

Starting LINES

Greater Lowell Road Runners, P.O. Box 864, Lowell, MA 01853 508/452-9426 January 1992

Masters Team Wins National Title

GLRR Male Masters Cap a Perfect Year by Winning Cross-Country Title

Last year was a pure masterpiece for our over 40 males. Their combination of skill, determination, camaraderie, and winning attitude help them do what no New England team has ever done — win every championship race in New England!

They won all seven Grand Prix races, the N.E. Cross-Country championship, and both the Winnepesaukee and Mill Cities Relays. In the latter two races they even beat the GLRR male open team. The crowning jewel, still, to the 1991 season, was a victory at the National 8-Kilometer Championship at Franklin Park in Boston.



GLRR Male Masters National Champions, the top team in the U.S.A! (front row, left to right) Doug MacGregor, Tom Carroll, Bob Hall, (back row) Phil Riley, Stoddard Melhado, Ken Whitcomb, and Tom Foltz (missing from photo is Tom Amiro).

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Best in the U.S.



GLRR salutes the NCAA Division 2 National Cross-Country Champions UMass-Lowell. From left to right Michael Toomey, Scott Bridges, Coach George Davis, John Doherty, Jimmy McGaugh, Terence White, Mike Chamberas, and Dave Cremins. The team won its first-ever NCAA team title at Southern Illinois University with the seventh lowest score (48-points) in the event's history dating back to 1958, lowest since 1979. The team was led by three local runners -- John Doherty (Billerica) was 2nd, Mike Chamberas (Chelmsford) was third, and Dave Cremins (Lowell) was fourth.

GLRR Youth Compete in Nationals

Brothers Ben and Nathan Hoisington led the Greater Lowell Road Runners 9- and 10-year-old boys' cross country team to a second place victory at last Saturday's national meet in Birmingham, Alabama.

While the boy's team powered its way to the runner-up slot in the Amateur Athletic Union National Junior Olympic championships, Bo Bevis led the girls 9- and 10-year-old crew to a third place finish.

"They are just a very impressive group of kids," said coach Mike Hoisington.

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The Real Runner of the Decade

The first time I met my nominee was at Falmouth several years ago. Sitting on the grass observing the goings-on after the finish of the race, my nominee asked how I had made out in the race. I was pleased with my time, so much so that my manners almost failed me. I recovered hastily and returned the query. Wow! I was impressed with that time (not mine). How could this person be congratulating me?

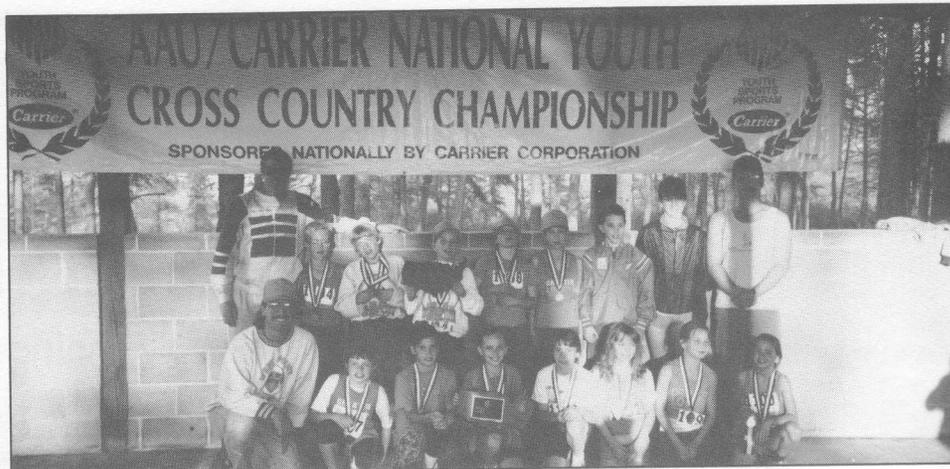
Years later, despite national success, my hero would periodically turn up in local races. Once I even managed to keep up during a 10K that took in the famous "Heartbreak Hill." I kept up with my running hero! Sure, it was a "trainer" for the champ, but I am counting it anyway.

My nominee enjoyed success at the pinnacle and fairly embraced adversity. The true grace showed after not winning. In nationally televised post-race interviews I heard disappointment and even saw tears. But I never saw whining.

