



NEWSLETTER

February 2012 Edition

Welcome to the first GLRR newsletter of 2012! The purpose of this newsletter is to inform club members of some of the doings of the club and its members, which you may not find on the club website: <http://www.glrr.net>. Check that website for information about upcoming races, club meetings, group runs, track workouts, youth programs, and various race results. You can read this newsletter for some of the stories behind the local running scene. The hope is that this newsletter will focus on the running accomplishments of the specific members of the club as well as some of the other post- or pre-race randomness that is associated with the club. Right now, this newsletter is in the early stages of resurrecting itself from after taking a nap for a few years. As time goes on it might take one form or another. Maybe it will simply take no form at all. Currently, there really is no point to this newsletter other than to have fun and for the editor to amuse himself. No one else wanted to do a newsletter so as a result this is what you get. Also, as a wise man once said: "If it isn't fun, it's not worth doing!". Wait a minute...what kind of advice is that? It's the exact kind of advice that this newsletter will follow. Anyway, some of you might actually want to read an article so here is one:

FUDGCICLE RACES NOW UNDERWAY!

For thirty something years...almost going back to the last ice age and reverting to a time when winter was year round, runners ran uphill both on the “out” part and “back” part of their long runs, one could still cheat at the Boston Marathon and get away with it, goo was something that you probably didn’t want to eat in the middle of a race, and people just ran because it was fun and they didn’t need a charity (since the early 80s were around the corner anyway and the “greed is good” generation hadn’t actually discovered charity yet), there has been a ritual taking place on the streets of Tewksbury in January and February. This ritual is the Fudgcicle 5K Race Series, which, at a dollar a race, has escaped the stagflation/inflation that were rampant when Ben Fudge once hosted a run from his house that morphed into the aforementioned race series. For years people have been showing up at these races in all kinds of conditions...sometimes racing hard...sometimes just getting a few miles in before enjoying the rest of their Saturday afternoons. The Fudgcicle has actually been a serious race for years. Club member Scott Graham recalls that several people would run this course with times in the 15:00’s and 16:00’s. The competition was so deep that if you couldn’t run 16:50 or faster you weren’t allowed on the Greater Lowell racing team anymore. It was almost as if not making this threshold meant you had to wear a red scarlett letter S for “slow” on your forehead for all of your runs the ensuing week. They didn’t fool around in those days! Now the races are a bit more low key. These days you can run three miles at whatever pace you feel like without any pressure and then eat like you ran ten afterward. Many runners go to the Deli King restaurant following the race. There the staff attentively waits on the runners and offer legendary delicacies like “The Greek Special”, “The Eastern Omelet”, and corned beef sandwiches, which are probably pretty good at 9 a.m. in the morning although I’ve never ordered one at that time. I probably won’t be the first to do so either and I’m not even sure if they serve them that early but I suggest you try it anyway since it might make your life more interesting.



Photo: Deli King workers. Photo credit: Gourmet Gal. This looks like corned beef to me. Also: note the Hot Dog “Special” featured in the back. Highly recommended! Why? I’ve never had a bad meal here so it must be good! These guys do a great job! You know what also would be great? Not just chocolate chip pancakes...but “fudge” pancakes. Maybe we can talk them into it!

The Fudgcicle series this year has been the beneficiary of unseasonably mild weather that the grey beards who lived and ran in the ice age would laugh at now. There has been no snow on the roads for three of the four weeks. The winners of the first five races so far have been: Jason Bui, Dave Dunham (twice), and David Corbett (twice) on the men’s side and Trish Bourne (three times), Lauren Liuzzo, and Kali Langeria on the women’s side. Jason had an exciting battle with Eric Beauchesne at the end of the first week which involved a photo finish. Dave Dunham of Central Mass Striders also extended his streak of winning at least one race a year for the 34th straight year (I’m not joking) with his victory.



Photo: Jason Bui and Eric Beauchesne. Photo Credit: Glenn Stewart. Hey...wait a minute...who won? Jason pulls an Eli Manning-style sneak attack finish here. I say: rematch!

Trish Bourne's dominance will end as she will resume teaching dance classes on Saturday mornings in early February...leaving the door open for more female aspirants to the pinnacle of the Fudgeworld. As of February 1st there are still three Fudgcicle races remaining. What exciting story lines remain to be written? Will the weather cooperate? Real Fudgcicle runners hope not and are hoping for more snowy weather like that on January 22nd, when octogenarian Lou Peters

showed up because the other races without snow are too easy for him.



Photo: Lou Peters running in snow at Fudgcicle #3. Photo credit: John C. Mulroy.

The series concludes with a special race on February 25th, when people who have run at least three Fudgcicle races are allowed to team up with a partner to compete for prizes. Your time is added to your partner's time with the fastest combined times determining the winners. There are

really big prizes. How big? You'll have to show up to find out. Just remember to run hard. If you lose by a second, you might not get anything and you probably want to get all you can out of your entry fee. After all, that dollar means a lot to some people. (*Next time: Fudgcicle Race part 2. An investigative report into where all those Fudgcicle dollars actually go.*)

GLRR GOES TO BERMUDA!!!

