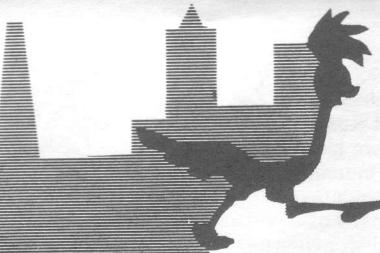


Starting Lines

published by the Greater Lowell Roadrunners



GLRR Men's teams competed in the Great Barrington 15K -- (front left to right) Dave Camire, Kevin Crispell, Tom Amiro, Colin Gouldson, Tom Carroll (rear) Dennis Conners, Bill Boyd, Charlie Keefe, Dave McCarthy, Will Mason.

Upcoming Events



AN EVENING WITH JOCK

At the September 30th Club meeting Jock Semple, of Boston Marathon fame, will be our special guest speaker. Jock will give a talk and will field questions. Later in the evening, Jock will personally autograph copies of his book Call Me Jock. The book will be on sale at the meeting.

WHAT IS A WOLFHOUND RUN?

The Wolfhound is the official mascot the Coors Brewing Company and he will be here in Lowell sometime in late October to run in the First Annual Greater Lowell Road Runners Wolfhound Run. The run is still in the planning stages, but promises to be lots of fun and similar to the Monster Dash of Boston. The race directors for this event will be Mary Bourret and Sue Trudel.

"M" CITY 1985

Its back! This year's Mill Cities Relay will be held on December 1st, starting at 8:00 AM from the Nashua YMCA and ending at the K of C Hall in Lawrence. The format is the same as last year except the Gate City Striders promise to be funnier and the Merrimack Valley Striders promise to be faster. This year six new clubs will join in on the run and fun competition, they are: the Middlesex Striders (Framingham), Athletic Alliance (Manchester, NH), the Winners Circle Runners Club (Salisbury), the Wang Runners Club (Lowell), the Sanders Snails (Nashua), and the Andover Striders. Applications will be made available to all clubs by the end of September.

GLRR/WANG DUAL CROSS COUNTRY MEET

The GLRR will compete against the Wang Runners Club in a cross country meet scheduled for November 2. The 5-mile meet will be held on the Wang Country Club golf course in Groton and will be open to members of the GLRR and WRC. Additional details on the meet will be sent in an upcoming Calendar of Events mailing.

JIM WITT 5-STAR ROAD RACE

This year's race looks to be the best ever. The field will include Charlie Spedding, Bob Hodge, Andy Palmer, Debbie Mueller, and Terry Baker -- a world class field! Now it is our job to put on a world class event. We need volunteers. The first hundred volunteers will receive long sleeve training shirts. To volunteer call race director Dan Wasileuskas at 459-2784.

President's Message

Fran Maycock



Another fiscal year has begun for us, the Greater Lowell Road Runners. This means we have some new people helping to manage the club, and also, some incumbents. What I hope we, the board of directors, can accomplish over the next year is to provide continuity to our existing programs. The affect should be that no member of our club feels left out or not invited to participate in club activities or programs.

What activities or programs you might ask? The following is only a partial listing:

- The Children's Christmas Party
- The Adult's Christmas Party
- The Marathon Clinic
- The Two Mile Series
- The Fudgical Series
- Several Club Sponsored Road Races
- The Mill Cities Relay
- The Cape Cod Relays

Without continuing the list I think you can get a flavor for what I am attempting to point out. We offer social activities, competitive opportunities, and "just for fun" things. What I would like to see personally is people taking advantage of the opportunity to

just meet other people in the club. We all have something to offer each other; at a minimum a running partner, but, potentially new friends. I have made many friends, people I can depend on in our/my time of need, by getting involved in club activities. You don't have to be president or on the board of directors to take advantage of what our club has to offer, so please join us for a Sunday long run, or a track workout, or a weekday run, or a picnic, or whatever you find interests you. Bring your family and friends, we would love to meet them. But whatever you decide keep in mind that the club belongs to its members and we are all equal members of the same club.

Have a great fall, a better year, and I hope to meet all or our members somewhere along the road during the next twelve months.



