

Starting Lines

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September 1986



Mary Bourret (left) and Jean Boswell (right) coordinated this year's GLRR 2-Mile Series. Over 108 runners competed in the six week program. See complete results on the Results Page.

Upcoming Events

"M" CITY 1986

Mark December 7th on your calendar. That's the date for this year's Mill Cities Relay. Read Eileen Curley's update on this year's event on page 3.

CLUB X-MAS PARTIES

The GLRR Children's X-Mas party is scheduled for December 13th at the Knickerbocker club. The Adult X-Mas Party, is scheduled for December 5th at the Tewksbury K of C. Additional information will be coming in future issues of the Calendar-of-Events.

COACHING PROGRAM

Coach Hodge and Coach Davis have set the following dates for the coaching program: Sept 3, 7, 10, 17, 21, 24, 28; Oct 1, 5, 8, 12, 15, 19, 22, 29; and Nov 2, 5, 9, and 16.

SEPTEMBER GENERAL MEETING

The date for the September meeting has been changed from September 29th to September 25th (Thursday evening). The meeting, however, will be at the usual place (Knickerbocker) and begin at the usual time (7:30 PM).

GLRR HOTLINE RETURNS

After a brief sabbatical, the GLRR hotline will be returning. You can get all of the up-to-date running news by calling 452-9426. A pre-recorded message will update you on the local running action.

COMPETITIVE TEAM PLEASE READ

We will have a brief meeting before the general club meeting on Sept 25th. The meeting will begin at 7:00 PM sharp! Please attend.

RUN YOUR TURKEY OFF UPDATE

This year's New England Athletic Congress (NEAC) 15-Kilometer Championship Race is our own Turkey Race. The date for the race is November 23rd, so mark that date on your calendar. We want to see a large number of GLRR members out there running and winning lots of NEAC medals. This is the first time the GLRR is hosting an NEAC Championship road race, lets make it a very successful one. If you are unable to run, please contact Ben Fudge (851-3272) to offer your assistance.

President's Message

John Aegerter

We are starting a new year with a considerable change in club leadership. Last year was an excellent year. If my memory serves me half-well, we were successful at everything we put on. Thanks again to all of you who worked to make our events so successful.

To keep us on the right track, we must continue to get new people in all jobs. I have felt, in the past, that too small a number of members had been carrying the club. This year, we are fortunate in having new people in positions other than on the Board-of-Directors. This is very encouraging to me personally.

These new people are in positions such as race director, party coordinator, and inter-club representative. I'd like to see more of this. None of these people were coerced to take on these jobs. It is not a life's commitment for any one of them either. Lets see more of you come forward to help out. Helping out will give you a greater appreciation of what this club is all about. Your \$10 investment will return more to you as a result.

You may be thinking that if you volunteer, you will end up with a big job requiring lot of your time. This is not so, there are innumerable jobs requiring a small commitment of your time. Talk to a race director, a party

coordinator, or a board member, they will find something for you to do for the amount of time you can give.

Consider volunteering for one of the following: Mill Cities Relays (contact Eileen Curley 251-4179), Cape Cod Relays (Contact Colin Gouldson 256-1632), Children's X-mas Party (contact Tom Gorman 603-889-0842), Adult's X-mas Party (Contact Sharon Roux), or the Coaching Program (contact me 667-4939).

I know I have been harping on this subject for about a year now. I think it is getting some results. Keep it going. Call me anytime.



Running with Greater Lowell

CAPE COD RELAYS

Colin Gouldson

The Plymouth Rock to Provincetown Relay (P-to-P) is a race which has for local and out-of-state running clubs as much prestige and importance as perhaps the Boston Marathon. This may sound "off the wall" but consider the facts: it's over three times the marathon distance, it has 2000 runners from 250 participating clubs, it is run over a scenic course through one of the most historic parts of the country, it is less expensive than the marathon, and it is all run on a shoe-string budget. What do you get for your seven bucks? A t-shirt and a medal if your team wins. There are no pre-dinner banquets, no officially manned, er, womened water stops (you supply your own), there are no throngs of well wishers cheering you on save for opposing support teams who happen to have stopped to sight-see and at the finish there will be Fred Brown.

