



Striding Along



Newsletter of the Gate City Striders Running Club



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Cover photo: GCS-Triad at the Sandown 5-miler.
Photo by Taylor Studley.

Howdy fellow Striders,

Finally, the best running weather of the year! After such a hot summer, it is nice to be able to breathe, and enjoy the crunch of leaves underfoot.

GCS just finished the NEGP and NHGP racing seasons, and I have to say “GREAT JOB” to all who competed, helped, cheered, volunteered.

While some may see the 2nd place finish in the NHGP as a loss, I see it as an evolution... an evolution of the club, aiming higher... aiming towards the top of the NEGP. It takes a lot of participants to win one, even more to win both, and nearly impossible to compete at both of them at a high level, especially when many days had split schedules.

That said... there are many people who may not think they are able to compete in the Grand Prix races. That is NONSENSE!
Everyone can compete! Everybody is important as everyone else. So don't be shy... come on out next year, help us fill these races with Striders!

Let this be a huge WAKE-UP call for the Mill Cities Relay! Yes, we did repeat... but now we are the target, so we have to fill all the slots with competitive runners. Lets remember that it is not always the “fastest” team that will win, but the smartest, and I think we have one of the smartest competition coordinators around: Michael Wade. So sign up, and let him do his magic, and we will take home the trophy again!

I'll end with a quote: **“ The first general rule for friendship is to be a friend, to be open, natural, interested; the second rule is to take time for friendship. Friendship, after all, is what life is finally about. Everything material and professional exists in the end for persons. - Nels F.S. Ferre “** Thank you all for being who you are, great runners and great friends.

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



First I must confess that one reason this issue of Striding Along is late is because it took me so long to finish this column. You might say I was at a loss for words (right!). Since becoming President A few summers ago, I've written two complete year's worth of columns, and it seems that the ideas are harder to come by now that I am in my third year. So, if this article appears vaguely familiar to you, it's because after looking at last year's column for the Oct/Nov 2008, I decided that some things are worth "repeating".

Mill Cities Relay, Sunday, December 5.

This is a point-to-point relay in which teams of five wind their way along the Merrimack River from Nashua, NH to Lawrence, MA. If you think you might be interested in running on a team this year, please contact our competition coordinator, Michael Wade. If you have never participated on a relay team, I highly recommend it. It's a great way to get to know fellow members of the club.

Group Runs at Pennichuck Middle School in Nashua, Wednesday nights at 6pm from October 27 through mid-April.

Runners of all abilities are welcome to this very informal group run starting from Pennichuck Middle School on Wednesdays. Runs are approximately 5 miles. For more information, select **Training>Group Runs** at www.gatecity.org.

Indoor Track and Freeze Your Buns Race Series.

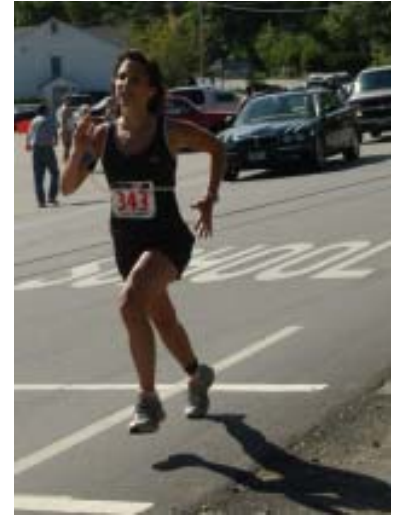
The GCS E-board is currently making arrangements for another indoor track season at the Hampshire Dome in Milford, NH, as well as the Freeze Your Buns wintertime 5k races series. We will keep you posted about these events via the weekly e-mail bulletin, and information will be posted to our website soon.

Happy fall running, everyone!



Two studs. Photos by Hailey Barker

Sandown 5-mile Race... A Family Event. Photos by Richie Blake



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THE REARVIEW MIRROR

A LOOK BACK AT SOME RECENT TRIAD RACING TEAM EVENTS

BY MICHAEL WADE



Bridge of Flowers 10k - Saturday, August 14 – Shelburne Falls, MA

The **Bridge of Flowers Classic** was conceived in 1979 as part of the Buckland Bicentennial. The foot race has remained on the same course since that first competition except for a few alterations. The first 2 mile loop of this course is mostly shaded & flat that starts in the center of the village on the Iron Bridge next to the Bridge of Flowers and runs through the downtown area. After the start of the second loop (mile 2) you hit Crittenden Hill which is as steep as Mount Washington in sections. It starts as a paved surface but quickly turns to a dirt country lane. Fortunately the so called “Hill of Tears” is followed by some nicely shaded flats and downhill for 4 miles on pavement to the finish line on Bridge Street.