Last December I was in South Carolina for the "Upstate Marathon." It was a good marathon with an impressive keynote speaker the evening before, an international cross country racer and marathoner with impeccable credentials. When asked about the runner respected the most, the speaker, without hesitation, named my choice. I thought it ironic that I would travel from New England to meet with nice folk in South Carolina to hear an international celebrity say exactly what I thought. I was pleased.

There are hundreds of good runners and an equal number of methods to rate and rank the very good ones. How does one go about selecting? Ordinarily, my preference would be to let the times and places speak for themselves; however, the multitude of

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GLRR Bantam Boys 2nd and Bantam Girls 3rd at AAU National Youth Cross Country Championship. (front row, left to right) Kevin Bevis, Kim Trembley, Jennifer Takach, Bo Bevis, Candace LeMar, Kristin McKinney, Carrie Ivers, Caitlin Klick, (back row) Mike Hoisington, Scott O'Brien, Ben Hoisington, William Sheridan, Nathan Hoisington, Martin Van Buren, Bobby Johnson, Stephen Wright, and Gary Bevis.

GLRR Youth Continued from Page 1

Next year, he said, both GLRR crews will be shooting for the national title, but the girls' team is losing three out of five runners and newcomers are always welcome to join the boys' and girls' teams. "Who knows, somebody might want to be on a championship team. We have to recruit some more. Cross county is getting bigger and bigger, its becoming more of a team sport."

Ben Hoisington finished the strenuous 3,000-meter race — a course that featured endless treks uphill and various sharp turns — in seventh place with a time of 11-minutes, 26-seconds. Nathan, meanwhile, followed with an 11th place (11:35). Billy Sheridan (11:52) also turned in a strong performance for the boys' team with an 18th place finish as well as Martin Van Buren (37th, 12:07) and Scott O'Brien (85th, 12:55).

For the girls team, Bevis nailed a top-10 finish in eight place at 12:24. Caitlin Klick finished second for the GLRR girls' team and 25th overall at 13:01. Candace LaMar finished 37th at 13:24. Kim Tremblay place 49th at 13:24, Kari Ivers was 69th (13:56) and Kristin McKinney was 86th (14:15).

Before heading to Birmingham, the boys' crew had an impressive season highlighted by capturing the New England TAC championship meet in Rhode Island. Ben and Nathan Hoisington provided the 1-2 punch, respectively, in a field of over 100. The Hoisington duo also led the squad to its first place triumph at the TAC Regional meet in New York with Ben taking second place and Nathan pulling in fourth.

The girls' team turned in an equally strong season capped off with a first place triumph at the New England TAC championship meet. Bevis led all runners with a first place finish and Klick ran for third overall. The girls' crew also captured second place at the regional meet in New York.

At the season's start, the Hoisingtons were the only runner on the boys' roster. By November the team recruited its fifth member and third newcomer to cross country racing. With a virtual rookie team, the GLRR were only beaten out by an Illinois crew — a team that combined the best runners from two 1990 clubs — for the 1991 national title. *Copied from the Littleton News*

We Get Letters!

Editor's Comment: who says it doesn't pay to volunteer? The following letter was sent to John Meehan, Race Director Emeritus of the Lifetime Bay State Marathon. It gives all of us a much deserved pat on the back and proves to all that the success of the Greater Lowell Road Runners is due to the hard work and dedication of each and every one of you.

Dear Race Director:

I am writing to commend you on an excellent event. This past Sunday was my 5th marathon, and never have I been so impressed. The organization was superb, I felt extremely relaxed before, during and after the event. As a former race director, I know of the frustration that goes into an event that, should something minor go wrong, so many can complain.

My finishing time was 3:12:12, a 25 minute personal best, qualifying me for Boston as a Master. The training I put in, the flat course and the weather were major contributors. But coming to a marathon where the race volunteers answered my questions and took care of my needs kept me focused on what is a very strange event.

I have and will continue to recommend your event to all of those expressing their desires to experience the marathon, especially those running

to qualify for Boston and the first-timer.

The only suggestion I will make is to have Gatorade or 10K at the finish line. Other than that, you have an excellent event and must be congratulated. Thanks a lot.

Very truly yours, Larry Cole #245

P.S: See you next year!

Dear Mr. Camire and the GLRR Board,

It is my understanding that your Board for the GLRR assisted with the financial expenses of Martin's trip to Alabama for the AAU National Championship. We want to THANK YOU very much!

