

STARTING LINES – June 2024

Did You Know?

- Adidas (you know, as in shoes and sportswear) is actually pronounced 'Ah-dee-dass,' not 'Uh-dee-duhs.' Its name, like many brands, is named after its founder, Adi Dassler.
- The earliest form of a running shoe dates back to 1865 in England. It included a regular shoe with nails hammered through them. It's thought such a "running shoe" was used for cross-country running. It wasn't until 1917 when rubber soles were added to shoes.

Membership

Membership is open now for the 2024 calendar year. Not a member, or haven't renewed this year? No problem. Sign up by going here: <https://glrr.net/joinus/>

2024 Hall of Fame

This year's Hall of Fame inductee is Scott Graham, a long-time club member, who is also part of Boston Marathon's Quarter Century Club (runners who have completed 25 or more consecutive Boston Marathons). Congratulations!



Group photo of some of the GLRR Hall of Fame members.



Spring Marathon season

After training through the winter, many of our fellow chickens competed in marathons this past spring.

Class of 2024 Boston Marathon



Speaking of Boston, Gerard Ottaviano ran his 41st consecutive Boston Marathon and Scott Graham ran his 38th consecutive Boston Marathon this year. Also, Steve (Stavros) Kanaracus (not pictured) ran his 37th consecutive one. Quite impressive!



World Majors

A handful of our members earned their 6th (of 6) Abbott World Marathon Major Star. Here are some of them (known at press time): Marisol Garcia, Tara Kay, Wendy Briggs, Nabil Benchekroun, Suresh Penumatsa, and Laura-Lee Barbosa. That’s quite a lot of dedication – and miles! Congrats!



2024 Student Scholarship recipients

Each year, GLRR gives back to the community in several ways. One way is to offer scholarships to area high-school seniors who are going on to further education, and have had been involved with running and/or track.



Congratulations to our 2024 Scholarship recipients! This year GLRR was able to give \$1000 to area seniors. Not all were able to attend our May Club meeting this year, but all were recognized for their athletic and academic accomplishments. Best of luck in all your future endeavors.

Boston's Run to Remember

GLRR club members volunteered at two water stops during the Run to Remember Road Race this past Memorial Day to help hydrate many thirsty runners!



GLRR is 44 years young!

This past May, GLRR celebrated its 44th anniversary! So how did GLRR start? Go [here on our web site](#) to find out more.



John Burke (with megaphone) and Dick Stackpole (in front of clock) cheer on Kevin Ratelle at the Merrimack Regional Theatre Race (Fall of 1979). From this race, the GLRR was born.

26x1 Relay



This year the 26x1 Relay was back at Hormel Stadium this past Saturday June, 8th.

GLRR had two teams. The Angry Chicken team finished 6th overall, and the Volunteer team finished 27th. Congrats to all who participated!



2024 USATF-NE Grand Prix Series

Here is the schedule for the remaining races this year. Go to the website for more information and registration: <https://www.glrr.net/gp-entry-form/>

- USATF-NE Road Mile Championships – Sunday, July 21 (Hopkinton HS)
- Bobby Doyle 5 Mile - Sunday August 11 (Narragansett RI)
- Lone Gull 10k - Sunday September 22 (Gloucester, MA)

Saturday Morning Group Runs

GLRR's official Group Run is on Saturdays from March through December, 8am at the Coop (1934 Lakeview Ave, Dracut MA). Any pace, any distance is welcome. Join us for one!

Other group runs

During the week, you can find club members organizing group runs at various times and places via social media (typically Facebook). If you don't see one, then post one yourself!

Angry Chicken Race Series

It's just about summer time, and that means that our yearly Angry Chicken Race Series is here. Race dates are on Tuesday evenings at 7 pm, June 11 to August 13. No races on July 2nd nor July 30.

Race distance is 2.62 miles – a tenth of a marathon! The race begins and ends at the S-curve entrance to the Riverwalk at the end of River Place, near the Tsongas Center.

At the start of the first 2024 race, on June 11



For more information, and links to register volunteer or donate, go to our website's [Angry Chicken Race page](#).

Berna's Great Legs 5k

Berna's Great Legs 5K is a women's only race now in its 43rd year! This year it is being held on Thursday, July 18, 2024 at 7pm. (5k walk begins at 6:45, and Little Miss Fun Run (Ages 7 and under) is at 6:15.

Women of all abilities and ages are encouraged to join.



All proceeds from Berna's Great Legs 5K are donated to House of Hope in Lowell, MA.

For more information, including registration, [follow this link](#).

GLRR's Summer Family BBQ

Save the date - this year's Summer Family BBQ will be on the afternoon of Sunday, July 28. Final details are being worked out. Stay tuned via club emails and social media posts.

Monthly Club Meetings

Join us for our monthly club meetings held on one of the last Mondays of each month at Princeton Station, North Chelmsford at 7pm. We often have a variety of speakers with topics related to running or the like. There are always club updates, raffles, and free refreshments (for club members). Hope to see you there!

GLRR Self-posted results

If you don't realize, we have a menu option on our website to collect race results from you (or others). We use what's submitted so that we can share these accomplishments with the club. Go to this website link to submit race results: <https://www.glrr.net/recent-race-submission/>.