In the early years of the race, the runners actually ran across the Bridge of Flowers. However, in 1980 the Bridge was rehabilitated and the course was slightly altered & with construction around the Elementary School, the course once again altered in 1997. What has not changed is the beauty & charm of the village and the warm & friendly people of Shelburne Falls. This year’s race

was the sixth race in the New England Grand Prix Series and it was another great day of running and team camaraderie for the GCS-Triad Racing Team.

We had 28 GCS runners make the trek over to Shelburne Falls on August 14th for this classic summer-time New England race. Our Mens Open team finished 8th overall, Our Mens Seniors & Womens Open finished 5th, Our Mens Masters & Womens Masters finished 4th. And Our Mens Veterans Team took home the New England Grand Prix 10k Championship trophy with their First Place finish!

Individually, Rich Smith & Karen Pattelena finished 4th in their respective 40-44 age groups. Karen also finished 17th female overall! Rich Galera finished 2nd in his 55-59 age group while Joe Noonan finished 2nd in his 65-59 age group. And, both Joe Donnelley & Milt Schumacher were 10k Champions by winning their 40-49 & 65-69 age groups respectively! Congrats to all!

Complete results can be found on Coolrunning here. http://www.coolrunning.com/results/10/ma/Aug14_Bridge_set1.shtml

And, photos of the race can be found here. <http://www.locallyrun.com/running/news/display.php?noticeid=53>

Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence. True friendship is a plant of slow grow, and must undergo and withstand the shocks of adversity before it is entitled to the appellation. - George Washington

ANOTHER TRAIL SERIES SUCCESS! BY MICHAEL WADE

This year was another breakthrough year for the Mine Falls Summer Trail Series. We had more runners, more volunteers, more awards and more fun than ever before! The 12-week no-frills series, which was run from Stellos Stadium, began on June 7th and continued every Monday night (without fail) right up until the Grand Finale on August 23rd. We scored the series in two 5-week segments and had one Relay Race in the middle and one Handicap Race at the end. At the Relay Race we had 24 teams of 3 (for the 5k), and 29 teams of 2 (for the 5 mile) compete against each other for fun and random prizes. And, at the Handicap Race 90 runners were sent off in waves based on their 2010 course PR times from slowest to fastest. And, as expected, it turned out to be a very exciting way to cap off a fun summer of trail running!

The participants enjoyed racing along the scenic trails of Mine Falls Park. The 5k'ers were greeted by flat, wide and well-groomed paths along the canal. While the 5 milers were treated to a tour of some of the more remote parts of the park where the trails were narrower and had a more varied terrain of packed dirt, roots & rocks. Either way, the runners were able to partake in the fundamental joys of friendly competition for very short dough. Entry fees were purposely kept low in order to encourage participation amongst all age groups. Our rock bottom prices were \$3.00 for youth 14 and under, \$4.00 for ages 15-18, and \$5.00 for all others. In addition to the fine racing, our runners benefited from weekly raffle prizes, random medals, dumb jokes and nifty age-group awards at the end of the season.

Even with the low race entry fees, the 2010 Summer Trail Series managed to clear nearly \$6,500 for our club. And, we scored dozens of new members as well! However the stunning success we achieved this year would not have been possible without the ceaseless help we received from our excellent volunteers. We had 24 people come out to help at our 12-week series this summer. And, many of those were repeat volunteers which was fortunate because we set a Trail Series record this year by averaging over 100 runners per night! Our gracious volunteers are listed below with the number of times they helped out in parentheses. Thanks a bunch guys! We couldn't have done it without you!