Who is Fred Brown? Fred is the founder of the P-to-P Relay and is still the chief organizer. If you spy an elderly 80 years young enthusiastic gentleman at the finish who is tallying results, issuing medals, and looks well in charge of things, that's Fred. He is also one of the founding fathers of the North Medford Club, one of Massachusetts's oldest.

Because no one in their right mind would attempt to certify the course by walking the distance with a measuring wheel, we can safely say the race is about 81 miles long and consists of 7 change over points. The race kicks off at dawn in Plymouth across from "The Rock" and presents minor chaos early on as runners, friends, and assorted transportation sort one another out at change over points. Usually there is feverish action as one or two runners approach the change over, each looking for their respective teammate among the 250 runners. Last year's winning team was the Central Mass Striders (CMS) who fielded 21 teams, that's

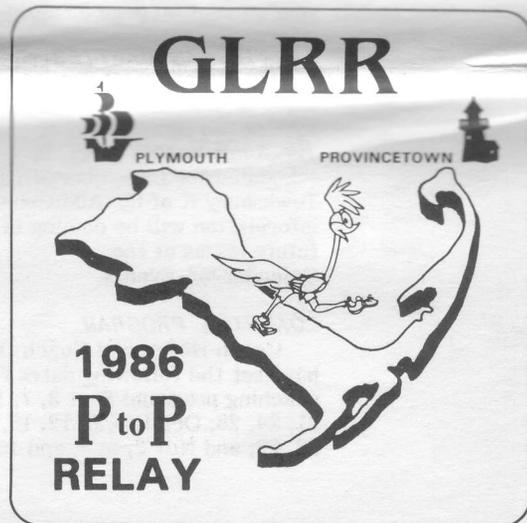
168 runners folks. They must be given due respect for this organizational feat of entering all those teams and for winning the last 7 years.

Following last year's run I volunteered to make this year's event better organized, more fun, more competitive, and most important involve the WHOLE club. So far the team captains are in place. Call them now and offer your legs so they can start assembling teams. The club plans to hire a few mini buses for transportation and we have been

Continued on next page



GLRRs who compete in this year's P-to-P Relay will receive a 5-color patch (right) to commemorate our involvement.





P-to-P Relays continued

offered the use of a house in Truro for after race festivities. To commemorate the event each runner will receive a specially designed patch.

Previous relay 1st place (men's open) finishers through the years were:

1974	SS	7:32:42
1975	NMC	7:29:28
1976	NMC	7:31:00
1977	HTC	7:17:47
1978	CSU	7:30:02
1979	CMS	7:12:17
1980	CMS	7:19:02
1981	CMS	7:23:38
1982	CMS	7:15:10
1983	CMS	7:16:27
1984	CMS	7:26:13
1985	CMS	7:02:12
1986	????	?:?:??

Don't miss the 13th running of the P-to-P Relay, get your John Henry on the list.

UPDATE RE: MILLS CITIES RELAY

At the July 30 meeting we resolved a number of issues and made a final determination of the finish line, shower facilities and "party place". To reiterate the race particulars:

Race date December 7, 1986
8:00 a.m., Start: Nashua, N.H.

Course Follow Merrimack River, finish in Lawrence, MA at Greater Lawrence Reg. Voc. Tech. High School, party at Lawrence British Club on Cambridge St. Lawrence (Directions will be available - only about 1 mile away)

Leg Lengths 5.5 miles, 6.6 miles, 1.5 miles, 9.8 miles, 6.2 miles

Team Requirements Each relay team must consist of five runners: six categories will be available - male & female open, male & female masters, a coed team and a senior team. Each category will have a different color baton to pass on to each team runner. The batons must be returned to the GLRR for future Mills Cities Relay races. Team captains are responsible for returning the batons to an individual designated on race day.

