

Starting **LINE**S

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

Youth Development Track and Field Program Development Program Begins on April 6th at Chelmsford High School

The Greater Lowell Road Runners, the premier running club in the Merrimack Valley, will once again be sponsoring its Youth Developmental Track and Field Program, beginning April 6, 1992 at the Chelmsford High School Track. This program has been instrumental over the last 3 years in developing numerous New England and Regional age group champions, as well as two nationally ranked youth cross-country teams.

The Development Program provides

boys and girls, born from 1978 to 1984, with a low keyed introduction to running and various field events, conducted by a TAC certified coach and other members of the GLRR. Sessions are held twice a week, on Mondays and Tuesdays, through the middle of June. No attendance is taken, and many children work it around other sports they are participating in. Competitive age group track meets, for those who want to partici-

pate, start around the middle of June. A full youth cross-country program is conducted in the Fall.

Cost of the Development Program is a five dollar membership in GLRR (\$15 for families). For further information call Dick Curtin at 508/251-7267 (evenings and weekends), or come by the Chelmsford High School track on April 6th or 9th from 6-7:30 PM. -- Dick Curtin

GLRR Marathon Bus

Take the Hassle out of Marathon Day Travel

The last thing you need on marathon morning is a transportation hassle. Sure, you can drive to Boston and take the BAA bus to Hopkinton if you don't mind getting up a 6:00 AM. Or you can drive to Hopkinton yourself, park two miles from the start then figure out how to get back to your car after the race. There is an easier way! Do yourself a favor and leave the driving to us! The GLRR along with the Wang Runners Club, once again, has arranged for bus transportation to and from the Marathon for just \$15 (The best deal in the Valley!)

We have two very comfortable, air conditioned coach buses equipped with bathrooms. Both buses depart from the parking lot of Wang Labs, in Lowell, at 8:30 AM and bring you to the doorstep of Hopkinton High School. Here you can relax before the big race. You don't even have to worry about your after race clothing, just leave your bag on the bus and we'll carry it up to the GLRR hospitality suites. Yes, the deal includes hospitality suites.

After you finish, you can shower, eat, and drink, courtesy of GLRR, at our luxurious hospitality suites located in the Weston Hotel at Copley Plaza — just a few steps from the finish line. We have a group of spacious rooms reserved for after race socializing and relaxing.

After you have had your fill of race stories, the bus will return back to Lowell in time so you can catch yourself on the 6 o'clock news. We have an early and late bus to accommodate fast and slow party animals. What a deal! To reserve your spot, send \$15 (made to the order of GLRR) to Mary Bourret, 30 Heritage Hill Rd., Windham, NH 03087. No phone calls please!

A to Z of the BAA Marathon

As the days of late 1990 became shorter and colder, I was forced to look into the mirror and ask that most demanding of personal questions: Are you ready to commit to yet another Boston training cycle? The easy answer is obvious: why bother? You don't need to prove yourself to anyone; you've done it plenty of times (11 consecutive).

With that conviction in mind, I went out for a lazy 6 miler and found myself reminiscing (read: he's becoming an Old Fart) on the positive aspects of Boston and here I go again for one last time.

A is for Anxiety. How the hell can the last 12 minutes 'till noon last so

continued on page 3

President's Message

How do We Build on Our Success...

Looking back over the past twelve years, we can be proud of GLRR, our accomplishments, and especially the people who make up this organization. When it comes to running clubs, GLRR is "the success" story of the past decade.

No one, and I MEAN NO ONE, can claim to having a better running club. We have excelled in everything we do — newsletters, coaching, racing teams, youth program, club meetings, road races, calendar-of-events, Winter and Summer racing series, social events, and all the other events we organize throughout the year. We are the region's only full service running club. The only question remaining is how do we build on our success?

The GLRR is at a crossroads and we need your help to decide what direction we should take. We need a new challenge. A new goal. Something we can all rally behind and do as a group. What do you think GLRR should do over the next year, next five years, or even the next decade? What do you want from your club? What direction should we take?

