



NEWSLETTER

March 2012 Edition

Cost: Free

Timere Pullum

Welcome to the second 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 or 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. Also various race results are available on <http://www.coolrunning.com>. This newsletter will focus on 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 being on hiatus for a few years. As time goes on it might take one form or another. Maybe it will simply take no form at all.

Anyway, some of you might actually want to read an article so here is one now:

FUDGCICLE RACES WRAP UP

The latest season of the Fudgcicle races wrapped up on February 25th. The eight week series was one of the warmest in memory. If there were real fudgcicles at these races most of them would have undoubtedly melted with temperatures above freezing for most of the weeks. If global warming begins to show up regularly in the next few years, a more apt name for this series might now be The Hot Fudge race series.

The warmer fudge temperatures might have been responsible for the record crowds at the race. There were a few weeks where more than 80 people showed up to either run or volunteer at this race held early on Saturday mornings in the middle of winter. Of course, they might have also shown up just because the race only costs a buck and for that dollar people get a race with a road runner's two most basic needs: a water table at the end and a time posted on the internet. Still, one might wonder: where does all that fudge money go? What happens to all the dollars that are collected over the 8 weeks? The proceeds from the last race go to a charity which helps find a cure for pancreatic cancer, a cause close to the heart of race founder Ben Fudge. The money from the other races basically covers the cost of managing the race or goes back into the club account. The race is no doubt expertly managed by a fine crew of volunteers. Scott Casper, Zach Casper, Glenn Stewart, Nancy and Jim Stronach, Pat Sheridan, Mark Blaisdell and John Morrison (and any other volunteers I may be missing) all have put together one of the finest and least expensive race series anywhere in Massachusetts. Glenn, the ruler of GLRR, says people really have no right to complain. "Next year there will be a no whining clause. People shouldn't expect anything more for just a buck.", says GLRR's fearless President Stewart, who fears nothing except 200 people may eventually one day show up at this race without any traffic control in order to take advantage of the low price.

Indeed, there is really very little to complain about at the present time. Although I wonder if we raised the price of the race, would we be able to whine more? If we can whine only a little when we pay one buck, could we whine three times as much if the price were raised to three bucks? Since runners like to analyze their times and consider every possible factor that may have gone into a race, maybe we can put forth the possibility. If I ever become a race director maybe I will start a race where lots of whining is allowed provided people are willing to pay a ginormous entry fee. The Fudgcicles are thankfully the opposite of this however and I am not sure what I would whine about this year. On each Saturday, one got to run with their friends. There was balmy weather. No one got hit by a snow plow during the week we had snow. There are no monstrous hills but it is not completely flat and boring. There is a nice view of Long Pond on Whipple Road and Round Pond on Helvetia Street. Both were unfrozen for most of the races. The seasonal frozen condensation which makes Helvetia St. sometimes slippery was not present at all this winter. Indeed, the Fudgcicle series was held one of the most accurate, enjoyable fun and well-run courses. It is also EXACTLY 5 kilometers...especially apparent when one keeps in

mind that 1 Fudge kilometer is equal to 1.0213728 metric kilometers. To keep costs manageable the course is certified by GLRR's own patented Fudge system which involves "fudging" the numbers.



Fudge Awards Breakfast 2012. Photo: John Mulroy

The last race concluded with awards for the series at the nearby Deli King restaurant. Dave Corbett had the fastest time for a race for a male and Trish Bourne was fastest female. (Winners had to show up for at least three races.) Neither person showed up at the awards ceremony and since one had to be there to claim the award, Kali Langevin (who had the second fastest time) received the female award. The recipient of the male award was actually the sixth fastest person, Frank Georges, a local news reporter and student. Despite a standing offer to bribe the other five people not to show up at the Deli King to receive the award, he was able to take the trophy home without having to dole out any money or share of the prize: a one-hour gift certificate for a massage at Andre Chandonnet's Massage Therapy. Frank was gracious in accepting the award saying quietly there was no need to "rub it in" when Andre could now do that for him.