A three-person team can be formed only if a club cannot field a five person team. The finishing times of the three-person team will not be counted toward the club's overall finishing times.

Winner Determination The winning club is determined by the sum of the times of their first place teams in each of the categories, except for the senior category. The times for the senior category will not be included in the total determination because of the few numbers assembled for that category.

Eligibility This is an invitational event that is open to members of the following clubs:

Gate City Striders
Greater Lowell Road Runners
Merrimack Valley Striders
N.H. Athletic Alliance
Andover Striders
Winners Circle Running Club
Sanders Snails
Wang Runners Club
Middlesex Striders

Entry Fee \$3.00 per runner, \$50.00 club entry fee. All club entry fees are due October 1, 1986. Runners fees are due November 1, 1986. Post entries will be available on race day. Batons and running numbers will not be distributed until all fees are paid. Checks should be made payable to: Greater Lowell Road Runners

Party The competition is followed by a celebration and awards ceremony. The awards ceremony will begin promptly at 1:30. Team captains are responsible for making sure that all their team runners are in. Soup, sandwiches, beer, soft drinks, and coffee will be available for all runners and helpers. Each competitor will receive a priceless plaque.

To Enter Assemble five runners and submit entries with applicable fees to your club coordinator. Indicate a team captain. If you cannot assemble a complete team, submit your entry with fee to the coordinator and he/she will place you on a team with runners of your ability.

WHY I JOINED THE GLRR

Mike FitzGerald

1. The GLRR is the closest club to my home in Pepperell. Pepperell is a town in Massachusetts which still uses Pony Express for mail delivery.
2. I needed to talk with other runners about running, etc. My wife only knows enough to ask, "What is your PR?"
3. I needed to find new drinking buddies and boy, can these guys drink beer.
4. I needed to find new drinking spots. Since I joined, I have found the Hynes' Tavern, Lefty's, Cappy's, the Knickerbocker Club,
5. I needed to tell my old jokes to new friends. Instead, I hear new ones every Tuesday night while warming up with a certain runner.
6. I needed coaching after years of self-training. I have found that proper training through Coach Davis and Hodge and fellow runners.

GRAY MATTER

"You Heard It Here First"

Will Mason

I have an ever-expanding mental collection of bons mots that non-runners voice about runners and running; however, some of the good stuff actually comes from runners. This time I will mix them up, leaving you to guess which comes from runners and which from real people.

1. "Running takes time."
(This was from a Ph.D. who was probably reflecting on all those activities that take no time.)
2. "I kept up with him for the first two miles."
(That made the last 8 of this 10 mile race pretty miserable.)
3. "Try and run with the first woman. ESPN is broadcasting the race and you'll be on television."
(The next morning, marked by sobriety, made the statement "non-operative.")
4. "Hey! Here's some water!"
(A club member on a hot day's run just before he took two long gulps from a garden hose that was discharging washing machine effluent.)

Continued on next page



Gray Matter continued

5. "When you think the one loop all the around the track is only 1/4 mile, 10 miles seems like a long way."
(A math major, no doubt.)
6. "The fastest marathoners eat bananas before the race so they avoid running out of potassium at three hours."
(Presumably this cognoscente has seen the top guns hit the wall at the presentation ceremony.)
7. "And some of those men running with her are running some pretty fast times."
(Grete would be happy to know that this was acknowledged on national television.)
8. "With thousands of runners in a race, I don't see how they know who the winner is?"
(It's tough, particularly if you miss the first person.)
9. "I wouldn't run Boston to win it; just to see if I could make it."
(Okay, DeCastella, it's safe to return.)
10. "I don't usually take the advice that I read blindly in the running magazines."
(I don't see why not.)

