

# STARTING LINES – March 2024

## Did You Know?

- Running outside at the same pace as on the treadmill burns more calorie due to air resistance.
- Three surprising animals that are faster than the human being are a domestic rabbit, a cat, and a kangaroo.

## Membership

Membership is open now for the 2024 calendar year. Not a member, or haven't renewed this year? No problem. Sign up by going here: <https://glrr.net/joinus/>

## Mill Cities Relay

The 2023 Mill Cities Relay was held on Sunday, December 3rd. GLRR had a great turnout, and we finished 3<sup>rd</sup> as a team – missing out on the #2 spot by 1 point. We also said to the Claddagh Pub, since it was the last year that the relay race, and post-race festivities were held.



## Annual "Christmas Eve" Run

Each year GLRR has an annual "Christmas Eve" run. It happens on the Saturday of Christmas Eve, or the Saturday before the actual Christmas Eve Day. This year we had a great turn out, and then gathered, post-running, to share in the holiday spirit!



## Fudgcicle 5k Series 2024



This year we welcomed new Race Director, Michelle Roche for the 2024! With Michelle at the helm, the Fudgcicle 5k Series had 248 total runners. Out of that number, 32 runners achieved that status of "Frozen Runner", meaning they completed all weeks of the series. During Food Drive week, runners graciously gave food donations for the Tewksbury Food Pantry, which took two SUVs to delivery! Kudos to Michelle, and to all who ran and gave!



## **GLRR Biennial Elections**

Every two years GLRR opens up nominations for all positions of the GLRR board in November. Nominees must be members in good standing, and are elected by the general membership (also in good standing) at a biennial January meeting. This past January was such a year.

We'd like to thank those who served on the GLRR Board for 2023-2024:

### *Officers*

President: Glenn Stewart

Vice President: Valerie Koines Anderson

Treasurer: Katherine Bradshaw

Secretary: Amy Breen

### *Board Member Chairs*

Apparel Committee: Sarah Dillon

Business Committee: Natalya Subbotina

Communications Committee: Ron Desmarais

Membership Director: Annette Casco

Racing Team Manager: Liane Pancoast

Social Committee: Melanie Catherwood

Youth Development Director: Joe Ferris

We'd like to introduce the new GLRR Board for the 2024-2025 session:

### *Officers*

President: Scott Casper

Vice President: Amy Breen

Treasurer: Katherine Bradshaw

Secretary: Danielle Sullivan

### *Board Member Chairs*

Apparel Committee: Sarah Dillon

Business Committee: Michael Hopkins

Communications Committee: Ron Desmarais

Membership Director: Annette Casco

Racing Team Manager: Liane Pancoast

Social Committee: Vanessa Ryan

Youth Development Director: Ed Pancoast



## GLRR at the Boston Run Show

The Boston Run Show was held the weekend of Jan 27 & 28. GLRR once again had a booth in the Events Village in order to support our booth and help promote GLRR, Baystate Marathon and other GLRR races.

We even had WCVB Channel 5 record GLRR for their Morning Wake Up Call! [Click here to see](#)

## Annual Awards

Congratulations to the 2023 Award winners:



Comeback Runner of the Year – Ken Goodin  
Female Runner of the Year – Rita Agostinelli  
Male Runner of the Year – David Westenberg  
Most Improved Runner – Mari Garcia  
Spirit Member Award – Silvana Morgan  
Volunteer of the Year – Scott Casper  
Youth Female Runner – Annika Kindorf  
Youth Male Runner – Noah Brooks  
Youth Most Improved Runner – Patrick Sullivan



## **Saturday Morning Group Runs**

Now that the Fudgcicle 5k series is over, Group Runs on Saturdays will resume. Come join us on any given Saturday from March through December, 8am at the Coop (1934 Lakeview Ave, Dracut MA). Any pace, any distance is welcome. We hope to see you there!

## **Boston Training Runs**

It's that wonderful time of year again to register for the Boston Training Runs!

The Boston training runs are a very popular club activity, and a great way to meet other club members. For the runners, this is a great chance to get on the course for your training and long runs. First time running Boston? What better way to learn as much as you can leading up to the big day. And for club members looking to get more involved, we always need and love our volunteers!