Running with Greater Lowell

OVER THE LONG RUN

Kevin Crispell

Lawrence -- In retrospect, it was a classic case of brainwashing. My resistance to reality had already been worn down by ten miles of Dennis Conners and Will Mason "jokes." To be sure, this was already the most bizarre long run I'd ever been on. We had already crashed through the start/finish line of some local bike race with throngs of people cheering, yelling, or swearing at us. Now we were running down the sidewalks of the main street of downtown Lawrence and some stranger was yelling at me in a language I didn't understand. I wondered at this point whether it was a good idea to run next to Rafael Rios or get as far away as possible from him.

Three miles later, Dave Camire asked me this question, "Kevin, would you write something for the next newsletter . . . maybe something about what it's like to join GLRR since you're a new member . . ." I was just about to answer him when it was time for a water break. The words, "No thanks Dave, I don't have the time" were on my lips when I heard a loud scream followed by many unprintable words. Apparently,

Will had snuck up behind Tom Carroll and dumped ice water inside his shorts. My mind went blank and the long run resumed.

Several miles later, Rafael began speaking in a different language. Heat stroke I thought to myself until Colin began to answer him. Now, I knew that Colin came from Australia but I thought they spoke English "down under." Maybe I was getting heat stroke, maybe I was going mad . . . any minute I expected a voice saying "Welcome Kevin, to the Twilight Zone." Finally, at about twenty miles, I said to Dave, "Sure . . . I'll write something for the newsletter . . . but I can't think of anything to write about that would be different."

GRAY MATTER

"Ten Smart-Ass Things to Say to Ten Smart-Asses"

Will Mason

Running has been around for a long time. By my calculations, it is probably the world's second oldest sport. You would think that by now most of the asinine comments that denigrate our sport would have long put to rest. But no, the verbal stupidities are as abundant as ever, the decline of the running boom

notwithstanding. So to arm you a little bit, I have prepared some responses to some comments that I guarantee you will be hearing.

1. Runners don't belong on the roads.

I couldn't agree with you more. They belong on all those sidewalks, trails, and maintained paths that don't exist.

2. Did you win?

No. I went the same distance, but they gave it to another guy.

3. Hey, a girl beat you.

Yep. She beat a lot of good runners.

4. I just ran unofficially.
Then you are a thief.

5. Why do you keep racing if you are never going to win?

I've raced against Rodgers, Shorter, Virgin, Lopes, Meyer, Jones, and thousands of other great runners. Have you ever played one, just one, hole of golf with Jack Nicklaus.

Continued on page 3

Running With Greater Lowell



Gray Matter continued

6. Gee, it looks like the running boom is over.

Yeah, the next thing you know the only people you'll see running will be the people who like running.

7. I didn't qualify, so I just ran in the back.

Yes, I plan to do that in the next Olympics.

8. I read more and more about runners who have heart attacks.

Yeah, statistics show people read more when on vacation.

9. Did you get a trophy?

No, I wasn't old enough.

10. I still think running is boring.

[This is my all time favorite.]

Well, since runners are frequently alone with their thoughts I can see why you feel that way.

So, there you are. Betcha can't wait until the next party. By the way, if man really evolved from the sea, swimming must be the oldest sport. Clean up your mind!

CONNERS' CORNER

The Maine Coast Marathon is a good excuse to have a beer at 10:00 AM and not get too many disapproving stares.

On the same race -- that extra quarter mile at the start is a real heart breaker!

Why do race courses have to be longer than the required distance in order to be the correct length?

In case you haven't heard (and if you didn't it wasn't my fault) I came in first overall at a real 10K road race -- I can't decide whether to retire or just turn pro.

But the bad news was they awarded me a pair of shoes and not a trophy. I have 48 pairs of shoes, but precious few trophies and certainly no first place ones.

Ben Fudge should finally look his age next year when he turns fifty.

How did he ever get that young wife?

If I were an orphan I'd like to get adopted by the Cravens. The Tiches wouldn't be a bad choice either.

Multiple choice question of the month: What is a Whirl-a-way?

- A. A scary ride at Canobie Lake Park.
- B. A 1950's hair-do.
- C. A kid's toy.
- D. A six day bender.
- E. A racing team.

