

STARTING LINES – August 2022

Did You Know?

- Over 1 billion pairs of running shoes are sold world-wide each year.
- On average, 104.3 calories are burned every mile when running at a 10 minute/mile pace.
- Running burns about 50% more calories than walking.
- The most common runners' injuries: runner's knee, stress fractures, shin splints, Achilles tendinitis, and plantar fasciitis.

Membership

To join GLRR, or to renew your membership, go to <https://glrr.net/joinus/>

Boston Marathon



The running of the Boston Marathon returned to April in 2022, and some of our fellow chickens were there to get themselves from Hopkinton to the finish on Boylston Street. Congrats to everyone who ran!

Our men's open team (Paul, Tony & Jason) scored for 38th in 8:36:39 (all 3 under 3:00:00). Our Masters Men (Bryan, Andre M & Jonathan) were 30th in 9:09:59 and the Master Ladies (Sally, Amy & Jill) were 20th in 10:53:26. By the way, Sally (Reiley) was 9th in her age division!

2022 Scholarships

Each spring the Greater Lowell Road Runners offers scholarships to area High School Seniors who are going on to higher education.

This year GLRR was able to give \$600 to area seniors. Not all were able to attend our May Club meeting this year, but all were recognized for their athletic and academic accomplishments.

Congratulations to All our 2022 Scholarship Winners!

Mia Beauchesne (Chelmsford)

Riley Clark (Littleton)

Emma Duarte (Tyngsboro)

Celia Flomo (Lowell)

Zach Freyman (Westford)

Max Gregoire (Tyngsboro)

Kim Harding (Groton-Dunstable)

Siena Salyer (Groton-Dunstable)

Caleigh Shanahan (Tewksbury)

John Zembeck (Burlington)

Berna's Great Legs 5K! welcomes women of all ages and abilities, whether they were runners or walkers each year. Last year the race proceeds totaled \$5,010 for the [House of Hope](#).

26x1



GLRR Angry Chicken team finished 7th with a time of 2:39:45. The GLRR Volunteers team finished in 3:15:32 for 16th.

Individual highlights:

For women, Trish Borne finished 3rd for F50-59 in 6:15. Liane Pancoast came in 1st for F60-69 in 7:11, and Julia Hayes for 3rd in 8:06 for the same age group.

On men's side, Abderahim Bouramdane came in 4th for M40-49 in 4:52. Fil Faria came in 3rd with a time of 5:36 for M50-59. John Barber came in 1st for M60-69 in 6:12. For the M70-79 age group, Glenn Stewart was 1st with 7:06, and Ed Burns 3rd in 7:36.

Berna's Great Legs 5K

The 41st anniversary of Berna's, the second-longest, women's only race in the country, was Thursday, July 21.



This year race director and GLRR's own, Wendy Jepson, was thrilled to announce that over \$6,500 was raised for the [House of Hope, Inc.](#) Awesome!

GLRR Annual Cookout/BBQ

Our Annual Cookout/BBQ was back for the first time at Shedd Park post-Covid pandemic! It was on a (very) toasty, Sunday afternoon. Grilled food along with sides, beverages, desserts and one another made for a great time.

(Note: this was our August club meeting.)