Please note that these runs are not only for Boston Marathon runners. If you are running a spring marathon you can take advantage and train with us on the course! We VERY much encourage you to join!

To find out more, or to register as a runner or volunteer go to the [GLRR Boston Training Run web page](#).

For any questions, send an email to [bostontrainingruns@glrr.net](mailto:bostontrainingruns@glrr.net), and Tara and/or Scott will help you out.

## **Spring Track 2024**



Spring track is almost here. It begins the in April after the Boston Marathon. More details to follow via emails and social media posts from Coach Jeff.

## 2024 USATF-NE Grand Prix Series

Here is the complete schedule for this year. Go to the website for more information and registration: <https://www.glrr.net/gp-entry-form/>

- Super Sunday 4 Miler- Sunday February 11 (Bedford, NH)
- New Bedford Half Marathon - Sunday March 17 (New Bedford, MA)
- Frank Nealon 15K - Saturday March 30 (Upton, MA)
- Great Bear 5K - Sunday May 19 (Needham, MA)
- USATF-NE 1 Mile - Mid July (TBD - central MA)
- Bobby Doyle 5 Mile - Sunday August 11 (Narragansett RI)
- Lone Gull 10k - Sunday September 22 (Gloucester, MA)

## 26x1 Relay



Save the date for the 2024 relay! It will be back at Hormel Stadium in Medford on Saturday June, 8th. Registration details to follow in the near future via email and social media from our Race Team director, Liane.



### GLRR Self-posted results

If you don't realize, we have a menu option on our website to collect race results from you (or others). We use what's submitted so that we can share these accomplishments with the club.

You can do that by going to this website link: <https://www.glrr.net/recent-race-submission/>. Below are the results entered since our last newsletter. Congrats to all!

Runner's Name	Race Name	Race Date	HH	MM	SS	PR?	BQ?	Placed in AG?
Kirk Wayshville	Chicago Marathon	10/8/2023	3	55	1	Y		
Sarah and Kirk Wayshville	Baystate Half Marathon Relay	10/15/2023	1	45	8	Y		9th out of 44 teams
John	USATF Masters Outdoor Championship	7/22/2023		46	59			3rd ppace in Nationals!
Gabriel Kohen	Devil's Chase 6.66 miles race	10/21/2023		46	57			19th overall, 3rd in Age group
Gabriel Kohen	Xfinity Newburyport Half Marathon	10/29/2023	1	34	4	Y		65th overall, 4th AG
Rita Agostinelli	USATF-NE XC Championships	11/5/2023		30	11	Y		
Rich Dumas	DAV 5K Boston	11/11/2023		23	46			1st in M60-69
Rita Agostinelli	Manchester City Half Marathon	11/12/2023	1	49	7	Y		
Nicole Souza	Journey Home Road Race 5k/10k Devens	11/12/2023		45	15	Y		Yes, 1st Female Overall
Nicole Souza	Jennifer's Run (5k race)	10/14/2023		21	3	Y		2nd Female Overall
Nicole Souza	Journey Home 10K	11/12/2023		45	16			1st Female, 7th Overall
Rita Agostinelli	Rachel's Run	11/18/2023		28	34	Y		Yes, 1st in age group
Richard Dumas	Philadelphia Marathon	11/19/2023	4	1	42			
CHIP	Journey Home 10K	11/12/2023		49	13			1st in AG
David Westenberg	USATF Cross Country Championships (8K)	1/21/2023		31	26			First place, M65
David Westenberg	John Thomas Terrier Classic (800 meters)	1/27/2023		2	23			
David Westenberg	Valentine Invitational (400 meters)	2/11/2023		1	5			
David Westenberg	USATF Masters Indoor National Championship (3000 meters)	3/10/2023		10	54			First place, M65
David Westenberg	USATF Masters Indoor National Championship (1500 meters)	3/11/2023		4	59			First place, M65
David Westenberg	USATF Masters Indoor National Championship (800m)	3/12/2023		2	30			Second place, M65

