

# STARTING LINES – September 2023

## Did You Know?

- Drinking water at aid stations in races up to 10k was prohibited up until 1960.
- 70% of running injuries occur at or below the knee.

## Membership

Membership is open now for the 2024 calendar year. Not a member, or haven't renewed this year? No problem. When you sign up for 2024, you also get membership for the rest of this year.

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

## Mill Cities Relay

The 2023 Mill Cities Relay will be held on Sunday, December 3rd beginning at 8am.

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](http://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 19th. After the Nov 19th deadline, we will contact you to let you know what team you are on.***

[Sign up today!](#)

*In case you missed it...*

## 26x1 Relay



GLRR had 2 teams out of 29 total. Angry Chickens team finished 9th (2:29:05), while the Volunteers team came in 22nd (3:14:28). GLRR had some Individual Age Group Award winners:  
Michael Studer, M10-19 - 2nd  
Natalie Brown, F50-59 - 3rd

## Berna's Great Legs



The 42<sup>nd</sup> Annual Berna's Great Legs 5k was held this past July. The weather cooperated, and the runners and volunteers made it another wonderful evening, especially with a last-minute venue change.



According to Race Director, Wendy Jepson, over \$15,000 was raised for the House of Hope!



So, thanks to Wendy, volunteers and runners! See you next year!

### **Angry Chicken Race Series**

GLRR brought Tuesday night racing back to downtown Lowell for a second year.



The series "ran" on Tuesday evenings for six races, starting in July and finishing in mid-August. The course is 2.62 miles long – a tenth of a marathon! We had almost 500 total registrations for series, with a good number of runners repeating each week! Each week had a different theme – like Christmas in July. Along with Race Director - and GLRR VP - Valerie Koines Anderson, GLRR members helped with the series each week.



Runners also help donate over \$1,000, and tons of clothes and toiletries to Catie's Closet! [Catie's Closet](#) is a non-profit that provides clothes, toiletries, and other basic essentials to students living in poverty right within their schools.

## Summer Outing



Our Annual Summer Family Cookout was held on July 23 at the Bunting Club in Lowell.



## Summer/Fall Track



The benefits of speed workouts as part of your running repertoire are well known. Many GLRR members took advantage of the [weekly workouts](#) that “Coach” Jeff devised, like these fine gents here! Kudos to those who ran, Jeff, those who helped Jeff, and also to those who babysat runners’ little ones.

## 2023 USATF-NE Grand Prix Series

GLRR members ran in a few more of the races in the series. Here are some of the pictures from each race.

### Bobby Doyle 5 Miler



### NH 10 Miler



### Lone Gull 10K



### Cape Cod Marathon



### 2023 USATF-NE XC Grand Prix Series

It's late Summer/early Fall time, and that means the USATF-NE Cross Country (XC) Grand Prix series has started. As usual, we had a good number of our fellow members running in each race.



The schedule for this year was/is:

- Aug. 27 – Old Goat 5K XC Classic, Sutton MA
- Sept. 10 – GBTC XC Invitational, Carlisle MA
- Sept. 30 – Brown Bear Invitational, Attleboro MA
- Oct. 8 – Wayland XC Festival, Wayland MA
- Nov. 5 – USATF-NE XC Championships, Franklin Park, Boston MA

### Saturday Morning Group Runs

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



### GLRR Self-posted results

Since early June, on our website, we have had a new menu option to collect race results from you (or others), so we can share these accomplishments with the club. You can do that by using this link: <https://www.glrr.net/recent-race-submission/>. Since then, the following results have been submitted. Going forward we'll post more results, as you enter them in. Congrats to all who submitted below!

Runner's Name	Race Name	Race Date	HH	MM	SS	PR?	Placed in Age Group?
Ronald Desmarais	Madrid Marathon	4/23/2023	4	18	45		
Bradley Wood	Boston's Run to Remember	5/28/2023	1	46	8		