Track has given Martin much confidence in himself and he's so proud of all he has accomplished in his 1st year. Plus he has made some special friendships with his cross country track team.

This being his first year in track, this has been a wonderful introduction to the joys of running for him, and we appreciate your support.

Sincerely,
Diane and Martin Van Buren

America's Run for Cancer

On June 1, 1993, GLRR member Pippa Davis will begin a 3000 mile run from Eugene, Oregon to Boston, MA. She will plan to run 52 mile per day for about 60 days and arrive in Boston on August 1. She will be accompanied by her husband, Richard, and son, Tim, who will share driving the RV and biking with her. Her two major goals are to complete the run, and to raise money for cancer research.

Pippa will be appearing on national TV, going to major events to publicize her "Run" and soliciting large corporations for donations. She also will be running in local races, putting on running/aerobic events and using her energy to raise money locally. To help Pippa prepare for her America's Run for Cancer by supporting her training, fundraising and planning, call her at 508/692-9185 for more information.

Welcome to our Newest Members

Ayer -- Thomas Brennan, **Billerica** - Conrad Clark, Alese Clark, Marian Musto, **Brighton** -- Steve Hauptman, Evelyn Neuber, **Chelmsford** -- Mark Coddair, Jack Clancy, Thomas Doerr, Gabi Doerr, Katie Walsh, **Enfield, NH** -- Ray Currier, **Ipswich** -- Richard Seltenrich, **Lexington** -- Elizabeth Malin, **Lincoln** -- Priscilla Leach, **Londonderry, NH** -- Dan Trudel, Diane Trudel, **Lowell** -- Scott Merrill, Robert Abrahamson, Francis Cashman, Timothy O'Connor, Philip Jackson, Debbie Donaghue, David Gleason, **Melrose** -- David Kromer, **Methuen** -- Tom Gorman, Robyn Gorman, **Needham** -- David Waxman, **Pelham, NH** -- Douglas Viger, **Salem, NH** -- Deanna Collins, **Southboro** -- Richard Loring, **Tauton** -- Peter Fraser, **Tyngsboro** -- Cherly Savard, Charles Savard, **Westford** -- Robert Ludwig, **Wilmington** -- William MacDonald, **Vernon, CT** -- Michael Lowell



S-t-r-e-t-c-h-i-n-g Out (left to right) Nathan Hoisington, Martin Van Buren, Scott O'Brien, William Sheridan, and Ben Hoisington.

Why?

Why?? People not hip to the running scene ask me why I do it. They say, "How can you run for 70 minutes a day? Don't you get bored to death?" Or they hit me with the old goodie, "I couldn't run for 70 seconds, never mind 70 minutes." Forget about discussing marathon training or trail running, they just can't comprehend this stuff. Every time they ask me, the answer is the same... "Because I love it!" I couldn't picture myself not running for any long period of time. It is a part of my life, it definitely takes precedence over some things and takes the back seat to others. But it is very important to me. Most of you reading this agree (to some extent) with the things I've said. Nothing terribly revealing or inspiring, just the facts ma'am. So what happens when everything seems to fall apart. This is not a suicidal prelude or a hint that I'll stop running, but something happened at the Lifetime Bay State Marathon which haunted me to stay after work and write this when I have nothing specific to say. My previous articles were easy, the ideas come to me when I'm running or when I'm driving to work and I put them on paper. This article is a test! I feel like I want to say something important, but what? Help! Well, to the best of my ability, here it goes. I've trained long and hard for this race. Thinking it was better to race more this year, I raced more. Thinking it was better not to go crazy with the mileage, I kept it under control to feel fresh. Thinking it was good to do a 30 miler with DD, I did. Everything pointed to this race. I could have done more mileage and more workouts but I really thought I was ready. I thought wrong, or did I? I ran like dog caca. Falling off pace by 16 miles, and falling off the planet from 17 to the DNF spot at 22. I don't feel bad about stopping since it was the correct decision. So what is it? Disappointment? Embarrassment? Not giving it my all? Do I have physical problems preventing me from running the times I should? Aha! It just hit me. The reason I'm struggling with this is simple. I HAVE NOTHING TO SAY. This empty feeling of failure will pass and someday will be replaced with the full feeling of achievement. There is always Mt. Washington, right? I can always run a race near Christmas with my full Santa suit. I can always run the trails and not care how many miles I've gone or how long it has taken. I can always get another scrape on my knee from a trail race and tell everyone about it. I can always run that 10 miler at 8:00 PM during a snowstorm and not have a worry in the world. The real reason I'm writing this is not because I'm depressed or overly disappointed. The real reason is, I'm sitting here because I'm taking time off after the marathon. I didn't run today or yesterday. I'm not going to run for another 4 days. It's not that I don't have anything else to do than stare at the keyboard, but right now I have nothing BETTER to do. You may ask, "Bird, what does that have to do with this story?" It's simple, you see, every time someone not into running asked me why I do it, what did I say? I said, "Because I love it!" Well, I'm not "into" running right now, and now I'm asking myself why I do it. Petey Bird, I do it because I love it. I miss it. I'll be back in a couple of days. Right now don't bother me because I'm dreaming about my love, running. I hope you dream about it too! -- Petey "Bird" Peterson

