



Striding Along



Newsletter of the Gate City Striders Running Club



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Cover photo: GCS-Triad wins three in a row!

Photo by Michael Wade

Howdy fellow Striders,

Yes, I know this issue is even later than usual... but there were a whole lot of information and photos that I didn't want to overlook. But since it is a new year, perhaps I'll vow to procrastinate less, and work on getting this newsletter out on time. Or closer to on time. Or within a few weeks of on time.

Anyway... I remember thinking that we were going to band together, and have a great Mill Cities Relay, and we did! Great job Y'all! What an amazing accomplishment!

We are now able to proudly run through this winter, enjoying our successes, learning from our mishaps, and in the end, we will be the best "us" that we can be.

Be careful out there on the ice. I have Yak Tracks, but haven't yet tried them. Better yet, if we do receive any amount of that white stuff, try Snow Shoe Racing! It is fun, and a great way to really get your heart rate climbing.

Be careful running in the dark. It makes it harder to see the black ice patches. In the dark, leave the headphones at home. It is more important to hear your surroundings when visibility is limited.

I look forward to seeing many of you at the Hampshire Dome for indoor track. I also hope to make some of the Wednesday Night runs at Pennechuck. It is a great way to get in a guaranteed 5-miles with a great group of people.

As always, there are some great articles in this newsletter, written by your fellow striders. I hope that by reading what they wrote, you may be encouraged to write your own thoughts and send them in. It really is painless.

That's all I have for now.

Until next time....

Richie Blake.

Don't forget to send me your photos and articles for the next issue.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders
PO Box 3692
Nashua, NH 03061

Visit our Web Site
www.GateCity.org

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.



USA Track & Field Club # 157

Membership meetings

Merrimack YMCA
3rd Wednesday of month.

Track workouts

Wednesday nights, Nashua High School South, April thru October.
Weekly runs at Pennichuck JH starting the end of October

PRESIDENT'S COLUMN

BY MICHELLE POUBLON

Dear Striders,



On December 5, 2010, our club turned up in droves to accomplish something amazing: Threepreating the Mill Cities Relay! I knew there would be many teams gunning for us, but I also knew that no matter what the outcome, we were going to have a great time. To repeat is hard enough, to win three in a row is a testament to the great people and runners we have on this club. I am proud of each and every one of you!

I was glad to see many of our runners wearing the GCS TRIAD singlet; it made us easy to spot, and caused more than a few people to comment on the number of teams we had in the race (I heard it myself when I crossed the finish line.) All day I saw TRIAD teams supporting each other along the course. How inspiring!

Congratulations to everyone who ran on Sunday (and to those who could not, but were there to support us!) Also, a huge THANK YOU to the volunteers who helped GCS with the leg 1 duties. Each and every one of you are vital to our clubs success. Finally, the next time you see Michael Wade, GCS competition coordinator, make sure you thank him for the time he devoted to assigning the teams and making sure they were all intact right up until the starting gun (um...I mean, brick) was fired. He is an amazing architect in more ways than one.

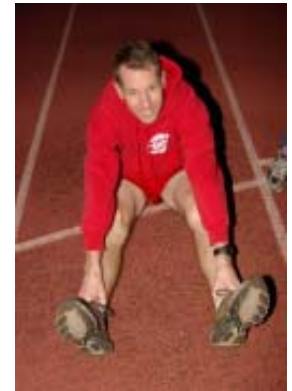
The cold weather and snow have finally arrived, which means we are headed into the “off-season”. Even so, there are still plenty of opportunities for Striders to stay in touch over these long, cold, dreary days of winter. Many of you are participating in the indoor track program at the Hampshire Dome in Milford NH (unfortunately, we have reached capacity, so we cannot accept any more participants). Others are meeting every Wednesday night (6pm) at Pennichuck Middle School for a group run (there’s no limit to how many can participate; all are welcome!) We just rang in 2011, and shortly we will begin our Freeze Your Buns 5k races series (first race is Saturday, January 9th, 2011). Feel free to spread the word about this race. If you don’t want to run, then please consider helping out at one or more of these Sunday morning races. Details can be found at our website (www.gatecity.org).

I can’t say it enough: participating at club events – races, relays, meetings, and other social functions- is THE best way of getting to know fellow Striders.

Speaking of great social functions, you must mark your calendar for our upcoming Awards Dinner on Friday, January 21, 2011. This year’s event will be held at the Nashua Country Club and gives members new and old a chance to just chill out and reflect on the events of the past year. Awards will be given to members who have stood out this year in competition and service. It’s fun night and you won’t want to miss it. I look forward to seeing you there!

I hope you and your families had Happy Holidays!

Candlelight Relay. Photos by Richie Blake



You're Invited!
Gate City Striders
Annual Awards Dinner

Nashua Country Club, Nashua, NH
Friday, January 21, 2011
(Cocktails* at 6:30, Dinner at 7:30)
\$15/Person

Enjoy an evening with friends and fellow Striders as the Executive Board reviews the highlights of 2010 and recognizes notable achievements and contributions made by members in competition and service.

Please Indicate Selection(s):

___ Chicken Florentine
Boneless chicken breast filled with spinach, herbs and mozzarella cheese.

Name(s) -----

___ London Broil
Sliced beef, topped with a red wine mushroom jus lie.

Name(s) -----

___ Vegetarian

Name(s) -----

___ Gluten Free

Name(s) -----

Please RSVP by Monday, January 10, 2011.

Mail dinner choice(s) and check payable to the Gate City Striders to:

Gate City Striders
PO Box 3692
Nashua NH 03061
Attn: Jodie Ficociello-Dolan

* Cash Bar

Last Supper. Photos by Richie Blake



THE REARVIEW MIRROR

A LOOK BACK AT SOME RECENT TRIAD RACING TEAM EVENTS

BY MICHAEL WADE



Saturday, October 16th - Pawtuckaway 5k

3 2 brave GCS-Triad runners that showed up gave it their all, but came up a bit short against Greater Derry and their 55 runner assault. The preliminary points for the day had GDTC taking first place with 175 points to our 159. That 16 point win (coupled with the 21 point lead they had going into this weekends final NHGP race) gives GDTC a 37 point win for the Team Championship in the 2010 New Hampshire Grand Prix Race Series (1039 points to 1002).

Congratulations to Greater Derry for running a terrific race and series! They worked really hard this year, and for a club of their size to beat us, they really needed to pull together to make it happen. Their victory was certainly well-earned and hopefully will help boost interest in the series going forward. And, while I am disappointed in the final results, I couldn't be prouder of the efforts put forth by the people in our club that came out to run this one with us.

People like: **Mark Velino** (Jim Velinos son) who said he was really a soccer player, but ended up scoring our only points (4) in the Mens 29 & under category. And, **Chris Poulos** was prepared to run in his trail sandals because he forgot his sneakers at home. Thankfully, we found another pair and Chris ripped off a 18:20 which was good enough

for second fastest on the team and 7 big points. And, **Jim Eden**, a recent C25K graduate who figured "what the heck - I'll run!" and PR'd on a seriously tough 5k course while scoring 3 points for us. And, **Milt Schumacher & Rick Stetson** who traveled up from Rhode Island & Duxbury, MA respectively for this quick, little race.

People like: **Taylor Studley** (Suzanne Barkers daughter) who said she was really a swimmer, but ended up scoring our only points (5) in the Womens 29 & under category. And, **Liz Hall** who said she would run even though she was "out of shape" but ended up being the fastest female overall, scored 9 points, an ipod and a sweet trophy in the shape of NH for her troubles. And, **Aline Kenney** who ran through her injury to help GCS sweep the Womens Veterans Division with the help of stalwarts **Jane Levesque** and **Genia Sanborn**.

In the end, we had 3 runners join me in finishing all of the 7 NHGP races this year. They were: **Tom Kolb, Suzanne Barker & Robin Rocha**. Congrats to them for becoming our club's New Hampshire Grand Prix Granite Runners for 2010! Our leading age-group point getters were: **Kevin Collins** (12), **Chris Poulos** (31), **Rich Smith** (30), **Tom Kolb** (21), **Denny Leblanc** (22), **Shu Minami** (22) **Sarah Graves** (12), **Suzanne Barker** (31), **Karen Long** (20), **Andrea Pierce** (46), **Jane Levesque** (22) & **Barbara Robinson** (8).