Kevin Reynolds (12), Suzanne Barker (12), Jerry Rocha (12), Chuck Rossier (12), Michael Wade (11), Millie Mugica (10), Emily Strong (9), Gig Walsh (8), Oliver McMahon (8), Jack Kick (7), Dan Dolan (6), Richie Blake (6), Ed Deichler (5), Beth Whipple (4), Dan Dugan (4), Paul Joyce (2), Janice Platt (2), Steve Wolfe, Jim Hansen, Anthony Lombardi, Steve Delahunty, Lea Reilly, Bill Newsham & Bryce Newsham.

When the series concluded in late August, a good number of people came up to me afterwards and thanked me for the wonderful time they had. Some of the older runners said that they wouldn't have raced this year if it weren't for our no-pressure series. Parents were proud to see their children out there having fun in a healthy and relaxed atmosphere. And, many were just grateful to have made so many good friends at our races. To them, and to

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2010 MILL CITIES RELAY

BY MICHAEL WADE

The **Mill Cities Relay** is a 5-leg, 27.1 mile race from Nashua, NH to Lawrence, MA. It began in 1984 as a way of celebrating the end of the local road racing season and determines bragging rights among the 18 participating Merrimack Valley running clubs. The race starts not with a starting gun, but with the drop of a ceremonial brick. The five leg distances are 5.6, 4.9, 2.5, 9.4 & 4.7 miles and points are awarded to teams in each of the 12 age/gender categories. Teams finishing in the top 3 get a brick trophy with a small plaque on it. After 26 years of competing, GCS has received enough brick trophies to build a small house! Any current club member is eligible to participate in this year's race free of charge. Each relay runner gets a commemorative Mill Cities Relay gift and the post-race party at the Claddagh Pub in Lawrence is not to be missed. As it is every year, the party is a great place to meet new members as well as catch up with old ones.

Last year, the Gate City Striders won their second consecutive Mill Cities Relay and proved that our win in 2008 was no fluke. Our club scored a record 106 points on race day and needed every single one of them to hold off a strong, 99-point challenge from The Winners Circle Running Club. As was the case in 2008, the race itself proved to be quite an adventure as, once again, relay weekend coincided with the first snowfall of the season. Only a couple of inches of snow fell but the conditions were enough to send runners sliding this way and that during the early stages of the race. Our club had a record 27 teams & 127 runners participate in this year's relay and countless others who volunteered, cheered and otherwise helped us on to victory.

This year's race is being held on **Sunday, December 5th** and with a club the size of ours, there is no reason why we shouldn't own this race year in and year out. Our victories these past two years have been a source of great pride among the members of this club. And, kicked off what has been a fantastic year of Team Racing here in 2010! This year we'll need to work to defend our title AGAIN and the other clubs are sure to be hungrier than ever. The Mill Cities Relay starts in our own back yard, and it should finish with the trophy ending up here again as well. The Gate City Striders are the defending Mill Cities Relay Team Champions. And, it's not too early to start thinking "Three-peat"!

Since every point counts in this race, the team captains and I will be working hard to assemble the most competitive teams possible and all team registrations will need to go through us. Remember, "Pick-up" teams will not have their entry fees paid by the club. So please let me know, as soon as possible (via e-mail at mwade@ganekarchitects.com) if you're interested in running and we'll get you registered and on a team.

Continued from page 7

all the others who ran with us this year, I'd like to thank you as well and tell you that plans are already being made to improve the Trail Series for next year. I hope that if you ran (or volunteered) with us this year that you come back and see us again next summer. And, if you didn't, please come on out and see what all the fun is about!

2010 NHGP STANDINGS (AFTER 5 OF 7 RACES)

Current 2010 New Hampshire Grand Prix Standings

(after 6 of 7 races)

	AA	CAA	GCS	GDTC	GSRT	MRM	RR	WMM
M 29-	0	0	46	83	48	0	0	0
M 30s	27	7	61	95	15	0	19	0
M 40s	10	0	118	116	80	0	1	0
M 50s	4	0	115	90	92	2	24	1
M 60s	30	0	83	120	35	0	30	0
M 70+	38	0	13	16	16	0	0	14
F 29-	10	0	52	33	9	5	0	0
F 30s	5	3	91	111	14	0	12	0
F 40s	39	0	102	58	52	0	8	10
F 50s	3	0	112	129	56	0	17	0
F 60s	0	0	42	10	0	0	20	0
F 70+	0	0	8	3	0	0	6	0
Total	166	10	843	864	417	7	137	25