P.S. It just took 70 minutes to write this story. Weird or what! Can I put 10 miles in my log?

**1992 NEAC Grand Prix
30-Kilometer Championship
March 8th in Boylston MA**

GROUP RUNS ACROSS NEW ENGLAND

For the third year in a row, you can now run all winter long with other runners of all speeds and personalities. Just come to the winter runs held once a month on Sunday mornings!

Reports claim "They are always an adventure from New Hampshire to Chelmsford." You will even see the famous house with slanted floors!

Every Sunday run consists of multiple routes varying in length from 8 to 20+ miles depending on weather, terrain and desires of runners. Starting time is 9:00 A.M. sharp for those going over 15 miles and 9:30 A.M. for all others. The objective is to have something for everyone at every run. No invitation is needed.

The schedule that follows lists the date and the host for each long run throughout the winter. The host for each run will provide maps and an assortment of challenging routes. Guests chip in with refreshments for replenishment after the run. It is important to RSVP the host before the run so that they know how many people to expect.

Also, feel free to call Peg Donovan if you have any questions or comments. Call Peg at (603) 483-2401 (home and message box) or (603) 884-4129 (work).

Remember.....the goal is to have fun!

<u>Date</u>	<u>Name</u>
<u>Town</u>	<u>Phone</u>
2/16/92	Gary Wallace
Merrimack, NH	(603) 595-4921
	Peg Donovan
(help)	
3/8/92	Tom Amiro
Chelmsford, MA	(508) 256-5921
	Brad Hurst
4/5/92	Lance Burgess
Hudson, NH	(603) 882-6644

- Peg Donovan

**1991 NEAC GRAND PRIX
FINAL STANDINGS**

MALE OPEN

1. Central Mass Striders	50
2. Greater Lowell Road Runners	39
3. Cambridge Sports Union	38
4. BAA Running Club	27
5. Greater Springfield Harriers	21
6. Franklin Bolts	17
7. Tri Valley Front Runners	13
8. Marshfield Road Runners	4
9. Greater Boston Track Club	3
Merrimack Valley Stiders	3
Colonial Road Runners	3
12. North Medford Club	1
Sugarloaf Mt. Athletic Club	1
Greater Framingham T.C.	1

MALE MASTERS

1. Greater Lowell Road Runners	36
2. Central Mass Striders	29
3. Cambridge Sports Union	18
4. BAA Running Club	16
5. Tri Valley Front Runners	10
6. North Medford Club	1
Greater New Bedford T.C.	1
Marshfield Road Runners	1