My heart-felt thanks goes out to them, and to everyone else who helped make this years New Hampshire Grand Prix Series as much fun as it

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was! Plans are already being made for next year's NHGP series. If you have any suggestions on how we can improve it, or which local races you think should be considered, please drop me a line at mwade@ganekarchitects.com.

Sunday, October 17th - Baystate Marathon

Well, it was quite a day for the GCS-Triad Racing team out at the Baystate Marathon. 41 of our best & brightest toed the line Sunday morning against the biggest & baddest competition the region has to offer. And, after 26.2 miles of dust had settled, we can count ourselves amongst the best of them!

Our fastest male runner was **Joe Donnelly** who ran a stunning 2:37:56 to take 5th in his age group and lead our Men Masters Team (including Brian Ruhm, Mark Engerman, Steve Wolfe & Denis Tranchemontagne) to a strong 3rd place finish just behind Whirlaway & CMS. Our fastest female runner was **Bonnie Ritchotte** who ran an equally impressive 3:08:34 to take 4th in her age group and lead our Womens Open Team (including Karen Pattelena, Karen Long, Pam Triest-Hallahan & Janice Platt) also to a hard-fought 3rd place finish just behind Whirlaway & GBTC.

In the other team results our **Mens Open Team** of Joe Donnelly, Brian Ruhm, Mark Engerman, BJ Bottomley & Justin Soucy came in 6th, Our **Mens Seniors Team** of Len Hall, Ken Snow, Paul Joyce, Joe Noonan & Dave Contrada came in 5th. And, or **Mens Veterans Team** of Joe Noonan, Dave Salvias, Robert Knight & John Lewicke came in 1st Winning the New England Marathon Team Title in the process! Congrats gentlemen! Our **Female Masters Team** of Karen Pattelena, Karen Long, Pam Triest-Hallahan came in 2nd And, our **Female Seniors Team** of Pam Triest-Hallahan, Allison Richards & Suzanne Long also came in 2nd as well.

Other top age-group performers were: **Karen Pattelena** (2nd in the 40-49 category), **Karen Long** (4th in the 40-49 category), **Pam Triest-Hallahan** (5th in the 50-59 category), **Joe Noonan** (2nd in the 60-69 category), & **Dave Salvias** (5th in the 60-69 category). Dave was also the only Strider to compete in both club races this weekend! he 5k on Saturday and the marathon on Sunday. Way to go Dave!

There were also many BQ's, PR's and first time marathoners for us out there on Sunday too. Including **Dan Dolan** who ran a 3:19:43 which qualified him for Boston on his first attempt! And, new Strider **Andy Hare** who also qualified for Boston on his first try - posting an impressive 3:09:24. And, **Laura Watkins** who not only finished her first marathon, but took home a 2010 NEGP Iron Runner jacket to boot! And, **Jennifer Mack** who came back strong after last year's "almost" Iron Runner (she got to mile 16 in the 7th & final race) This year she pushed through in hard-fought 6:06:06 to claim that elusive jacket! Nice work Jen!

In the end, we had an incredible 12 GCS runners finishing all of the 7 NEGP races this year. They were: **Jim Long, Justin Platt, Ken Snow, Dave Contrada, Damian Rowe, Oliver McMahon, Joe Noonan, John Lewicke, Laura Watkins, Jennifer Mack, Janice Platt & Suzanne Long**. Congrats to them for becoming our club's Iron Runners for 2010!

Thanks to them and to all our runners who came out and supported the New England Grand Prix this year. Our club had far and away the biggest attendance (at this series) of any of the 28 New England Clubs. We've certainly come along way in the past few years and the best part is that we've only just begun!

RACING AHEAD

A LOOK AT SOME UPCOMING TRIAD RACING TEAM EVENTS

BY MICHAEL WADE

The 2011 USATF-NE Grand Prix Series was recently selected by an online vote of the membership. A total of 329 votes were cast during the one-week period from November 17 through 24. The result of the vote creates the following schedule:

***New Bedford Half Marathon**

13.1M, New Bedford MA, Sunday, Mar 20

***James Joyce Ramble 10K**

Dedham MA, Sunday, May 1

***Medical Center 6K**

Nashua NH, Sunday, May 8

***Rhody 5K**

Lincoln RI, Sunday, June 5

***Stowe 8 Miler**

Stowe VT, Sunday, July 17

***Carver Cranberry Classic 5M**

Carver MA, Saturday, July 30

***Cape Cod Marathon**

Falmouth MA, Sunday, Oct. 30

Any current club member can run any of these **New England Grand Prix** races free of charge regardless of the number Grand Prix races you're able to run. And, the race entry fees will be pre-paid by the club so that there are no up-front costs for you. Just show up and run! It couldn't be easier!

If you want to run any of these races just shoot an e-mail to Michael Wade at

mwade@ganekarchitects.com with your information (including your current 2011 USATF#) and he'll get you signed up for the race. In the weeks leading up to race day We'll be adding everyone's name to our race list on the club website so you can see who's running and how we're set for teams. Please understand that, by telling us that you want to run, you are making a commitment to your team to be there on race day. If for some reason, you can't run (after the club has already paid your entry fee) then you'll need to reimburse the club for that entry fee before we can sign you up for another race.

In addition to new entry fee pre-payment policy, we'll also be continuing with our wildly successful **Intra-Club Scoring Competition**. So, make sure you get out and start racing with us from day one. You don't want to be left out in the cold!



Justin and Emily Soucy surrounded by friends.
Photo courtesy of Emily Soucy.



Karen Pattelena and Cathy Merra.
Photo courtesy of Karen Pattelena.

2010 NHGP STANDINGS (FINAL STANDINGS)

Final 2010 New Hampshire Grand Prix Standings

(after all 7 races)

	AA	CAA	GCS	GDTC	GSRT	MRM	RR	WMM
M 29-	0	0	50	94	58	0	0	0
M 30s	27	7	75	114	15	0	19	0
M 40s	10	0	136	134	98	0	1	0
M 50s	7	0	135	105	109	2	24	1
M 60s	30	0	99	138	35	0	38	0
M 70+	53	0	30	26	16	0	0	14
F 29-	10	0	57	46	9	5	0	0
F 30s	5	3	106	127	25	0	12	0
F 40s	39	0	119	74	61	0	8	10
F 50s	3	0	131	150	70	0	17	0
F 60s	0	0	63	22	0	0	20	0
F 70+	0	0	8	10	0	0	6	0
Total	184	10	1009	1040	496	7	145	25

2010 GCS Point Leaders

M 29-	Kevin Collins (12), Justin Soucy (11), John Paul Lewicke (6)
M 30s	Chris Poulos (31), Isaac St. Martin (17), Scott Cassa (6)
M 40s	Rich Smith (30), Michael Wade (24), Denis Tranchemontagne (22)
M 50s	Tom Kolb (21), Steve Tomasi (17), Carl Hefflefinger (15)
M 60s	Denny Leblanc (22), Dave Salvas (21), Trevor Ward (10)
M 70s	Shu Minami (22), Jack Kick (8)
F 29-	Sarah Graves (12), Haley Heinrich (8), Amber Cullen-Ferreira (7)
F 30s	Suzanne Barker (28), Amy Doyle (23), Alison Findon (18)
F 40s	Karen Long (20), Tammy Gaffey (19), Lori Lambert (18)
F 50s	Andrea Pierce (46), Robin Rocha (28), Pamela Hall (18)
F 60s	Jane Levesque (22), Aline Kenney (22), Genia Sanborn (10)
F 70s	Barbara Robinson (8)