Performances amount to wins, not losses, in Bermuda Triangle.

Recently, on the weekend of January 13-15, 2012, some members of the Greater Lowell Road runners traveled to Bermuda to undertake the Bermuda Triangle challenge. This involves running a mile, a 10K, and a marathon (or a half marathon) on consecutive days. The winners of various age categories have the best combined times in the three races. There were many outstanding performances. Lauren Liuzzo had the best time in the challenge for all female participants. She had a 6:16 mile, a 46:11 10K, and a 3:29:28 marathon. Jason Bui ran a 5:34 mile, 38:02 10K and a 3:09:56 marathon to finish as second overall male in the challenge. Glenn Stewart won the challenge for 60 year old males with a 6:20 mile, 46:24 10K, and 3:46:04 marathon. Fil Faria won a 3rd place age group award for the masters' division with times of 5:38, 46:11, and 3:28:19 for the three races. Erica Zornig was 2nd female in the half marathon challenge by running a 6:55 mile, a 46:57 10K, and 1:38:27 half marathon. Also participating with respective times for the mile, 10K and marathon were Cullen Madden (5:54 47:11 3:56:58) and Amanda Benoit (7:05 53:49 4:18:11). Linda McCarthy did the half marathon challenge and had mile, 10K and half marathon times of: 7:52 1:01:31 2:15:06.



Photo: I dunno...the Bermuda Triangle looks kind of ovalish to me. (From left: Erica Zornig, Cullen Madden, Linda McCarthy, Jason Bui, Lauren Liuzzo, Fil Faria, Glenn Stewart.) Photo credit: Amanda Benoit.

Bermuda is an interesting island. Here are some facts about it: It is all by itself in the middle of the Atlantic. It would take a while to swim out there from the mainland! Did you know that the only fast-food restaurant allowed on the island is Kentucky Fried Chicken? This is somewhat ironic because when the chickens (see club logo) from Greater Lowell arrived they fried the competition. And no one from Kentucky even bothered to show up to challenge them.

To learn more about Bermuda and the experience of our runners there, I asked club member Amanda Benoit to respond to some questions:

GLRR: So what motivated you to want to do this?

Amanda: **I was motivated by the friends running with me at the time and the idea was being thrown around to do the full Bermuda Challenge. I hadn't even done my first marathon at the time but thought "Why not?"**

GLRR: Was there any point at which you were wishing you didn't sign up for doing three races like this in three straight days?

Amanda: There was a point where I didn't want to do the marathon. I wanted to switch to the half marathon. The other races didn't scare me as much as the "26.2".

GLRR: Did you have enough time to explore the island? Or were you running the whole time?

Amanda: We had some time to see the island. The weather was cool, about 60-70 and overcast. We explored by the bus and taxi. The island is small so we were able to see the majority of the island.

GLRR: Which of the three races did you enjoy the most?

Amanda: The mile was my favorite race. It was the first race of the series. It started at 6pm the day we arrived. We didn't know what to expect. It was an out and back on the same road. As we were waiting for the race to start it began to sprinkle. As the race took off, the sprinkle turned into a downpour. The wind picked up and there was lightning. It was breathtaking and it was only a mile.



Photo: Amanda finishing Bermuda mile. Photo credit: ???????

GLRR: What is the marathon course like? Is Bermuda flat?

Amanda: **The marathon course was FLAT! Well not really. It was a double loop and had some memorable hills. The second loop was more spread out because the half marathoners were finishing and it was more spread out.**

GLRR: Were you and the group too tired afterwards to have a good time?

Amanda: After the marathon the group was ready to swizzle in and swagger out at the Swizzle Inn or what Fil calls the "Yuengling". We had a great time after the challenge. We met people from other parts of the world and we were all partying like champions.

GLRR: Would you want to go back again?

Amanda: I am ready to experience other marathon adventures. I would go back to Bermuda, but most likely on a cruise.

GLRR: What was the best part of the experience?

Amanda: The best part of the experience was finishing the marathon and seeing friends who helped support me during the training runs at the finish line cheering.

GLRR: Is there anything else you want to add?

Amanda: Rain. Pain. Bushes. :)

GLRR: Wow it sounds like an indescribable experience! Thanks for the interview, Amanda!

NOTABLE PERFORMANCES



Since Fall 2011, a carefully selected committee has been announcing the Greater Lowell Road Runner **Athlete of the Week** to honor outstanding athletic performances by those associated with the club or to recognize the personal achievement and improvement of club members. This section summarizes the accomplishments of those who have won **Athlete of the Week** since 2012 began.

Athlete of the Week for January 1, 2012: **Kara Molloy Haas**

Kara Molloy Haas set a 40+ age group American Record for the 3000 m on Dec, 31 2012 with a time of 9:49 at the BU track meet. This is the best ever indoor time at this distance for any woman 40 or older. It was also a personal best for her. Kara doesn't run for Greater Lowell right now but she used to. As far as I know, she's the only one in the club who has ever broken any record...age group or otherwise...at the national level. Congratulations, Kara!

