

# STARTING LINES – May 2023

## Did You Know?

- Since 2000, the number of half-marathon runners in the US has grown more than 4 times (482,000 to 2,046,637) or impressively increased by 424%!
- Trail running has grown 231% in the last 10 years.
- The average age of runners is getting older globally. The average age in 1986 was 35.2, now – 39.3.
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## Membership

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

## Fudgcicle



We had a very successful Fudgcicle 5K this year! We had 208 total runners participate over the 7 weeks, and 27 total Frozen Runners finish all 7 runs. As you know, the Fudgcicle series has run every winter for 48 straight years and we set a record for coldest Fudgcicle ever this year! -10 degrees on 02/04/2023.

Once again, the Fudgcicle was made much easier by the support of its dedicated volunteers! We had almost everyone return to help out and two new people joined for a total of 14 volunteers. Thanks volunteers!

GLRR once again helped the Tewksbury Food Pantry on Feb. 11 by donating enough food goods to fill 2 large (5'x5'x4'H) bins! In fact, we donated enough cereal to last at least 2 months. Cash/check donations of over \$200 enabled the Food Pantry to purchase items that are needed but don't get donated

## Annual Awards

Congrats to the 2022 GLRR Award winners:



Female Youth Runner - Haley Lemay  
Male Youth Runner - Michael Studer  
Most Improved Youth Runner -  
Anthony Mogren  
Female Runner of the Year - Estelle  
McCormack  
Male Runner of the Year - Paul  
Amaral  
Comeback Runner of the Year -  
Stacey Polechio  
Most Improved Runner - Rita  
Agostinelli  
Most Inspirational runner - Fil Faria

## Boston Training Runs

We had an amazing March for the Boston Training runs!



A HUGE thank you to all the volunteers and runners involved. Special kudos to Tara Kay (and Scott Casper) for organizing it all.



## Hall of Fame

Congratulations to the 2023 GLRR Hall-of-Fame Inductees: Bill Dumont, Laura Lapierre, and Fil Faria!



# Marathoning

Once again, GLRR had many club members ran marathons this spring. Below are some media posts of those who did. Congrats to all!

## Boston Marathon



Maine Coast Tough Ruck Boston Providence



## Madrid



# James Joyce Ramble / National 10k Championships

GLRR turned out for the James Joyce 10k on April 30.



Four teams took 3rd place in their division: M40, W50, W60 & M70. Two runners made the podium: David Westenberg - 1st M6569 and Denise Piekos 2nd W7074. Here are pics of some of them:





## Spring Track

Track is FUN and EFFECTIVE. This is a very popular benefit of a GLRR membership and we encourage everyone to take advantage of it. (In fact, 50 members took advantage of it on opening night!)

Remember, pace is not important. Only the will to

Run Faster. We accommodate all athletes and all abilities. Spring Track workouts will take place on Thursday nights at the Carson Track at Chelmsford High School (200 Richardson Rd – North Chelmsford). Sessions run for 10 weeks (4/20 – 6/29).

Track workouts will be published on the website as each week gets closer.

Babysitters: We partner with the high school to provide trained volunteers keep an eye on your little ones so that you can take the time for your workouts. We usually have coverage each week, and will communicate to everyone on social media if we ever have a lapse in coverage.

For any inquiries, you can contact “coach” Jeff (Maistrosky) via [coaching@glrr.net](mailto:coaching@glrr.net)

## Looking ahead

### *The 2023 USATF-NE Grand Prix Series*

Here are the dates for the remaining races:

- May 28 – Boston Run to Remember Half Marathon, Boston, MA
- Aug 13 – Bobby Doyle 5 Miler, Narragansett, RI
- Aug 26 – New Hampshire 10 Miler, Auburn NH
- Sep 24 – Lone Gull 10K, Gloucester MA
- Oct 8 – Cape Cod Marathon, Falmouth, MA

Let Liane or Glenn know if you have any questions about any of the races via email: [race\\_team\\_mgr@glrr.net](mailto:race_team_mgr@glrr.net).

Group Runs on Saturdays from April through December, 8am at the Coop (1934 Lakeview Ave, Dracut MA). Any pace, any distance is welcome.



### **Dine For Dough (Club Fundraising)**

Our next Dine for Dough event will be taking place on Wednesday, May 17 at Margaritas in Nashua.

Come dine-in at Margaritas from 3-10pm, bring your ticket, and GLRR gets 20% of your bill donated back to the club. Dine-in only. Tickets will be handed out at group runs and a copy is attached to this email. You can either bring a physical ticket or show an electronic copy to your host or server. You must present a ticket for the club to get 20% back!

Please share this event with family, friends, and coworkers so they have an opportunity to support your favorite club!

Please do not hand out tickets in the parking lot or restaurant!

We look forward to seeing you there!

## ***Volunteer Opportunities***

During Memorial Day weekend (May 27 & 28) we are looking for members to help out for two events.

On Saturday, May 27, we are trying to help out our friends at Team Hoyt by volunteering at the Dick Hoyt Memorial Race. If you can help, please email Amy (secretary@glrr.net).

We need volunteers for our water stop at the Run to Remember on Sunday May 28th. We need 20 volunteers to help service the water stop and cheer on our runners. John Mortimer is supporting our club by paying us for the water stop - so do your part by [signing up here!](#)

### ***26 x 1 Relay***

The 26x1 Mile Club Challenge Relay will be held on Saturday, June 3rd at 8:30am at Hormel Track in Medford, MA.

Once again, GLRR will be fielding 2 teams in the relay. Each team will consist of 26 runners with 13 women and 13 men per team. Each team member runs 1 mile on the track, with the exception of the first .2 miles. There is no cost to you, the club is paying for the team's entry fees.

Now is the time to sign up to be part of the GLRR team! If you are interested in participating, [please fill out this GLRR Relay Request Form](#). Again, there's a limit of 52 people on the team, so if we have more than 52 people sign up, the fastest 26 runners (again, 13 women and 13 men) will be on the "GLRR Angry Chickens" team and then next 26, based on volunteerism, go on the "GLRR Volunteers" Team.

If you have participated in this relay in the past, you know how much fun it is. We'd like to have 2 full, fun teams. Please register by May 19th so we can we know our teams look like. So don't wait, sign up today!

Contact Liane for more information via [race\\_team\\_mgr@glrr.net](mailto:race_team_mgr@glrr.net).



## ***Angry Chicken Race Series***



GLRR once again will have Tuesday night racing back to downtown Lowell with our Angry Chicken Race 5K Series. For 6 weeks, starting July 11th, we'll pick up our bibs at Marx Running and Fitness in Lowell, then the race starts at 7 on the Lowell Riverwalk. Go to [this link](#) for more information. Registration will open soon. Hope to see you there!

## ***Berna's Great Legs for Women 5k***



The 42<sup>nd</sup> running of Berna's Great Legs 5k will be on Thursday, July 20 at 7 PM at Reilly Elementary School, Lowell MA. [Sign up here to register.](#)

Berna's Great Legs 5K is a women's only race. Women of all abilities (walkers and runners) are welcomed and encouraged to join us on our course in the Belvidere neighborhood of Lowell. It is an evening to celebrate how far women have come in this sport and how far you have come in your running journey. We are here to cheer each other on! We are also here to help other women in need step up to

create a better life for themselves. All proceeds from Berna's Great Legs 5K are donated to House of Hope in Lowell, MA.



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