Most Improved Runner Xiaopeng Li (#252) Photo: John Mulroy

There was also an award for “Most Improved” for the series. This was hard to determine since there were a few people who ran much faster times at the end than at the beginning. In the end, Most Improved Male went to Luke Chase and Most Improved Female went to Johan MacKenzie. There was an award for “Most Consistent” runner, who had the least variance in times over the series. The male winner here was Jonathan Edwin...although new GLRR member Xiaopeng Li took the award due Jonathan not being present at the awards. The female winner was Naomi Laing. (Consistency in times at the Fudgcicle races is hard...considering it snowed one week and the streets were very icy.)



Too tired? Or too easy? Photo: John Mulroy

Finally, the last race involved a contest in which runners got to pair up. The combined times were used to determine winners in various “twosome” or partner categories. The fastest

time was that of “Team Tired” with Caitlyn Clark and Frank Georges, who ran a combined time of 39:00 (19:04 and 19:56) to capture the co-ed title. Other winners were “Lightning Kids” with Lilly Robinson and Devin Veits (female open champions); “Third World Power” with Festus Mbuva and Xiaopeng Li (male open champions); “The KO’s” with Andre Chandonnet and Keith O’Brien (masters male champions); “Short Stuff and Bulldog” with Fil Faria and Linda McCarthy (masters female champions); “Fudgcicle Ladies” with Mary Casey and Diane Dexter (senior female champions); “Fudgcicle Men” with Fred Doyle and Robert Frimanson (senior male champions); “Beauty and the Beast” with Mike Hurton and Liane Pancoast (senior coed champions); “Over the Hill” with Michael Menovich and Takayuki Nagano (veterans male champions); “Silver Streak” with Jon MacKenzie and Rita LaBella (veterans coed champions); and “Regan” with Daniel Regan and Nicholos Regan (father-son champions...which looked a little iffy...since they are only three years apart...but it’s the Fudgcicle so it’s no big deal.)

Anyways, that’s it for the Fudgcicle Race in 2012. Next year hopefully the weather will be more awful. You might be allowed to complain a little in that case but you can’t this year.



See you next year! Photo: John Mulroy

A SHORT STORY ABOUT MATT STORY AND TALL STORIES



Stair-climbers (from l.): Matt Story, Alicia Leeman, Scott Casper

On February 4th, GLRR runners Matt Story and Scott Casper took part in the 7th annual Run Up Boston Place. This is a stair climb to the top of One Boston Place. It involves climbing 601 feet and 41 stories. Matt Story and Scott Casper were asked to join GLRR acquaintance Alicia Leeman's stair-climbing team "Infinite Awesomeness". In this event, participants are timed from the beginning of their climb to the end. 1168 people took part. Entry involved raising money for the American Lung Association. The 1168 people didn't all start at once because that would be silly...and dangerous...as well as impossible. Instead, the participants had a staggered start with people climbing the stairs throughout the morning and afternoon and with finish mats keeping track of everyone's time. Once at the top, people were whisked into the elevator so the 41st floor didn't get too crammed with people. The event can be grueling and intense and lots of training can help. When asked what he did to train for the event, Matt Story said "Nothing really" although he might have mentioned something about going on a stair-climbing machine once or twice. I don't really remember now since I interviewed him a

month ago for this story and it's not like I'd bother to bring a tape recorder to remember things for this silly road race journal. Matt still did pretty well, finishing 40th in a field of 1168 with a time of 6:36. Scott and Alicia finished 201st and 204th respectively with similar times of 8:30 and 8:31. This sounds pretty good although I really have no idea how to gauge an event like this. The winning time was 4:46 and some 56 year old did it in 4:55. The first female finished in 5:57. I don't recognize most of the names of the people that finished. I've never seen those names in any road race. So, I don't really know what to write in this article. I just wanted to make a headline where I said Story three times. I still think it would be fun to try this sometime though. Don't you?



