

Starting LINES



Greater Lowell Road Runners, P.O. Box 864, Lowell, MA 01853 508/452-9426 June 1991

Peg Donovan Qualifies for the Olympic Trials

On May 5th, Peg Donovan of Auburn, NH joined 4500 marathoners toeing the line at the Long Beach Marathon; site of the women's TAC National Championship. Although tough conditions, including heat, humidity, and temperatures climbing into the 80's, met the runners, Peg ran an excellent 2:43:50 to place sixth. (The time needed to qualify for the Olympic Marathon Trials is 2:45.) Peg joins a class field of 65 other American women who have qualified for the trials. The site for the trials will be Houston Texas in January of 1992.

Ms. Donovan has been a member of the GLRR since 1988. Previous to joining GLRR, she was a triathlete and a

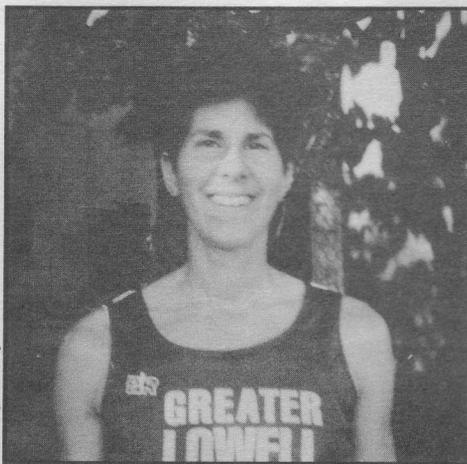


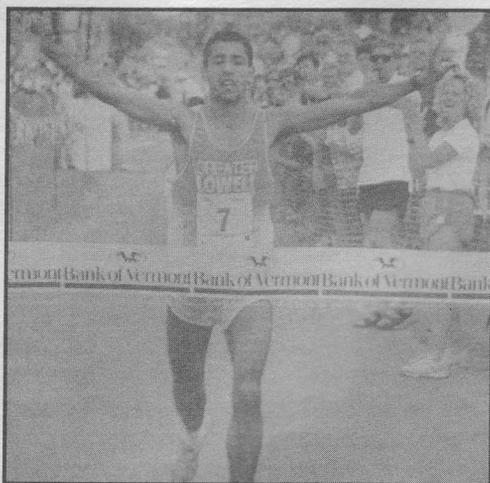
Photo: Jay McCarthy

Peg Donovan is all smiles as she becomes the first GLRR women to ever qualify for the Olympic Trials.

member of the Granite State Racing Team. In 1990, Peg won the NEAC Grand Prix, and was one of the top ranked women in New England. Peg's training includes 70 miles of running a week, four miles of swimming, biking, weight training, and Yoga twice a week. She does a total of about 20 hours of aerobic work a week. Peg does much of her running around (or below) seven minutes per mile and she is notorious for under estimating her mileage.

Peg's goals for the year include preparing for the trials, and running a sub 2:40 marathon and a sub 34-minute 10 KM. Peg also is looking to capture the NEAC Grand Prix.

GLRR's Rockin' Moroccan



GLRR's Rachid Tbahi broke the Burlington City Marathon course record on May 26th with a time of 2:21:57. Rachid bested Mohammed Idris of Egypt, who was favored to win the race. Rachid joined GLRR last year when he came to the US from Morocco.

Do Real Runners Do This?

The title refers to a running joke. A small group gathers at my house on most weekends, to do a run from 10 to 30 miles depending on the time of year. We always start at 8:00 am, sometimes a few people, sometimes a big crowd. The faces change each week, but there is a hard-core group that has inside jokes. We do a lot of trail running, hill running, and hard running etc. . . . and of course synchronized running, which will be an Olympic event in '96.

The question "Do real runners do this?" comes up when Mike Beeman goes into his synchronized running routine, or when Petey (Bird) Peterson goes on a bushwacking expedition. A little side note: if you run with Bird enough you'll see that even when we run roads he's off in the dirt, on lawns, and running around trees.