Nabil Benchekroun	Run to remember	5/28/2023	1	36	32		
Gabriel Kohen	Gold Star Run for Honor 10K	5/27/2023		43	19	PR	6th overall. 1st age group 50-59
Gabriel Kohen	Mother's Day 5K Run/Walk	5/14/2023		20	59	PR	5th overall 1st age group 50-59
Barry Long	Run to Remember	5/28/2023	1	48	24		
Barry Long	Citizens Shamrock Half Marathon	3/25/2023	1	46	17		3rd
Kerri Haskins	Ghost of Tacoma Half Marathon	4/29/2023	2	55	36		
Kerri Haskins	Tacoma City Marathon	4/30/2023	5	56	20		
Kerri Haskins	Boston Marathon	4/16/2023	5	59	30		
Kerri Haskins	Total Image 10 Miler	5/13/2023	1	53	26		
Kerri Haskins	Pack Monadnock 10 Miler	5/21/2023	2	21	47		
Kerri Haskins	Mt. Wachusett 10k Mountain Race	5/27/2023	1	24	16		
Kerri Haskins	Boston Run to Remember	5/28/2023	2	31	35		
John Hadcock	Mystic 10K and Half Marathon	5/21/2023		44	46		1AG
John Hadcock	Providence Half Marathon	5/7/2023	1	40	3		1AG
John Hadcock	Kelley's Pace Frostbite 5 Miler	1/7/2023		36	42		1AG
TJ Collamore	Hilltop Hustle 5K	5/14/2023		21	54		Yes, 2nd place overall
Heather Hasz	BOLDERBoulder 10K	5/29/2023	1	24	2		
Dave Tyler	Dick (and Rick) Memorial 'Yes You Can 5 Miler	5/27/2023		50	6		
Rich Dumas	Ogden Marathon, Utah	5/20/2023	4	4	3	PR	6 of 26 M60-64



Kathleen Murphy	Boston's Run to Remember	5/28/2023	2	0	22		4 age group
Melissa Prentiss	Vermont City Marathon	5/28/2023	4	56	35	PR	No
Joe Ferreira	Boston run to remember	5/28/2023	2	28	2		
Rick Ferullo	YPD Blue	5/21/2023		26	41		AG 1/10
Laura Halleck	Xfinity Boston's Run to Remember Half Marathon	5/28/2023	2	18	27	PR	
John Swartz	Bourque 7.7K at Tuscan Village	5/20/2023		42	46	PR	
John Swartz	Stonyfield Organic Earth Day 5k	4/22/2023		29	20	PR	
John Swartz	2023 Frozen Shamrock 3 Miler - Wild Rover Series	2/26/2023		30	59		
John Swartz	2023 Irish Clover 5 Miler - Wild Rover Series Finale	3/12/2023		50	54	PR	
John Swartz	Claddagh Pub 4 Miler - Wild Rover Series	3/5/2023		41	31		
Brenda Monahan	Twin Lights Half Marathon	4/30/2023	2	28	58		
Marisol Garcia	Tokyo Marathon	3/5/2023	4	15	4	PR	
Marisol Garcia	James Joyce Ramble	4/30/2023		51	9	PR	Third place team women 50+
Marisol Garcia	Boston Run to Remember	5/28/2023	1	54	36	PR	USATFNE Women 50+ 3rd Place team
Rita Agostinelli	Boston's Run to Remember	5/28/2023	2	1	1		
Rita Agostinelli	Martha's Vineyard Marathon	5/20/2023	4	7	41	PR	
Rita Agostinelli	James Joyce Ramble	4/30/2023		51	49	PR	

Tony Ly	2023 Boston's Run to Remember	5/28/2023	1	22	48		
Jeff Holley	Boston's Run to Remember Half-Marathon	5/28/2023	1	52	53		
Lilly Chen	Run to remember half marathon	5/28/2023	1	53	51	PR	17
Kathleen	Run to Remember - 5 miler	5/28/2023		56	23		
Kevin Dillon	The 31st Anniversary Wachusett Mountain Race   10 KM	5/27/2023		57	58		
Jeffrey Robinson	Providence Marathon	5/7/2023	3	44	8		19 out of 140 in age group
Patrick Sullivan	Boston Run to Remember	5/28/2023		39	28	PR	8th place 0-19 age group
Charlie Nunez	Run to Remember	5/28/2023	1	31	32	PR	
Danielle Sullivan	BOLDERBoulder 10K	5/29/2023	1	23	0		NO
Rob McCabe	Hollis Fast 5k	6/8/2023		22	4		No
John Swartz	Hollis Fast 5K	6/8/2023		25	56		
Richard Dumas	Shipyard Old Port Half Marathon	6/10/2023	1	50	29	PR	9 of 51
Richard Dumas	Hollis Fast 5K	6/8/2023		22	23	PR	
Olivia Lohmeier	Grandma's Marathon	6/17/2023	3	42	0	PR	No
George	Jamaco River Run	6/17/2023		48	52		3rd Male 70+
Marisol Garcia	Strides for Sotelo	6/11/2023		24	38	PR	
Richard Dumas	Independence Half Marathon - Bristol RI	6/24/2023	2	0	5		4 of 20
Mike Luebeck	Pack Monadnock 10 Miler	5/21/2023	1	14	15		3rd
Mike Luebeck	Mount Washington Road Race	6/17/2023	1	19	46		