Not One Boston Place...but I'd like to climb this too one day.

Arlington Hills

You may have noticed that some Greater Lowell Road Runners have gotten a lot faster in the last couple of years. At first you might have been thinking: "What the heck...are they on performance enhancing drugs?" However, it has been recently discovered that the correct

question to ask may be not “What the heck” but “What the hill?” The Greater Boston branch of Greater Lowell club seems to be asking just that question lately.

Indeed, most Tuesday nights this past winter a ritual has taken place near the intersection of Wollaston Ave and Park Ave...the site of two big hills in Arlington, MA. People may recognize this hill as ultimately part of the Big Huge Hill on Route 2 Coming Out of Cambridge, which has no official name that I know of. A small group of runners meets and then proceeds to run up and down this hill....not on Route 2...but on streets elsewhere on the hill. The end result is something sort of insane like this:



although this is not quite accurate. The group usually does more hills than the ones pictured here. The week I showed up we wound up doing the Park Ave hill once and the Wollaston hill 12 times. The group of runners that has been showing up includes runners such as James Sullivan, Jason Bui, Matt Theodoros, E.J. Hrynowski, Lauren Liuzzo, Bashkim Zaganjori, Scott O'Brien and Lynn Graham.

After two 65 mile weeks, I felt brave enough to try this hill run. We ran 13 miles. We went up and down and up and down on a 70 degree evening. The pace was about two minutes slower than I usually run. It actually wasn't that difficult and I felt no lingering affects after the workout with the exception that my butt and quads felt like they were still on fire every time I used them the next five days.

Nevertheless, what almost kills me probably will make me stronger. Many GLRRs seem to agree and seem to keep showing up at this run. Usually after the run, the participants go to Capri pizza, which makes it seem fun and worth it. Someone suggested that if a few more runners show up it could be an official club activity. Maybe we can even get funding for things like pizza and a “hillside club” addition to E.J.'s house complete with a hot tub for post-hill relaxation. That might not seem likely but I'll say this: If you go down there watch out for those hills and the step at the bottom of E.J.'s staircase.

(Seriously watch out for the step. I tripped on it twice.)

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 the last newsletter.



Glenn Stewart. Photo: Ted Tyler.

Athlete of the Week for February 6, 2012: **Glenn Stewart**

Glenn ran a 19:30 5K at the Super 5K race in Lowell on February 5th. This was his fastest 5K in eight years and fast enough to take first in the 60-69 division. However, our researchers at the Athlete of the Week committee have uncovered an astounding fact about this performance. This performance is technically fast enough to be under the USATF Age-Group guideline, a mark of an outstanding national level performance. (Often times these performances are marked with an asterisk in the results.) So this run was, in essence, an elite-level run for someone of Glenn's age (61). Great job, Glenn!



Liane Pancoast. Photo: John Mulroy

Athlete of the Week for February 13, 2012: **Liane Pancoast**

Liane was the first female in the Fudgcicle 5K race on February 11th in Tewksbury, MA with a time of 22:09. Liane has been a steady performer in many races for the Greater Lowell senior women's team over the past year as well. She has been having a great season with competitive times in several other races as well.



Mark Reeder. Photo: Melissa Sylvester

Athlete of the Week for February 20, 2012: **Mark Reeder**

Mark ran a 56:34 at the Old Fashioned 10 Miler race in Foxboro on February 19th. This placed him first in the 50-59 age group. Mark seems to be off to a good start this year in his 2012 racing season! Mark has run these times so often over the years now that he seems to make it routine and easy but I bet it isn't.