2010 NEGP Intra-Team Competition (Final Standings)

2010 NEGP Intra-Team Competition

Final Standings after all 8 races

<u>Runner</u>	<u>10m</u>	<u>Half</u>	<u>12k</u>	<u>5k</u>	<u>8m</u>	<u>10k</u>	<u>5k</u>	<u>Mar</u>	<u>Tot</u>
<u>Mens Open</u>									
Jim Long	6	6	5	6	7	6		5	41
Justin Soucy		9	10					9	28
Steve Rouleau		8	9					5	22
Dan Dugan		7						6	13
Dan Ferreira		10							10
BJ Bottomley								10	10
Rich Hillman			8						8
Andrew Hare								8	8
Curt Berna								7	7
Dave Delahunty			7						7
Corey Hahnl				7					7
Jeremy Lindquist			6						6
Kevin Borbeau					6				6
Thomas Lopez								5	5
Jonathn Rury								5	5
Vikas Issar								5	5
<u>Mens Masters</u>									
Rich Smith	9	10	10	10	10	9			58
Randy Macneill	7	7	9	9	7	8			47
Justin Platt	5	5	5	7	5	5		5	37
Steve Wolfe	8	6	8					7	29
Joe Donnelley					8	10		10	28
Curt Fischer		5	6		5			5	21
Todd Callaghan	10	9							19
Michael Wade			5		6	6			17
Rick Roy				5	5	5			15
Denis Tranche.			7					6	13
Mike Wright	6	5							11
Azeddine Jakib	5	5							10
Dan Dolan					5			5	10
Brain Ruhm								9	9
David Herr					9				9
Mark Engerman								8	8
Joe Rogers		8							8
Bill Newsham						7			7
William Boyd				6					6
Paul Hadley					5				5

2010 NEGP INTRA-TEAM COMPETITION (FINAL STANDINGS)

<u>Runner</u>	<u>10m</u>	<u>Half</u>	<u>12k</u>	<u>5k</u>	<u>8m</u>	<u>10k</u>	<u>5k</u>	<u>Mar</u>	<u>Tot</u>
<u>Mens Seniors</u>									
Ken Snow	10	9	5	9	7	9		9	58
Dave Contrada	5	6	6	8	6	8		6	45
Damian Rowe	5	5	5	5	5	7		7	39
Oliver McMahon	5	5	5	5	5	6		5	36
Mike Merra			10	10	9				29
Len Hall			8		10			10	28
Bob Long			5		5	5		5	20
Richard Stockdale	8	10							18
Rich Galera					8	10			18
Jim Velino	6		5	6					17
Tom Kolb	7		7						14
Paul Joyce	5							8	13
Paul Hughes			5	7					12
Jim Belanger	5	7							12
Tom Conley		5	5						10
Jim Ecke			5					5	10
Carl Hefflefinger			9						9
Chuck Landry	9								9
Steve Piper		8							8
<u>Mens Veterans</u>									
Joe Noonan	9	8	8	7	9	7		9	57
John Lewicke	7	5	9	8	8	6		6	49
Milt Schumacher	8	9	10		10	8			45
Denny Leblanc	6	7	7		6				26
Trevor Ward	10	10							20
Dave Salvas			5					8	13
Robert Knight		5						7	12
Dick Doyle		6		6					12
David Pember					7				7
Shu Minami			6						6
Terry Kenney	5								5
Raymond Boutotte	5								5
Rick Stetson		5							5
Roy Dennehey		5							5
Jack Kick					5				5

2010 NEGP INTRA-TEAM COMPETITION (FINAL STANDINGS)

<u>Runner</u>	<u>10m</u>	<u>Half</u>	<u>12k</u>	<u>5k</u>	<u>8m</u>	<u>10k</u>	<u>5k</u>	<u>Mar</u>	<u>Tot</u>
<u>Womens Open</u>									
Laura Rallis	7	6	7		9	9	8	7	53
Jennier Mack	5	5	5		6	6	6	6	39
Alison Findon	8	7			10	8			33
Jennifer Vincent	6	5	5		7	7			30
Nicole Rogers						10	10		20
Bonnie Ritchotte	10							8	18
Amy Doyle			8				9		17
Cassie Wright	9	8							17
Amber Cullen		10							10
Kristen King			10						10
Suzanne Barker			9						9
Lauren Eynation		9							9
Deanna Borbeau					8				8
Michelle Sisk							7		7
Linda Delahunty			6						6
Amber Lindquist			5						5
<u>Womens Masters</u>									
Janice Platt	6	7	6		7	6	6	8	46
Karen Pattelena	10		10			8		10	38
Karen Long	9	9	9					9	36
Tammy Gaffey	8	8	8			7			31
Beth Whipple		6	5					7	18
Lisa Klasman	5		7						12
Laura Joyce	5				6				11
Lisa Klasman					8				8
Carla Chandler	7								7
Theresa Berna								6	6
Wendy Newsham			5						5
Linda McCarthy	5								5
<u>Womens Seniors</u>									
Suzanne Long	6	6	6		6	7	6	6	43
Cathy Merra		8	10		8				26
Lori Hennessey		7	8						15
Deb Roy					7	6			13
Pamela Hall			9						9
Pam Triest-Hallahan								8	8
Allison Richards								7	7
Lisa Christie			7						7
<u>Womens Veterans</u>									
Aline Kenney	7	8							15
Jane Levesque		6	7						13
Emily Strong	6	7							13
Barbara Robinson			6						6

A GREAT YEAR!

NEW ENGLAND GRAND PRIX FINAL TEAM STANDINGS

2010 New England Grand Prix Final Team Standings

Club	Division							TOTAL
	MO	MM	MS	MV	WO	WM	WS	
WRT	86	86	65	0	55	54	0	346
GCS	57	51	38	22	42	49	19	278
CMS	91	67	2	0	53	40	20	273
CSU	44	57	40	29	17	18	19	224
GLRR	54	69	59	7	18	16	0	223
BAA	89	47	5	0	45	4	0	190
GSH	59	42	11	1	27	20	0	160
GBTC	91	2	0	0	64	0	0	157
SRR	55	42	7	2	0	0	0	106
MVS	29	29	36	0	9	0	0	103
GMAA	18	15	20	3	16	13	5	90
NMC	26	20	23	16	0	0	0	85
WCRC	19	21	42	0	0	0	0	82
ANE	74	0	0	0	0	0	0	74
GSR	3	0	3	0	24	34	0	64
RUN	55	0	0	0	6	0	0	61
HFC	27	22	0	0	0	0	0	49
HHS	6	6	8	8	8	6	3	45
NSS	6	3	4	0	4	7	7	31
DRC	0	0	0	0	17	0	0	17
TVFR	2	0	11	0	0	0	0	13
RTK	13	0	0	0	0	0	0	13
RRRP	0	0	0	0	13	0	0	13
WTC	0	0	0	0	6	6	0	12
SISU	9	0	0	0	3	0	0	12
EORC	3	1	0	1	3	0	0	8
SS	0	0	0	0	4	4	0	8
NETT	0	0	0	0	3	0	0	3

IRON RUNNER INFO BY MICHAEL WADE

WHAT'S AN IRON RUNNER?

The USATF New England Grand Prix is a series of races that draws the biggest and baddest running clubs from around our region to compete against each other for bragging rights. If you are one of the few runners that compete in all 7 races, you can earn the title of "Iron Runner". In addition, you earn an awesome "Iron Runner" jacket to show off to your friends and family.

WHICH GCS-TRIAD RUNNERS ARE IRON RUNNERS FOR 2010?

The following 12 GCS-Triad Team Members are to be congratulated for completing all 7 races of this year's USATF NEGP Series:

Janice Platt, Jennifer Mack, Laura Watkins, Suzanne Long, Jim Long, Justin Platt, Dave

Conrada, Oliver McMahon, Damian Rowe, Ken Snow, John Lewicke & Joe Noonan

WHAT RACES WILL COMPRISE THE USATF NEGP SERIES FOR 2011?

- ***New Bedford Half Marathon**, New Bedford MA - Sun, Mar 20
- ***James Joyce 10K**, Dedham MA - Sun, May 1
- ***Medical Center 6K**, Nashua NH – Sun, May 8
- ***Rhody 5K**, Lincoln RI - Sun, Jun 5
- ***Stowe 8 Miler**, Stowe VT - Sun, Jul 17
- ***Carver Cranberry 5m** , Carver MA - Sat, Jul 30
- ***Cape Cod Marathon**, Falmouth MA - Sun, Oct 30

I hope many of you consider running these great races next year and earning the title of Iron Runner for yourself!

GRANITE RUNNER INFO BY MICHAEL WADE

WHAT'S A GRANITE RUNNER?

