

STARTING LINES

December 2019



2019 Christmas Eve Group Run

So much fun during this year's Christmas Eve group run and another record! There were 132 members! It was cold, but still a beautiful morning to run. Thank you all for another fabulous GLRR event.

Did You Know?

In the late 19th century, running was called "pedestrianism."



The **treadmill** was originally designed for English prisons as a **tool for punishment**.

Treadmills were installed in 1818 by an English engineer named Sir William Cubitt, son of a miller. Noting idle prisoners at Bury St. Edmunds Gaol (jail),

he proposed using their muscle power to both cure their idleness and produce useful work.

Membership reminder

It's that time of year – time to make sure that you have renewed your GLRR membership for 2020. Memberships run from Jan. 1 to Dec. 31, and is needed for things such as voting in GLRR elections (like this year!), and to run in any Grand Prix race. And there are many other perks! Check out our [membership page](#) for more information. If you haven't renewed, click [here](#) to renew on-line. It's fast and easy!

2019 USATF-NE Road Race Grand Prix Series



GLRR at Lone Gull 10k ...



...and Cape Cod Marathon.

GLRR had a total of 12 iron runners for series! (People who ran all of the Grand Prix races.)

Final Grand Prix Team Results:

Men 60+ – 1st place overall

Women 60+ – 2nd place

Men 50+ – 4th place

Women 50+ – 4th place

Men 40+ – 7th place

Women 40+ – 7th place

Men open – 8th place

Women open - 12th place

Grand Prix Individual Results

M60-64 – Ken Goodin and John Barbour tied for 1st place overall

W60-64 – Liane Pancoast – 2nd place overall

W65-69 – Denise Piekos – 3rd place overall

W70-74 – Patty Foltz – 3rd place overall

Final Age Graded Results - John Barbour and Liane Pancoast were both ***5th overall*** among all individuals!

2019 USATF-NE Cross Country Grand Prix

Final XC Team Results for GLRR:

Men 60+ – 1st place Men 50+ – 2nd place
Men 40+ – 2nd place Men Open – 5th place
Women 50+ – 4th place Women 40+ – 3rd place
Women Open – 7th place

USATF-NE XC Championships had 19 GLRR team members, which is high compared to previous years!

And this was published by USATF.org News:
GLRR Men’s Veterans National XC Champions

BETHLEHEM, PA – The course was damp from an inch of rain earlier in the week; light rain Friday afternoon and overnight added to the problem. The footing over most of the course was good; there were a few troublesome spots. Most runners agreed that it could have been worse and was, in many respects, a perfectly normal cross-country challenge. Admittedly the problem got worse with each batch of runners who traversed the course. The Masters athletes proved they were up to the challenge.



Men’s Veteran XC National Champions

Left to Right: David Westenberg, Charlie Muse, John Barbour, Peter LaGoy, Mark Reeder

In the team competition, scoring is based on the top-five finishers for each team for Men 40-59; for Men 60 and up and in the Women’s contests, the top-three runners score. Masters Men 60+ went off over an 8 Km course at 10:00 a.m. under cloudy skies and 46-degree temperatures. The Greater Lowell Roadrunners took first in Men’s 60+ with 23 points; their top-three runners all finished in the top 11.

On the 8K course Mark Reeder was 2nd overall (29:34) followed by John Barbour 10th (30:43) and Charlie Muse 11th (30:54) and supported by David Westenberg 20th (31:38) and Peter Lagoy 21st (31:40).

The men's vets are now so deep (and talented) we fielded a quality "B" team of Ken Goodin (33:56), John Hadcock (35:09) & Peter Wasylak (39:59), who finished a very respectable 21st.

On the ladies side, GLRR Masters Ladies finished 18th in the 6K race thanks to Sharon O'Grady (26:22), Katherine Kulig (27:06), Jill Lohmeier (29:36) & Valerie Anderson (33:56).

For more on GLRR and Grand Prix Cross-Country (XC), click [here](#) to read an article by John Barbour about GLRR's XC Legends.

2020 USATF-NE Grand Prix

Speaking of Grand Prix, here are the races for the **2020 USATF-NE Grand Prix Series**. You can find more details on the races, such as how to register, by going to [GLRR's Grand Prix web page](#).

- Feb 2 – Super Sunday 5 Mile, Cambridge, MA
- Mar 15 – New Bedford Half, New Bedford MA
- Apr 4 – Boston Tune-Up 15K, Upton MA
- May 24 – Vermont City Marathon, Burlington, VT
- Aug 29 – New Hampshire 10 Miler, Auburn NH
- Sep 20 – Lone Gull 10K, Gloucester MA
- Date TBD - BiggSteps 5k , Needham, MA

Upcoming Events

Bi-Annual Club Elections will be held at our next club meeting on Monday, Jan. 27, 7 PM at Princeton Station, 147 Princeton Street, N. Chelmsford MA. Hope to see you there! (Remember, you must have a 2020 GLRR Membership to vote.)



The Greater Lowell Road Runners

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