I have asked the GLRR Board-of-Directors to solicit ideas from the membership. Over the next few weeks don't be surprised if we ask you these questions. If you have an opinion or an idea please feel free to contact any board member with your input. The more input we receive, the better club we can build. I guarantee that all ideas will be addressed. So let us know and I'll give you an update in the next Starting Lines. See you on the roads. — Dave Camire



GLRR Hotline
508/4529426

ATTENTION RACING TEAM

The second race of the NEAC Grand Prix is scheduled to be held on March 28th in Pittsfield, MA near the Berkshires in Western Mass. This is a great opportunity to limber up over gently rolling hills, through a panorama of lakes, forests and quiet villages as you prepare yourself for The Boston Marathon. Winning is important to the club and also to you as an individual because cash prizes help the racing team and the club pay for your entry to all the targeted races. Our club also has the most fun, so come prepared for the usual monster tailgate bash. This year I am taking over the reins as manager of the racing team from Dave Dunham who has joined CMS. Good luck Dave, can't say we will kick your butt but we will try.

Seven years ago heads got together and formulated the GLRR competitive team. Today, thanks to the perseverance and guidance of Dave Camire the team thrives (hats off to our president). I would like to have the following 6 teams at this and subsequent NEAC races: Open male (captain Jim Stronach (508) 454-4172), Open female (captain Peg Donovan 603/483-2401), Master male (captain Stoddard Melhado 508/486-9185), Master female (captain Christina Bellinger 508/462-2715), Senior male (captain Will Mason 508/256-7171), Senior female (captain Berna Finley 508/256-23520).

Instructions for competitors: Ensure you have a TAC number. Call NEAC at 617/566-7600 for membership information. Submit an entry for the 20KM to your team captain. Include "GLRR #068" on your entry. Wear a GLRR uniform. Meet at Dunkin Donut, Drum Hill, Chelmsford for a mass departure at 6:15 am (it's a 3-hour drive). Race starts at 10:00 am. Team captains: Submit all entries to me. The racing team will pay entries. No entry form, no reimbursement. If you were not able to get onto a team or are late, submit an entry to me. In the past, talented runners who placed received a portion of the prize money. This is the year of generosity; the directors have voted you will be awarded 100% of the prize money for your effort. See you at Pittsfield.

Colin Gouldson

NEAC Grand Prix Standings (includes 30K)

Male Open -- 1. CMS, 2. BAA, 3. GLRR, 4. CSU, 5. TVFR, 6. BRC, 7. GSH, 8. TNT
Male Masters -- 1. GLRR, 2. CMS, 3. CSU, 4. GSH, 5. TVFR, 6. BRC, 7. GFTC
Male Seniors -- 1. BRC, 2. GLRR, 3. GFTC
Female Open -- 1. CMS, 2. BRC, 3. CSU, 4. BAA, 5. GLRR, 6. RRR, 7. GBTC, 8. LAC
Female Masters -- 1. CSU, 2. GBTC, 3. CMS, 4. RRR, 5. GLRR

Top Five Clubs

1. CMS 24, 2. CSU 20, 3. GLRR 19, 4. BRC 14, 5. BAA 7

NEXT Grand Prix Race
NEAC 20K
March 28
Pittsfield, MA

MISSING - REWARD

Who was that runner out running Super Bowl morning in St. Paul, Minnesota?

I had just finished my own run that morning, and while driving home and listening to the pre-Super Bowl hype on WEEI all sports radio, Dale Arnold and Steve Nelson interrupted their conversation to make mention of some crazy guy running outside in minus 10 degree weather.

They did notice that he was wearing a Greater Lowell Road Runners sweatshirt.

If you have seen this unnamed runner running in your town, or if you have any leads on identifying this guy, please call 1-800-COLOMBO. Just curious. -- Steve Pepe

Starting LINES

Marathon continued

long and why do I have to pee for the 3rd time in the last 10 minutes?

B is for Boston itself, the Granddaddy of them all. If you only run one marathon in your life, make it Boston.

C is for the crowds along the way; 26.2 miles of cheering, encouragement and support. Thanks, everybody.

D is for trying to decide at 9:30 the correct amount of clothing for this year's run. Is it too much or too little? Decisions, decisions. Damn it, I hate them.

E is for the Expo. Every year you say you won't bother to attend, but guess what? Here you are again, saying next year you're not going to bother with it.

F is for finding out how much lying in bed on a cold January morning is underrated among runners.