The New Hampshire Grand Prix is a series of local races that draw the most active running clubs from our great state to compete against each other for bragging rights. If you are one of the few runners that compete in all 7 races, you can earn the title of "Granite Runner". In addition, you earn an awesome "Granite Runner" Polo Shirt to show off to your friends and family.

WHICH GCS-TRIAD RUNNERS ARE GRANITE RUNNERS FOR 2010?

The following 4 GCS-Triad Team Members are to be congratulated for completing all 7 races of this year's NHGP Series:

Suzanne Barker, Robin Rocha, Tom Kolb & Michael Wade

WHAT RACES WILL COMPRISE THE NHGP SERIES FOR 2011?

The 2011 New Hampshire Grand Prix races have not yet been selected. If you have some ideas about which races you'd like to see, or what we can do to improve the NHGP, please let us know. Once the races are selected I hope many of you consider running them next year and earning the title of Granite Runner for yourself!

THE ABC'S OF RECRUITING

BASIC TOOLS TO HELP MAKE OUR RUNNING CLUB BIGGER AND BETTER THAN EVER BY: MICHAEL WADE

Even though the racing season is winding down, that doesn't mean that our recruiting efforts need to hibernate as well. In fact, the "Off-Season" is the perfect time to recruit new club members because now is when runners are beginning to plan their races for the upcoming year.

Recruiting is so easy, anyone can do it! Next time you're at a race (wearing your GCS singlet, of course) try striking up a conversation with one (or more) of the other runners who finish around you. Runners are generally friendly people and are usually eager to talk about anything related to running: Their training, their shoes, the difficulty of the race course, etc. Once you've got them talking, let them know how much better their running experiences could be if they shared them with a group. Finally, use some of the simple points below to illustrate why the Gate City Striders are the running club for them.

A. Achievement

Our GCS-Triad Racing Team is composed of runners from each of the 6 New England States who compete (and succeed) in races all across the region and beyond. GCS runners have won numerous National Championships – both individually and as a team. So, whether it be the New England Grand Prix, The New Hampshire Grand Prix, The Boston Marathon, The Mount Washington Road Race or the Mill Cities Relay our club has produced some of the best runners (and teams) this area has ever seen!

B. Benefits

The many benefits of becoming a Gate City Strider include: access to nationally acclaimed "best in class" [coaching](#), [entry fee reimbursement](#) for all New England Grand Prix Races, a bi-monthly [newsletter](#) (including club news, race coverage, and feature articles), college scholarships, bypasses to Boston & Mount Washington, discounts at local running stores, [guest speakers](#) at club meetings, post race barbeques, annual [awards dinners](#) and friendships that can last a lifetime!

C. Community

GCS established Fitness University which is dedicated to promote the importance of fitness, fun and good health to area children. We have a [youth program](#) for members, ages 8 & above. We offer a [couch to 5k program](#) for beginners. We organize group runs in both Hollis and Nashua. We put on low cost family friendly races such as Freeze your Buns and The Summer Trail Series. And, we also have plenty of non-running ways to be part of something great including [volunteering](#) at one of our [signature GCS events](#), or just helping to keep Nashua clean.

Armed with these simple tools you can show other runners what they can do, what they can get and what they can give back as a new GCS club member. And maybe, with a little luck, you can help make Gate City better because of it!

SNOWSHOE RACING 101

A LOOK AT A “FRINGE” SPORT THAT HAS CLEARLY ARRIVED BY: MICHAEL WADE

Snowshoe racing has made some serious strides in the local running community over the last few years and after trying it out myself it's very easy to see why. Snowshoeing is a wonderful way to build strength and fitness without straining those joints that are often battered during long road runs. It's a terrific way to get away from the crowds and into the quiet of winter's backcountry, where you can set your own tracks and maybe see some wildlife. It's safer than slipping on icy roads, dodging salt-caked cars and side stepping dingy snow banks. And, it's a much nicer option than trying to escape the winter blahs on your creaky basement treadmill. Plus, it's a great full-body, cardio workout. An hour-long snowshoe run can burn over 1,000 calories!

Snowshoeing is also a lot less expensive than other winter sports like skiing and snowboarding. Running snowshoes usually range in price from \$150 to \$250 depending on the type and style. Dion Snowshoes, out of Vermont, is a great local outfitter. You can order your shoes online at www.dionsnowshoes.com on a Monday and be out on the trails by the following weekend. Also, Dion will have a limited number of rental snowshoes available at many of the upcoming snowshoe races this season.

Speaking of races, the number of snowshoe races is growing as quickly as the number of snowshoe runners. They're fun, low-key, inexpensive races filled with positive and energetic people. In short they're racing like it used to be.

This year, there are nine **Granite State Snowshoe Series** races scheduled, and they are:

- ***Bear Paw Classic** – Northwood, NH - Jan 8
- ***Feel Good Farm5m**– Lyndeborough, NH-Jan 15
- ***Whittaker Woods**– Conway, NH - Jan 22
- ***Sidehiller5m** – Sandwich, NH - Jan 29
- ***Exeter Hullabaloo**– Exeter, NH - Feb 5
- ***Horsehill7k** – Merrimack, NH – Feb 12
- ***Beaver Brook5k**– Hollis, NH - Feb 19
- ***Kingman Farm5k** – Madbury, NH – Feb 19
- ***NH Championships 10k**– Gorham, NH-Mar 13

The races above, also listed at:

www.granitestatesnowshoeseries.org are scored both individually and as a team over the course of the 9 race series. Gate City will be making a big push at this year's GSSS and hopefully we'll be able to field a full team of 5 at each of these fine races. If you are interested in racing, or would like more information about these great events, please email me at: mwade@ganekarchitects.com

Pawtuckaway 5k. Photos by Michael Wade



A BAD TASTE OF REALITY BY DAN DUGAN



In early September 2009, I was two months away from the Baystate marathon and in the best shape of my life. I was following a McMillian training program and my whole body felt in

sync and I felt invincible. I felt invincible, that is, until I woke up one morning coughing up blood while simultaneously experiencing tenderness on the left side of my chest. Was I having a heart attack at 36 years of age? I didn't know. I was scared, but in the back of my mind I honestly felt that, "I was a runner...there must be a reasonable explanation for this. I'm invincible". That morning I went to the ER and was diagnosed with chest wall pain, otherwise known as Costochondritis. I was fairly happy with the diagnosis at the time because it was not a heart attack.

For two weeks after my ER visit, I continued to have minor chest pain and continued coughing up blood almost every morning, however each morning the volume of blood seemed less and less. After follow-up appointments, my Doctor felt I was improving and I agreed. The pain on my left side had subsided and I was going to start running again. I was feeling good. I was feeling good until one Friday afternoon while I was heading home after spending a week in Bangor, Maine. One hour into my four-hour drive, I experienced a dull pain that was now on the right side of my chest. My original diagnosis was chest wall pain on my left side. I was convinced that it was chest wall pain again, but that it must have just moved to the other side of my chest and that there was nothing to be afraid of. At every passing minute however,

my pain got increasingly worse and I found it more difficult to breath. I got to a point where I was in tears from the pain and I was desperate to find a hospital. I pulled off the highway to ask for directions. I remember trying to get out of my car. I felt like I was 90 years old. A good Samaritan saw how bad I must have looked and asked if I needed anything. He offered to call 911, but I refused. He directed me to the closest hospital which was only 3 miles away.

"I felt like I was 90 years old."

I made my way slowly into the Inland Hospital in Waterville, Maine and with great difficulty walked from my car to the ER lobby. One would think that when you arrive at a hospital saying you have severe chest pains that the ER department would take you seriously. Not this hospital. I told them my symptoms and they asked me to wait in the waiting room. Wait? Did I just walk into a really bad Steve King novel? Ten minutes later I was escorted to an ER room where I waited yet again for another 45 minutes. All the while I was in tremendous pain. When the doctor finally arrived he did the bare minimum in evaluating my situation. After about 3 minutes he concluded that I was again experiencing chest wall pain, but on my right side now. He came to this conclusion with no chest x-ray, no EKG, no nothing.