MALE SENIORS

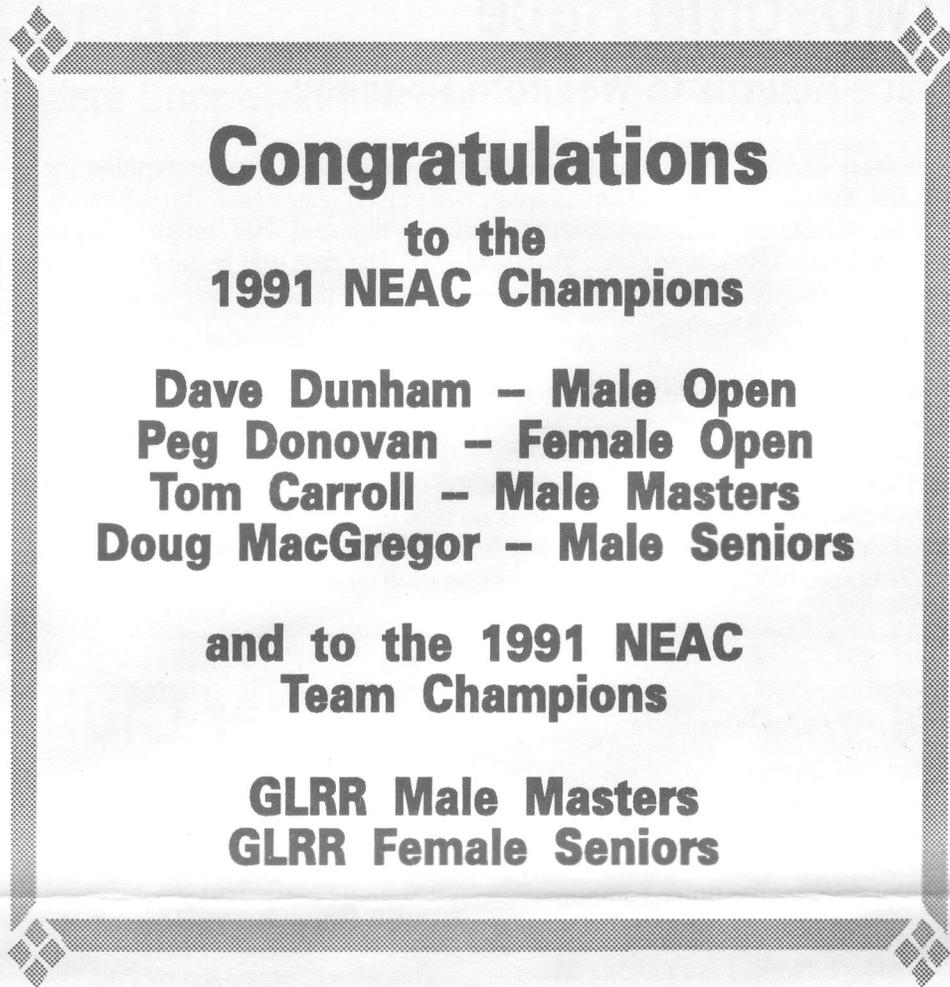
1. BAA Running Club	16
2. Central Mass Striders	9
3. Greater Lowell Road Runners	5
4. Irish American T.C.	3
5. Marshfield Road Runners	2
6. Greater New Bedford T.C.	1

FEMALE OPEN

1. Central Mass Striders	31
2. Greater Lowell Road Runners	30
3. Cambridge Sports Union	26
4. Liberty Athletic Club	23
5. Greater Boston Track Club	12
6. Tri Valley Front Runners	7
7. BAA Running Club	6
8. Greater Framingham T.C.	4

FEMALE MASTERS

1. Cambridge Sports Union	24
2. Liberty Athletic Club	22
3. Central Mass Striders	15
4. Greater Lowell Road Runners	6



Congratulations

**to the
1991 NEAC Champions**

**Dave Dunham – Male Open
Peg Donovan – Female Open
Tom Carroll – Male Masters
Doug MacGregor – Male Seniors**

**and to the 1991 NEAC
Team Champions**

**GLRR Male Masters
GLRR Female Seniors**

Greater Boston Track Club	6
6. Colonial Track Club	4
7. Irish American T.C.	3
8. Rich Classic Athletic Club	2

FEMALE SENIORS

1. Greater Lowell Road Runners	4
2. Liberty Athletic Club	2

TOP TEN CLUBS

1. Central Mass Striders	134
2. Greater Lowell Road Runners	120
3. Cambridge Sports Union	106
4. BAA Running Club	65
5. Liberty Athletic Club	47
6. Tri Valley Front Runners	30
7. Greater Springfield Harriers	25
8. Greater Boston Track Club	21
9. Franklin Bolts	17
10. Marshfield Road Runners	7

1991 TAC/USA

**Cross Country Championship
Boston, MA**

Male Masters

1. Greater Lowell Road Runners (MA)	2:19:50
2. Victory AC (KY)	2:21:20
3. CSU (MA)	2:22:44
4. Hartford TC (CT)	2:23:16
5. BAA RC (MA)	2:24:18
6. Taconic RR (NY)	2:25:50
7. Shore AC (NJ)	2:27:11
8. Mohegan Striders (NY)	2:27:19
9. CMS (MA)	2:28:18
10. Syracuse TC (NY)	2:29:04
11. TVFR (MA)	2:30:23
12. IATC (MA)	2:32:07
13. Millrose AC (NY)	2:37:32
14. GFTC (MA)	2:41:45
15. Syracuse Chargers (NY)	2:45:40