Keith O'Brien. Photo: Jimmy Shelton

Athlete of the Week for February 27, 2012: **Keith O'Brien**

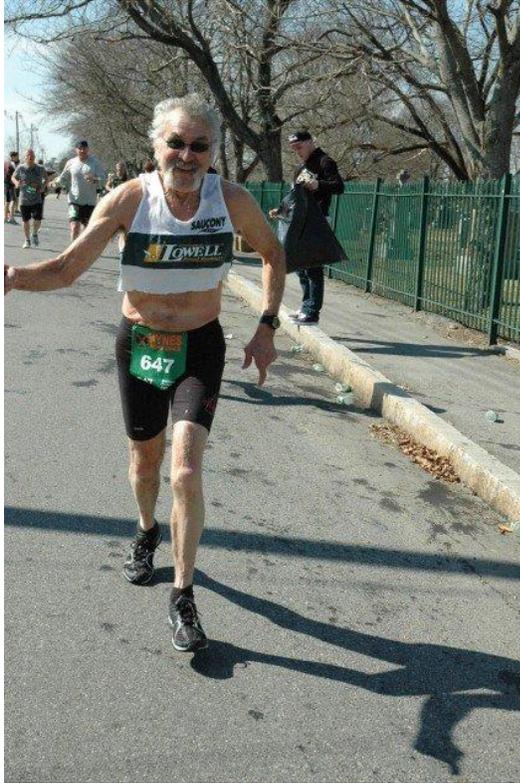
Keith ran the Jones 10 miler in Amherst, MA on February 26th in a time of 1:04:46. This was an impressive performance on a difficult course. He was the second finisher for the Greater Lowell open team and the top GLRR runner over 40. Keith has been consistently turning in times like this for GLRR for many years. This award recognizes that. Congratulations, Keith!



E.J. Hrynowski. Photo: Ray Brouillette

Athlete of the Week for March 4, 2012: **E.J. Hrynowski**

E.J. ran Stu's 30K in Clinton, MA on March 3rd in a blazing time of 2:00:24.4, which means he averaged nearly 20:00 minute 5K's for six consecutive 5K's in a row. This was good for 10th place overall and 2nd master. E.J. improved his time from last year by over 5 minutes. This is a difficult hilly course and E.J. ran very well on it.



Denny LeBlanc. Photo: Jim Rhoades

Athlete of the Week for March 11, 2012: **Denny Leblanc**

Denny ran the Hynes Road Race in Lowell on March 10th in a time of 38:34, enough to WIN the 70-79 age division in the race. I believe this was Denny's first race as a 70 year old and is likely the first of many wins he will have in this age division!



David Oliver. Photo: Jason Bui's blog.

Athlete of the Week for March 18, 2012: **Dave Oliver**

Dave ran the New Bedford half marathon in a time of 1:19:04 to take 8th place in the 50-59 year old age group. It is worth noting that this was also the second fastest time in the race by anyone over the age of 55. In addition, he was GLRR's third fastest runner OVERALL. Dave has been a steady contributor to GLRR's racing teams for a few years. He helped lead the seniors' team to a second place finish and masters' team to a sixth place finish this past weekend.

In other news:

New Bedford ½ Marathon (March 18th): Jason Bui set a p.r. of 1:17:57 at the New Bedford Half to lead GLRR. Also setting p.r.'s were: E.J. Hrynowski (1:19:18), James Sullivan (1:22:45), Fil Faria (1:27:51), Matt Story (1:31:02), Xiaopeng Li (1:31:25), Candice Gagnon (1:34:03; p.r.), Dan Beaulieu (1:36:09), Kali Langevin (1:38:38), Amanda Benoit (1:42:12) and Allyson Casey (1:45:29). Fine races were also turned in by Mark Reeder (1:18:30; 5th 50-59), Dave Oliver (1:19:04; 8th 50-59), Peter LaGoy (1:24:08; 16th 50-59), Trish Bourne (1:31:04; 13th 40-49 Female), Michael Cryans (1:32:1; 3rd 60-69 age group), Liane Pancoast (1:37:34; 7th 50-59 female), Kathy Burley (1:39:11; 9th 50-59 Female), Nick Kanaracus (1:38:16; 8th 60-69) Amanda Maffei (1:42:18; 12th 50-59 Female), Lynn Graham (1:45:34; 20th 50-59 Female) and Nancy Dorn (1:45:37; 22nd 50-59 Female).