I was under no condition to drive home and I was aware that this hospital was not going to help me. Looking back, the fact they even call themselves a hospital is a complete joke to me. I contacted my wife and father-in-law and they drove 3 hours up

Continued on page 19

Continued from page 18

north to pick me up. They took me to St. Joseph's Hospital in Nashua. St. Joseph's Hospital quickly checked me in and within 15 minutes I had an x-ray, a CAT scan and a very scary diagnosis. I had suffered a pulmonary embolism. I remember when the Doctor explained that the CAT scan detected an infarction, my wife and I laughed. I thought that I had a dry sense of humor, but this guy had me beat. What the hell was an infarction? It was only after learning how serious and life threatening my condition was I began to realize that it was not a bad joke. An infarction is when there is a blockage of blood flow causing lung tissue to die. How the hell does this happen to a healthy 36 year old. After further tests, we learned that I had developed 2 blood clots in my leg (known as Deep Vein Thrombosis or "DVT"). These blood clots must have been dislodged and ended up in my lung. The doctors were perplexed because this type of condition is found in smokers or in older more sedentary individuals. I was neither of those types. In fact, I was just the opposite.

"...very difficult for me to accept..."

My recovery was slow and agonizing. I spent a week in the hospital on oxygen 24/7 and taking several tests daily. Breathing was tremendously painful and when I got up to move across the room, I found myself out of breath almost immediately. I spent the next six months taking Coumadin to thin my blood and getting screened weekly to monitor my blood clotting factors or "PT/INR". It took 8 weeks before the Doctors decided to let me start running again. My first run was one of my slowest 4 mile runs ever and I was completely out of breath the whole time. In my recovery, running was not a pleasant and rewarding experience like it used to be. I was really afraid because the Doctors said my lung had been damaged and that I might

never get back to the fitness level I had been at prior to the pulmonary embolism.

Seven months after my pulmonary embolism, I was determined to run the Boston Marathon. I entered Boston by way of the clubs by-pass number.

During the Boston marathon I suffered a tremendous personal defeat in that I just could not finish the race. Not finishing Boston was very difficult for me to accept and difficult for me emotionally. Still determined, I attempted another marathon 5 weeks later in Wisconsin. I finished it, but in a dismal 4 hours 42 minutes. My personal best was 3 hours 38 minutes. The fear of not ever reaching my previous fitness level was beginning to sink in as a potential reality.

If there is one thing that you should know about me is that I love a challenge and I was not about to give up on myself. Four months after the Boston marathon, my fears subsided after I competed in the Timberman 1/2 Ironman (1.2 mile swim, 56 mile bike, 13.1 run). At Timberman, I finished in 5 hours 35 minutes beating my personal best by over 55 minutes. The next big event that helped put my mind at ease was the Baystate marathon. At the Baystate marathon, I finished in 3 hours 31 minutes beating my personal best by 7 minutes 39 seconds to be exact. The best part was that when I finished both events, I honestly felt like I could have done substantially better. When I finished the Baystate marathon, I felt like I could have easily kept going for another 4 or 5 miles. Wall, what wall? I never hit one. After 11 marathons, this was the first time I NEVER hit a wall. I felt great during the whole race.

One can only wonder why I got a pulmonary embolism. But rather than focus on that, I need to focus on how to prevent a pulmonary embolism from ever happening again. I am told that I am at

Continued on page 20



Bigelow Chiropractic Center
helping you achieve optimum health
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Doctor of Chiropractic
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 Nashua NH 03060 exit 5E
 Convenient highway access
 Phone:603 883-8971
 Fax:603 883-0157
 E-mail:brianb249@comcast.net
 mobile phone 603 315-0283

Continued from page 19

an extremely high risk for a reoccurrence and that fear will always be in the back of my mind. Right now; however, I am glad that I am officially back to feeling great and feeling invincible again!

To learn more about Deep Vein Thrombosis and the warning signs, you can refer to a recent article in the “ClubRunning” magazine on Deep Vein Thrombosis in Athletes, written by Beth Parker,

PhD of the Henry Low Heart Center at the Hartford Hospital. I am not sure I got too many answers from the article — other than that this may be a more common occurrence than one might think. But I can only hope that if you are an endurance athlete and are reading this article, that I may have helped to make you more aware of the warning signs if you ever find yourself in a similar situation as I found myself in.



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**THE 19TH ANNUAL MARATHON BUS TRIP
TO THE 115TH BOSTON MARATHON
SPONSORED BY THE GATE CITY STRIDERS
APRIL 18, 2010**

- PRICE:** \$50 / person (\$55 / person after February 15, 2010).
Please make checks payable to the "Gate City Striders".
- PLACE:** The 99's Restaurant /Granite Inn lower parking lot off Exit 7 in Nashua.
- GEAR BAGS:** Runner gear bags can be dropped off at 22 Cabot Drive, Nashua, NH between the hours of 9AM – 9PM on Friday or Saturday only. Leave gear bags in the garage. Bags will be delivered early Sunday morning to the Hotel. If you drop your bag off on Sunday or bring it to the bus on race morning we cannot guarantee your bag will make it to the room.
- DEPARTURE:** Please arrive before 6:45AM at the 99's Restaurant/Granite Inn Hotel parking lot off Exit 7 in Nashua, NH. The bus will be leaving from the lower parking lot promptly at 7:00AM no exceptions. The bus must arrive in Hopkinton by 8:00AM per the Boston Athletic Association.
- POST RACE PARTY:** Held at the newly renovated Hotel Buckminster in Kenmore Sq., overlooking the 25 mile mark. Food and refreshments will be served and runners will have access to two showers this year for your convenience.
- RETURN:** The bus will be leaving the Hotel Buckminster at approx 5:30 - 6:00PM.
- LIMIT:** 47 people. Seats will be filled in the order we receive payment.
- SPECTATOR INFO:** In Hopkinton, spectators will need to return to the bus 15 minutes after the start of the second wave. At this time, the bus will be heading into Boston to drop spectators off at the hotel to watch the marathon.
- MORE INFO:** Dan Dugan at (H): 603-595-0668 or (C) 603-557-6755.

**Make checks payable to the "Gate City Striders"
Mail application with check to Dan Dugan, 22 Cabot Drive, Nashua, NH 03064
PLEASE PRINT CLEARLY IN BLOCK LETTERS**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Circle One - Runner / Spectator Circle one - Return Trip?: Yes / No

22 CABOT DRIVE, NASHUA, NH 03064

DIRECTIONS TO GEAR BAG DROP-OFF

FROM THE SOUTH

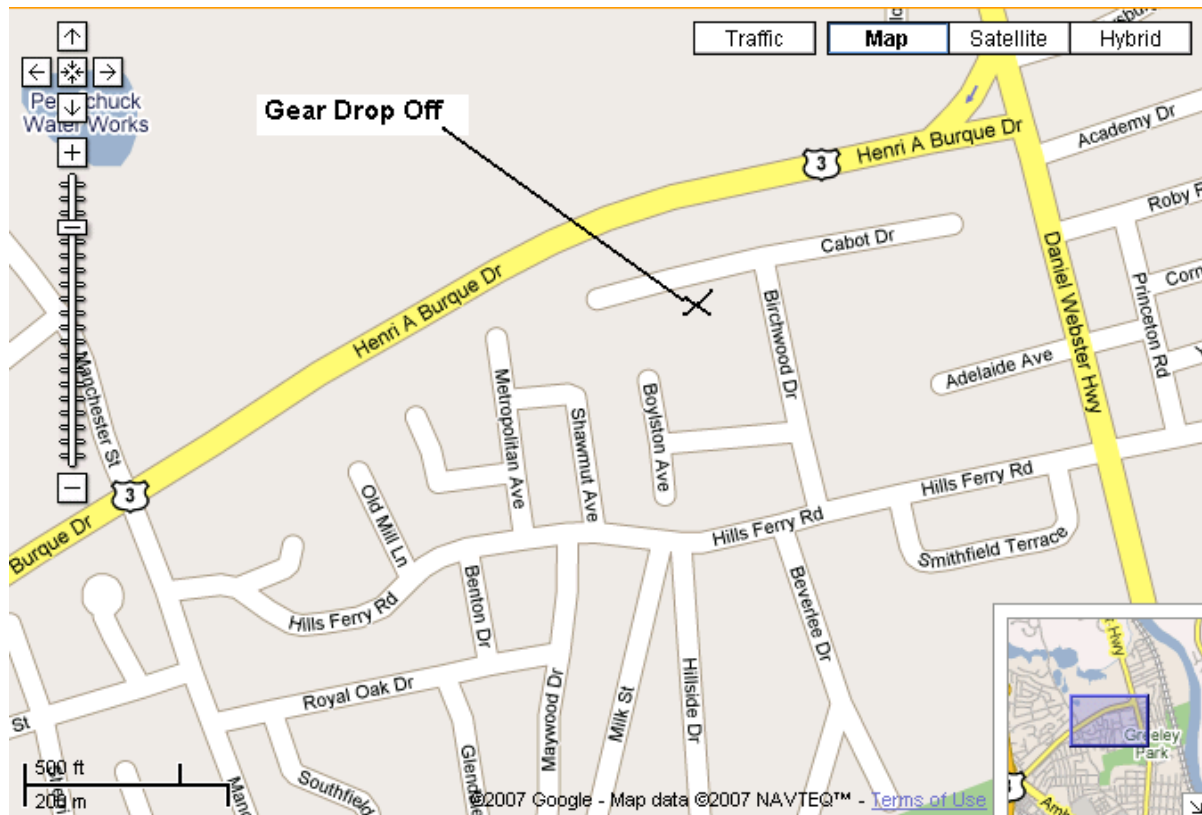
From Route 3 North, take exit 7E. At the end of the exit ramp, go straight at the lights on the Henry Burke Highway. Turn right on Manchester Street. Take an immediate left onto Hills Ferry Road and take your 5th left on Birchwood Drive. At the end of Birchwood Drive turn left. My house is the 3rd on the left. It is a white Colonial on a small hill. Drive up the driveway and drop your gear bag in the garage.