The Lawrence Elk's Walter Meeney Race, held annually on the first Sunday in June, is the best bargain in the area. Thanks to race director Jack Rembis of the Thrifty-way Racing Team.

Real Runners don't cross cut their lawns.

The "Billy Mills Story" was the best running movie I ever saw.

Should you feel bad if all your training partners show up with Sony Walkmans?

GLRR's founding member Dick Stackpole (remember him?) longest run this summer has been 26 feet -- that from the front of his new sailboat to the back.

You are hooked if the first part of the Sunday Globe you turn to is the race results, and you interpolate to see where you would have finished at Fresh Pond or Acton.

Don Drewniak, the Ida Imin of Worcester county, has petitioned Fred Brown to change the rules at the Cape Cod Relays -- he wants the eight runners per team changed to seven runners and one car.

Don't miss the Merrimack Valley Striders Thursday night five mile race on August 29th -- fast course and good time guaranteed.

I can't wait to see who the Gate City Striders hire to do their jokes at this year's Mill Cities Relay.

Is Wendell MacDonald dead?

WOMEN'S RACING PROGRAM

Tom Amiro

The GLRR Women's Racing Program was conducted, for the first time, from May 16th through July 19th. The intent of the program was to get women into

good shape to race 5-miles. Will Mason devised a training schedule designed to increase weekly mileage to around 35 miles/week, while incorporate hard workouts with planned rest. The most important being the weekly interval track workout.

We would separate the women into small groups and run them through 440's, 880's, and 220's. Their pace was based on the mile times they did in a hard time trial. Quarters were run 10 seconds faster than the mile pace, and halves 5 seconds faster. Many times they would go faster than their prescribed pace -- women may be more competitive than men. I was impressed with their workouts. It was pretty exciting the night Sue Lamontagne, Cathy Hissem, Mary Bourret, and Debbie Olsen ran together in the lead pack. And, there were some outstanding individual intervals like when Janet did a 37-second 220, or Debbie Olsen did a 75-second quarter, or Mary Tiches did a 86-second quarter. The 220's really got the women going faster than many had ever run before.

The highest attendance for one session was 23 out of a possible 27. Of course, there was some attrition along the way. But, there was the hard core that came week after week despite the heat and Will's bad jokes. The regulars were Sue Lamontagne, Janet Amiro, Sue Taylor, Mary Bourret, Chris Brennan, Sue Trudel, Debbie Olsen, Jennifer Lamontagne, Jean Boswell, Marleen Lee, Patty Bourke. Also, Anne Dempsey, Ann Sartorelli, Gail Gikas, Carrie Steiman, Mary Tiches and Maria Demarines were there many times.

The finale of the program was the Great Legs Race, and the results are listed in the back of this newsletter. In this type of program it is better to think about the long term benefits of sticking with a consistent, progressive workouts then the short term benefits of running one fast race. In time, the women who stick to the techniques taught in this program should begin to reap the benefits of their hard work.

Running With Greater Lowell



2-MILE SERIES REPORT

David Camire

"Around and around and around we go, where the world is heading nobody knows." Well, perhaps the Temptations were in a "Ball of Confusion" in 1969, but in 1985 the GLRR 2-Miles Series pretty much went without a hitch, although we did go around and around and around. In fact, we went around the Cawley Stadium track to the tune of 2480 laps during the nine week racing series and that excludes warmups and cool downs! If my math is right, that equals 620 miles.

As unbelievable as this may sound, we had dry weather all nine weeks. In all 310 people competed in the 32 preliminary heats, that works out to exactly 8.89 people per heat. (We deposited the .89 in the under/over jar for the Fudgical series.)

The fastest male time was clocked by Billerica's Dave Dunham, who ran an 8:56. The

fastest female time was 11:51, clocked by Sue Taylor. Jim Concannon ran 10:06, for the faster male masters time and Jean Boswell ran a 13:12, for the fastest female masters time. The Chamberas family of Chelmsford proved to be the swifter of the two family entrants. Tom led with a

9:37 clocking, followed by his brother Mike in 9:43, and their father George in 13:19. The next fastest family was the Lamontagnes, also of Chelmsford. Both Beau and Jennifer clocked 14:21 best, while their mother and father (Sue and Rich) clocked 12:35 and 10:46 respectively. (See results section.)



