

STARTING LINES – December 2021

Did You Know?

- Each step you run consumes movement from 200 muscles.
- Doing high knees and heel flicks are more effective than stretching in preparing muscles for a run.
- The ideal temperature for a race day is 45 degrees Fahrenheit.
- Humans can outrun almost all the animals in the world over long distances. A few exceptions include cats, rabbits, and kangaroos.



Membership

To join GLRR, or to renew your membership, go to <https://glrr.net/joinus/>

Berna's Great Legs 5K

The 40th anniversary of Berna's, the second-longest, women's only race in the country, was held in-person in August. (We also had a virtual option!)

Berna's Great Legs 5K! welcomes women of all ages and abilities, whether they were runners or walkers each year. This past year 136 ran the race. This year's race proceeds totaled \$5,010 for the [House of Hope](#).

Baystate Marathon, Half Marathon & Half Marathon Relay



Over 1700 runners participated in the first in-person running of the 33rd Ashworth Awards Baystate Marathon, Half Marathon and Relay. We had BQ rate of 29% of all runners for the marathon! We had some course records broken as well in these categories: Women Master's Marathon (2:52:23), Men's 19 & under (2:47:34), and the Men's Veterans Half Marathon (1:24:34). Visit <https://www.baystatemarathon.com/> for all you need

to know about last year's and this year's Baystate.

2021 USATF-NE Grand Prix:

The USATF-NE 2021 Road Race Grand Prix is done. This year there were only 4 races for the series. For the final team results, GLRR took top spots in the following categories:

- Women's 50+ - 3rd place!
- Women's 60+ - 3rd place!
- Men's 40+ - 3rd place!
- Men's 50+ - 1st place!
- Men's 60+ - 1st place!

2021 Mill Cities Relay

Another year has come and gone for Mill Cities, and this year (thankfully) included a long-awaited return to an in-person race experience! For many, this was your first time, and we hope it was a great all-around experience (please let us know if it was, especially if it was your first). While it wasn't a repeat of our victory two years ago, we were able to amass enough points for a **Second-place finish** and only missed first place by just two points. (Note: Originally it was thought that Greater Manchester Road Runners won, but after everything was adjusted, it was Gate City Striders who were victorious.)

As we have said many times, EVERY SECOND COUNTS. Even with our final placement, we were able to match our 2019 total and bring back a whopping SEVEN Bricks to the Coop (Eight if you count the overall 2nd place one)!

Congratulations have to go out (first and foremost) to our brick winning teams:

- GANG GREEN (Coed Masters – 1st): Chris Hancock, Amy Molloy, Diana Mueller, Zack Roof, Justin Daglish
- HAPPY BIRTHDAY WENDY JEPSON! (Coed Sub Masters – 2nd): Matt Theodoros, Jen Nicoloro, Wendy Jepson, Tony Ly, Michael Luebeck
- DUNDER MIFFLIN'S PAPER MILL EMPLOYEES (Coed Open – 3rd): David Perloff, Jennifer Hache, Katherine Bradshaw, John Paquet, Peter Caron
- SCRAMBLED LEGS (Coed Seniors – 2nd): Carlos Flores, Andrew Fongemie, Trish Bourne, Jonathan Morris, Jill Lohmeier
- HOLY FIT (Female Seniors – 3rd): Estelle McCormack, Tammy McDonough, Angel Richmond, Sally Reiley, Julie C Haynes
- NOT DEAD YET! (Male Super Veterans – 1st): Denny Leblanc, Steve Kanaracus, Glenn Stewart
- OLD FLOCKERS (Male Veterans – 2nd): Peter Wasylak, Kevin Christie, David Penn, Norman Kim, Peter Lagoy

We also have to thank all of our great volunteers who worked tirelessly in the cold to help direct the runners, handle parking and many other tasks. You were a great help!

2021 Christmas Eve Group Run

For this year's Christmas Eve group run (always the Saturday before Christmas), we had over 60 runners show up.



Upcoming for 2022

GLRR Bi-Annual Elections

A reminder that it's election time. Elections for our officers and board members will be part of the January club meeting. Remember to be eligible to vote you must meet these requirements:

You may only vote if

- You are 18 years of age (or older)
- You are a member in good standing with the Greater Lowell Road Runners at least 30 days prior to the date of the annual meeting (January 31). This means that your membership must be renewed as of 1/1/2022 at 11:59pm)

Below are the candidates for the upcoming 2022/2024 Board Elections:

- President: Valerie Koines Anderson and Heather Hasz

- Vice President: Joe Ferreira and David Burns
- Secretary: Amy Abbott Breen
- Treasurer: Katherine Bradshaw
- Apparel: Sarah Dillon
- Business: Frank Georges
- Communications: Ronald Desmarais
- Membership: Annette Casco
- Race Team: Liane Pancoast
- Social Director: Melanie Catherwood
- Youth Director: Joseph Ferris

Good luck to everyone!

Winter Group Runs = Fudgcicle 5k

Saturday Group Runs from the Coop are on Hiatus, and in its place is our weekly no-frills run that starts and finishes at the Tewksbury High School. Check out <https://glrr.net/fudgcicle-5k-series-2/> for details and how to register.

USATF-NE 2022 Road Race Grand Prix Series

The 2022 Grand Prix is back for in-person racing. The schedule is listed below; please note the request-entry due dates. More information is available on our website at <https://glrr.net/gp-entry-form>.

Feb 13 – Super Sunday 4 Miler, Bedford, NH [entry request by Feb 7]
Mar 20 – New Bedford Half Marathon, New Bedford, MA [entry request by Mar 14]
May 29 – Vermont City Marathon, Burlington, VT [entry request by May 1]
Aug 14 – Bobby Doyle 5 Miler, Narragansett, RI [entry request by Aug 8]
Aug 27 – New Hampshire 10 Miler, Auburn NH [entry request by Aug 22]
Sep 25 – Lone Gull 10K, Gloucester MA [entry request by Sept 12]
Nov 13 – BIGG Steps 5K, Needham MA [entry request by Nov 7]

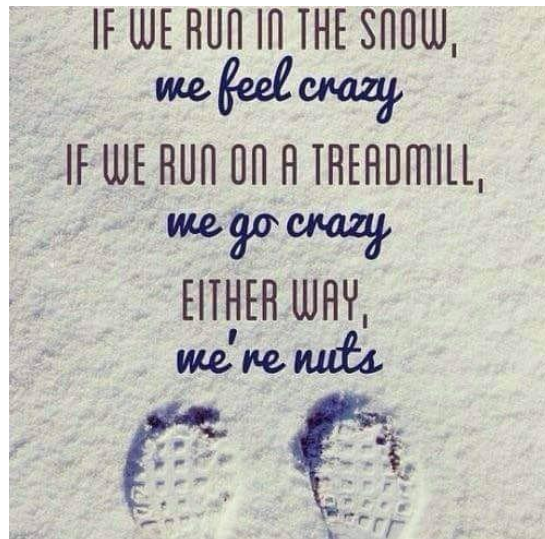
Let Liane or Glenn know if you have any questions via email:
race_team_mgr@glrr.net.

Run Show Boston

Originally, GLRR and Baystate were going to have a combined exhibit at the Run Show in Boston during the last weekend in January 2022. However, it has been pushed out next year. The event has been moved to February 4-5 2023 and will remain at the Hynes Convention Center. Hope to see you there next year!

Boston Training Runs

The Boston Marathon is back to its spring timeframe. Therefore, our Boston Marathon training runs should be scheduled for the four Saturdays in March. More details to follow.



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