2010 GCS Point Leaders

M 29-	Kevin Collins (12), Justin Soucy (11), John Paul Lewicke (6)
M 30s	Chris Poulos (24), Isaac St. Martin (17), Scott Cassa (6)
M 40s	Rich Smith (30), Denis Tranchemontagne (22), Michael Wade (19)
M 50s	Steve Tomasi (17), Tom Kolb (17), Carl Hefflefinger (15)
M 60s	Denny Leblanc (22), Dave Salvias (21), Trevor Ward (10)
M 70s	Shu Minami (13)
F 29-	Sarah Graves (12), Haley Heinrich (8), Amber Cullen-Ferreira (7)
F 30s	Suzanne Barker (28), Alison Findon (18), Amy Doyle (17)
F 40s	Karen Long (20), Tammy Gaffey (19), Lori Lambert (18)
F 50s	Andrea Pierce (39), Robin Rocha (24), Pamela Hall (18)
F 60s	Jane Levesque (15), Aline Kenney (14), Emily Strong (9)
F 70s	Barbara Robinson (8)



2010 NEGP STANDINGS (AFTER 6 OF 8 RACES)

2010 NEGP Intra-Team Competition

Standings after 6 of 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		6	7	6			31
Justin Soucy		9	10						19
Steve Rouleau		8	9						17
Dan Ferreira		10							10
Rich Hillman			8						8
Dan Dugan		7							7
Dave Delahunty			7						7
Corey Hahnl				7					7
Jeremy Lindquist			6						6
Kevin Borbeau					6				6
Chris Bougopoulos									0

<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 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			32
Steve Wolfe	8	6	8						22
Todd Callaghan	10	9							19
Joe Donnelley					8	10			18
Michael Wade			5		6	6			17
Curt Fischer		5	6		5				16
Rick Roy				5	5	5			15
Paul Hughes			5	8					13
Mike Wright	6	5							11
Azeddine Jakib	5	5							10
Douglas Sylvester	5		5						10
David Herr					9				9
Joe Rogers		8							8
Denis Tranche.			7						7
Bill Newsham						7			7
William Boyd				6					6
Carl Hefflefinger			5						5
Paul Hadley					5				5
Dan Dolan					5				5

2010 NEGP STANDINGS (AFTER 6 OF 8 RACES)

Mens Seniors

<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>
Ken Snow	10	9	5	9	7	9			49
Damian Rowe	5	5	6	7	5	7			35
Oliver McMahon	5	5	5	6	5	6			32
Mike Merra			10	10	9				29
Dave Contrada	5	6			6	8			25
Jim Velino	6		7	8					21
Len Hall			9		10				19
Richard Stockdale	8	10							18
Rich Galera					8	10			18
Bob Long			5		5	5			15
Tom Kolb	7		8						15
Jim Belanger	5	7							12
Tom Conley		5	5						10
Chuck Landry	9								9
Steve Piper		8							8
Jim Ecke			5						5
David Salvas			5						5
Paul Joyce	5								5

Mens Veterans

<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>
Joe Noonan	9	8	8	7	9	7			48
Milt Schumacher	8	9	10		10	8			45
John Lewicke	7	5	9	8	8	6			43
Denny Leblanc	6	7	7		6				26
Trevor Ward	10	10							20
Dick Doyle		6		6					12
David Pember					7				7
Terry Kenney	5								5
Raymond Boutotte	5								5
Shu Minami			6						6
Rick Stetson		5							5
Robert Knight		5							5
Roy Dennehey		5							5
Jack Kick					5				5

2010 NEGP STANDINGS (AFTER 6 OF 8 RACES)

Womens Open

<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>
Laura Rallis	7	6	7		9	9			38
Alison Findon	8	7			10	8			33
Jennifer Vincent	6	5	5		7	7			30
Jennier Mack	5	5	5		6	6			27
Cassie Wright	9	8							17
Bonnie Ritchotte	10								10
Amber Cullen		10							10
Kristen King			10						10
Nicole Rogers						10			10
Suzanne Barker			9						9
Lauren Eynation		9							9
Deanna Borbeau					8				8
Amy Doyle			8						8
Linda Delahunty			6						6
Amber Lindquist			5						5