NO BRAIN, NO GAIN

Tom Amiro

Whether you're a weekend jogger, or a world class runner, you can more easily achieve your objectives if you use the principles of reinforcement discovered by behavioral psychologists. Some important principles are:

- The more immediate the reinforcement the more effective.
- Breaking-up a behavior (or objective) into clearly defined subcomponents (or approximations) and reinforcing (or shaping) them is more effective than waiting for the ultimate behavior to occur full-blown then reinforcing it.
- A behavior that is more likely to occur than another can be used to reinforce the other.

Lets apply these principles to improving your running. Take a clear-cut objective like running a faster 10-kilometers.

First, lets break it up into components. This is where speed work comes in. To run 6.2 miles at

your target pace you must be able to run 1 mile, 2 miles, 3 miles, etc. at that pace or faster. If you cannot run even a mile at your target pace your objective is probably too ambitious.

Use the first workout to establish a baseline. Run as many mile intervals as you can (up to 6) at about 5 to 10 seconds faster than race (or target) pace with a full recovery in between. Next, work your way up adding a mile repeat until you can do the full six.

Once that's fairly easy, begin reducing the rest. If at any point it gets too difficult, go back a rung until you can handle it, then proceed to reduce the recovery again. When you can do the workout with very little recovery (say less than 30 second jog) you should be ready to race.

Even though you won't have any recovery in the real race, remember you will be running about 10 seconds per mile slower. You will be more psyched up by the competition so make sure you rest for the race, take plenty of water during the race, and keep on even pace as you do in your workouts.

You've probably seen this type of program before. The notion of using speedwork to build up to a target pace is not new. But, we can go one step further by applying immediate reinforcement so you can make it through the program.

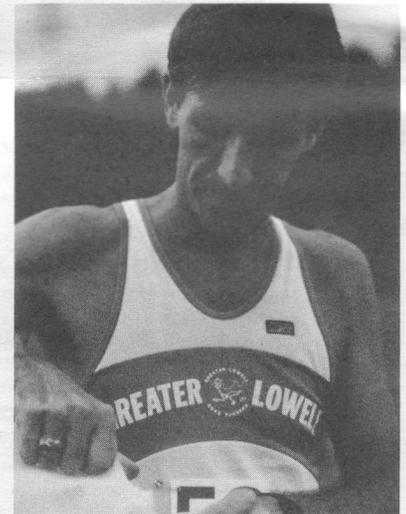
First define some clear, measurable milestones. For example, doing the full set of 3 miles, then 4 miles, then 5 miles of repeats at 5 to 10 seconds faster than race pace with full recovery. Then try reducing the recovery to about a half mile or about a 4 minute jog. Once you've mastered that, try reducing the recovery to about a quarter mile or about a 2 minute jog. Then try reducing the recovery to a 220 or about a 1 minute jog, etc.

Next decide on some rewards to give yourself for meeting each milestone. For example, buy that album, book, or the new car you have always wanted. Or, if there is something you like to do a lot, like drinking beer, make it contingent upon making the next objective. A little deprivation never hurt anyone. Actually you can even use running as if its something you like to do. Say going out on long runs with a group of friends is one of the

times you enjoy running the most. You can use it to reinforce a type of running you enjoy less, like speedwork.

Although progress, in and of itself is reinforcing, without breaking your ultimate objective up into a number of smaller objectives -- each with it's own little "pot of gold" -- you might not see enough progress to sustain your efforts.

Editor's Note: Since running a 2:28:04 marathon, two year's ago, Tom has given up cars, beer, and rockin' roll. Look for Tom to return to these vices after he runs a PR at the Newport Marathon this fall.



Jay McCarthy enjoys a drink after competing in the GLRR 2-Miles Series.