FROM THE NORTH

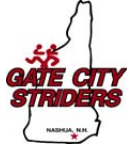
From Route 3 South, take exit 7E. At your first set of lights, take a left on the Henry Burke Highway. Turn right on Manchester Street. Take an immediate left onto Hills Ferry Road and take your 5th left on Birchwood Drive. At the end of Birchwood Drive turn left. My house is the 3rd on the left. It is a white Colonial on a small hill. Drive up the driveway and drop your gear bag in the garage.

FROM DOWNTOWN NASHUA

Head towards Greeley Park. Pass Greeley Park and turn left onto Hills Ferry Road. Turn right onto Birchwood Drive. At the end of Birchwood Drive turn left. My house is the 3rd on the left. It is a white Colonial on a small hill. Drive up the driveway and drop your gear bag in the garage.



RACES OF INTEREST:



Gate City Striders Present: The 18th Annual Freeze Your Buns 5K Series

Five races beginning Sunday, January 09, 2011 at 9:00 am

- Dates:** January 09, January 23, February 06, February 20 and March 06 (all on Sunday & at 9:00 a.m.)
- Place:** The Conway Arena, West Hollis Street/Riverside Street, Nashua, NH
- Directions:** Exit 5, Route 111 off Route 3/Everett Turnpike. Go west toward Pepperell for ½ mile, turn right on Riverside Street. Turn first left into parking area (use stadium lot only, not arena lot.)
- Entry Fee:** Race Day: **\$5 per race** for age 19 and over, **\$4 per race** for age 15-18, **\$3 per race** for age 14 and under.
Pre-Registration: for the series (all 5 races), **\$20.00** for age 19 and over, **\$15** for age 15-18, and **\$12** for age 14 and under.
- Amenities:** Flat, open, paved course; wonderful camaraderie; accurate timing by GCS; mile markers; prizes for Series winners in each 10-year age group at series end. Hot beverages and light refreshments after the race for runners and volunteers!
- Course:** 3.1 Mile measured, flat, double loop course. Relatively traffic free, usually plowed and clear.
- Awards:** Raffle prizes will be given out weekly to runners (and volunteers) and age group awards will be given at the end of the Series to the top male & female point scorers in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Comments:** Anyone can run one or more races, but if you pre-register for all 5 races, a discount entry fee applied (see rates above under Entry Fee)
- Info:** Email: runfyb@gatecity.org Website: www.gatecity.org

To pre-register for the series, mail check for **\$20.00** for age 19 and over, **\$15** for age 15-18, and **\$12** for age 14 and under (no cash please) to: Gate City Striders-FYB, PO Box 1065, Nashua, NH 03061 (**Must be received by December 31.**)

NAME _____ AGE _____ M F
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____
CLUB AFFILIATION _____
EMAIL _____

I know that running a road race is stressful event and therefore is a potentially hazardous activity which may present runners with hazardous conditions. I know I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to: falls, contact with other participants, the effects of the weather, including ice, snow, wind and cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Gate City Striders, the City of Nashua, Conway Arena, Road Runners Club of America, volunteers helping at the event, and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legal purpose.

If applicant is under 18 years of age, this form must be co-signed by a parent or guardian.

SIGNATURE _____ DATE _____
(Parent/Guardian if under 18)

Wallis Sands Half Marathon

through scenic Rye, NH Seacoast

**Sunday
May 1, 2011**

A photograph of a runner in a white tank top and dark shorts running away from the camera on a paved road. The road curves to the right. In the background, there are trees and a yellow arrow sign pointing right. The scene is brightly lit, suggesting a sunny day.

Registration online

contact us at: steph@pursuitventuresinc.com

www.wallissandshalfmarathon.com

A NEWBIE'S PERSPECTIVE OF GATE CITY STRIDERS

BY: LEA REILLY



Lea at the Summer Trail Series

My name is Lea Reilly and I am a newbie to Gate City Striders. I joined the striders after several friends told me how GCS would help me train better and was a great way to meet people. So after a year of doing my own version of a couch to 5k (C25K) training program I joined in April 2010.

My first experience as a strider was during the spring Wednesday Night Track Workouts. I remember showing up for the track workout discovering I was one of about forty others ready to run. It was a bit overwhelming for me to see so many people and not know where I'd fit in. While waiting for the workout to start I noticed a group of people off to one side working with a man who I later learned was George. He was helping the new group of C25K get ready for their weekly workout. I managed to get enough courage to approach a woman who had the same look on her

face that said; "what am I doing here and who do I team up with?" I asked her if she was doing the track workout and she told me that she had started the track workouts the week before however found it too intense. She learned of the C25K group and was able to get into that group. I suddenly felt nervous but made my way to the track. I managed to complete the nights workout and went home thinking I made a mistake, the workouts were too hard and everyone was so fast. But I decided I would return the following week when I learned the workouts were broken up into four groups. I must have missed that information the first week. Group one being the faster runners while group four was a mix of abilities to include newbies like me so I quickly got myself into group four and found it to be a more relaxed workout.

I spent the summer running on that track and although it was not the most exciting running I've done I now understand the benefits of track workouts and I can't wait until next summer to get back on that track. I ran a few trail races and volunteered at other races and continued to learn more about GCS however still felt like I didn't understand how GCS works as it relates to the racing teams.

In late summer I attended a GCS club meeting where I was able to meet other members and enjoy a free beer compliments of GCS it was there I met Michelle, GCS President. She welcomed me to the organization and asked me how things were going. I took that opportunity to ask her what TRIAD meant and what a new member needed to do to run a race with GCS. I gave her my interpretation

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of what TRIAD meant and discovered I was way off base. I believed that TRIAD was solely the elite runners of GCS who ran all the races for our organization and “someday” I might be able to be skilled enough to run in one of the races. She explained to me that races were open to all GCS members and that TRIAD was the name of our running group and came from the merger of three clubs. I was excited to know that maybe, just maybe I could actually run a race with GCS in the future. At that same club meeting I met Bob who was promoting a race in late November called Novemberfest. He provided me with a registration form and encouraged me to consider the trail run and told me how the proceeds from the race go to Nashua Children’s Home which is the agency I work for. Needless to say I was hooked.

In November I ran Novemberfest and two weeks later ran a leg in the Mill Cities Relay (picture of me with my teammates) both events provided a great way to meet other club members and the opportunity to gain more knowledge on how to improve on my running.

As the 2010 running season has come to an end I have been so inspired by my experience with GCS and learned so much from the people I have met that I have decided to set another goal for myself. In February 2011 I hope to run my first half marathon. I will train over the winter and continue to run with other GCS members whenever possible as their experience and willingness to mentor new runners has been the best experience ever.