Womens Masters

<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>
Janice Platt	6	7	6		7	6			32
Tammy Gaffey	8	8	8			7			31
Karen Pattelena	10		10			8			28
Karen Long	9	9	9						27
Lisa Klasman	5		7						12
Beth Whipple		6	5						11
Laura Joyce	5				6				11
Lisa Klasman					8				8
Carla Chandler	7								7
Wendy Newsham			5						5
Linda McCarthy	5								5

Womens Seniors

<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>
Suzanne Long	6	6	6		6	7			31
Cathy Merra		8	10		8				26
Lori Hennessey		7	8						15
Deb Roy					7	6			13
Pamela Hall			9						9
Lisa Christie			7						7

Womens Veterans

<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>
Aline Kenney	7	8							15
Jane Levesque		6	7						13
Emily Strong	6	7							13
Barbara Robinson			6						6

A TREMENDOUS MONTH!

By MICHAEL WADE



I want to acknowledge a GCS club member who has had just a tremendous month of racing.

On Sept 5th, **David Herr** of Canaan, VT won the **Wapack 18m** trail race in New Ipswich, NH – setting a new course record in the process.

One week later, on Sept 12th, he won the **Pisgah Mountain 50k** trail race in Chesterfield, NH – also setting a new course record.

And on September 26th, he ran a 2:32:40 to win the **Clarence Demar Marathon** in Keene, NH. Not a bad September if you ask me!

Please join me in congratulating David on a job well done! Way to go!



GATE CITY STRIDERS - HALL OF FAME 2010 CLUB ANNOUNCEMENT

The Gate City Striders Running Club is proud to announce the formation of the GCS Hall of Fame and is currently accepting nominations for its inaugural class. The Gate City Striders Hall of Fame is dedicated to honor current (or former) members who have made significant contributions to the club and the running community as a whole.

The Hall of Fame selection committee will evaluate each nominee based on various criteria including (but not limited to) the following:

- Years of membership and service

(E-board positions, committee membership, club representation, etc.)

- Contributions to the club

(Event participation, team captainship, newsletter submissions, etc.)

- Contributions to the running community

(Volunteering, race directing, coaching, etc.)

- Running achievements

(Races won, points scored, awards received, etc.)

Any current club member can nominate a potential Hall of Fame candidate.

A brief summary of the candidate's qualifications is required to support each nomination (see nomination form attached). Please be as specific as possible in your description when submitting a nomination. Also, please include a digital photo of nominee (if possible).

All entries will become property of The Gate City Striders Running Club and may be used in our newsletter, on our website or any print / electronic media we choose.

The GCS Hall of Fame selection committee reserves the right to make its own independent inquiry and requests that those placing names in nomination refrain from divulging that fact to their respective candidates. And, the committee's decisions will be binding and final.

Inductees will be formally announced at our club's annual awards dinner in January 2011. Inductees will have their name added to a large Gate City Striders – Hall of Fame plaque. Inductees will also receive a small plaque (to take home) commemorating their induction.

All who have a candidate in mind should submit their nominations no later than November 15, 2010 to Michelle Poublon (Club President) at PO Box 3692, Nashua NH 03061.

Gate City Striders - Hall of Fame
2010 Nomination Form

Nominee's Name: _____

Provide a brief summary of the nominee's qualifications in the areas outlined below. Please be as specific as possible in your description. (Please use the back of this form for additional information regarding the nominee, as required)

Membership & Service:

E-board positions, committee membership, club representation, etc.

Contributions to the club:

Event participation, team captainship, newsletter submissions, etc.

Contributions to the running community:

Volunteering, race directing, coaching, etc.

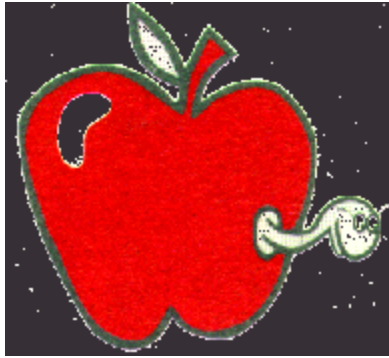
Running achievements:

Races won, points scored, awards received, etc.

Other Considerations:

Any additional qualifications that should be considered.