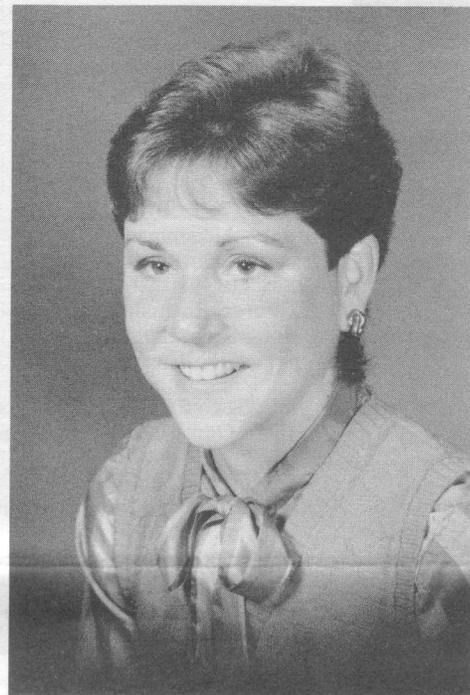
LLOYD'S LLAWS (continued)

- Devoted to Excellence in Mediocrity -

- 91 Weight classes for runners make as much sense as eight foot high baskets for short basketball players.
- 92 Married runners wonder what single runners do with their wallets and keys during races.
- 93 Running diets are honored mostly on the breach.
- 94 A television show about running would last no more than three weeks.
- 95 The correlation between running and divorce is well substantiated; what is not known is the direction of the cause and effect.

GLRR GUEST SPEAKER
SEPTEMBER 25th at 7:30 PM
KNICKERBOCKER CLUB -- LOWELL, MA

At the September 25th club meeting, we will have a special guest speaker. Her name is Anne-Marie Davee and she is a registered dietitian. Her credentials include being a hospital dietitian, a consultant to health care facilities and fitness centers, a nutritional educator, and a counselor on weight control. In 1985, Ms. Davee was recognized as "Young Dietitian of the Year" for the state of Maine. Ms. Davee is also a competitive runner having completed 8 marathons, including the first women's U.S. Olympic Trials Marathon in 1984. Her pr's are: 5 miles 29:50, 10K 37:00, and the marathon 2:50:40. She has an approach to nutrition you will enjoy hearing her present. Make sure you are there September 25th.



Anne-Marie Davee

2-MILE SERIES

Many thanks to Mary Bourret and Jean Boswell for running the most successful 2-Mile Series to date. This year, the weekly attendance was around 55 runners per week. For the third consecutive year, it did not rain on any of the nights the heats were run. A listing of the fastest individual times are listed on the results page.

GREAT LEGS ... GREAT RACE

Congratulations to Sue Lamontagne and Marcella Theeman for another successful Great Legs Road Race (GLRR). This year's race had over 250 entrants, setting a new GLRR attendance record. Special thanks to this year's sponsor, the James L. Cooney Real Estate Agency. This year's race featured team competition as well as a mother/daughter and sister/sister competition. Race results are included on the results page.

CLUB UNIFORMS

The easiest way to help promote the GLRR is to wear club clothing. Club singlets, shorts, and rain suits are available, in all sizes, from the Joe Shoppe located on Rodgers St., Lowell, across from Wendy's.

COMPETITIVE RACING TEAM

If you are fit, enjoy competitive running, wish to compete with a team, and consider yourself a team player, there is a place for you on the GLRR Competitive Racing Team. Teams are divided into two ability divisions -- The "Green Team" and the "Gold Team." Team members train and race together in a coordinated program which strives for excellence in team running. For more information contact Dave Camire 957-4230.

CLUB MEETINGS

Club meetings are usually held on the last Monday of the month at the Knickerbocker Club in Lowell. However, the September meeting will be held Thursday September 25th. We will return to our normal schedule in October. The meetings begin at about 7:30 PM. Typically, over 70 members attend these business/social affairs. Come join in on the fun.

CHANGED OF ADDRESS

If you recently changed your address, contact Mary Tiches (256-2446) so she can update the club mailing list.

SCREEN FIVE SPECIAL

The Salem Screen five mile race, scheduled for November 9th, is offering 50 custom screened shirts to the club/team with the most entrants in the race. The GLRR, being the largest running club in the Merrimack Valley, is positioned well to win this award. You can help us win simply by running in the race.