Twosome Race

Race Returns to Westford Regency

What better way to rid yourself of the mid-winter blues than by running the GLRR Twosome Race? Like last year, two person teams each run 3.5 miles apiece. There are numerous categories such as husband/wife, mother/daughter, boy/girl, father/son, boyfriend, girlfriend, etc. The race will begin at a location near the Westford Regency. After the race, shower facilities will be made available at the Regency.

Also, there will be a post race brunch, raffle, and awards ceremony. The brunch includes waffles, french toast, fruit, bacon, sausage, fresh made omelettes, muffins, eggs, juice, and coffee. The cost of the race will be \$7.50 per runner including brunch or free without the brunch. The race will be on Saturday, February 22 at 9:00 am. There is no race day registration, so watch for your race application in an upcoming mailing or call Brian Colcord at 603/362-5307 before 9:00 PM for additional information — **Brian Colcord**

Runner of Decade Continued

racers and myriad of distances and conditions make times alone an unreasonable criterion. Plus, this is for ten years. There has to be another factor.

Gender? Nope, I am picking the best of the decade, not the homecoming king and queen. Just one — the best. I looked at the performances of the 1980s and decided on my own subjective factor to differentiate. The added factor is dignity — dignity in winning, dignity in not winning. Call it class if you will. I hope you agree that it is important for the runner of the decade to bring dignity to our sport.

Hero, I do not know how you will run in the future. Perhaps your best running is in the past. Perhaps you will win another gold medal. My own opinion is that you will continue to be a major influence on distance running for a long time. Based on her talk in South Carolina, Greta Waitz shares my admiration. I want you to know, Joan Samuelson, that you are my running hero — and pick as the runner of the decade. — **Will Mason**

Fletcher Club 5-Miler

On Sunday, December 8th, the Third Annual Fletcher Club 5-Mile race was held. It was a nice December afternoon with temperatures in the 50's and there were a lot of Greater Lowell Road Runners present as evidenced by the many familiar faces and easily identifiable Greater Lowell uniforms.

This race is organized by Paul Poisson, who organizes the Westford Summer Thursday Night race series 3.7 mile run and walk. If you've never run in one of Paul's races, you are missing a good, solid, local race. The miles are usually well marked as is the course. This course, about 75 yards shy of five miles (the snow on the Westford Academy track force an alternate finish) features a long, gradual, uphill on miles 2 and 3 followed by an out-of-the-ordinary, steep, downhill run on a snowy dirt road, making for a fast and slippery mile 4.

Post race festivities included the fast posting of the results as well as last years results for comparison. Also available was hot soup, chips, cookies, water, and apple cider. This year, sweatshirts rather than trophies were awarded to the first two finishers in each age group.

For the local Westford 5-mile races, there are usually around 100 + entrants, with this year's topping out at about 125. A coffee mug, rather than yet another t-shirt, went to each of the first 100 entrants.

The top ten overall finishers included Eric Beauchesne, 24:55, James Garcia, 25:36, William Clapham, 27:11, Scott Spence, 27:25, Patrick McMurray, 28:09, Scott Graham, 28:20, Tom Doody, 28:29, Will Mason, 28:37, and John Piekos, 28:47.

The top three female finishers included Kara Molloy, 18th, 31:07, Anne Ricardelli, 23rd, 31:41, and Melanie Hire, 31st, 32:56. — **John Piekos**

JANUARY EVENTS

SATURDAY MORNINGS

GLRR FUDGICAL SERIES

5-Kilometers
Tewksbury High School
9:00 AM Start
Contact Nancy or Jim Stronach 508/454-4172

GLRR CLUB MEETING

CHAMPION NIGHT

Meet & Congratulate
U-Lowell & GLRR Masters
National Champions
January 27, 1992
Knickerbocker Club - 7:30 PM

1991 Mill Cities Relay

This Was the Year that We Were Supposed to Lose

1991 -- the year GLRR would lose that grand Mill Cities Relay trophy to another club. The year someone else would have bragging rights as the best club in the Merrimack Valley. The year that the Green Machine, a New England powerhouse, would be knocked off by a local club. Our reign would soon be over. It was now their turn. It was their year!

