

STARTING LINES – June 2021

GLRR Turns 41!

This past May, GLRR turned 41, and many of our running ran to celebrate!



Did You Know?

- Before the 1960s, drinking water was strictly prohibited from races shorter than 10 miles in the United Kingdom and much of Europe. It was believed that drinking water would make a runner weak.
- Running for just 30 minutes a day boosts a person's sleep quality, mood, and concentration levels.
- In Northampton England around 1865, the earliest form of the running shoe included a regular shoe with nails hammered through them. It's thought this simple leather shoe with nails was used for cross-country running. How'd you like to run in a pair like these!?



Group Runs

GLRR resumed in-person Saturday Morning group runs from the Coop (Headquarters) in May. Come join us on Saturdays – remember, all paces, all distances!



Also, on the First Wednesday of the Month, it's Ladies Night at Max and Leo's in Chelmsford Center at 6:00 PM for a group run. Our first one was June 2, and our next one is on July 7. See you there!



Club Meetings



GLRR returned to in-person Club Meeting for May. It was good to be back at Princeton Station. Peter Lagoy was our guest speaker, and it was a pleasure listening to his running story. (Peter is only one of three people in the world to run sub-3-hour marathons in six different decades!)

Yoga

Yoga? Wednesday mornings? That's right! Enhance your running with Yoga with Michele! 6:45-7:30 Wednesday mornings! Click [here to register](#).

(To participate, you should be a member of the Greater Lowell Road Runners. If you are not already a member, or need to renew, go to <https://glrr.net/joinus/>)

Running in 2021

SRR 26x1 Mile Relay:

For the 2021 race, there is good news and bad news. The good news is that SRR is trying its best to be able to host an in-person race in 2021. The bad news is that it won't be in June. Instead, this year's race is delayed; currently, SRR is looking at dates in August to host the event. Stay tuned.

Berna's Great Legs 5K

Registration for the 40th Annual Berna's Great Legs 5K is open! And yes, we will have an in-person race along with a virtual option! We are excited to be back out on our course in the Belvidere neighbor of Lowell.

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.

You can run Berna's virtually from August 12-19, 2021, or in-person on August 19, 2021 at

In Person: August 19, 2021.

For more information about the race, go to the [Berna's Great Legs 5k](#) website, or email bernasglfw@glrr.net

Bib Pick-Up + In-Person Race Start:

Reilly Elementary School
115 Douglas Rd
Lowell, MA 01852

To register, click [here](#)

2021 USATF Grand Prix Series:

The 2021 USATF-NE Road Race Championship schedule and Grand Prix are expected to run later in the year.

The six cancelled events from 2020 will compose the 2021 series. As of now, these events are expected to be part of the 2021 Grand Prix are:

- 5k - BIGG Steps 5k, Needham MA, November
- 10k - Lone Gull 10k, Gloucester MA, September 19 (tentative)
- 15k - Frank Nealon Boston Tune Up 15k, Upton MA, Fall
- 10 Mile - NH 10 Miler, Auburn NH, August 28
- Half Marathon - New Bedford (MA) Half Marathon, Fall
- Marathon - Vermont City Marathon, October 24
- It is not certain if there will be a 5 Mile championship race.

USATF-NE only Mountain Grand Prix

Series Dates (as of May 25)

- Ascutney Mountain, Windsor VT - June 12
- Loon Mountain, Lincoln NH - July 11
- Wachusett Mountain, Westminister MA- August 8
- Pack Monadnock, Wilton NH - August 21
- Mt. Graylock, Adams MA - September 5
- Waterville Valley Mountain Race, Waterville Valley, NH - September 26
- Cranmore Mt, North Conway NH - October 16

USATF-NE Cross Country – Tentative dates/sites

- Codfish Bowl, Boston – September 24-25

Baystate Marathon & Half Marathon



Registration is open for this year's race with so many options! Looking to run your 1st Marathon or Half Marathon - this is THE race to do it!

Not quite ready for that first one? Grab a friend to run the half marathon as a relay! Maybe a 5K is more your distance... we have you covered.

With so many options for any runner, we are super excited to be back in the community and planning this race. Please visit the [Baystate Marathon website](#) to read more. [Register today!](#)

Running challenges:

2021 GLRR vs GCS 20K Relay Throwdown

The last two running clubs to win the Mill Cities championship challenged each other to a 6-week duel. Teams of 2-3 went head-to-head running two 5ks and a 10k each week. Races had to be run any time from Tuesday to Sunday of any given week. Runs must have been continuous (i.e., timing continues even if runner stops to rest, walks, etc.).

In the end, kudos went to GLRR for winning the competition! (GLRR, don't get too comfortable though - GCS would have won had they been able to field teams in all divisions.)

Congratulations to the following division champions

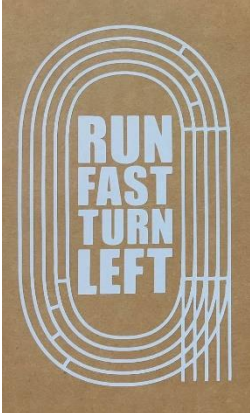
Two Guys and a Lady - GLRR - Coed Open
BeYuki and the Beasts - GCS - Coed Masters
Staying Alive - GCS - Coed Seniors
PT Refugees - GLRR - Coed Veterans
Swifties - GCS - Women's Open
Legz for days - GLRR - Women's Masters
Running After the Ice Cream Truck! - GCS - Women's Seniors
Sexy Sixties - GLRR - Women's Veterans
Not Yet Running Masters - GCS - Men's Open
Everyone Wanted the Short Leg - GCS - Men's Masters
Never Too Late - GLRR - Men's Seniors
Old and in the Way Reprised - GLRR - Men's Veterans

Extra Special Congratulations to the following UNDEFATED runners!!!

Karen Long
Pam Triest-Hallahan
Aline Kenney
Nate Burns
John Hadcock

These runners bested all comers in their respective divisions for each week that they ran.

Track



Thursday Evenings are Track workouts!
Chelmsford High School (Carson Track)
6pm Warmup, 6:15 Announcements & Drills, 6:30 Workout.



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