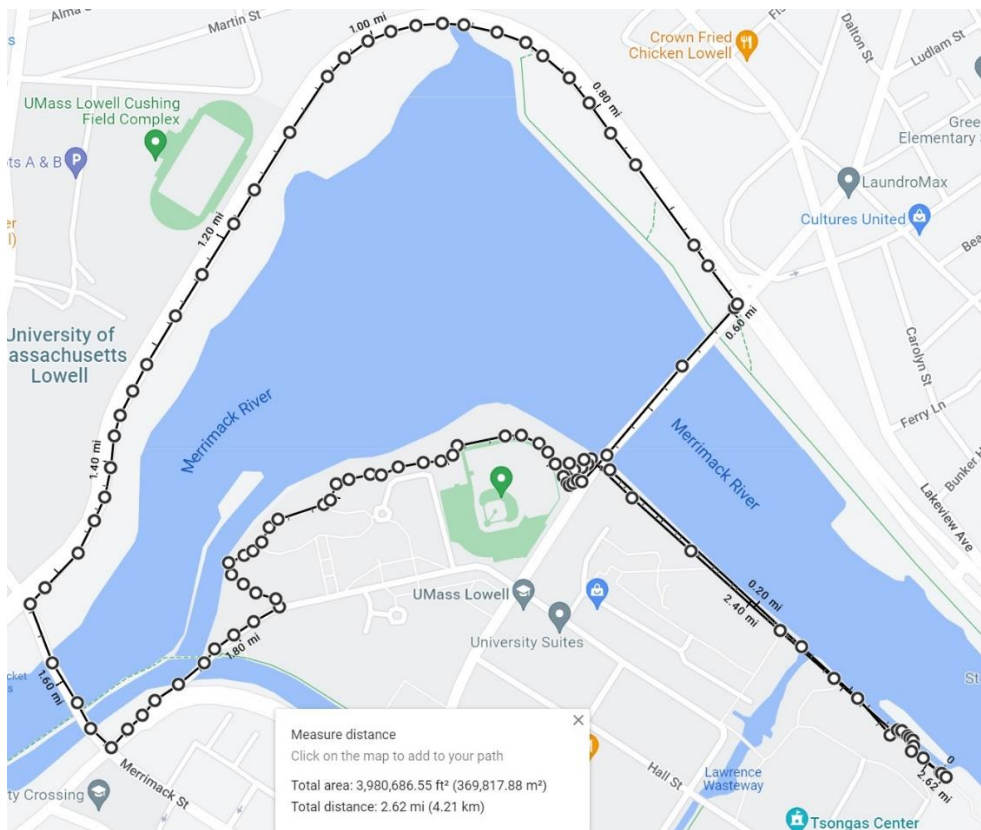


Angry Chicken Race Series

GLRR is proud to announce the Angry Chicken Race Series. Race distance is 2.62 miles – a tenth of a marathon! – with runners going counter-clockwise (against traffic) on the loop portion of the course.

Race dates are on Tuesdays during the month of August: Aug. 9, Aug 16, Aug. 23, and Aug 30. Race time is 6:30 PM. The race begins and ends at the S-curve entrance to the Riverwalk at the end of River Place, near the Tsongas Center.

Bib pick up is on Tuesdays from 5:30 to 6:15 at Marx Running and Fitness, 118 Merrimack Street in downtown Lowell.



Cost is \$8 per race when [registering online](#) – \$28 if you register for all four in the same registration. It's \$10 per race for in-person registering on race night.

Race results will be posted on the website. We plan to have race series awards, scoring and possibly some surprises as well.

If you are interested in volunteering, you can go [here](#).

Upcoming for 2022

SUMMER/FALL TRACK

Our Summer/Fall season of track workouts begin on August 4. Our second track season of the year typically divides groups into Marathon focused and 5K focused workouts (no division by pace). The workouts are posted on the website (<https://www.glrr.net/summerfall-track>), and everyone is encouraged to attend since we will be giving some bonus tips (and motivation) at the actual workout session.

Workouts are still on Thursday – warmups around 6 pm. Official start time is at 6:30pm. The big difference – we shift the location to McCarthy Middle School (250 North Road – Chelmsford). As the days get shorter, and some of the workouts get longer, the lights at McCarthy become really useful!

NEW this season: Club member and former Olympian Abderrahime Bouramdane (who goes by Abdel) has been keeping up with his track work this summer, and some club members have joined him for some Core exercise sessions (Tuesday evenings - McCarthy Middle School, start around 6:30PM). Core work (Back, Abdominals, general balance) is extremely essential for good running – especially at the half/full marathon distances to make sure your running posture doesn't suffer late in your race. We are officially inviting all interested club members to join him for these sessions as a complement for your track workouts.

If you have any questions, please feel free to use another available club resource... coaching@glrr.net. Jeff Maistrosky will do his best to answer them; Glenn Stewart may also be able to chime in with some wisdom. We look forward to seeing you on the roads and the track!

USATF-NE 2022 Road Race Grand Prix Series

The remaining schedule is listed below; please note the request-entry due dates. More information is available on our website at <https://glrr.net/gp-entry-form>

Aug 14 – Bobby Doyle 5 Miler, Narragansett, RI [entry request by Aug 8]

Aug 27 – New Hampshire 10 Miler, Auburn NH [entry request by Aug 22]

Sep 25 – Lone Gull 10K, Gloucester MA [entry request by Sept 12]

Nov 13 – BIGG Steps 5K, Needham MA [entry request by Nov 7]

The 2022 USATF-NE XC Grand Prix Series

Here are the dates for the races:

Sep 11 – GBTC XC Invitational, Carlisle MA

Oct 1 – Brown Bear Invitational, Attleboro MA

Oct 9 – Wayland XC Festival, Wayland MA

Nov 6 – USATF-NE XC Championships, Franklin Park, Boston MA

Nov 19 – Rachel's Run, Tyngsborough MA

if you're interested in joining us for the USATF-NE XC Grand Prix, we set up a sign-up to get a sense of who is interested in running these races. It's not a commitment, we thought it would be helpful to gauge how our teams are shaping up for each race.

GLRR pays for the NE XC Championships, the rest of the races each runner registers/pays for their own entry (XC races are much cheaper than road races).

Here's the form to show your interest: [GLRR XC Grand Prix Interest Form](#)

Let Liane or Glenn know if you have any questions about any of the races via email: race_team_mgr@glrr.net.



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