Finish line at last year's Jim Witt 5-Star Road Race.



Announcements

GLRR CLUB HOTLINE

Get up-to-date local running news by calling 452-9426. A pre-recorded message will update you on future running events.

CLUB UNIFORMS

The easiest way to help promote the GLRR is to wear a club singlet and shorts while racing. Call Ben Fudge at 851-3272 or Ed Stott at 851-3272 to order your set.

ARE YOU LISTED IN THE GLRR RECORDS?

If you want to be included in the official GLRR club records, send your times to: Bob Lordan, 11 Revere Rd., Tewksbury, MA 01876.

BURMUDA CLUB RAFFLE

Please keep promoting the raffle. Additional tickets are available from Ed Stott 851-4463.

DISCOUNTS

Sunshine Sports, located on the D.W. Highway in Nashua and Amherst St. in Amherst, NH, is offering a 15% discount to all GLRR members on running shoes and running apparel.

FREE RUNNING SHOES

OK, now that I got your attention please read on. On Labor Day, September 2, 1985, the GLRR will be entering male open teams in the Around the Cape Ann Road Race -- if you are a male and under 40 PLEASE run on our team. Be sure you put Greater Lowell Road Runners in the "CLUB or SCHOOL" blank, and, contact Dave Camire 957-4230 so he can submit a team roster to the race officials. By the way, there will be a raffle following the race and perhaps you may win a free pair of running shoes.

MONTHLY CLUB RAFFLE

At all GLRR club meetings a raffle is held. The funds, raised from the raffle, are used to defer the cost of GLRR social events. Help support the GLRR, by taking part in the raffle at the next club meeting.

BRN/NEAC RACE HOTLINE

This is a race hotline courtesy of Boston Running News and the New England Athletics Congress. Callers are provided information regarding the coming week's New England running events. Call (617) 527-4536.

GREAT LEGS GREAT SUCCESS

Our best team effort of the quarter should not go unrecognized. The staging of the 4th Annual Great Legs Road Race was a team effort "deluxe" by the ladies of the GLRR. Congratulation to race director Sue Lamontagne and her crew for another "GREAT" Great Legs Race.

TAC and RRCA News



UPCOMING NEAC GRAND PRIX RACES

The following is a list of remaining NEAC men's, women's, and masters' championship races for 1985.

September 2

Around Cape Ann 25K, Gloucester, MA. Men.

September 2

Charlton 20K, Charlton, MA. Men Masters, Women, Women Masters.

September 14

Bud Lite Couples 5K, Concord, NH. Men, Women, and Masters.

September 22

NEAC Women 15K, Wellesley, MA. Women.

October 6

Marathon, Worcester, MA. Men and Masters.

October 14

Tufts Med. 10K, Boston. Women.

November 4

Newport Marathon, Newport, RI. Women

December 15

25K Springfield MA. Women and Masters.

December 15

20K Men's open

For more information contact:

Men's Competition

Tom Amiro 256-2547

Women's Competition

Sue Lamontagne 250-0375

Masters' Competition

Will Mason 256-7171

1985 RRCA CONVENTION IN MAINE

The RRCA has selected Portland, Maine as the site of the 1986 National Convention. The convention is scheduled for May 16-18 and will be hosted by the Maine Track Club. The Portland bid was selected over bids from Minneapolis, Miami, and Eau Claire, Wisconsin.

In other RRCA news Pat Lavelle of Holyoke has been appointed as RRCA State Representative for Massachusetts, Connecticut, and Rhode Island.

Running Around New England



FROM OTHER NEW ENGLAND RUNNING CLUB'S NEWSLETTERS

The GLRR presently exchanges newsletters with many running clubs throughout New England and the United States. In fact, presently we exchange letters with clubs from over 30 states. Samples of these fine newsletters will be on display, for your perusal, at the next club meeting. Here are a few excerpts from some other Massachusetts running club newsletters.

