Nichols
- Nathan Taylor
- Lindsay Willard

383 Members in 2012. This is a 23% increase from the end of 2011 when there were 313 members.

### **Editorial Staff for Newsletter:**

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.