

STARTING LINES – Fall 2024

Did You Know?

- Out of all race distances, 5K runners around the world have the slowest average pace since it's the most common beginner race.
- Massachusetts has the fastest average marathon finish time at 4 hours and 4 minutes, according to RunRepeat's 2020 Marathon State Comparison Report.

Membership

Membership Update!

We are excited to announce moving our membership process to a more automated system through RunSignUp.com.

Memberships will now be on a rolling, calendar-year basis. So, whatever day you sign up or renew on will be the day the following year that your membership expires. The system will send you a renewal notice at 30-days and 7-days prior to your membership expiration date.

To find out more and join GLRR if you're not a member, go to <https://glrr.net/joinus/>

To renew your existing GLRR membership, either 1) renew via the email reminder(s) that you receive 30-days and 7-days before it expires, or 2) log in to your RunSignup account, navigate to "My Club Memberships" under your profile, select the membership you want to renew, confirm your account details, and proceed to checkout to complete the renewal process.

Please reach out to our membership directory with any questions at dir_membership@glrr.net.

Upcoming:

Mill Cities Relay

The 2024 Mill Cities Relay will be held this Sunday, December 8 beginning at 8am. GLRR once again will be participating. Everyone who signed up has been contacted about their teams, and other race details.

What is the Mill Cities Relay, you may ask? Many regional running clubs belong to the Mill Cities Alliance which form teams in multiple age/gender groups for a relay race from Nashua NH to Lawrence MA, covering more than a marathon's distance in the process. While this is a race, and we always like putting together some competitive teams for our speedy runners, this is also one of GLRR's biggest social events of the year. Here you can meet lots of old and new club members.

Check out www.millicitiesrelay.com for more info on the relay, and definitely check out the description of the different relay legs involved, as Leg 1 has a new beginning point, and Leg 5 now ends at Salvatore's Italian Restaurant in Lawrence (now that the Claddaugh is no longer).

Boston Marathon Waiver

The club has been informed by the BAA we have received three Invitational Entries (aka waivers) for the 2025 Boston Marathon. You must be a current member for 2024, and also have a membership for 2025; other conditions apply. To find out more and/or apply, [click here](#).

Kid's Christmas Party

We are excited to announce our GLRR Kids' Christmas Party will be in mid-December. An email to club members has been sent. This party is whether you have a family membership, individual membership, or your kids are on the youth team, all children of GLRR members are invited. You must sign up before Dec. 13. For further information, you can send an email to info@glrr.net, and your request will be forwarded to the appropriate contacts.

Annual "Christmas Eve" Run

This year's "Christmas Eve" run will be on **Saturday, Dec. 21 at 8am** at the Coop (our headquarters at 1934 Lakeview Ave., Unit #1, Dracut MA). Often times a misnomer (i.e., it's only a true Christmas Eve run when Christmas falls on a Sunday), it's a time that we gather as a club to do one of our biggest group runs of the year, and to celebrate some cheer among the holidays. More information to follow.

GLRR Volunteer Party

Mark your calendars. The GLRR Volunteer Party will be held on Saturday, January 11, 2025, at the Wamesit Lanes in Tewksbury, MA. As the time gets closer, more details will be sent out.

Fudgcicle 5k Series



Are you ready for some Movin' and Groovin' at the FUN Fudgcicle 5K Run Series in 2025?

It's time to get out your winter running gear and get pumped for another great Fudgcicle Series that will be on Saturdays in January and February, starting 1/4/25 at the Tewksbury

Memorial High School.

The 2025 dates are Saturdays, 8 AM on Jan. 4, 11, 18, 25, Feb. 1, 8, 15, 22. (7:50AM early start – suggested for those over 45 min. to run the course)

To find out more about the Fudgcicle series, how to register for it, and even volunteer, you can visit its webpage at <https://www.glrr.net/fudgcicle-5k-series/>

All excess monies from the race go to the Tewksbury Food Pantry. We also have a food drive in February to support the Tewksbury Food Pantry!

In case you missed it...

Berna's Great Legs



The 43rd Annual [Berna's Great Legs 5k](#) was held this past July 18. A record-setting 330 race participants enjoyed the challenge of the 5K course, and there was the inaugural "Little Miss Fun Run". Race director, Wendy Jepson noted that the race raised over \$16,000 for House of Hope!



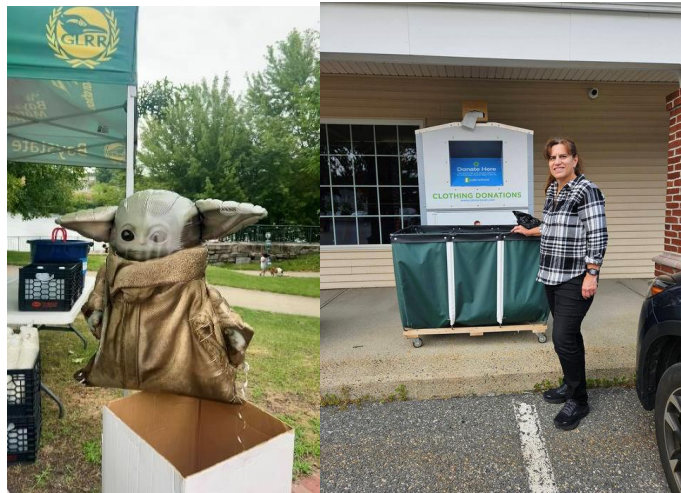
Kudos to Wendy, volunteers and runners!