G is for greeting all of one's road running friends and acquaintances at the high school and on the walk down to the common. Everyone is confident and happy then.

H is for all of the hills along the course, both up and down, not just Heartbreak.

I is for all of the improvements (mile markers, crowd control, etc.) that have been made in the last 5 years.

J is for the joy one experiences in looking up for the last time at the end of the marathon and seeing a Boston qualifying time.

K is for the one and only John Kelley, Sr. He is an inspiration to anybody who has even thought of tying up a pair of running shoes.

L is for long lines all weekend, especially at the Port-o-Johns. Whoever said anatomy is destiny must have been a female marathoner.

M is for mid-March long training runs that must be the 4:00 A.M. of a runner's soul - wet, cold, windy and still 5 more weeks of training to go.

N is for the turn onto Commonwealth Ave at the Newton Fire Station, where the marathon (for the runners) really begins.

O is for the optimism of the human spirit that allows it to set a mid-April marathon as a goal while living in a northern climate.

P is for the Prudential underground garage finish area. Who would have ever believed we would look back on it nostalgically? At least it offered shelter.

Q is for the quality of imagination and characters that are a major part of Boston each year.

R is for receiving one's official ranking postcard a few days after the race and understanding you're in next year's race. To hell with a Fall marathon. This thought will pass too, and come September, you will find yourself on a long training run again.

S is for the special feeling that overcomes the community the day of Boston. People who would never consider running a step offer words and prayers of encouragement to each competitor.

T is for the training required to get to the starting line. Today is the party - enjoy yourself.

U is for the unspoken comradeship shared among the finishers without concern for individual finishing times, only knowing that separately we did it together.

V is for the countless volunteers who do so much work on an endless list of jobs that allows the race to come off so well. Collectively, we runners owe you.

W is for Wellesley College, al-

though it was much more fun when the girls were allowed on both sides of the road.

X is for the X-rated words that keep appearing in my mind after first spotting the CITGO sign and then noting many minutes later that its still no closer that it was the first time I saw it. Beacon Street is marathoning's version of Hell.

Y is for the coveted yellow Boston Marathon Official Competitor's Bag, which is a true status symbol once a year on the 3rd weekend of April.

Z is for the zoo of a finish area. Only Dante's sense of humor could conclude that 26.2 miles of perfect logistics and control should be abruptly followed by: "Congratulations, its over. Now please move along; you're in the way."

If my waxing on about the Boston Marathon has given you even the slightest thought of trying it, come to the finish line area any time after 2:50 P.M. on Patriot's Day and watch the healthiest people in America taking measured baby steps. Then ask yourself, "Is this truly me?". If the answer is yes, then welcome aboard. Its an awesome experience. -- Jack Pierce

Welcome to our Newest Members

Acton — John Clarke, Andover — Peter Demarco, Wayne Fillback, Beverly — Sue Lupo, Doug Wilson, Chelmsford — Laurie Hadley, Jim Hadley, Gloucester — Jeffrey Silveira, Littleton — John Kane, Lowell — Mark Trudel, Linda Trudel, Patrick Gwinn, Methuen — John Pierce, Pelham, NH — Roger Levasseur, Roberta Levasseur, Rowley — John Weston, Stowe, VT — Debbie Crow, Tewksbury — Keith Bennett, James Galvin, Tyngsboro — Robert Wironen, Westford — Kara Molloy

GLRR Boston Marathoners
Good Luck to All

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Starting LINES

GLRR Events Calendar

March 28

NEAC 20K Championship, Pittsfield MA. Contact Colin Gouldson (508/256-1632) for more details.

April 6

GLRR Youth Development Program. Open to boys and girls born from 1978 to 1984. This is a low keyed introduction to running and various field events. Contact Dick Curtin (508/251-7267) for more details.

April 20

BAA Boston Marathon. The GLRR will provide transportation to the marathon and will host a hospitality suite. See the front page of this issue for details.

April 27

GLRR club meeting at the Knickerbocker Club in Lowell. The meeting starts at 7:30 PM with guest speaker Gloria McClellan discussing foot care.

April 29

Start of the GLRR Coaching Series at Cawley Stadium in Lowell. This is a ten week instructive series open to all members of the GLRR. Details on the program will be mailed in April.

Starting LINES

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ROAD RUNNERS**

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