This question has taken on new meaning this year. Do real runners do trail racing? The answer is yes. Depending, I guess, on what you consider a real runner. I was up at 5:00 am driving for over two hours to Amherst, MA for a race with no prize money, no awards, no real water stops, no chance at a PR, nothing. So why do it? Why do anything? For the challenge, and these trail races are a definite challenge.

Two years ago Petey and I decided to run the Nipmuck Half-Marathon and we also persuaded Dan Daly into going with us. It didn't take too much to get Dan

Continued on Page 3

President's Message

When I took over the reins of GLRR two years ago, my goal was to involve more people in club activities. Thanks to the Board-of-Directors this was accomplished. Everyone on the board has worked hard and with much enthusiasm to make the club better. Changing things always is more difficult than the status quo but this board met the challenge. The board-of-director meetings often turn into brainstorming sessions with people throwing out wild and wacky thoughts that spark another thought until we hit upon a workable idea (or the pizza ran out).

As the membership grows, and it did grow about 10% last year, the challenge to meet the needs of the membership increases. To meet this challenge we need new ideas so give someone on the board-of-directors a call today or drop us a line or come to a board meeting. I'll order extra pizza.

Being President of GLRR has been an excellent experience. Sure there were a few hectic times and a few days I wish I didn't own a phone, but on the whole it has been very rewarding. Family commitments require I hand over the responsibility to another. Please give the new President and Board-of-Directors all the support you've shown me.

Thanks for two great years. -- Mary Bourret



Photo Dave Camire

Attention: Road Racers

Have you ever wondered how fast you could run a mile? Or 1500 meters - the metric mile? Or 800 meters - the half mile? Why not find out by competing in NEAC's Outdoor Track & Field Championships to be held on Saturday, June 29, 1991 at Northeastern University's Solomon Track in Dedham, MA. This is an all-comers meet, so there are no qualifying times but you must have a current TAC card to enter. What you will find is lots of good competition, the opportunity to watch some great track and the chance to test yourself. Call the NEAC office at (617) 566-7600 for more information and entry forms. Remember that you may enter by telephone through Thursday, June 28, 1991. **THERE IS NO POST REGISTRATION!** See you at the meet!!

Dunham NEAC Athlete of the Month

Distance running ace Dave Dunham of Londonderry, NH is the New England Athletics Congress (NEAC) "Athlete of the Month" for May 1991.

Dunham, team captain for the Greater Lowell Road Runners, began the month by winning the NEAC 10 Mile Road Race Championship in Worcester on May 6. Three weeks later, the former University of Lowell All-American traveled to Wheeling WV for The Athletics Congress (TAC) National 20 Kilometer Championship. He placed eighth overall (third American) with a time of 1:05:31 on the challenging course, having been invited to the race as part of TAC/USA's "Emerging Elite" development program.

Dunham currently leads the 1991 NEAC Road Race Grand Prix Series and was the overall winner in 1987, 1988, 1989, and 1990. He has also qualified for the 1992 Olympic Marathon Trials.

The NEAC recognizes the top athletes from MA, NH, RI, and VT for their local and national achievements each month.

Run for Food (Version 4)

The annual Long Run for Food will be held on Sunday, July 28, from Peg Donovan's house in Auburn, NH.

This is a yearly event where all speeds and types of runners and spouses and families are invited. The morning starts out at 9:00 A.M. with runs of varying distances through Auburn. There is an abundance of food available after the run to refuel those muscles.

You don't even have to run to qualify to eat. In the past, we have had walkers, bikers, even children in strollers. Last year we even had a mystery guest who came only to eat.

So mark it on your calendar today and RSVP to Peg for details and directions. Call her at (603) 483-2401. - Peg Donovan