Nomination forms should be submitted no later than Nov 15, 2010 to Michelle Poublon (Club President) at PO Box 3692, Nashua NH 03061.



Applefest Half Marathon

Fellow Striders;

THANK YOU!

Thank you to all of the Striders who volunteered their time and efforts on Saturday and made this year's Applefest another success. It was amazing to look out and see the sea of yellow volunteer shirts helping runners, families, and visitors. It was also gratifying to see volunteers of all ages. We had long time Striders as well as new members, Striders who ran the race than those who didn't, and many Striders pulling double or triple duty over the weekend.

We received many compliments from runners on how well organized and managed the race was. It was a very hot and humid day and it was great to see every Strider step up and "work" the finish line to make sure every runner got extra hydration, and those runners that needed medical attention were taken care of quickly and successfully.

I also received many compliments from the Hollis police and public safety staff who were very impressed with the Club and its volunteers. It is not an easy thing to manage 1500 runners plus family and visitors, but we sure make it look easy.

So again, THANK YOU to all who helped make the day a success.

Bill Farina
Race Director

HELP WANTED

Hi All,

It's that time of year again when I'm looking for your help at this year's Santa Fund Run. Race day is: Sunday, October 31, 2010. Race starts at 10 am. We have a new course this year which will help with traffic at the front of the school.



The jobs we need to do are:

1. Mile one (1) marker needs someone there with the timing clock, we usually communicate by cell phone to tell you when to start it. When the last of the runners go by, and then move to the finish line to help at the water stop.
2. Place cones along Riverside Dr in the middle of the road. I will leave the cones on the side of the road. Traffic control to parking area.
3. Set up water stop tables, one at the finish line & one at mile two (2) & 4 mile for the 10K runners, this will include Gatorade. Three (3) needed at this stop.
4. Set up start / finish line ladders + banner.
5. I will set up mile markers on the course & arrows for course direction.
6. Help to put out 50 cones to the entrance to the track in the parking lot at the rear of the school. Meet at 8 am at the track parking lot at the rear of the school. David Salvias & I will be around from 7 am. I will need your T-shirt size.

Thanks.

Mark

Cell: 603 759 8126



- ✓ 12 Full-Spectrum Vitamins
- ✓ 65 Ionic, Plant-Derived Minerals
- ✓ Increased Energy*
- ✓ Powerful Antioxidants*

Get That Competitive Edge... Try it today!

Chris and Julie Lins
22 Farwood Drive, Hooksett, NH 03106

Independent Distributors
603.210.2799

*Statements not evaluated by the FDA.

NOVEMBERFEST!!! BY: BOB THOMPSON

Back by popular demand, the 12th Curley Goulet Memorial Novemberfest Trail Run and Party will be held on Sunday November 21, 2010. Race day registration and the post run party will be held at Martha's Exchange at 185 Main St. in Nashua. The race will start promptly at 1:33 pm just down the street from Martha's, near the Clocktower Mill Apartments and will run through Mine Falls Park. The post race party will be held downstairs at Martha's Exchange following the run.

This year's Novemberfest will serve at the 2010 International Canal Championships (ICC) and will feature: Special Celebrity guests, Start and finish, Cutting edge N-Tag Timing Technology, Inaccurate 7.3k course through beautiful Mine Falls, No Toll Booths, Classic Novemberfest collectible attire to first 100 entrants, Martha's famous microbrews, Swell prizes, Patriots vs Colts football, Ton's O' Fun and No Whining or Complaining!

Race apps can be found at the Novemberfest website:

www.runnovemberfest.com



Novemberfest Waterstop



John Kerry and The Frozen Head of Ted Williams

The original Novemberfest ran for 10 consecutive years from 1995 through 2004 with a tradition of bringing in celebrity guests to entertain the runners. Over the years, the celebrity guests included Bob Dole, Bill Clinton, Monica Lewinsky, Mark Martin, The Three Stooges, (headless) Ted Williams, John Kerry and Father Dick. An attempt to bring the race back in 2008 as Decemberfest was halted by the Ice Storm. Barrack Obama and Sarah Palin had been expected to attend. In 2009, Bernie Madoff made an unexpected appearance at Novemberfest and provided the runners with sound investment advice.