Athlete of the Week for January 8, 2012: **Kerri Deschaine**

Kerri Deschaine completed the Disney half marathon and marathon on consecutive days this past weekend to finish the Goofy Challenge. She ran a 2:40:30 half marathon and 5:26:14 marathon! That's 39.3 miles in two days! That's a good week of running for many of us! Congratulations, Kerri!

Athlete of the Week for January 15, 2012: Lauren Liuzzo

Lauren WON the female division at the Bermuda Triangle Challenge this past weekend, which consisted of running a mile, a 10K and a marathon on consecutive days. She ran a 6:16 mile, a 46:11 10K, and a 3:29:28 marathon for a combined time of 4:21:55. She earned a lot of money for her victory too! Congratulations, Lauren!

Athlete of the Week for January 22, 2012: James Sullivan

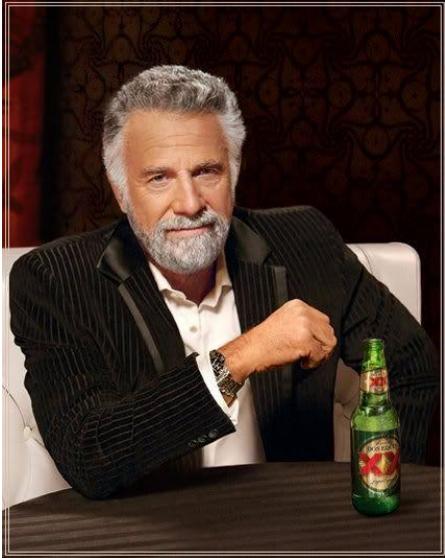
James ran 1:44:10 at the Boston Prep 16 Miler in Derry, NH to take 11th place and set what I believe is a personal record for him in the distance. He also ran 1:25 for a half marathon in the same race and this was another personal record. Furthermore, with this accomplishment, James is the first person to win GLRR Athlete of the Week twice. Congratulations, James!

Athlete of the Week for January 29, 2012: Liam Skinner

Liam has been tearing up the Fudgcicle Races on Saturday mornings at Tewksbury High this winter and wearing the Greater Lowell jersey while doing it. He has a couple of races in the 18:30's on this course, which actually translates to about 5:50 per mile. He's been doing this all despite battling a knee injury and having to run limited mileage. He keeps pressing on. Congratulations, Liam!

In other news:

Matt Theodoros ran a 4:52 mile at Boston University on Dec. 17. Jason Bui ran 4:59 for the mile in a separate heat at the same meet. Kathleen Burley turned in a 12:18 3000m at the USATF New England Masters' meet in Providence on January 29 to win the 50-54 year old division. Mike Shanahan snuck under the 19:00 minute barrier at the First Run 5K in Lowell on Jan 1 by clocking 18:59. Kali Langevin was second overall female in the same race with a 20:36.



One should never be motivated by accolades...so don't get carried away!

Upcoming Events (check race websites for start times):

Amherst (MA) Town & Country 10 mile race: February 26th

New Bedford Half Marathon: March 18th

Frozen Shamrock 3 miler (Haverhill): February 26th

Claddagh Pub 4 Miler (Lawrence): March 4th. (But don't march forth...run!)

Hynes Tavern 5 Miler (Lowell): March 11th.

Irish Feet are Running 5 Mile Race (Lowell): March 25th

Megan McCarthy Race 5K (Tewksbury): March 25th

Next Club Meeting: February 27th @ 7:30 p.m. Hookside Kelly's

Next Board Meeting: ????. Who knows? Should I worry about this? Remember the great thing about democracy is that the people get what they vote for!

Club Notes:

The club elections were held on January 30th. Glenn Stewart, known in some circles as the “Putin of GLRR”, was elected to a third term as President after the bylaws had been changed last year to allow for an extra term and his constituency insisted he return. Jessica Costa was reelected vice president. I can almost hear David LaBrode saying something about “vice” in my head after writing that. Jason Bui and John Morrison were reelected treasurer and business manager. If you need money for anything, see them. They have some. Gerard Ottaviano was reelected Social Director. He’s also in charge of the Bus to the Boston Marathon so if you need a ride that day check out the club website and find a way to send him a message. Michael Sheehan is still Membership Director. We have more members than last year so good job, Mike. Scott Casper is secretary. Having once held that position, I remember that means he does basically everything else for the club that no one else feels like doing. There were two new people taking positions on the board: James Sullivan, as apparel director and Frank Georges, as propagandist/communication director. I picked the position where I could do whatever I felt like. James, you aren’t so lucky. I want my singlet and shorts ironed please. And if I have a bad race because the uniform colors make me dizzy or make me feel itchy or icky or slow, it’s all on you Sully.



Photo: I don’t think I’ve ever dressed this nice in my entire life. In fact, I’m sure of it.

That's All for this edition! Thanks for reading!

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