

STARTING LINES

June 2020

GLRR Turns 40!

How did the GLRR come about? In late 1979 there were two groups that were simultaneously, but separately, trying to form a Lowell based club.



One group, led by John Burke, Dennis Conners, and Dick Stackpole met as a result of working together on the Merrimack Regional Theater race. They, along with race workers, realized there as a need for a running club within the community.

At about the same time, Bob Dick, a cross-country coach and teacher at the Greater Lowell Vocational-Technical High School, placed an advertisement in the Lowell Sun seeking runners interested in forming a Lowell track club.



A meeting between the two groups resulted and John Burke was elected President, Bob Dick was elected Vice-President, Dennis Conners was elected Treasurer, and Dick Stackpole was elected Secretary – the club was born.



As part of GLRR's 40th year, besides we celebrated by having a food drive! Our goal was to reach 40 pounds of food to donate to the Tewksbury Food Pantry. We easily attained that by 8:08AM! Woohoo! Thanks to GLRR's Social Director, Kelly Fox and her family for putting it on, and thanks to all who donated!

We also celebrated our 40th by - of course - having a GLRR Birthday Run and showing our green!



Did You Know?

During a mile run, your feet strike the ground around 1,500 times, at a force of three to four times the body's weight. So, if you do the math – we do a lot of steps!

- 5k – 4,650 feet strikes
- 5 miles – 7,500
- 10 miles – 15,000
- Half marathon – 19,650
- Marathon – 39,300

Running outside at the same pace as on the treadmill burns more calorie due to air resistance! As a result, running outside burns *3%-7% more calories*.

GLRR 2020 Hall of Fame

As we all continue to work around the disruption that the COVID-19 pandemic has brought to our lives, the Board of Directors is pleased to announce the three newest club members selected for membership in the GLRR Hall of Fame.

Peter Lagoy: Peter has been a consistent runner throughout his life, and has represented GLRR very well in both the Seniors and Veterans divisions. He has achieved notable success with Cross Country races, and also holds a rare distinction (amongst only 2 other people) of running a Sub 3-hour marathon in 6 different decades. Though he has won or placed high in several individual races, he has mentioned that it pales in comparison to the feeling of being on a winning team like so many fielded by GLRR.

EJ Hrynowski: EJ started running a bit later in life, starting with walks and progressing up to jogs and runs. He has been a mainstay at USATF Grand Prix events where he not only places very high at the divisional and overall levels for GLRR, but has also attained multiple Iron Runner distinctions for his efforts in completing those races. Whether Grand Prix, Good Times 5K, Boston Marathon or some other fun race, he has kept himself motivated through the many friendships and running partnerships he has formed from the GLRR membership. Keep an eye out for EJ at

the next race (either by the Lime green car, or the white facial hair that never seems to be the same length twice).

Andrea Shelton: Many of us know (or perhaps don't know) Andrea as the GLRR Sunshine lady. On several occasions, she has sent out care packages to members not only in moments of extreme joy, but also of extreme sorrow to let them know that GLRR sticks by its members through all of life's moments. In addition to this, she has been an extraordinary volunteer at so many events, often sharing photography duties alongside her husband: fellow GLRR Hall of Fame Member Jimmy Shelton. Side Note: If you've never had the chance to sample Andrea's homemade cookies, be on the lookout for them at the next grand prix event. They are well worth the extra calories!

Please join in congratulating these three members for their accomplishments, and their service to the Greater Lowell Road Runners!

2020 USATF-NE Grand Prix Series

Because of the Coronavirus pandemic, the 2020 USATF-NE Road Race Grand Prix is officially cancelled. Most races are cancelled outright; some of the later ones are still "on" but not as Grand Prix races. You can find further details [here](#) from USATF-NE.

Even though the series was cancelled, the first race of the 2020 Grand Prix series, Super Sunday 5 Miler, was held in early February. We had 78 people run that race for GLRR!

Individual Results to note:

Men's 60-64 - 1st place Charlie Muse

Men's 65-69 – 1st place John Barbour; 2nd place Ken Goodin

Women's 55-59 – 1st place Trish Bourne

Women's 60-64 – 3rd place Sally Reiley

Running during Coronavirus Pandemic

Well the Coronavirus Pandemic has certainly changed many aspects of our lives. So, what is one to do? Why, get virtual, and creative:

SRR 26x1 Mile Relay:

The 2020 26x1 mile relay is a virtual event. The good news is that is individual along with being a team event. It is open to everyone! If you can walk, jog or race a mile, you can do this. There is no limit to the number of people that can enter this event since they are not constrained by the size of the track. Everyone is welcome!

After everyone runs/walks their mile and submits their times to us, we will construct as many GLRR teams as we can. Like the regular relay, the teams must consist of 26 runners, at least 10 of whom must be women. Runners can only be assigned to a single team.

All you have to do is fill out our GLRR form by June 11th. Here's the link to the form: <http://glrr.net/2020-virtual-26x1-relay-request-form/>

Once you fill out the form, you will receive an email with instructions on how to sign up for the relay on RunSignUp. There is no registration cost, however, a \$10 suggested donation by you is encouraged. All funds go to local charities.

Then, between Monday, June 8 and Sunday, June 14, you run/walk your mile and submit your time to us. Details of submitting your mile time are TBD.

Berna's Great Legs 5K

Berna's Great Legs 5K is a women's only race. In fact, it's the second-longest, women's only race in the country! Women of all abilities (walkers and runners) are welcomed and encouraged to join us.

The in-person date is **August 13, 2020** at 7 PM (but may be impacted by COVID-19). There is also a Virtual Berna's 5k that can be run **August 5-12**. For more information about the race, go to the [Berna's Great Legs 5k](#) website.

Running challenges:

The 5-5-5 Challenge

This first challenge that came out dared you to run at least a 5k distance (3.1 miles), 5 days a week, for 5 weeks. It “ran” from the end of March until early May. To track the weekly progress, runners filled out an online spreadsheet each week. In the end, 50 people completed the challenge. It was well received by members and kept them running.

GLRR 4x5x6 Challenge.

Similar to the successful 5-5-5 challenge that we organized, this challenge calls for us to engage in 4 miles of activity, 5 days a week, for a 6 week stretch. It began May 11 and finishes Sunday, June 21. We started out running solo, but hopefully will be running together again by the end! You can complete your daily four miles all at once, or break it up a little during the day-the choice is yours. Running, Walking, and Outdoor Sports all count towards the 4-mile activity threshold (which is roughly about 8,000 steps of movement). This challenge is coordinated by Valerie Anderson; any comments or questions can be sent to vice_president@glrr.net

Distance Challenge

This one is pretty straight forward challenge. You run a minimum number of miles each week for 4 weeks. There are 4 different levels of mileage, depending on your fitness level:

Bronze: 15 miles per week

Silver: 25 miles per week

Gold: 35 miles per week

Platinum: 45 miles per week

This challenge started May 25 and ends Sunday, June 21. This challenge will be coordinated by Frank Georges, and you can send him any comments or questions at dir_business@glrr.net.

What runners are thinking - RRCA Survey

Road Runners Club of America (RRCA) ran a survey in April asking about runners' thoughts about running during the coronavirus pandemic. Here are some stats:

- Once a return to larger group running is permitted, 60% are comfortable running with 5 or fewer people. 51% are comfortable with 10 or fewer runners
- 53% noted they would participate in events for the remainder of 2020
- 90% of runners plan to participate in events in 2021 and beyond.

Click on [survey](#) to find full results of their survey.

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