Continued on page 19

Continued from page 18

No expense will be incurred this year to bring you the best celebrity guests available. Photo's from previous Novemberfest's can be found [here](#). Results from the 1999 version of the race can be found [here](#). Novemberfest's facebook page can be found [here](#).



Our “crack” Race Director

No whining or complaining will be tolerated at Novemberfest. Novemberfest is hosted by the Wednesday Evening Church Group (WECG) with proceeds benefiting The Nashua Children's Home. If you have any questions or would like to volunteer, please contact Bob Thompson at rtdskis@aol.com.

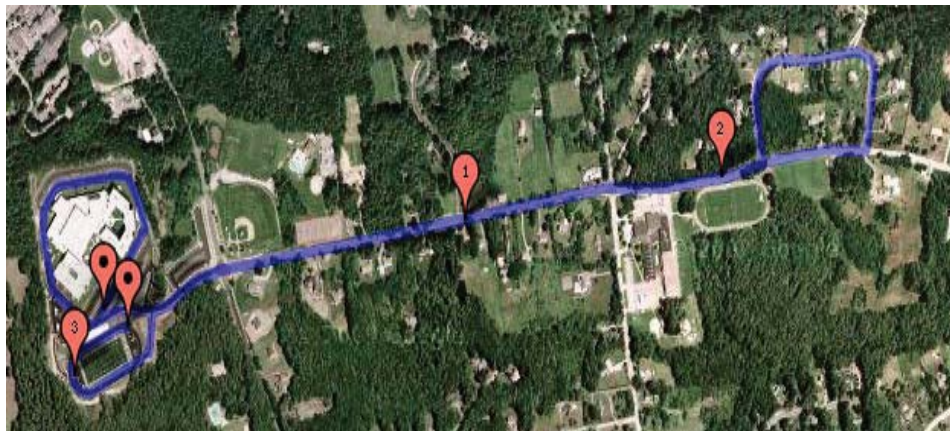
“Keep the right attitude and keep exercising. Even if you have a health problem, that’s no reason to stop. In fact, that makes it more important to keep going. And certainly don’t stop running just because you’re 80-plus.” - Rose Steward, 81, America’s oldest female triathlete, is nearly blind

**“Humor is the great thing, the saving thing. The minute it crops up, all our irritation and resentments slip away, and a sunny spirit takes their place.”
—Mark Twain**

RACES OF INTEREST:

5K Course:

- Starts and ends at the Ross A. Lurgio Middle School.
- Finish on the track.
- <http://www.gmap-pedometer.com/?r=3933744>



Race/Walk Information:

- USATF Sanctioned Event
- 100% cotton shirts to all who register by October 1, 2010.
- Great post-race food and refreshments.

- Costumes encouraged
- Trophies to top three male/female finishers in each age group:

- 10 & under
- 11 - 12
- 13 - 14
- 15 - 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60+



- Awards for the best costumes
- Raffles and Prizes
- \$20.00 for 5K race or walk before Oct 1st.
- \$22.00 after Oct 1st and on race day.



Kids Fun Run Information:

- \$5.00 entry fee.
- All finishers receive a special prize.
- 1K course that starts and stops in front of the middle school.
- Register on race-day.
- Shirt available for \$10.00
- Start time 10:30am



1st Annual

Ross A. Lurgio

WITCH WAY
TO THE 5K

5K Road Race

5K Walk

1K Kids Fun Run

Saturday, October 30th, 2010

10:30am fun run start

11:00am 5K start

47A Nashua Road

Bedford, NH 03110

www.sau25.net/ww5k

All Proceeds from this race will go to support technology at the Ross A. Lurgio Middle School.



