

# Greater Lowell Tech's Devin Moreau went from couch potato to one of state's best runners



Greater Lowell Tech senior Devin Moreau has gone from a struggling JV runner to one of the state's best in just a couple of years. The Tyngsboro resident will run at UMass Lowell after a record-breaking career at Greater Lowell

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TYNGSBORO — Eight words have changed Devin Moreau's life.

In the fall of 2020, like many during the pandemic, Moreau became a "couch potato." He sat and played video games. For hours and hours.

That's when his mother uttered the words, "Get out of the house. Go do something."

She gave him the choice of golf, cheerleading, football or running cross country. He dismissed golf and cheerleading immediately. He played football as an eighth-grader and wanted to continue but didn't think he was any good at it. So he took the last option – running.

And just like in video games, the Tyngsboro resident quickly improved to get the top score – or in this case – the top times.

The Greater Lowell Tech senior went from a couch potato to running 3.1 miles in 24 minutes during his first JV season, to now becoming the all-time record holder at the school and one of the premier runners in the state.

"That JV year, my nickname was 'two left feet' because I was so slow," said Moreau with a laugh. "I was the slowest kid out there. Everyone kept telling me that I had to pick up my feet and I had to go faster. I didn't love the sport at first that year. I went from sitting on my couch all day playing video games to going out running. It just took so much effort. Seeing other kids quit was one of the reasons why I said to myself,

'I'm going to get through this first season and I'm not going to quit.' That determination was just always with me."

He has led the Gryphons to three straight undefeated seasons, 17 straight dual meet wins and three straight Commonwealth Athletic Conference championships. Last year he was named the CAC Division 1 Runner of the Year and a Sun All-Star after he won the State Vocational Championship meet. Moreau also finished second at the Division 2A Meet, fifth at the Division 2 All-State Meet and 22nd at the New England Regional Championships.

His best time last year was 15:39, which broke Greater Lowell's course record by 30 seconds. This year, he's already posted personal-best 15:05 clocking for a 5K.

In a span of three years, he went from finishing JV races in 24 minutes to winning varsity races in 15 minutes.

"Freshman year he came to us and you could definitely tell that he had athletic potential but he wasn't necessarily a runner yet," said head coach Matt Murphy. "It wasn't that we didn't believe in him because we did think he had potential, but it was going to be a matter of his work ethic.

"He comes back for his sophomore year and you could clearly see that he had an athletic gift for running and he was buying into some of the seniors we had back then. We had Albert Ferreras, who is now running at Merrimack College, so we had some runners who were kind of inspiring Devin and Devin's whole attitude was, 'I think I can be just as good as them.'

"Devin came in last year and said, 'I want to be the number one kid in the state in Division 3, what do I need to do to do that'? He was willing to do the work. He might be the most coachable athlete I've ever had in my career as a coach. If you tell him exactly what he needs to do, he will go out there and do exactly that and the results speak for themselves. He has not lost a single meet to anybody. He's confident now and he knows that his summer running is paying off."

Moreau has committed to run at UMass Lowell. From there he wants to become a professional runner. He said running is now his life. But until he officially puts on a River Hawk jersey for the first time, he has some unfinished business to attend to while still in high school.

"I want the Division 3 state individual title and nobody is going to stop me," he said. "Hopefully, I'll be back at Fort Devens (for the All-State Meet) to try to run under 15 minutes – somebody has to do it."

From those eight words from his mother, Moreau has turned running into a passion. Now he has a focus. Now eight other words define his life. Confidence. Determination. Drive. Commitment. Goals. Strength. Energy. Leadership.