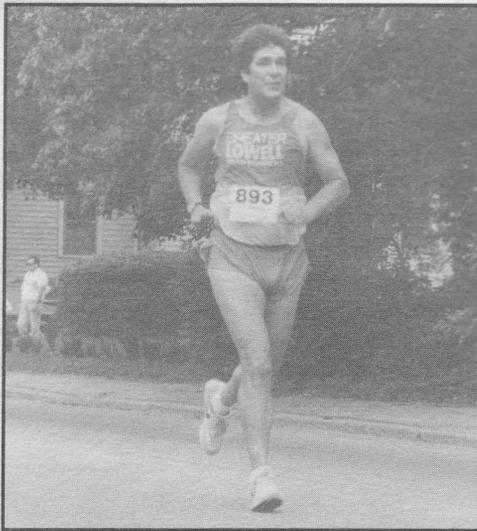


Photo Suzzette Hall

Men of Steel -- The seven NEAC races span distances ranging from 5KM to the marathon. To run several of these helps the club not only win championships, but also helps advertise the club name. To run all seven is extremely difficult. It requires a year long commitment to training and staying healthy. Last year only three of our members were able to accomplish this -- Nils Granquist (pictured above), Tom Carroll, and Dave Camire. Congratulations team members.

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Real Runners Continued

interested. This is a guy who is searching for a roofing, surfing, and running triathlon. We figured it would be easy, the winners only ran about 7-minute pace, forgive us we were young and foolish about the ways of trail running. I ran 88 minutes for a course record, Dan finished fourth and Bird ran two hours at what he said felt like "a good training pace." I felt like I'd run a marathon and fell asleep in back of the car. We were **hooked!**

This year, I decided I wanted to be ranked. In order to be ranked you must compete in at least five of a series of eleven trail races ranging from 10km to 50 miles. The time and place of the top five finishers are used to determine the rankings. The winner of the race is given 100 points and all other finishers are given points based on the winner's time divided by their time. For example, with a winning time of 45-minutes and your time being 60-minutes the calculations would be: $45/60 = .75$ or 75-points.

The trail racing year begins at the Leathermens 10KM in Cross River, NY. Petey and I drove down on Saturday so we could get a look at the course. We did have a course map, but they tend to make a course look flat. Off we went with me giving directions and Bird leading. Seven miles and 68-minutes later we knew what we had ahead of us. The morning of the race was ideal, 40-degrees, pouring rain, and windy. It was going to be slippery, cold, and maybe a little dangerous . . . just what we wanted.

With howls and screams we were off, 500 starters! I went out with the leaders, Petey tucked in behind me. At the log crossing the leader went a little too fast and flipped into the river: this was very cool. After running over some rough trails, we flew down to a river crossing, no log this time, splashdown! Then it was up the pit and through the mud flat, which was very wet, then the wall — a hill of sorts, made of sand and steeper than any part of Mt. Washington. Then we were off on some fast trails, through a big field and to the last splashdown —

a deep river crossing. I made it across OK, but Petey tried to move a boulder with his knee. The boulder won and he had to have his knee stitched.

The results? I got second place, two seconds behind the winner, Andy Moffat from England. Petey picked up third, just ahead of Joel Summeral of Gate City. Joel will tell all kinds of horror stories about trail racing if you get him rolling. He gave some good advice on trail running "Don't race against people or time, you're running against the course." This is what makes trail racing so much fun. No two courses are the same and you never know what will be up around the next turn. If anything it's interesting. You have to have decent coordination and a good eye for trail markers; it's not a road race.

The second trail race of the year was the Seven Sisters 12-miler in Amherst, MA. This is a very difficult course with over 5000 feet of rise and descent on a 6-mile out and 6-mile back course. Some of the best trail runners showed up including Rich Fargo, ranked number one the last two years (2:25 at Boston 1991). By five miles into the race, I built up a 4-minute lead but then got lost. I reached the turnaround in second, 1-minute behind Andy Moffat. We ran together for about four miles before he pulled away for a 2-minute win. This course was tough, I averaged 9:12 per mile, about two times my normal 12-mile race pace. There were some spectacular views and it was a perfect day to be out running; that is what it's all about. For some time afterwards, muscles I didn't know I had were sore, but I had a great time.

The third event in the circuit was the Soapstone Mountain Half-Marathon (13.3 miles). The first 1/2-mile has 400-feet of climb. I took the lead and proceeded to take the top 20 runners the wrong way. After a short discussion, we headed back and found ourselves back in the thick of things. We were trying to pass all the people who got ahead because of our little detour on a stretch of less than a mile with a 400-foot drop in elevation.