CLUB 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.

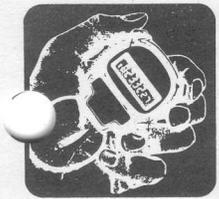
MONTHLY CLUB RAFFLE

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.

EQUIPMENT/CLOCK/CHRONOMIX RENTALS

The GLRR rents its race clock, chronomix, and race equipment. If you know of any race in need of the clock/chronomix or equipment, contact John Aegerter at home (667-4939) or at work (421-6984). Prices are: clock and chronomix \$125 (includes operator), finish line equipment \$50.

Results



1986 2-MILE SERIES TOP 108 TIMES

Bob Hodge	8:54
Dennis Simonaitis	8:54
Joe Regan	9:26
Brad Hurst	9:38
Gary Wallace	9:41
Tom St. Germain	9:42
Dan Berkowitz	9:43
Philip Riley	9:43
Eric Beauchesne	9:48
Tom Carroll	9:49
Jim Stronach	9:52
Bob Hall	9:52
John Sheedy	9:58
Jim Quadros	10:06
Dave Camire	10:09
Jim Concannon	10:10
Dave McCarthy	10:11
Fran Maycock	10:12
Will Mason	10:13
Ken Whitcomb	10:14
Kevin Kearns	10:19
Colin Gouldson	10:19
Scott Graham	10:20
Paul Jezowski	10:21
Tom Amiro	10:24
Terence White	10:29
Tom MacDonald	10:29
Mark Dudley	10:30
Rick Lanard	10:36
Andy Chardonnet	10:39
David Darcangelo	10:40
Rafael Rios	10:41
Bill Leahy	10:45
Richard Marchard	10:48
Ricky Cruz	10:50
Elihu Rozen	10:53
Jim Whitehead	10:58
Ryan Hunt	11:03
Rich Lamontagne	11:03
Bob Jarek	11:06
Cam Amos	11:19
Edward Whitcomb	11:19
Jeff Maycock	11:23
Jay McCarthy	11:25
Jeff Day	11:25
John Poisson	11:26
Jim McKee	11:27
Dave Weeks	11:39
Angel Figueroa	11:42
Del Christman	11:43
Norm Hanover	11:47
John Sutherland	11:53
Bill Mahoney	11:55
Bill Boyd	11:57
Peter Lawler	11:58
Fred Cox	12:03
Michael Celino	12:07
Jose Mangoal	12:08
Keith Bennett	12:10
David Crocker	12:11
Rosa Cruz	12:15
Bob O'Brien	12:16
Dennis Connors	12:18
Dan Vasconcelos	12:24
Sue Lamontagne	12:24
Joyce Bezdek	12:25
Kate Frume	12:25
Beccie Underwood	12:29

Jay Keddie	12:29
Chris Woodson	12:32
Anne Windhol	12:33
Phil Kay	12:37
Jonathan Maycock	12:42
Maura Frame	12:42
Patty Tobin	12:44
Jim Toohey	12:45
Max Ward	13:09
Dan Sullivan	13:11
Tim Tiches	13:12
Grant Whiteway	13:13
Paul Goyette	13:15
Chris Brennan	13:16
Robert Milholland	13:20
James Shelton	13:21
Edward Grzyb	13:21
Norm Williams	13:29
Michael Curtis	13:33
Bob Lordan	14:02
Colleen Whitcomb	14:02
Ann Sartorelli	14:07
Karen Whitcomb	14:40
Mary Tiches	14:43
Dave Heron	14:48
Noel Goyette	14:50
Kathy Bellefeuille	15:00
Patricia Cruz	15:28
Issa Ansara	15:35
Nils Granquist	15:45
Valerie Goguen	15:51
Susan Garibotto	15:52
Hazel Palmer	16:04
Greg Amiro	16:04
Chris Bellinger	16:10
Donna Dorval	16:14
Kathy Akashian	16:14
Jim MacDonald	17:07
Dennis Hunt	18:35
Janet Amiro	18:49