The Middlesex Striders may be the only New England running club that has a club chiropractor. In the May edition of Strider Shorts, the Framingham-based club's newsletter, Dr. Martin Rosen offered his chiropractic services to the Striders. This includes complimentary spinal examinations for club members and their families.

The Paper City Striders of Holyoke asked a few thought provoking questions in their newsletter Making Strides. Here are a few excerpts: "Do you attend the [club] meetings, and mingle with the flock, or do you stay at home and criticize and knock. Do you take an active part to help the club along, or are you satisfied to be the kind who just belongs?"

In reference to CMS' [Central Mass. Striders] recent win in the Butternut 15K, the following excerpt appeared in their recent newsletter: "The rivalry between GSH [Greater Springfield Harriers] -- one of the best organized clubs in New England -- and CMS has become the premier one in the entire six state region." The newsletter went on to say, "Like GSH, Greater Lowell is one of the few clubs in New England willing to make the effort to travel to distant areas in order to compete as a team."

From the Greater Boston Track Club's Wingfoot Express: "Thoughts on Running the 400 Meters for the First Time. ADVANTAGES: Too long to worry about blocks, a mystery. Don't have to worry about how many laps to go. Can't get lapped. Not much point in dropping out since you are on your last lap anyway, and you have to get back to your stuff. It's over fast. DISADVANTAGES: Only fast people seem to run it."

MAINE COAST MARATHON

Kevin Crispell

Biddeford, ME -- GLRR was well represented at the recent Maine Coast Marathon. Most of us stayed

at the Beachwood Motel which is located right at the 18 mile mark of the marathon. Needless to say, the motel is still recovering from our stay!

A moderately hilly course, the Maine Coast Marathon is unmatched for its magnificent coastal scenery. Most of the course winds along the ocean (including Kennebunk Beach, Gooch's Beach, Cape Porpoise Harbor, Goose Rocks Beach, and Fortune Rocks). It also passes by the famous Wedding Cake House, Vice President's Bush's summer residence, and Clock Farm before ending up at the beautiful campus of the University of New England.

We had a near perfect day for marathon racing -- cool, cloudy, and an occasional shower. However, the last few miles of the course were right next to the ocean and into a strong head wind which took its toll on most of us. (See the results in back of this newsletter.)

The only disappointment of the weekend was Ben Fudge not being able to compete. The day before the race, Ben was running and was attacked by a dog. Ben fell backwards breaking his wrist and bruising his ass! He still came up and was a great encouragement to the rest of "the crew."

Club Contacts



OFFICERS

President	Fran Maycock	251-4203
Vice-Pres.	Ben Fudge	851-3272
Vice-Pres.	Dan Wasileuskas	459-2784
Vice-Pres.	Dennis Conners	452-9426
Treasurer	Dennis McCarthy	452-0675
Secretary	Janet Amiro	256-2547

BOARD OF DIRECTORS

John Aegeater	667-4939
John Burke	452-7154
David Camire	957-4230
Sue Lamontagne	250-0375
Bob Lordon	851-4765
Will Mason	256-7171
Ed Stott	851-4663

NEWSLETTER STAFF

Dave Camire, Dennis Conners, John Koumantzelis, Kevin Crispell



"It's all Greek to me"



Team Competitions

TEAM COMPETITION

GLRR TAKES PEPSI CHALLENGE

Race two of the N.E.A.C. Grand Prix Series was the Diet Pepsi 10-Kilometer Challenge Race held in Nashua on May 18th. This was another perfectly executed race courtesy of Phil Quinn and the hosting Gate City Striders. In the men's open team division, the GLRR placed fourth overall. Greg Wood led all GLRR scorers with a time of 32:26, followed by Tom Amiro in 32:44, Tom Carroll in 33:48, Will Mason in 34:04, and John Boutselis in 34:21.