Angry Chicken Race Series

Tuesday nights during the summer meant we had racing in downtown Lowell. This year the series expanded to 8 races this year, starting in June and finishing in August. Each week there was a different theme, like Neon Nite, and Star Wars Nite.



The course is 2.62 miles long – a tenth of a marathon! There were about 70-120 runners each week.



Runners also help donate over \$700, along with clothes and toiletries to [Catie's Closet](#) which is a non-profit that provides those items and other basic essentials to students living in poverty, right within their schools.

Summer Outing



This year's Annual Summer Family Cookout was held on Sunday, July 28 at the Bunting Club in Lowell. Good food, conversation, and a good time ruled the day. Thanks to everyone who helped cook, brought food and helped in other ways. And a special shout out to Vanessa Hope and Silvana Morgan for organizing the whole thing!

2024 USATF-NE Grand Prix Series

Many GLRR members ran in a several of the races in the series, such the Boston 15k Tune-up, Great Bear 5k, Bobby Doyle 5 miler, and the Lone Gull 10k.





We had 3 GLRR teams place for the series:
Women's 60+ - 3rd place overall
Women's 40+ - 5th place overall
Men's 50+ - 3rd place overall

Individual Achievements to note for the series:

- Allyson Casey - 1st place in W45-49
- Trish Bourne - 2nd place in W55-59 AND 2nd place in W60-64
- Liane Pancoast - 2nd place in W65-69
- Rita Agostinelli - 3rd place in W45-49
- Don Fay - 3rd place in M50-54
- Jim Rhoades - 3rd place in M55-59
- Steve Kanaracus - 3rd place in M75-79

2024 USATF-NE XC Grand Prix Series

Besides the regular Grand Prix Series, there is also the Cross Country (XC) Grand Prix series as well. As usual, we had a good number of our fellow members participate.





GLRR's final team standings were as follows in the USATF-NE XC series – kudos!

Women's Open – 5th place

Women's 40+ - 1st place

Women's 50+ - 1st place

Women's 60+ - 2nd place

Men's 40+ - 2nd place

Men's 50+ - 1st place

Men's 60+ - 1st place

Men's 70+ - 1st place

The final race of the XC season will be the National Championships; it will be held in Tacoma, WA on December 14. GLRR will be represented by 18 club members.

Baystate Marathon

This year's Baystate Marathon weekend was held the third weekend in October.



It was the largest Baystate since 2018 & COVID! We had 1411 registered for the Marathon and 1361 for the Half marathon. There were also 48 relay teams. Above are the men's and women's marathon winners.

Weather-wise it was a decent day to race - a cold start of the upper 30s with temperatures migrating into the 60's by early afternoon. The reaction of most participants was overwhelmingly positive!

28% of all marathoners became 2026 Boston Qualifiers!



There were 203 volunteers that helped out during Baystate (including the Course Preview) - 212 if we include the Baystate committee. We'd like to thank all the volunteers!

As you may or may not know, the club provides a lot of free services - far more than your membership fee can pay for - and it's Baystate that makes those services possible; it's our largest club fund raiser each year.

Again, kudos to all who volunteered, especially to race director, Glenn Stewart and the Baystate Committee!

Saturday Morning Group Runs

Group Runs happen every Saturday from April through December, 8am at the Coop (1934 Lakeview Ave, Dracut MA). Any pace, any distance is welcome. All are welcome!

GLRR Self-posted results

Since early June, on our website, we have had a new menu option to collect race results from you (or others), so we can share these accomplishments with the club. You can do that by using this link: <https://www.glrr.net/recent-race-submission/>. Since then, the following results have been submitted. Going forward we'll post more results, as you enter them in. Congrats to all who submitted below!

Runner's Name	Race Name	Date	HH	MM	SS	PR?	BQ?	Placed in AG?
Cory Edwards	Angry Chicken	12/6/2022		14	4	Y		2nd
David Westenberg	Tetradecathlon World Championship (1500 meters)	3/16/2024		5	1			2nd
David Westenberg	USATF Masters Indoor Championship (3000 meters)	3/21/2024		10	43			1st, M65
David Westenberg	USATF Masters Indoor Championship (4x800 relay)	3/22/2024		10	8			1st, M65
David Westenberg	USATF Masters Indoor Championship (Mile)	3/23/2024		5	22			1st, M65
David Westenberg	USATF Masters Indoor Championship (800 meters)	3/24/2024		2	30			2nd, M65
David Westenberg	Boston Marathon	4/15/2024	3	22	34		Y	14th place, M65
David Westenberg	USATF National Masters 10K Road Championship	4/28/2024		38	57			1st, M65
Jeffrey J Robinson	Maine Coast Marathon	5/5/2024	3	22	5	Y	Y	10th for age bracket
David Westenberg	Battle Road Twilight Series #1 (1500 meters)	5/11/2024		4	57			

