

STARTING LINES – November 2022

Did You Know?

- Despite the pandemic, there was a 34% increase in outdoor miles.
- Running Increases Bone Density
- Massachusetts had the fastest, marathon-average finish time among all US State - 4 hours and 4 minutes.

Membership

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

Angry Chicken Race Series

GLRR brought Tuesday night racing back to downtown Lowell with the inaugural Angry Chicken Race 5K Series. The series consisted of a 2.62-mile course – a tenth of a marathon! – and were held on the Tuesdays of August.



Baystate Marathon, Half Marathon & Relay



We had another successful Baystate this year. Over 2300 runners toed the line on a beautiful Sunday morning. If you didn't know, Baystate is one of the top BQ (Boston Qualifying) marathons in the US. This year we had over 200 runners qualify for Boston!



Of course, Baystate would not be the success it is without support from our club members!

Grand Prix Race Series

GLRR members finished out the year with the NH 10 Miler, the Lone Gull 10K, and the BiggSteps 5K.

NH 10 Miler



Lone Gull 10K



BiggSteps 5K



Today's good mood
is sponsored by
running!

XC Grand Prix Series

GLRR has also been running in the Cross Country (XC) Grand Prix Series as well.



Mill Cities Relay

The 2022 Mill Cities Relay will be held on Sunday, December 4th beginning at 8am. We came in 2nd place in 2021 missing 1st by only 2 points! However, in 2019 we placed first, so let's get back to our place as MCR champions and field GLRR's best and largest number of teams yet!

What is the Mill Cities Relay? Many regional running clubs belong to the Mill Cities Alliance which form teams in multiple age/gender groups for a relay race from Nashua NH to Lawrence MA, covering more than a marathon's distance in the process. While this is a race, and we always like putting together some competitive teams for our speedy runners, this is also one of GLRR's biggest social event of the year. Here you can meet lots of old and new club members. Check out www.millcitiesrelay.com for more info on the relay, and a description of the different relay legs involved.

The Mill Cities Relay is free to all current members of GLRR (and hopefully members that have also renewed their membership for next year!) Again, this year, we will be assigning all the GLRR teams based on various factors including age and athletic ability, but do not fret... you will all have a chance to run regardless of how fast you are. All you have to do is fill out the [GLRR Mill Cities Relay Form](#) by November 18th. After the Nov 18th deadline, we will contact you to let you know what team you are on. So don't delay, sign up now!!

If you have any questions or issues, please email Liane and Jeff at glrrmillcities@gmail.com

Rest of 2022

The 2022 USATF-NE XC Grand Prix Series

Here are the dates for the remaining races:

Nov 19 – Rachel's Run, Tyngsborough MA

Dec 10 – Nationals XC Championships, San Francisco, CA

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

Wish Project donations:

Tis the season of giving, for Thanksgiving we are working with the Wish Project who is in need of toiletries (soaps, shampoos, deodorants, and more) for families in need. We will have a bin at the clubhouse starting in mid-November. You'll be able to drop off items there during the Nov.12 group run, and the Thanksgiving Day

group run (Nov.24). You can also drop off donations at our November Club meeting on Monday, Nov.28. For any questions, contact our social director, Melanie Catherwood at social_dir@glrr.net.

Thanksgiving Day Group Run

We will also be hosting our own turkey trot at the Coop* on Thanksgiving (11/24) morning at 8 AM, with a small gathering after. We want to make sure you have time to cook, or just gather with your favorites for Turkey, Tofurkey or whatever you prefer. Hope to see you there!

*1934 Lakeview Ave., Dracut MA

Annual Kids Christmas

On December 2nd we will be hosting our Annual Kids Christmas at Altitude Trampoline Park in Billerica, MA at the Towne Plaza (700 Boston Road). Please register if you and kids will be attending. It begins at 6pm.

We will start with an hour of jumping fun, followed by pizza and a special visitor. (Who could that be?) To register for this event, go to:
<https://www.signupgenius.com/go/8050948AEAE2FA3F58-glrr2>

Dine for Dough

As you may or may not know, GLRR is a non-profit and as such, it relies on different ways to raise money to fund things like the student scholarships, pay the rent for the Coop, refreshments at club meetings and the like. Most, if not all, of our fundraising relies on your help. For example, many of us just volunteered at the Baystate Marathon; it's our prime fund raiser. Now, there's another way that you can help.

On Monday, Dec. 12, come to Owen & Ollies Restaurant & Pub, 91 Mill St. Dracut, MA. (That's on the other side from the Coop!). Bring family, friends and neighbors, and either dine or do takeout on that day, along with presenting the GLRR Dine-for-Dough ticket. Presenting the ticket will have 20% of your bill (excluding tax & tip) donated back for GLRR. How do you get the ticket? It will be an attachment when this newsletter gets sent out, or you can get one at our Nov. Club meeting, Monday, Nov. 28. Note: we cannot pass them out at the restaurant on that day.

This benefits both our club and Owen & Ollies, who has been a sponsor for the Baystate Marathon for several years and counting. Again, dine anytime they are open on Mon. Dec 12 - present your ticket to get 20% back for GLRR. Includes takeout.

Holiday Food Pantry Drive

We will continue our season of giving in December with a food pantry drive, more details to follow.

Christmas Eve Run

Don't forget our Christmas Eve Run, which actually is on Christmas Eve this year. It will be at the Coop (1934 Lakeview Ave, Dracut, MA) at 8 AM. After the group picture and run, we'll gather, eat, drink and be merry! More to come.

Looking to 2023

Fudgcicle 2023

The Fudgcicle series will begin its 48th straight year this coming January. The Fudgcicle (group run) replaces the Saturday morning group runs for the months of January and February. It begins Saturday, Jan. 7, 2023 at 8 AM (7:50 early start), and begin/ends at the Tewksbury High School. More details to come at our Nov. Club meeting from the Fudgcicle's Race Directory, Dave Penn.

Run Show Boston

Kick off your year crushing running goals and book your next challenge at the Run Show USA, Boston!

This is the running expo for runners, no matter whether you're a beginner or advanced, running 2 miles or an ultra – this event is for you! The show brings together the most recognizable brands in the running community including PUMA, Asics, Therabody, Marathon Sports, Injinji, Altra, Oofos, Aetrex, Coros, Darn Tough, KT Tape, Shoozas and the BAA plus more!

Visitors will find the latest gear, tech, advice, nutrition and races as well as inspirational speakers including Carl Lewis, Dean Karnazes, Sally McRae, Gary Robbins, Jacky Hunt-Broersma and more famous faces from the running scene.

Tickets are FREE using code: GLRR at www.runshowusa.com/boston

Run Show Boston Hynes Convention Center. Saturday February 4, 2023, 9:00 a.m. – 5:00 p.m. Sunday February 5, 2023, 9:00 a.m. – 4:00 p.m.



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