GLRR placed 2nd in both the male and female seniors (50-59) division. The senior women's team of Liane Pancoast, Kathy Burley and Amanda Maffei were only 31 seconds from being the best seniors team in New England at New Bedford. The male senior team of Mark Reeder, Dave Oliver, Peter LaGoy, Michael Cryans and Ken Jacobsen were more than 30 minutes behind a dominant Whirlaway team but still were a solid second out of 14 teams. The GLRR Male Veterans team of Michael Cryans, Nick Kanaracus, and Steve Kanaracus placed 2nd in the 60-69 division and came within two minutes of winning it themselves. Other competitive teams were GLRR female masters (3rd overall), GLRR male masters (6th overall), and the male and female open teams which were both 12th overall.

Jones 10 miler (Amherst, MA-February 26th): Jason Bui led all Greater Lowell runners with a time of 1:01:45 on a very difficult and hilly course. Michael Cryans was second in the 60-69 group with a time of 1:10:39. Trish Bourne was 8th Female in the 40-49 group and top GLRR female with a time of 1:10:15. Tom Amiro was 11th in the 60-69 group with a time of 1:15:53. The female and male open teams placed 10th and 12th respectively. For the men, Jason Bui, Keith O'Brien, Frank Georges, Fil Faria, and Ken Jacobsen were the scorers. The women's open team was led by Trish, Kali Langevin, and Kathy Burley.

The female and male master teams placed 5th and 8th respectively. Ken Goodin scored with Keith, Fil, Ken J, and Michael for the men here. Pamela Beckwith scored with Trish and Kathy for the women. The female and male seniors team placed 4th and 6th respectively. The men's veteran team would have done extremely well if one more runner had shown up but we were without a lot of key veteran runners for this race (in part because of a miscommunication about car pooling at the Drum Hill Dunkin' Donuts (sorry Denny)) so the fine performances by Michael Cryans and Tom Amiro went unscored in the 60-69 team category.

Stu's 30K (Clinton, MA-March 3rd): Besides E.J.'s notable performance (2:00), also in attendance were Frank Georges (2:12), Nick Kanaracus (2:28), Steve Kanaracus (2:43), Cullen Madden (2:22), Kali Langevin (2:27), Jess Costa (3:15), Dave Tyler (2:58), Linda McCarthy (3:17), and Jimmy Fitzgerald (3:21). Most of these people were using this as a training race for longer races although a few GLRR's did this because they just inexplicably love hilly courses.

Hynes 5 miler (Lowell, MA-March 11th): Rebekah Welch ran a solid time of 33:45, good for 3rd female overall and 1st in the 30-39 age division. Ann Marie Johnson ran 35:40, good for 4th in the same division.

Frozen Shamrock 3 miler (Haverhill, MA-February 26th): Mike Shanahan ran 18:16 to take 11th place in a field of 900+ participants.

Hyannis Half Marathon (Hyannis, MA-February 26th): Jill Trotter ran 1:32:01 and was the 2nd master (40-49) female in a field of 3300+ runners and 400+ master females.

Hampton Half Marathon (Hampton Beach, NH-February 19th): Liane Pancoast won the 50-59 division in yet another race with a time of 1:38. Kali Langevin (running with her partner Cullen Madden) ran 1:36 to just miss the podium in the open division.

A1A Half Marathon (Ft. Lauderdale, FL-February 19th): Glenn Stewart ran 1:36 for second 60-69. This will be his final race for a while as he is undertaking multiple surgeries on his eyes and mouth. (His legs should be fine so hopefully he will back in action soon.)

