

STARTING LINES

December 2020 edition

Did You Know?

The World Record for running a half marathon backwards is 1 hour 40 minutes.

On average, every 100 hours of running equates to 1 running injury.

Each step you run involves movement from 200 muscles.

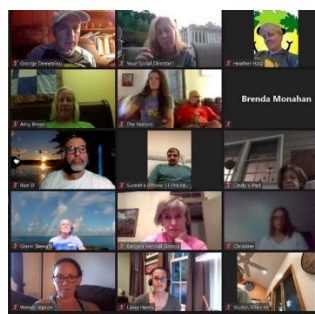
Doing “high knees” and “heel flick” exercises (check YouTube) are more effective than stretching in preparing muscles for a run.

Group Runs

GLRR resumed Saturday Morning group runs from the Coop (Headquarters) in September. Group runs were different this time, of course, because of the times in which we live: Coronavirus pandemic. Group sizes were limited, and runners had to sign up ahead of time. We continued the group runs until November, when state guidelines caused another pause. We’ll resume as soon as is feasible.

Club Meetings

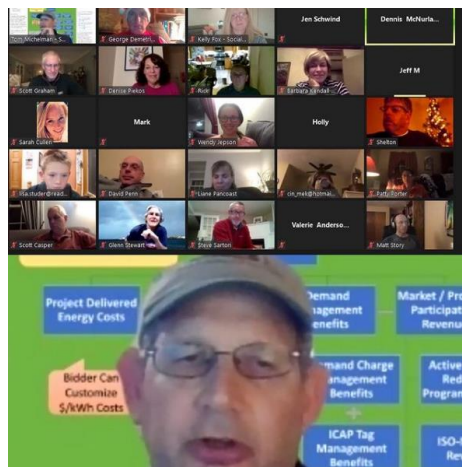
Just like many other aspects of our lives, GLRR’s Club meetings took a hiatus during 2020. However, GLRR resumed club meetings in August with its first Zoom meeting!



At the September Club meeting, members who ran the virtual Boston Marathon shared their experiences of staying motivated to train, and run Boston as a virtual race. The October meeting had the usual updates and discussions about this year's virtual edition of our Baystate Marathon.

During our November meeting, we heard from Tom Michelman (President of the Bruce Freeman Rail Trail Association). Tom shared some information about the BFRTR with all of us and answered some questions from us. You can check out the presentation at this link: <http://glrr.net/wp-content/uploads/2020/12/FBFRTR-2020-GLRR.pptx>

And our Club meetings finished out with the December Club meeting having a virtual Scavenger Hunt! That had some of us running through our houses trying to find headlamps, T-shirts from far away, things you use when injured, and many more!



Racing during Coronavirus Pandemic

Boulder Road Runners Team Challenge

GLRR members ran this year in this team challenge. It involved Veterans runners (60+) and was comprised of 3 races on different dates.

For the Memorial Day race, the men came in 3rd place and women came in 2nd!

For the July 4th race, there were teams from Philly, Boulder, CO (2 teams), Denver, CO, Atlanta, NJ, Portland, OR and GLRR! Our women came in 2nd out of 5 teams, whereas the men came in 5th out of 8 teams. To note, during that race, Sally Reiley was 2nd woman overall (84.09% age grade percent), and David Westenberg was 4th man overall (87.61% age grade percent). Congrats!

Club 100K Relay

GLRR participated in the Millennium Running's Club 100K Relay race at the end of June. It was a real race where each leg is 5K. So, at any point in time, there were multiple runners on the loop course. GLRR had a relay team with 20 members (10 women and 10 men) each running the 3.1 miles. GLRRs team came in 2nd place (out of 3, ahead of Gate City Striders).

Berna's Great Legs 5K

Berna's Great Legs 5K, the second-longest, women's only race in the country, was held virtually for its 39th consecutive year in August. Runners were able to virtually race from was 4 August 5 to August 13.



This year GLRR donated the proceeds, nearly \$3,600, to the House of Hope in Lowell, a shelter for homeless families.

Boston Marathon

We are all bummed out when the April running of Boston was pushed out to September. Many had hoped that it would be a live running in the early Fall, but became a virtual event like practically all other races in 2020.



GLRR had Boston Marathon participants run their Virtual Boston Marathon using the Baystate Marathon course. It ended up being very successful, with 30 runners.



We ended up assigning a bike to each pace group and that worked well. And the volunteers were great as usual.



2020 Virtual Baystate Marathon

This year, like many races, our Baystate Marathon was run virtually. Along with the Half Marathon and Full Marathon options, a 5K race and a Kids 1-miler run were options as well! Runners received a printable bib, T-Shirt, Finisher Medals (for each race) and a finisher's certificate. Here was the breakdown for each race:

- Full Marathon – 116 runners
- Half Marathon – 241 runners
- 5K – 164 runners
- Kids 1-miler – 51 participants!



Full race results can be found here:

<https://www.athlinks.com/event/20248/results/Event/823024/Course/1863765/Results>

We'd like to thank everyone who ran Baystate this year, and we look forward to seeing you in 2021.

Codfish Bowl XC 5k

Codfish Bowl XC 5K was the first (live!) Cross-country (XC) race of the year! Everyone had fun and loved cheering each other on - in person!



Mill Cities Relay

This year the Mill Cities Relay was cancelled as a live event because of the coronavirus pandemic. To keep the 37-year streak going however, a single team of 5 runners from some of the original clubs - Gate City Striders, Merrimack Valley Striders, SRR and GLRR – did the relay from Nashua to Lawrence. Two GLRR members – Glenn Stewart and Liane Pancoast – ran in the relay.



BTW – GLRR are still the MCR Champs! Lol

Running challenges:

We had more challenges to keep our bodies and minds motivated, to become better runners, and have fun doing so. Since our last newsletter we had these awesome challenges:

Summer Showdown 2020
Boston to Baystate Relay
Thanksgiving 30
Holiday Run Bingo 2020

Many thanks to Valerie Anderson and the Virtual Challenge Committee for making the challenges happen this past year, and to all who participated. To find out who won what challenge or was voted as the best name of a team, go to our website: <http://glrr.net/glrr-challenge-results/>.

Youth

GLRR was one of the few clubs to run a youth program this year. Everyone followed protocols for social distancing and masks, and had no problems with COVID. Our GLRR Youth crew of 15 did well at this year's Mayor's Cup XC race. There were several top finishes and awards won in Franklin Park.

It is the off-season, and the hope is to resume Youth track in the spring.

Yoga

Yoga? Wednesday mornings? That's right! GLRR began offering yoga (via Zoom of course) every Wednesday morning led by our own, Michele Zambino, certified yoga instructor, avid runner, and our own Baystate Marathon race director! Sessions are geared towards runners just beginning yoga to supplement their training. They began in December and are expected to run through January 2021.

Fudgcicle 2021

Yes, even in the age of COVID, the Fudgcicle series will continue. It has run every winter for 45 straight years, and not even a pandemic will get in the way of keeping that tradition alive! In its 46th year, the series will be run virtually, so (in essence) Fudgcicle will become our next Virtual Running Challenge.

The long and short of it is that Fudgcicle will be slightly different this year. There will be two series of 6 races each, from Jan 2 to Feb 6, and then Feb 13 to March 20. It costs just \$10 per series, and you can run the weekly race on a given Friday, Saturday or Sunday, with your race results submitted by Monday.

You can find detailed information by going to <http://glrr.net/fudgcicle-5k-series-2/>

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