GREAT LEG 5K ROAD RACE 07/18/86 -- LOWELL, MA

1. Barbara Higgins*	16:56
2. Mary Lammi*	17:04
3. Alison Queleh*	17:07
11. Mary Olenick	18:32
23. Rosa Cruz	19:51
26. Susan Trudel	20:14
27. Patty Tobin	20:18
30. Becci Underwood	20:36
36. Chis Florence	21:02
37. Anne Windhol	21:08
38. Denean Imbimbo	21:11
40. Chris Brennan	21:28
42. Betty Bourret	21:46
44. Iris Neofotistos	21:56
46. Mary Bourret	21:59
52. Maureen Semekis	22:17
53. Donna Deveau	22:20
56. Louise Lemaire	22:30
64. Kerry Craven	22:47
68. Barb Kimball	23:11
70. Sandy Hayes	23:16
71. Ann Sartorelli	23:21
76. Eileen Curley	23:48
78. Barbara Kelly	23:47
85. Colleen Whitcomb	23:57
90. Berna Finley	24:02
98. Ginny Whiteway	24:33

121. Noel Goyette	25:42
131. Karen Whitcomb	26:06
132. Pam Hodge	26:06
143. Hazel Palmer	26:43
152. Kathy Kelly	27:05
165. Debbie Donaghue	27:32
167. Irene Texeira	27:36
168. Candy Wasileukas	27:37
174. Thelma Laste	28:02
210. Ann Craven	30:30

GREAT LEG 5K ROAD RACE 07/18/86 -- LOWELL, MA

232 Finishers, results courtesy of
Sue Lamontagne

GREAT LEGS TEAM RESULTS

Open		
1. WRT		55:17
2. CMS		59:54
3. GLRR A		61:13
4. TEAM		66:33
5. GLRR B		75:39
6. Lowell Y		87:30
Master		
1. GLRR A		69:41
2. GLRR B		82:21
3. Last Legs		83:47

FIFERS 4 MILE ROAD RACE 06/28/86 -- BOXBOROUGH, MA

1. Jim Quadros	21:09
11. Rich Lamontagne	23:29
18. Dave Weeks	24:37
19. Cam Amos	24:46
27. Sue Lamontagne	25:51
31. Bill Maloney	26:19

YANKEE HOMECOMING 10 MILER 07/29/86 -- NEWBURYPORT, MA

1. D. Simonaitis*	49:25
2. Seb. Junger*	50:12
3. John Kessinger*	51:10
20. Thomas Carroll	53:24
36. Phil Riley	54:53
61. David Camire	57:34
62. Colin Gouldson	57:35
72. Tom Amiro	58:01
74. Jim Concannon	58:06
76. Ken Whitcomb	58:10
90. Will Mason	59:08
144. Kevin Kearns	60:56
151. Rafael Rios	61:13
163. Bill Leahy	61:31
206. Mike Fitzgerald	63:05
231. Kevin Crispell	63:54
311. Gerald Ottaviano	66:11
436. Barry Pearson	69:02
492. Bill Mahoney	70:13
521. Phil Kay	70:47
526. Grant Whiteway	70:53
543. Dan Woz	71:25
581. Anne Windhol	72:10
585. Fern Piper	72:14
665. Dan Brennan	74:25

Results



747.	Dennis Conners	76:03
748.	Steve Dion	76:03
752.	Paul Goyette	76:08
786.	Russ Laste	77:00
787.	Jim Lightfoot	77:01
834.	Tom Gorman	78:06
852.	Ann Sartorelli	78:28
870.	Jean Boswell	78:46
896.	Jack Keefe	79:25
940.	Barbara Kimball	80:41
966.	Sandra Hayes	81:17
968.	Berna Finley	81:19
1010.	Jay Keddie	82:38
1028.	Roger Montbleau	83:11
1132.	Mary Tiches	86:30
1133.	Tim Tiches	86:31
1163.	Michael Ladd	87:48
1278.	Thelma Laste	98:23