BUTTERNUT 15-KILOMETER RACE

Eleven GLRR men made the journey to Great Barrington, MA to compete in the Butternut 15-K road race. The race, held on July 21st, was the third race in the N.E.A.C. Grand Prix Series. The hot and hilly Butternut course proved tough and challenging for everyone. In the men's open division, the GLRR place third overall. Tom Carroll led all GLRR scorers with a time of 50:47, followed by Dave McCarthy in 51:36, Tom Amiro in 52:13, Dave Camire in 53:21, Dennis Conners in 59:09, and Kevin Crispell in 62:57. In the men's masters division the GLRR placed second. Will Mason

led all scorers with a time of 55:02, followed by Jim Concannon in 55:14, Colin Gouldson in 55:47, Charlie Keefe in 61:14, and Bill Boyd in 63:10. Incidentally, the MVP award for the day went to Bill Boyd. Bill, on very short notice, made the three hour trip out West and was instrumental in the fine showing by our masters team. (Results in back of newsletter.)

COMPETITIVE TEAM MEMBERS PLEASE READ

Before the August 25th club meeting, uniforms will be distributed and results of the voting on team leaders will be announced. Prior to the meeting a ballot will be mailed to all those who have applied and have met the qualifying standards. Those interested in the competitive team should continue to send in the application.



New Members

NEW MEMBERS

Walter Adley	Chelmsford	James McCarthy	Lowell
David McCarthy	Chelmsford	Deborah Noble	Lowell
Joseph Palazzolo	Chelmsford	Adrian Noble	Lowell
Patricia Bourk	Dracut	George Pearsall	Lowell
William Mahoney	Dracut	Jim Quadros	Lowell
Richard Singer	Hudson	Joseph Robichaud	Lowell
Lorraine Barbarino	Lowell	James Holt	Marlboro
Dennis Beaudry	Lowell	John Bradford	Billerica
Raymond Belanger	Lowell	Richard Mingolelli	Reading
Robert Fortier	Lowell	John Carr	Tewksbury

Brian Harrington	Tewksbury
Martin Kusmaul Jr.	Tewksbury
Martin Kusmaul Sr.	Tewksbury
John Sutherland	Tewksbury
Joseph Collins	Tyngsboro
Walter Murphy	Westford
Rico Zenti	Westford
Winifred Corsaro	Wilmington
Catherine Schultz	Wilmington

New Members



MEMBERSHIP UPDATE

Since we began the membership drive the GLRR has grown considerably. We are now the largest RRCA chapter in Massachusetts and second largest in New England. Nevertheless, there are still many local runners who do not belong to the GLRR, yet reap the benefits that have resulted from our club. For the \$10 membership, a little more than the cost of a race, you sustain organized running in Greater Lowell. You pay the bills for the clinics, the newsletters, the mailings, and the numerous programs the GLRR sponsors. Find a friend who is not a member and try to persuade him or her to join. We will all benefit.

YOUR DUES ARE OVERDUE

If your name is listed below, we have not received your 1985-86 GLRR membership renewal (as of this printing). Please renew promptly. This will be the last mailing you will receive unless you renew.

RICHARD AHERN
JOHN AVERY
ROBERT BARRY
SUSAN BATCHELDER
WILLIAM BATCHELDER
JOHN BICKERTON
RODERICK BOUCHER
WILLIAM BRADLEY JR.
CHARLES BURGESS
LAUREN CALLAHAN
RAYMOND CARROLL
JOHN CARVER
GEORGE CHAMBERAS
DAN CHAMPAGNE
ALAN CHAMPAGNE
DEL CHRISTMAN
CHRIS CLEARY
DEAN CONTOVER
JOSEPH CRAVEN
ROSA CRUZ
MICHAEL CUESTA
RICHARD CURTIN
DANIEL DALEY
LISA DESFORGE
MANUEL DIAS
LEE DICKEY
STEVE DION
ANGELA DORAZIO
DAVE DUNHAM
EDWARD FLEMING
CHARLES GAFFNEY
IRIS NEOFOTISTOS

MICHAEL GOSELIN
ROBERT GOULD
KEVIN HANLEY
ANDREA HAYDEN
CATHERINE HISSEM
DONALD HOGAN
LYNNDA IGNACIO
PHILIP JACKSON
PHILLIP KAY
CHARLES KEEFE
WILLIAM KILGORE
DAVID LAMAIRE
DENNIS LEBLANC
JAMES L. LYONS
WENDELL MACDONALD
THOMAS MACDONALD
LINDA MACDONALD
JAMES MACDONALD
GEORGE MAILLIAROS
CARLENE MAKAREWICZ
HARRY MANN
JAMES MARSH
DEBBIE MASSICOTTE
FRANK MCCABE
NELSON MCCARTHY
JANE MCCELLIGOTT
JAMES MCGUIRK
JIM MCKEON
JOSEPH MCNIFF
DANIEL MURPHY
BONNIE NEACY
DONALD PROVENCHER