Martha's Vineyard 20 miler (Oak Bluffs-February 18th): Gary See ran 3:12:40 to take first in the 65-69 division.

Super 5K (Lowell, MA-February 5th): Ratthana Yorn ran 20:57 and was 2nd place under 19. (He's only 13 years old too!) Matt Theodoros ran 16:38 and was 8th overall. Kali Langevin ran 20:29 and was 10th female overall. EJ was 3rd male master in 17:27. Coach Mary Beth McKenney ran 22:20 and was 3rd master female. Marli Piccolo ran 23:10 and was 6th master female. Liane Pancoast won the senior ladies with a time of 21:12. The first five veterans were all GLRR: Glenn Stewart (19:30), Don Gatton (20:52), Dan Dorazio (23:46), Barry Pearson (23:52), Tom Hildreth (24:40). (That would be a pretty good Grand Prix veteran team!) Claire Cloutier 34:26 and Nancy Patch (38:46) were 3rd and 5th in ladies veterans. Rich Molloy was a winner in the 70-79 division with a time of 23:03 followed by Jon MacKenzie (29:48) and George Bisson (31:59).

Notably there was also beer this year at the Super 5K. Also, GLRR member Dave Penn's band The Usual Suspects provided excellent music that would have won an award for best post-race music in recent memory if such an award existed.



Thanks to fashion expert James Sullivan for noticing the similarities between the Hamburglar and Fil Faria. I never noticed the Hamburglar wore running shoes either...until looking at this photo. What I want to know is what is going to happen at the Boston Marathon when Fil runs into Joshua Grzegorzewski, who is dressing as a hamburger?



Selected Upcoming Events (check race websites for start times):

- Club meeting: March 26th, 7:30 P.M. @ Hookslide Kelly's bar.
- April Fool's 5K. North Reading, MA. 10:00 A.M. April 1.
<https://www.racemenu.com/events/9768-April-Fools-5k>
- Good Times 5K series: starts on Tuesday, April 10th, 7:00 P.M. @ Hookslide Kelly's bar in Lowell. Continues through June 12th (10 week series.)
- Merrimack River Trail Race. April 14th. Andover.
<http://rivertrailrace.blogspot.com/>
- **Hall of Fame Dinner: Saturday, April 14th at Princeton Junction, Chelmsford, MA. Inductees: Art Demers and Sue Maslowski.**
- Patriotic 5K. April 15th. Medford. <http://www.hustleupracing.com/>
- Boston Marathon (April 16th). Contact Gerard Ottaviano for information on the club bus to Hopkinton. (Contact info and sign-up forms are on <http://www.glrr.net> website.)
- Groton 5K/10K: April 29th. Groton-Dunstable Regional Middle School. Kids races start 10:45 a.m./ 5K: 11:50 a.m. / 10K: 1:00 p.m.
<http://www.grotonroadrace.com/>
- Westford 5K/10K: May 6th. 2:00 P.M. Abbot School. Depot Street, Westford, MA. <http://westford.com/roadrace/>
- Tuesday night informal runs on at Hookslide Kelly's at 6:00 p.m. until Good Times series starts on April 10.
- Track continues Thursdays at Lexington High fieldhouse until April 12. Start time is 7:00 p.m. although some of us are now doing workouts on the outside track and also starting earlier with the daylight and warm weather here.

New Members:

Jamie, Kristi, Brennan and Brady Rogers.

Ronald Desmaris

Chuck Farrow

Alicemary Aspell Adams

Christopher Burke

Xiaopeng Li

Editorial Staff for Newsletter:

Editor-in-chief: Frank Georges

Feature editor: Frank Georges

News editor: Frank Georges

Club notes editor: Frank Georges

Staff writer: Frank Georges

Art Director: Frank Georges

Photo editor: Frank Georges

Athlete of the Week Committee CHAIR: Mayor McCheese

Writers needed. Send e-mail to glrfg@yahoo.com if interested.