YANKEE HOMECOMING 10 MILER 07/29/86 -- NEWBURYPORT, MA TEAM RESULTS

Men's Division

1.	BAA	27 pts.
2.	WRT	92 pts.
3.	GLRR	251 pts.
4.	GCS	662 pts.
5.	NHAA	951 pts.
6.	GBTC	NEF

Women's Division

1.	BAA	1131 pts.
2.	GLRR	3552 pts.
3.	GCS	NEF
4.	WRT	NEF

* = Not a GLRR Runner
NEF = Not Enough Finishers

NASHUA BOYS CLUB 5-MILER 08/23/86 -- NASHUA, NH

1.	Michael Gagne*	26:00
2.	Phil Riley	26:18
3.	Bob Hall*	26:23
4.	Tom Carroll	26:36
6.	Dave Camire	27:22
8.	Tom Amiro	27:49
10.	Scott Graham	28:16
13.	Colin Gouldson	28:20
15.	Tom MacDonald	28:45
16.	Kevin Kearns	28:54

Team Results (Men's Open)

1.	GLRR
2.	GCS



TAC and RRCA News

NEAC GRAND PRIX STANDINGS

Female Open

1.	CMS	7
2.	LAC	6
3.	GSRT	4
3.	WTC	4
4.	GLRR	3
5.	CSU	2
6.	GBTC	1

Male Open

1.	BAA	9
1.	CMS	9
1.	WRT	9
2.	GSH	5
3.	GBTC	4
3.	CSU	4
4.	GLRR	1
4.	NHAA	1

Male Masters

1.	GLRR	6
1.	CMS	6
2.	WTC	2
3.	GSRT	1
3.	NMC	1

Female Masters

1.	LAC	4
1.	CMS	4
2.	GLRR	2
2.	GSRT	2

'86 GRAND PRIX SERIES

October 26

Marathon. Newport, R.I.

November 23

15-Kilometers, Tewksbury, MA.

GLRR TEAM CAPTAINS

Male Open

John Aukshunas 453-2455

Male Sub-Masters

Tom Amiro 256-2547

Female Open

Sue Lamontagne 250-0375

Male Masters

Will Mason 256-7171

Female Masters

Jean Boswell 256-5059

Male Seniors

Grant Whiteway 663-2026

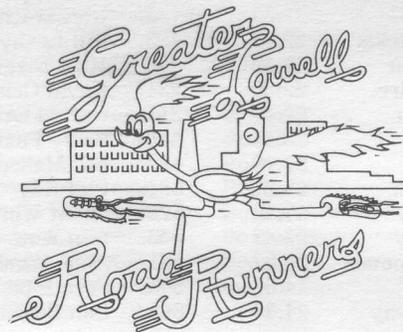
Competitive Team Coordinator

Dave Camire 957-4230

CLUB LEGEND

GLRR	Gr. Lowell Road Runners
AS	Andover Striders
BAA	Boston Athletic Assoc.
CAC	Commonwealth Athl. Club
CMS	Central Mass. Striders
CSU	Cambridge Sports Union
GBTC	Gr. Boston Track Club
GCS	Gate City Striders
GSH	Gr. Springfield Harriers
J&W	Johnson & Wales T.C.
LAC	Liberty Athletic Club
MSRC	Middlesex Striders R.C.
MVS	Merrimack Valley Striders
NEPC	New England Pioneer Club
NHAA	N.H. Athletic Alliance
NMC	North Medford Club
NRC	Newport Runners Club
SMAC	Sugarloaf Athletic Club
SS	Seacoast Striders
SSRC	Sanders Snails R.C.
WCRC	Winner's Circle R.C.
WRC	Wang Runner's Club
WRT	Whirlaway Racing Team
WTC	Waltham Track Club

GREATER LOWELL ROAD RUNNERS
P.O. BOX 864
LOWELL, MA 01853



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