TIMOTHY NIVEN
RONALD OUELLET
CHARLES PITSIOS
BILL PLAISTEK
ROBERT POWERS
GEORGE PRIVE
JOSEPH REGAN
MARIE RICCIO
ELEANOR ROUX
CHARLES ROUX
KATHLEEN RUSSO
PERRY SEAGROVES
ALAN SEXTON
MICHAEL SIFFERLEN
KATIE STEWART
JIM STRONACH
THOMAS SULLIVAN
MICHAEL SULLIVAN
DENNIS SULLIVAN
DANIEL SUMAN
STEPHEN SURKIS, JR.
PHILLIP SWEET
JOHN TANNHEIMER
SUSAN TAYLOR
LAURIE TEAGUE
VINCENT TERNULO
KARIN THEODORAS
GLEN THOMAS
DENISE TOUPIN
RAYMOND TREMBLAY
RICHARD WALDRUP
NANCY WHEELER
GREGORY WOOD

Results



NEW ENGLAND ATHLETIC CONGRESS GRAND PRIX STANDINGS

Men's Open		
Pos.	Club	Pts.
1.	CMS	14
2.	GSH	11
3.	GLRR	7
4.	WRT	5
5.	BAA	4
6.	NMC	3
7.	NEPC	1

Men's Masters		
Pos.	Club	Pts.
1.	CMS	8
2.	NMC	6
3.	GLRR	5
4.	GSH	3
5.	CSU	2

Women's Open		
Pos.	Club	Pts.
1.	CSU	2
2.	CMS	1

Scoring: 5 points for first, 4 for second, 3 for third, 2 for second, and 1 for fifth.

Club Legend

GLRR Gr. Lowell Road Runners
CMS Central Mass Striders
GSH Gr. Springfield Harriers
BAA Boston Athletic Assoc.
NMC North Medford Club
CSU Cambridge Sports Union
WRT Whirlaway Racing Team
NEPC New England Pioneer Club

DIET PEPSI CHALLENGE NASHUA 05/18/85

Men's Open Team

1.	WRT	160:58
2.	CMS	162:37
3.	GSH	162:59
4.	GLRR	167:23
5.	BAA	168:07

BUTTERNUT 15K

GREAT BARRINGTON 07/22/85

Men's Open Team

1.	CMS	4:06:09
2.	GSH	4:10:40
3.	GLRR	4:27:06
4.	NMC	unavail.
5.	NEPC	unavail.

Men's Masters Team

1.	CMS	4:39:58
2.	GLRR	4:50:34
3.	GSH	unavail.
4.	NMC	unavail.

GREAT LEGS 5-MILES LOWELL -- 07/19/85

1.	NANCY MUNROE	30:30
2.	MICHELLE McCANN	30:43
3.	KELLY TAPLIN	30:52
8.	Susan Taylor	31:49
10.	Mary Olenick	32:12
25.	Mary Bourret	35:37
28.	Chris Brennan	35:44
29.	Chris Florence	35:45
31.	Patti Tobin	36:21
32.	Marlene Lee	36:26
35.	Gail Gikas	36:30
37.	Marcella Theeman	37:03
38.	Jean Boswell	37:05
46.	Sue Trudel	37:47
48.	Maureen Semekis	37:51
60.	Kerry Craven	39:13
61.	Marie Riccio	39:27
65.	Janet Amiro	40:00
66.	Carrie Stiemann	40:02
93.	Judy Neiland	43:49
96.	Patricia Bourk	44:18
103.	Thelma Laste	45:17
107.	Anne Dempsey	45:24
124.	Irene Texeira	48:39