David Westenberg	USATF Masters National One Mile Road Championship	5/19/2024		5	23			2nd, M65
Jennifer L Bellissimo	Berna's 5K	5/27/2024		30	9			32nd
Rita Agostinelli	Alternative House Healing Steps 5k	6/2/2024		21	51			3rd place female, 4th place overall
Liane Pancoast	Hollis Fast 5K	6/13/2024		24	6			1st in age group (W65-69)
Rita Agostinelli	Cohasset Triathlon	6/23/2024	1	23	23	Y		
Rita Agostinelli	John Carson Road Race	7/4/2024		13	34	Y		2nd AG
David Westenberg	USATF Masters Outdoor National Championship (4x800 relay)	7/18/2024		10	16			1st, M65
Rita	Berna's Great Legs 5k	7/18/2024		21	12	Y		3rd AG
David Westenberg	USATF Masters Outdoor National Championship (800 meters)	7/20/2024		2	32			2nd, M65
David Westenberg	USATF Masters Outdoor National Championship (1500 meters)	7/21/2024		5	11			1st, M65
Rita	USATF-NE 1 Mile Championship	7/21/2024		6	10	Y		
David Westenberg	Tracksmith Twilight 5000	7/25/2024		19	26			1st, M65
Rita	Yankee Homecoming Road Race	7/30/2024	1	14	38	Y		1st AG
Christopher Schaffner	Sunrise Classic	8/3/2024		36	5			5th
David Westenberg	High Street Mile	8/4/2024		5	22			1st, M60-69
Jeff Hull	Bridge of Flowers 8k	8/10/2024		41	6			3rd M60-64
Cory Edwards	Bobby Doyle 5 mile	8/11/2024		28	4	Y		

David Westenberg	USATF-NE 5 Mile Road Championship	8/11/2024		32	4			3rd M60-69
Rita	Bobby Doyle Summer Classic	8/11/2024		34	15	Y		
Christopher Schaffner	Falmouth Road Race	8/18/2024	1	27	19			306/357
David Westenberg	World Masters Athletics Championship (8K Cross Country)	8/20/2024		32	10			5th M65
David Westenberg	World Masters Athletics Championship (1500 meters)	8/24/2024		5	2			6th M65
Jeff Hull	AutoFair 10 Miler	8/24/2024	1	18	56	Y		2nd M60-64
Jennifer L Bellissimo	AutoFair NH 10 Miler	8/24/2024	1	49	45			33/57
John Swartz	NH 10-Miler	8/24/2024	1	49	49	Y		
Christopher Schaffner	Foot it for Felix 5k 8/31/24	8/31/2024		36	9			3 of 4
Nicole Souza	29th Annual Run to the Rock	9/7/2024	1	35	18	Y		1st in AG, 4th Overall
David Westenberg	GBTC XC Invitational (5K)	9/8/2024		19	10			1st M60-69
Rita Agostinelli	Beantown Marathon	9/8/2024	3	36	28	Y	Y	2nd AG
Richard Dumas	US Air Force Marathon	9/21/2024	4	16	22			1st in military M60-64
Jeffrey Robinson	Tache Realty Wicked Half Marathon	9/22/2024	1	29	37	Y		2nd M50-59
Frank Georges	New Hampshire Marathon	10/5/2024	4	54	11			
John Swartz	Hampton Rockfest 1/2 Marathon	10/6/2024	2	21	44	Y		
Ronald Desmarais	Smuttynose Roxkfest Half Marathon	10/6/2024	1	54	38			
Jennifer L Bellissimo	Boston 10K for Women	10/12/2024		59	20	Y		F40-49 #183

Andrew Downey	Bank of America Chicago Marathon	10/13/2024	2	36	14	Y	Y	20th, 292nd Overall
Richard Dumas	Chicago Marathon	10/13/2024	3	49	32	Y	Y	
Nicole Souza	34th Annual Baystate Marathon	10/20/2024	3	20	26	Y	Y	
John Swartz	Lord Hobo "Doom Run" 5K	10/26/2024		27	9	Y		
Andrew Cossar	Newburyport Half Marathon	10/27/2024	1	46	5	Y		
Rich Dumas	Marine Corps Marathon	10/27/2024	3	59	50		Y	
Liane Pancoast	USATF Masters National 5K XC Championships	11/2/2024		26	35			3rd F65-69
Karen Girouard	Lexington Battlegreen Run	11/3/2024		46	45	Y		
Jennifer Bellissimo	Every Woman–s Marathon	11/16/2024	5	4	8	Y		Overall - 1591 out of 7000
David Westenberg	USATF-NE Cross Country Championship (8K)	11/17/2024		35	1			5th M60-69
David Westenberg	Wellesley Turkey Trot (5K)	11/28/2024		20	6			1st M60-69
Jim Rhoades	Revel Big Bear (California) Half Marathon	12/2/2024	1	19	58			6th

The Greater Lowell Road Runners
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