After 3-miles of catch up, I moved into

the lead with Fargo and Moffat trailing. On uphill and good footing I'd move out. On downhills and bad footing, Moffat would fly by. Another lesson learned: you can lose or gain large amounts in short stretches. On the last stretch (on a road!) I made my move, with Moffat yelling "Bloody road runners." He blasted past me for another 2-second win. Both of us were 2-minutes under the course record. Petey, running strong, picked up a solid fifth, only 4-minutes back. His time placed him in the top ten best times ever for Soapstone. We had a blast. Afterwards there is talk, great stories about other trail races and ultras. An ultra . . . that sounds interesting.

If you're interested in finding out more about trail racing (8 more events left on the circuit) give me a call or drop me a note; you'll either hate it or be hooked. — Dave Dunham, PO Box 399, Londonderry, NH 03053 (603/425-2011).

NEAC 1991 Grand Prix Standings (includes 13.1M, 10M, 10KM)

Male Open — 1. CMS 23, 2. GLRR 20, 3. BAA 19, 4. CSU 16, 5. FB 12, 6. TVFR 8, 7. GSH 5, 8. GBTC 3, 9. MVS 1, NMC 1

Female Open — 1. CMS 17, 2. CSU 15, 3. GLRR 13, 4. LAC 9, 5. GBTC 7, 6. BAA 6, 8. TVFR 4, 9. GSH 1

Male Masters — 1. GLRR 17, 2. CMS 14, 3. CSU 9, 4. BAA 8, 5. TVFR 7, 6. NMC 1, GNBTC 1

Female Masters — 1. CSU 16, 2. LAC 13, 3. GBTC 6, CMS 6, 5. CRR 4, 6. GLRR 3, IATC 3

Male Seniors — 1. BAA 8, 2. GLRR 3, CMS 3, IATC 3, 5. GNBTC 1

Female Seniors — 1. GLRR 2, LAC 2

TOP FIVE CLUBS — 1. CMS 63, 2. GLRR 58, 3. CSU 56, 4. BAA 41, 5. LAC 24

Still King of the Hill

The GLRR male team of Dave Dunham, Bob Hodge, Steve Peterson, Dave Lapierre, and Tom Carroll won the Mt. Washington team title for the fourth consecutive year. (A complete account of the race will appear in the next Starting Lines.)

July 12th: Run or Volunteer for
the Great Legs Road Race

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GLRR Events Calendar

June 29

NEAC Outdoor Track & Field Championships; Northeastern University's Solomon Track in Dedham, MA. You must be a TAC member to participate. Call the NEAC office at (617) 566-7600 for more information and entry forms.

July 10

GLRR Two Mile Series begins; Cawley Stadium at 6:15 P.M. Contact John Sutherland (508) 851-6783 or Jay McCarthy (508) 957-4456 for further information.

July 12

Great Legs Road Race; 7:00 P.M. at Cawley Stadium in Lowell, MA. 5K Road Race for Women, Only. Contact Christina Bellinger at (508) 462-2715 for more information.

Welcome New Members

Acton — Leslie Lowry, **Chelmsford** — David Weeks, Tim Pomerleau, Roger Sumner, Kenneth Grace, Thomas Doody, Keith Kessler, **Dracut** — Jim Forance, Janet Forance, Jack McNamee, Lou Panas, **Fitchburg** — David Sullivan, **Lexington** — Karen Runstein, Terry Sutton, **Londonderry, NH** — Jerry Rosa, Dean Wishart, **Lowell** — Jack Dolan, Joseph Longtin, John Byrne, Nancy Donahue, Pastor Joubert, Steve Folyen, Robert Moran, Harry Proctor, Robert O'Neil, Scott O'Neil, Keith O'Neil, Mary Ellen McMahon, **Marlboro** — Robert Ryan, **Merrimack, NH** — Daniel Roy, **Needham** — Mary McNulty, **Newton** — Maura LeClair, **Peabody** — David Coombs, Bob Reason, **Ringe, NH** — Mike Maher, **Somerville** — John O'Neil, **Tewksbury** — Jim Marsh, David Fudge, **Westford** — Maureen Donahue, James Donahue, Robert Brady, John Peikos, Scott Spence

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