Mill Cities Relay Team Bootleggers

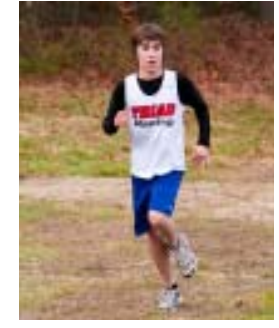
Mill Cities Relay Photos by Richie Blake



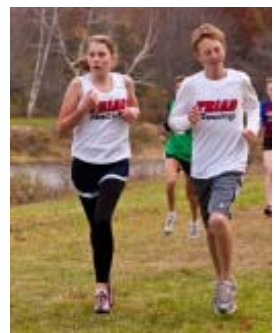
GATE CITY STRIDERS 2010 JUNIOR OLYMPICS CROSS COUNTRY
FRESTYLE FARM, AMHERST NH NOVEMBER 7, 2010 PHOTOS BY DAVE DELAY



2010 Junior Olympic Cross Country photos by Dave Delay



2010 Junior Olympic Cross Country photos by Dave Delay



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November 12, 2010

Gate City Striders
Michelle Poublon, President
PO Box 3692
Nashua, NH 03061

Dear Gate City Striders,

Thank you so much for all of your help with The Telegraph's 34th annual Santa Fund Run on Sunday, October 31, 2010 at Nashua High School South. We are so appreciative of the support that you provide us in making our annual Santa Fund Run actually happen! While we are thankful for the efforts of all of the volunteers, there are a few that deserve special recognition.

Mark Sage – Thank you for meeting with us at different times during the year to keep us on track with our preparations. You made it very easy for us to stay organized and ensure that we had everything ready to go. You did a phenomenal job preparing the course for the run – all of our course monitors were so impressed, along with the participants.

Dave Salvias - Thank you for working closely with Mark and keeping things organized at the track the day of the race.

Michael Wade – Thank you for coming up with an amazing course for the run. I can only imagine how challenging it was for you to create the course, but it was well worth the time you spent. I have received multiple comments regarding how people really enjoyed the course.

All of the Gate City Striders volunteers - Julie McGuirk, Jay Brothwell, Benjamin Fan, Maggie Salvias, Trevor Ward – thank you! I apologize that we didn't get everyone's names, so for anyone that isn't listed, please know that we are so thankful that you were available to help us out. We do have a few extra shirts (larger sizes), so if anyone didn't get one, please contact me and I will get it sent out.

This year's event was a huge success! We had close to 650 registered with 613 actually participating. To put that in perspective, last year there were 405 participants.

You all have such a passion for running and for our event – it is truly a pleasure to work with you each year! Thank you again for all of your support!

Sincerely,

Jeannie DiBella
Human Resources/Events Manager
Telegraph Publishing Company

SANTA FUND RUN - THANK YOU VOLUNTEERS BY MARK SAGE

I would like to say a Big Thank you to all our club members / volunteers who helped out on Sunday Oct. 31st. Also new this year was David Salvas who was a great help to me in making this a successful event.

I have listed the volunteers below:

Maggie Salvas
Jay Brothwell
Benjamin Jay
Trevor Ward
Denny Leblanc
Michelle Poublon
Karen Long
Jane Leveque
Felicia Lombardi
Julie McGuirk
Jerry Rocha

This from the Telegraph:

“Telegraph Publisher Terry Williams and event organizer and Telegraph human resources manager Jeannie DiBella attributed at least part of the event’s hearty participation to changes in the 5K course and a new layout for the 10K race, which brought runners through particularly picturesque and well-groomed trails through Mine Falls Park”.



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More Last Supper. Photos by Richie Blake



STRIDER WEAR

What we wear? Strider Wear

Our colors are red, black & white and we wear our club singlets, long sleeve tech shirts, hats, warm up jackets & pants. The pricing and quantity on hand for each item can be found below. You may place your order for desired items with Steve Piper spiper@mjbradley.com or call 978-973-8673 or you may meet with Steve at the Tuesday night indoor track work outs. Items are delivered on a “first ordered, first served” basis. Items can be shipped with an additional shipping charge.

How to get a GCS Club Jacket & Pants Set

The GCS Club Jacket & Pant set, including your name on the jacket & pants are a special order and can be ordered from Embroidery Creations in Londonderry NH. For more details see the GCS website, which includes a link to the order form which can be faxed to Embroider Creations.



Inventory: <http://www.gatecity.org/AA/striderwear.shtml>

GCS Striderwear Inventory and Pricing

Updated as of 9/2/2010

<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Price</u>	<u>Small</u>	<u>Mediu</u>	<u>Large</u>	<u>Extra Large</u>
Mizuno	Singlet	Triad	White	\$20	\$20	0**	0**	0**	0**
Brooks	Singlet	Triad	White	\$20	\$20	13	14	10	0

<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Price</u>	<u>Small</u>	<u>Mediu</u>	<u>Large</u>	<u>Extra Large</u>
Mizuno	Singlet	Triad	White	\$20	\$20	3	1	0**	0**
Brooks	Singlet	Triad	White	\$20	\$20	10	12	0 (Note)	10

<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Price</u>	<u>Small</u>	<u>Mediu</u>	<u>Large</u>	<u>Extra Large</u>
Brooks	Singlet	Triad	White	\$15	\$15	5	7	6	0

<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Pri</u>	<u>Extra S</u>	<u>Small</u>	<u>Mediu</u>	<u>Large</u>	<u>Extra Large</u>
Brooks	Long Sleeve Tech Shirt	GCS	White	\$20	\$10	16	18	2	10	4
	Mesh Running Hat	GCS	White	\$10	\$5				Plenty - One Size	
	Bumper Sticker	GCS							Free	

** Discontinued item by Mizuno.

Note: Brooks has on back order, due in sometime in Oct.

SPECIAL DAYS FOR MEMBERS

December Birthdays:

Paul Arnold	George Eid	Richard Krafft	Bonnie Ritchotte
George Bisson	Alex Flynn	Peggy Lai	Jonathan Rury
Richard Blake	Desiree Frechette	Blake Lindquist	Maura Rury
Lisa Bozek	DJ Frechette	Karen Long	Jonathan Slocum
Susanne Carpenter	Angela Graves	Matthew Long	Rich Smith
Kelly Coblentz	Scott Hammond	Norman Long	Isaac St Martin
Clayton Cole	Haley Heinrich	Kristi Lowenthal	Lillia Stitham
Jessica Costa	Richard Hillman	Heidi MacSweeney	Bob Thompson
Raelyn Crowell	Azeddine Jakib	Neal Miller-Grant	Angie Varney
Chris Dawe	Yassine Jakib	Judi Moland	Savannah Werne
Joseph Donnelly	Steven Kenney	Joe Morasse	Michael Whelton
Erin Dresser	Pete King	Maureen O'Leary	Jessica Wolfe
Drew Dunhom	Kristen King	Mary Phillis	

December Renewals

Michael Amarello	Robert Knight
Carla Chandler	Chuck Landry
Whitney Clark	James Long
Amber Cullen-Ferreira	Heidy Macdonald
Joseph Donnelly	Richard Macdonald
Evan Dudzik	Randy MacNeill
Dan Ferreira	Timothy Mallard
Gregory Hallerman	Ryan Quinlan
Jacqueline Hallerman	Anthony Schilling
Kevin Hallerman	Steve Tomasi
Julie Hanover	Mike Trundy
Dawn Heinrich	Rebecca Vandenberg
Haley Heinrich	Mike Ward
Hanne Heinrich	

Welcome New Members

Peter Perkins	Emily Spognardi
Rich Harnett	Edward Spognardi
Bob Larochele	Kelli Wholey
Danielle Ladd	Emily Blessing
Christine Pelland	Randy Chapman

January Renewals

Margaret Anderson	Amber Lindquist
Gordon Burnett	Blake Lindquist
Karen Burnett	Gregory Lindquist
Katlin Burnett	Jeremy Lindquist
Shannon Burnett	Bob Ludwig
Gloria Cullen	Pam Marchildon
Gregory Cullen	Colin McDevitt
Sean Donnelly	Fiona McDonnell
Erin Dresser	Bob Pelletier
Kaitlin Dresser	Deb Pelletier
Sarah Dresser	Kristen Porter-Utley
Todd Dresser	Chet Rogers
Marianne Gage	Allan Rube
Richard Gage	Susan Rube
Bill Gagnon	David Salvas
Scott Hammond	Paul Tobin
Donna Horan	Luke Utley
Aline Kenney	Alexander Werne
Terry Kenney	Kirsten Werne
Eliza LeCours	Savannah Werne
George LeCours	Zachary Werne
Ryan LeCours	