The odds were against us from the beginning. The day before the relay, our male open and masters would be competing in the Cross-Country Nationals. Also, several of our top runners were passing on the relay for a Hockomock Swamp Rat Grand Prix race. We couldn't possibly win; we knew this. So what! It was their year!

The Merrimack Valley Striders were taking no chances, with Dan Dillon (Nike Boston) and Craig Fram (Whirlaway) on their male open team, they were quickly becoming a post race favorite. The Winner's Circle Runners' Club, always tough at Mill Cities, and the North Shore Striders had equally impressive teams. This, of course, was no surprise because it was their year!

From the starting gun, up front, it became a race between North Shore, MVS, and the Winner's Circle. The battle between MVS and WCRC for top spot became fierce. At one point, while trying to slice seconds of the WCRC lead, Dan Dillon risked life, limb, and disqualification by cutting tangents along the busy Lowell Boulevard. Risks had to be taken, because it was going to be their year!

At the finish line, the MVS male open team edged out the WCRC for top honors. It would be a long time before the third place team would finish. This shocked no one, this surprised no one, because it was their year!

Rounding out the top three were the Greater Lowell masters. Their performance was amazing, especially when you take into account that they had won the National Cross-Country Championship less than 24-hours earlier. A sea of green followed — our male team (4th open), coed team (1st), female team (1st), male seniors team (1st), and female masters team (1st) help put a cap on a GLRR upset victory. What happened? This was supposed to be their year!

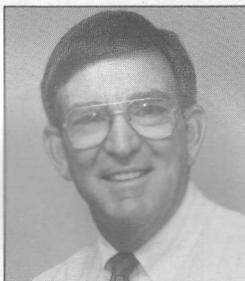
Well maybe, just maybe, next year will be their year! Until then, however, congratulations to all GLRRs for making this OUR year! — **Dave Camire**

MCR CLUB STANDINGS

1.	GLRR	11:03:44
2.	WCRC	11:29:01
3.	NSS	12:21:43

PLACE/CAPTAIN	CLUB	DIV	TIME
1 JOHN MULLIGAN	MVS	MO	2:29:06
2 DON HENNENGER	WCRC	MO	2:29:50
3 STODDARD MELHADO	GLRR	MM	2:39:18
4 MARK HATAUAY	AS	MO	2:39:28
5 BILL SMITH	GLRR	MO	2:40:35
6 MIKE PAGE	NSS	MO	2:42:23
7 GARY PASSLER	WCRC	MO	2:45:21
8 LARRY MEDOLO	MVS	MO	2:47:32
9 JEFF HAAS	GLRR	CO	2:48:16
10 JIM SPAZIANO	MVS	MM	2:49:42
11 ALLIE MACGANUS	WCRC	CO	2:50:12
12 KEN WHITCOMB	GLRR	MM	2:51:02
13 WALTER SWANBON	GCS	MO	2:51:26
14 WILL MASON	GLRR	MS	2:51:30
15 GERARD OTTAVIANO	WANG	MO	2:53:10
16 DAVID SARGENT	GCS	MO	2:55:03
17 KAREN RAPALLO	GLRR	FO	2:55:35
18 JOHN LYSIK	GLRR	MO	2:55:45
19 AL CATALANO	AS	MO	2:57:39
20 STEVE FLINT	NSS	MM	2:59:02
21 MIKE CASTRIOS	AS	MM	3:00:42
22 DAVE LABRODE	AS	MO	3:01:30
23 LEE KNAPP	WCRC	MM	3:02:18
24 JAY MCCARTHY	GLRR	MM	3:04:21
25 PETER GARRIGAN	GLRR	MO	3:05:30
26 STEVE SMITH	GLRR	MO	3:05:59
27 JILL MOORE	WCRC	FO	3:06:41
28 BOB MANNING	WCRC	CO	3:06:48
29 JACK PIERCE	MVS	MM	3:06:56
30 GEORGE GEIS	NSS	MS	3:07:40

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A member of the GLRR for 8 years, Dave Weeks is available at your convenience to answer your questions about today's constantly changing real estate market and is ready to assist you in the following areas:

- Selling and Buying of residential homes and condominiums
- Rental property
- 2nd home purchase -- retirement/vacation
- Relocation into or out of the Greater Lowell area to ANY part of the country
- New construction
- Land

This is a great time to be making Real Estate decisions! Call Dave today for assistance in making these important decisions.