Mike Luebeck, Dave Perloff, Paulo Amaral, John Paquet, Peter Caron	Vermont City Marathon - Relay	5/28/2023	2	35	2		2nd relay team overall
Christopher	BAA 10k	6/25/2023	1	20	41		184 out of 201 (Men 55-59)
Thomas	Loon Mountain Race	7/9/2023	2	7	1		No
Richard Dumas	Narragansett Summer of Fun Half Marathon (10K shortened)	7/16/2023		50	54		5 of 28
Richard Dumas	San Francisco Marathon	7/23/2023	4	12	49		22 of 84 M60-64
John Swartz	Stretchlab Ribfest 5 Miler	7/23/2023		51	8		
Karen Girouard	Berna's Great Legs 5K	7/20/2023		22	33	PR	No
Karen Girouard	Mine Falls Trail Race 5 Mile, Week 6	7/17/2023		42	37		1st place female
Barbara Kendall	Ribfest 5 Miler	7/23/2023		49	12		2nd F60-64
Barbara Kendall	Kingman Farm Trail Race	7/29/2023		40	7		2d F6069 - very small race!
Richard Dumas	Yankee Homecoming Road Race 10 Miler	8/1/2023	1	23	51	PR	9 of 28
Brenda Monahan	TD Beach to Beacon 10K	8/5/2023	1	4	25		
Allyson Casey	Run to Home Base	7/22/2023		40	22	PR	2nd AG
Ed Burns	Delta Dental/Cigna Corporate	8/10/2023		24	50		
Marisol Garcia	Bobby Doyle Summer Classic 5 Miler	8/13/2023		40	51	PR	
Michael Luebeck	Ragged 50k - USATF 50K Trail	8/6/2023	6	55	22		

	National Championships						
Christopher Schaffner	Falmouth Road Race	8/20/2023	1	29	51		
Marisol Garcia	AutoFair NH 10 miler	8/26/2023	1	29	57	PR	
Rita Agostinelli	Miles Over the Moon	7/21/2023		30	52	PR	
Rita Agostinelli	Yankee Homecoming Road Race	8/1/2023	1	20	29	PR	3rd place F45-49
Rita Agostinelli	Bobby Doyle 5 Miler	8/13/2023		37	26	PR	
Rita Agostinelli	GBTC XC Invitational 5k	9/10/2023		25	7	PR	
Richard Dumas	USAF Marathon	9/16/2023	3	59	18	PR	4th of 38
Andrew Downey	Tree House Half Marathon	9/17/2023	1	18	59		17th overall
Richard Dumas	Lone Gull 10K	9/24/2023		48	44	PR	16 of 42
Jen Ziel	Jennifer Ziel	9/24/2023		52	22	PR	no
Gabriel Kohen	USATF lone gull 10K race	9/24/2023		43	17	PR	38
Gabriel Kohen	Roses Village(Kfar Vradim), Galilee, Israel 8K	9/7/2023		36	6		2nd in age group, 9th overall
Gabriel Kohen	USATF New Hampshire 10 miler	8/26/2023	1	17	55	PR	305 overall and 16th in age group
Gabriel Kohen	Mine Falls 5-mile race series.	8/7/2023		36	30		Overall series. First in age group.
Gabriel Kohen	Angry Chickens week 3	7/25/2023		17	9		12th overall 1st in age group
Gabriel Kohen	Stretchlab Ribfest 5 Miler race	7/23/2023		34	56	PR	35 overall 4th in my age group
Gabriel Kohen	White Fang 5K	7/19/2023		21	58		3rd overall and 1st in age group

Gabriel Kohen	John Carson July 4th 2 Miler	4/4/2023		12	36	PR	62th overall 4th age group
Rita Agostinelli	Lone Gull	9/24/2023		47	50	PR	
Rita Agostinelli	Brown Bear XC Invitational	9/30/2023		30	34	PR	
Rita Agostinelli	Smuttynose Rockfest Half Marathon	10/1/2023	1	54	17	PR	
Christopher Schaffner	Cambridge Fall Classic 5k	10/1/2023		38	8		60/63
Stacey	Cape cod marathon	10/8/2023	4	13	40	PR	
Rita Agostinelli	Cape Cod Marathon	10/8/2023	3	53	51	PR	
Jeffrey	Chicago Marathon - BQ	10/8/2023	3	27	45	PR	
Richard Dumas	Cape Cod Marathon	10/8/2023	3	56	9	PR	10 of 33
Richard Dumas	Lowell Firefighters 5K	10/7/2023		23	28		First of 10
Tom	Ghost Train Trail Ultramarathon	10/14/2023	9	15	49	PR	No
Gabriel Kohen	Baystate half marathon	10/15/2023	1	34	11	PR	8th in division, 105 overall

The Greater Lowell Road Runners  
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