Runner's Name	Race Name	Race Date	HH	MM	SS	PR?	BQ?	Placed in AG?
David Westenberg	James Joyce Ramble/USATF National Masters 10K Road Championship	4/30/2023		39	19			First place, M65
David Westenberg	Battle Road Twilight Series #1 (3000 meters)	5/13/2023		10	41			
David Westenberg	Battle Road Twilight Series #4 (3000 meters)	6/17/2023		10	47			
David Westenberg	Adrian Martinez Classic (one mile)	6/10/2023		5	20			
David Westenberg	Tunnel Light Marathon	9/10/2023	3	3	16	Y	Y	First place, M60
David Westenberg	Lynn Parks & Recreation 15K	11/11/2023		59	17	Y		First place, M65
David Westenberg	Lynn Parks & Recreation 10 mile	11/11/2023	1	3	29			First place, M65
David Westenberg	Brown Bear Invitational (8K)	9/30/2023		32	38			Second place, M65
David Westenberg	USATF National Cross Country Championship (5K)	10/7/2023		20	13			Third place, M65
David Westenberg	USATF-NE Cross Country Championship (8K)	11/5/2023		31	26			First place, M60
David Westenberg	Wellesley Turkey Trot (5K)	11/23/2023		18	48			First place, M60
David Westenberg	Lynn Parks & Recreation 1 Hour - 15,183 meters	11/11/2023		59	59	Y		First place, M65
David Westenberg	Sharon Colyear-Danville Season Opener (one mile)	12/3/2022		5	10			First place, M65
David Westenberg	USATF-NE Indoor Season Opener (1500 meters)	12/17/2022		4	54			First place, M65
David Westenberg	USATF National Club XC Championship (8K)	12/10/2022		31	29			Second place, M65
Marisol	B.A.A. Half Marathon	11/12/2023	1	54	5	Y		
David Westenberg	Suffolk Relays (3000 meters)	12/2/2023		10	32			
Jeannie Pustell	BAA Distance Medley	11/12/2023	3	47	24			1st place in AG for Medley
Rita Agostinelli	Winter Solestice 5k	12/9/2023		22	30	Y		Yes, 2nd
Rita Agostinelli	Jingle Bell Half	12/10/2023	1	47	38	Y		



Runner's Name	Race Name	Race Date	HH	MM	SS	PR?	BQ?	Placed in AG?
richard	shamrock	12/3/2023	2	45	12			
Richard Dumas	Space Force T-10 Miler	12/9/2023	1	25	48			Third of 50 finishers M60-64
Rita Agostinelli	First Run Lowell 5k	1/1/2024		22	15	Y		3rd Female overall
Rita Agostinelli	Millennium Mile	1/1/2024		6	28	Y		3rd in age group
Richard	First Run Lowell 10K	1/1/2024		49	56			4 of 20
David Westenberg	USATF Cross Country Championships (8K)	1/20/2024		31	17			First Place, M65
David Westenberg	John Thomas Terrier Classic (800 meters)	1/26/2024		2	27			
David Westenberg	Riverhawk Invitational (3000 meters)	1/27/2024		10	37			
Rita Agostinelli	Clearwater Marathon	1/28/2024	3	44	7	Y	Y	Yes, 1st in age group
Wendy Jepson	Clearwater Running Festival Half Marathon	1/28/2024	1	46	52	Y		No, but in Top 20 for Women
Rita Agostinelli	Frozen Shamrock 3 Miler	2/25/2024		21	37	Y		Third in AG
Liane Pancoast	Houston Half Marathon	1/14/2024	1	55	35			2nd place in Women 65-69
David Westenberg	USATF-NE Night at the Track #2 (5k)	2/29/2024		18	19			
Cory Edwards	Hampton Half Marathon	3/3/2024	1	19	18			14th place overall
Rob McCabe	Maria's Frozen Shamrock 3-Miler	2/25/2024		23	35			
Rob McCabe	4-Leaf Rover 4-Miler	3/3/2024		30	50			
Rob McCabe	Super Sunday 4-Miler	2/11/2024		32	31			
Rob McCabe	Snowflake Shuffle 5K	1/14/2024		24	14			
Karina Fuentes	Karina Fuentes	3/3/2024		33	31	Y		
Rita Agostinelli	4 Leaf Rover	3/3/2024		27	7	Y		3rd female overall
Frank Georges	Four Leaf Rover 4 Miler	3/3/2024		32	31			

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