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*7AC National Master Champions
Club of the 1991*

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Volume 12, Number 01

Mill Cities Results Continued

31	SCOTT HOMAN	AS	MO	3:08:05
32	JOHN MORRISON	GLRR	MO	3:08:16
33	GEORGE LECOURS	GCS	MM	3:09:26
34	WARREN CHURCH	GCS	MS	3:10:14
35	BOB RANDALL	WCRC	MS	3:10:33
36	DAVID WEEKS	GLRR	MM	3:10:36
37	ANN KUCHARSKI	MVS	FO	3:10:52
38	KEITH SCHOONOVER	SS	MO	3:12:42
39	JAMES ENTWISTLE	AS	MM	3:16:00
40	BOB CRONIN	MVS	MO	3:17:05
41	GARRETT SCHEPPER	GCS	MO	3:17:38
42	ANDREW SIMMS	AS	CO	3:18:11
43	JILL PAGE	NSS	CO	3:18:18
44	DAVE SMITH	MVS	MO	3:18:39
45	PATRICK SAVAGE	AS	MO	3:19:31
46	PETER MALINOWSKI	NSS	MO	3:20:30
47	JAMES GILFORD	AS	MO	3:21:04
48	MIKE PAGE	NSS	FO	3:22:00
49	JANE LEVEQUE	GCS	CM	3:23:11
50	BILL GIBNEY	GLRR	MM	3:23:43
51	BOB CODY	GCS	MM	3:24:34
52	SHAUN HARRINGTON	GLRR	MO	3:24:47
53	JENNIFER NOYES	GCS	FO	3:24:52
54	STEVE DION	GLRR	MM	3:25:24
55	TOM MCGRATH	MVS	MO	3:25:56
56	BRIAN COLCORD	GLRR	CO	3:27:36
57	ERNIE ROY	GLRR	MM	3:27:40
58	RUSS KEITH	GLRR	MO	3:28:05

59	DAVE LENNARD	MVS	MO	3:30:09
60	DAVID SALVAS	SS	MM	3:30:26
61	HELEN USITALO	AS	FO	3:30:42
62	SHAUN SCANLON	SS	MO	3:31:23
63	NANCY OKUN	GCS	FO	3:31:24
64	TRACI SWANBON	GCS	FO	3:32:06
65	JEAN BOSWELL	GLRR	FM	3:32:40
66	MARY BOURRET	WANG	FO	3:33:07
67	JIM PARKER	GCS	MM	3:33:30
68	LUCIEN TRUDEAU	SS	MS	3:34:06
69	TIM TICHES	GLRR	CO	3:37:21
70	DANA MERRILL	GCS	MM	3:37:35
71	PENNIE NELSON	GLRR	CO	3:37:54
72	BEN FUDGE	GLRR	CO	3:38:21
73	KAREN WHITCOMB	GLRR	CO	3:39:03
74	JACK MURPHY	AS	MO	3:41:50
75	CAROL MALINOWSKI	NSS	CO	3:43:03
76	SUSAN CRONIN	MVS	FM	3:46:35
77	KEN MOREY	GCS	MS	3:47:35
78	LORI PAELINCK	GCS	FO	3:54:59
79	CHRIS BELLINGER	GLRR	FM	4:04:23
80	DAN WOZ	GLRR	CO	4:05:23

Top Three Clubs

1. GLRR 11:03:44
2. WCRC 11:29:01
3. NSS 12:21:43

National Champs Continued

This marks the second consecutive year the GLRR has won the Masters' Cross-Country title. They are truly the best masters team in the U.S.A. This is amazing especially when you consider that the team consists of local runners. Their main competition, in New England, has actively recruited runners from the entire six state region in a futile attempt to win even one race! Their main competition at the Nationals took a similar route.

What the competition needs to learn is that a group of runners, no matter how good they are, doesn't always add up to a good team. The GLRR masters are a solid team who genuinely like each other, train together, and help each other out. They have proven that a local club can aspire to a National title. They worked extremely hard this year to be the number one team and were! Congratulations to our National Champions on a job well done. — Dave Camire