Results



GLRR TWO MILE SERIES
06/04/85 -- 08/06/85

1. Dave Dunham
2. Bob Hodge
3. Brad Hurst
4. Bob Derrah
5. Joe Regan
6. Lance Burgess
7. Tom Chambers
8. Tom Carroll
9. Mike Chamberas
10. Gary Wallace
11. Greg Wood
12. Dave Cremin
13. Dave McCarthey
14. John Aukshunas
15. Tom Amiro
16. John Quintal
17. John Sheedy
18. Jim Concannon
19. Mike Daley
20. Kevin Kearns
21. Jim Stronach
22. Tom MacDonald
23. Keith O'Brien
24. Will Mason
25. Jim Quadros
26. Jim Maloy
27. Colin Gouldson
28. Keith Bennett
29. Steve Peterson
30. Arthur Detora
31. Brian Harrington
32. Eric Beauchesne
33. Rich Lamontagne
34. Tim Gilday
35. Rafeal Rios
36. Bill Leahy
37. John Bradford
38. John Whidden
39. Doug Anderson
40. Dennis Conners
41. Dan Sullivan
42. Don Smith
43. Kevin Crispell
44. Ricky Cruz

45. John Buchhiester
46. Cam Amos
47. Del Christman
48. Ed Matos
49. Steve Pepe
50. Eric Stephens
51. Dave Weeks
52. Walter O'Neil
53. John Poisson
54. Ron Fleurent
55. Joe Denaro
56. Dan Dorazio
57. Sue Taylor
58. Bill Boyd
59. John Sutherland
60. Dave Crocker
61. Angel Figueroa
62. Roger Desrosiers
63. Grant Whiteway
64. Rosa Cruz
65. Bob O'Neil
66. Mich Grant
67. Sue Lamontagne
68. Dan Wasileuskas
69. Patty Tobin
70. Tom Moran
71. Debbie Olson
72. Anthony Taylor
73. Jean Boswell
74. Lisa Vincent
75. Dave Mungovan
76. Carrie Maille
77. George Chamberas
78. Dave Maille
79. Tim Tiches
80. Chris Brennan
81. Marcella Theeman
82. Jim Shelton
83. Gail Gikas
84. Maria DeMarines
85. Manual Vasloncelos
86. Beau Lamontagne
87. Jennifer Lamontagne
88. Mary Tiches
89. Greg Amiro
90. Kathy Bellefeville
91. Ann Sartorelli

11:19 92. Janet Amiro 15:12
11:20 93. Anne Dempsey 15:32
11:26 94. Marilyn Buchheister 15:46
11:34 95. Judy Neiland 15:50
11:37 96. Debbie Donaghue 15:58
11:37 97. Patti Kearns 16:20
11:40 98. Paul Matia 16:31
11:44 99. James Matos 16:31
11:46 100 Jerry Kucher 16:35
11:47 101 Hazel Palmer 16:40
11:49 102 Kara Beauchesne 17:45

MAINE COAST MARATHON
BIDDEFORD, ME 05/26/85

6.	Tom Amiro	2:31:14
14.	Colin Gouldson	2:38:49
62.	Rafael Rios	2:51:21
111.	Kevin Crispell	2:58:49
201.	Ed Stott	3:09:55
202.	John Burke	3:09:56
205.	Dennis Conners	3:10:11
267.	Rich Lamontagne	3:16:32
283.	John Poisson	3:18:14
311.	Dave Weeks	3:21:14
328.	Dan Wasileuskas	3:22:26
448.	Bill Boyd	3:35:38
453.	Jean Boswell	3:36:19
625.	Dick Nadeau	4:00:42

BUTTERNUT 15-KILOMETERS
GREAT BARRINGTON -- 07/21/85

1.	WAYNE JACOB	47:14
2.	JIM MURPHY	47:36
3.	STEVE SNOVER	48:24
16.	Tom Carroll	50:47
18.	Dave McCarthy	51:36
23.	Tom Amiro	52:13
32.	Dave Camire	53:21
45.	Will Mason	55:02
46.	Jim Concannon	55:14
50.	Colin Gouldson	55:47
84.	Dennis Conners	59:09
112.	Charlie Keefe	61:14
141.	Kevin Crispell	62:57
147.	Bill Boyd	63:10

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