MEMBERSHIP INFORMATION

Pamela Adams
 Margaret Anderson
 Diane Anderson
 Kelly Aschbrenner
 Hailey Barker
 Kimberly Berkyman
 Anna Teresa Bilucaglia
 Maria Boren
 Robert Bourgeois
 Debbie Brodeur
 Angela Brown
 Deborah Burchell
 Tayler Catharine
 Laurie Chabot
 Mary Chaput
 Lynn Cheeseborough
 Yuki Chorney
 Lisa Christie
 Karen Coakley
 Marie Coleman
 Murray Collette
 Colin Cook
 Danielle Cormier
 Kenny Corsetti
 Monica Costa
 Andrea Court
 Kathy Desilets
 John Dionne
 Daniel Dolan
 Peter Donahue
 Melissa Dougherty
 Sasha Douglas
 Tracy Dow
 Carol Drouin
 Michael Dunhom
 Pamela Dunhom
 Rosemarie Dykeman
 Jim Eden

January Birthdays:

Lois Elkind
 Raena Erickson
 Tammy Fareed
 Elizabeth Fay
 Caroline Fischer
 Sheila Floria
 Vickie Fortier
 Melissa Fraser
 Lisa Frenette
 Tammy Gaffey
 Danielle Gardiner
 Denise Gilbride
 Ken Goodin
 Kerri Goolsby
 Joshua Green
 Michelle Guinther
 Jim Hansen
 Patti Harding
 Paul Haskell
 Stephanie Haskell
 Dawn Heinrich
 Anna Helbling
 Angela Henry
 Kirsten Hewitt
 Samantha Hicks
 Lisa Hirtz
 Ouafaa Jakib
 Tammy Johnson
 Bill Juris
 Megan King
 Mae Kovacs
 Wendy Kozyra
 Jessica Krafft
 Heidi Lacoshus
 Danielle Ladd
 Heather Lambert
 Chuck Landry

Thomas Lessard
 Amy Madden
 Kathy Maddock
 Jasmine Malburne
 Stacey Marston
 Gregory Martin
 Jane Martin
 Joan Martin
 Michelle Martin
 Caroline Masterson
 Molly McCabe
 Kristin McManus
 Erin McWhirter
 Chris Merra
 Melody Miller
 Ellen Miller-Grant
 Linda Milot
 Kristen Mitchell
 Dana Murdock
 Bill Newsham
 Erica Notini
 Deborah O'Leary
 Katharine O'Shea
 Michael Pattelena
 Maggie Paul
 Paul Pederzani
 Mary Ann Picard
 April Plourde
 Mary Raven
 Lisa Rawnsley
 Denise Raymond
 Michelle Reedy
 Lisa Reilly
 Kevin Reynolds
 Jacob Ricca
 Debbie Rioux
 Kelly Rocha

Damian Rowe
 Maggie Salvat
 Genia Sanborn
 Jill Santoro
 Ron Santoro
 Jennifer Scanlon
 Lori Scarito
 Anthony Schilling
 Ellie Schwartz
 Susan Scribner
 Linda Sellner
 Stephanie Sewchuk-Thomas
 Becky Shaugnessy
 Charlene Shelsky
 Chris Shelsky
 Melissa Shinkwin
 Robbin Shinkwin
 Erin Slocum
 Angela Smith
 Duane Smith
 Ken Snow
 Gitanjali Srivastava
 Matthew Stevens
 Melissa Stevens
 Peter Szydlik
 Erika Tardif
 Steve Tomasi
 Jennifer Toomey
 Denis Tranchemontagne
 Louise van den Heuvel
 Sandra van den Heuvel
 Theresa Varrell
 Stephanie Wales
 Marcia Wark
 Tracey Watson
 Betty Wendt
 Patricia Westaway
 Kathy White

NOVEMBERFEST!!! PHOTOS BY BUBBA AKA BOB THOMPSON



NOVEMBERFEST!!! PHOTOS BY DICK BERSANI



MISSION ACCOMPLISHED!

A RACE REPORT ON THE 2010 MILL CITIES RELAY

BY MICHAEL WADE

The Gate City Striders are now the 3-time defending Mill Cities Relay Champions! GCS scored a record 117 points to 103 for WCRC & 92 for SRR. The 14 point margin of victory is the highest in the 27 year history of the race!

Great job guys!

As I look back, it seemed like the theme for this year's Mill Cities Relay was all about "Stepping Up". In addition to the many returning MCR Veterans we had quite a few new faces out there running for GCS as well. And, everyone pulled together (new and old) to help us win – as a Team! Despite the fact that we've won Mill Cities the past two years it really took a complete team effort to pull this one off. As Somerville & Winners Circle really pulled out all the stops this year to try and take us down.

Nearly every GCS team was faster than last years versions. And, it took some big time stepping up to make that happen. Our Mens Open Team had some huge shoes to fill as Rich Smith and Ethan Crain could not participate this year. But, Tim Mallard and Neal Graves filled in quite well as they cruised to a 2nd place finish and 13 points. Likewise, our Womens Open Team had to replace Bonnie Richotte and Peggy Lai. Not only did they do so, but they finished nearly 2 minutes ahead of last year and also scored 13 points. And, our Coed Open Team featured two new runners – BJ Bottomley & Joe Morrased. BJ & Joe (along with the rest of their super-team) helped us score 14 big points – the most from any GCS squad!

Our Mens Masters Team also added two newcomers (Brian Ruhm & Dan Moriarty) and kept right on chugging. They finished 1 minute ahead of last years pace, 5th overall and 2nd in their division scoring 13 points in the process. Our Womens Masters Team was "money" as usual, handling the loss of Cathy Merra to the Senior Coed Team with ease. They claimed victory once again in their division and scored 11 points for the club. All while bettering last years time by nearly 4 minutes! And, our Coed Masters Team also scored 11 points for us, finished 2nd in their division and was just 14 seconds out of first!

The close calls just kept right on coming as our Mens Seniors Team finished two whole minutes faster than last year and ended up in 4th place in their division, but were just 29 seconds behind 2nd place Somerville! Paul Hughes filled in ably for an ailing Steve Tomasi as these 50+ guys scored 9 points for the club. Our Womens Seniors Team overcame a near disastrous handoff at the boat house to claim 3 points. And, our Coed Senior Team (with newcomers John Dalton & Richard Galera) shaved 9 huge minutes off their time from last year to vault from 4th to 1st and take the 10 points that go along with their divisional victory!

Our Mens Veteran Team also took first in their division. But, this year they really had to work for it as they finished just 19 seconds ahead of 2nd place Winners Circle. Denny Leblanc filled in for newly-anointed Phil Quinn Award winner Steve Moland on this nimble squad and helped earn every one of the 8 points that came with their 1st

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place brick. On our Women Veterans Team, Judi Moland stepped in for Aline Kenney and helped MCR Vets Emily & Jane to grab 2nd place and 3 points. And, our Coed Vets Team (who added Joe Noonan & Genia Sanborn) did them one better by taking first in their division and scoring 5 points for the club while bettering last years time by nearly 7 minutes!

Finally, our Mens Ancients (or Super Vets?) Team replaced a traveling Shu Minami and cruised to a two minute victory (a two minute improvement on last year's time) while grabbing 4 more points for the club. And, a special thanks goes out to MCR icon Warren Church - as not just any old goat can fill Shu's shoes. ?



Full results for all our 30 GCS teams (not just the scoring ones listed here) can be found on Coolrunning. Thanks again to everyone who came out to run and party with us afterwards! I hope you all had as much fun as I did. And, if you think that winning 3 consecutive Mill Cities Championships is pretty special, I just got one thing to say to you.

You ain't seen nothin' yet!



Dr. Lisa Klasman

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MILL CITIES RELAY PHOTOS BY MICHAEL WADE