Below are the results (ordered by submission date) since our last newsletter. Check out what your fellow runners have been up to! Thanks, and congrats to all who posted!

Runner's Name	Race Name	Race Date	HH	MM	SS	P R ?	B Q ?	Place in AG?
Allyson Casey	Beantown Marathon	9/10/2023	3	35	21		Y	
Allyson Casey	Loco Marathon	10/22/2023	3	26	12	Y	Y	1st
Allyson Casey	First Run	1/1/2024		20	7			1st overall female
Stacey Polechio	First Run	1/1/2024		52	10	Y		
Allyson Casey	Derry Boston Prep 16 miler	1/21/2024	1	53	12	Y		3rd overall female
Allyson Casey	Super Sunday 4 miler	2/4/2024		25	37	Y		
Stacey Polechio	Super Sunday 4 miler	2/11/2024		33	15	Y		
E J Hrynowski	Myrtle Beach Marathon	3/2/2024	3	30	50		Y	3rd M60-64
Karen Girouard	4 Leaf Clover (Wild Rover series--4 Miler)	3/3/2024		30	0	Y		
Allyson Casey	Frozen Shamrock 3 miler	3/3/2024		18	51			1st overall female
Rita Agostinelli	Irish Clover 5 miler	3/10/2024		35	36	Y		Second in AG
Karen Girouard	Eastern States 20 Miler	3/17/2024	2	52	19	Y		
Jennifer L Bellissimo	Eastern States Half Marathon	3/17/2024	2	17	20			12 out of 26 F45-49
Rita Agostinelli	New Bedford Half Marathon	3/17/2024	1	40	12	Y		

Nicole Souza	Hill Thrill 5k (Michelle Benedetti Scholarship Fund)	3/24/2024		21	39			1st in female 20-29, 3rd female overall
Rita Agostinelli	Frank Nealon Boston Tune-Up 15k	3/30/2024	1	13	4	Y		
Jennifer Bellissimo	Credit Union Cherry Blossom 5k	4/6/2024		29	10			780/4526
Jennifer Bellissimo	Credit Union Cherry Blossom 10 mi	4/7/2024	1	42	4			315/770
Richard Dumas	US Coast Guard Marathon	4/7/2024	3	49	53	Y	Y	4th of 19
Christopher Schaffner	Boston 5k (BAA 5k)	4/13/2024		37	6			219 of 262
Allyson Casey	Boston marathon	4/15/2024	3	23	12	Y	Y	
Cory Edwards	Boston Marathon	4/15/2024	2	52	49	Y	Y	
Jeff Robinson	Enjoy Your Life Friendly 5k	4/21/2024		21	10			3rd overall
Rita Agostinelli	Enjoy your life happy half	4/21/2024	1	45	25			Second in AG
Nicole Souza	Stop the Stigma 5k	4/27/2024		21	27			1st female overall
Allyson Casey	James Joyce Ramble	4/28/2024		39	57	Y		2nd
Stacey Polechio	James Joyce ramble	4/28/2024		51	13	Y		
Rita Agostinelli	James Joyce Ramble USATF Masters 10k Championship	4/28/2024		43	51	Y		
Jeffrey Hull	Maine Coast Half Marathon	5/4/2024	1	45	15			1st place age 60 to 69
Tom Courtemarthe	Merrimack River 10-mile Trail Race	5/4/2024	1	51	11	Y		
Jennifer L Bellissimo	Camienne Cinco de Miles 5K	5/5/2024		30	30			581 overall
Kirk Wayshville	Revel White Mountains Half Marathon	5/5/2024	3	34	17	Y		
Sarah Wayshville	Revel White Mountains	5/5/2024	2	4	24	Y		

Stacey Polechio	Revel White Mountains Half Marathon	5/5/2024	1	51	57	Y		
Michael Luebeck	Revel White Mountains Marathon	5/5/2024	2	57	56		Y	64th OA, 7/104 (M35-39)
Rita Agostinelli	Revel White Mountains Marathon	5/5/2024	3	39	59	Y	Y	
Robyn Stanley	Wallis Sands Half Marathon	5/5/2024	1	33	35	Y		First in age group
George Demetriou	Acton-Boxboro United Way 5K	5/11/2024		46	30			Yes, finished 1st (out of 2) in M70-99 age group
Karen Girouard	Live Free Animal Rescue 5K	5/11/2024		24	17			1 place female overall
Cory Edwards	Margarita Half Marathon	5/12/2024	1	22	29			4th place overall; 1st place 30-39
Allyson Casey	Ray Bourque 7.7K	5/18/2024		31	47	Y		First overall female
Allyson Casey	Great Bear 5K	5/19/2024		19	34			2nd AG
Mike Quinn	Great Bear 5K	5/19/2024		26	6	Y		
Nicole Souza	Great Bear 5k	5/19/2024		20	52	Y		
Chip Mann	Great Bear Run	5/19/2024		23	50			
Cory Edwards	Great Bear Run	5/19/2024		17	6	Y		
Robyn Stanley	Great Bear Run 5k	5/19/2024		19	36	Y		
Rita Agostinelli	The Great Bear Run 5k	5/19/2024		21	14	Y		
Jennifer L Bellissimo	Run to Remember	5/27/2024	2	21	49			

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