Make checks out to
"Ross A. Lurgio Middle School"

Mail this application to:

Witch Way to the 5K Road Race
Ross A. Lurgio Middle School
47A Nashua Road.
Bedford, NH 03110

Race day registration

At the main entrance to the school.
Begins at 9:00am
Closes at 10:15am for the fun run
Closes at 10:45am for the 5K



Registration Form

October 30, 2010
Starting Times: 10:30am (1K fun run) 11:00am (5K run and walk)

Name:	Peter Woodbury		McKelvie Memorial	
Bedford School Name: (circle one if applicable)	Riddle Brook	Lurgio	High School	
Address:				
City:				
State:		Zip- code:		
Phone:				
Email Address:				
Date of Birth:			Age on Race Day:	
Run or Walk (circle)	RUN	WALK		
Gender (circle):	MALE	FEMALE		
Shirt Size (circle): (100% cotton shirt)	Adult: SMALL MEDIUM LARGE X-LARGE XX-LARGE	Youth: MEDIUM LARGE		
Race Fees (Before 10/1):	\$20.00 (Run & Walk)			
After 10/1	\$22.00 (Run & Walk)			
Kids Fun Run	\$5.00			

Waiver must be read and signed

I know that running is a potentially hazardous activity. I should not enter or run this event 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 either before or during the race. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the Witch Way to the 5K, 3C Race Productions, The State of New Hampshire, Town of Bedford, and all sponsors their representatives and successors from all claims 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 named in this waiver. All fees are non-refundable.

Signature _____

Date _____

Parent's Signature (if under 18) _____

5th Annual DignityDash

Racing to Make a Difference in Children's Lives

Sunday, October 31, 2010 • 9:00 am

**5K Run/Walk
& Costume Contest**



Date: Sunday, October 31, 2010 • 9:00 a.m.

Time: Registration begins at 7:30 a.m.; Race starts at 9:00 a.m.

Place: Begins at Seven Hills Pediatric Center, 22 Hillside Avenue, Groton, MA

Course Description: Beautiful country setting; water station at Mile 2.

Entry Fee: \$18 Early Bird entries: before October 14, 2010

\$20 Standard entries: after October 14, 2010

Children 10 & under FREE for Tot Trot

Age Groups: 11-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over

Awards: Prizes will be awarded for the top male and female finishers in each age category; First-, second-, and third-place prizes will be awarded to the top three men and women overall. Plus - Prizes awarded for best costume.

Numbers/Shirts: Long sleeve T-shirts will be given to the first 100 registrants! Numbers and shirts can be picked up on Friday, October 29, between 10 a.m. and 3 p.m. at Seven Hills Pediatric Center, 22 Hillside Avenue, Groton, MA.



Prizes for All Participants! Food, Face Painting and Blinkee the Clown!

Race to Make a Difference!

To Benefit the Children at Seven Hills Pediatric Center, a Skilled Nursing Community



www.sevenhills.org

For more information, please contact Felicia Lesnett at 508.755.2340 x354 or flesnett@sevenhills-thgri.org



Racing to Make a Difference in Children's Lives

Sunday, October 31, 2010

5K Run/Walk * Costume Contest Registration



Make checks payable to: Seven Hills Foundation

Mail Registration Form to: Felicia Lesnett,
Seven Hills Foundation, 81 Hope Avenue, Worcester, MA 01603

www.sevenhills.org

Please fill out this form and sign it.

Name:	
Address:	
City, State, Zip:	
Daytime Phone:	
Date of Birth:	
Age on Race Date:	
Email Address:	
Circle Your Category:	Run Walk Tot Trot
Circle Your Gender:	Male Female
Circle T-Shirt Size*:	M L XL Youth L

Located at Seven Hills Pediatric Center, 22 Hillside Avenue, Groton, MA

Registration begins at 7:30 a.m.; Race starts at 9:00 a.m.

Age groups include: 11-19;20-29,30-39;40-49; 50-59; 60-69; 70 & over

Prizes will be awarded for the top male and female finishers in each age category.

First-, Second-, and Third-place prizes will be awarded to the top three men and women overall.

Long sleeve T-shirts will be given to the first 100 registrants!



Fees: Early Bird entries (before October 14, 2010) **\$18** = _____
Standard entries (after October 14, 2010) **\$20** = _____
Children 10 & under **Free** = _____
Entry fee is non-refundable

* Numbers and shirts can be picked up on Friday, October 29, 2010, from 10:00 a.m. – 3:00 p.m.
at Seven Hills Pediatric Center, 22 Hillside Avenue, Groton, MA 01450

Waiver must be read and signed before mailing: I know that running is a potentially hazardous activity. I should not enter or run this event 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 this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my registration, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims 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 named in this waiver.

Signature _____

Date _____

Parent's Signature if under 18 _____



An Affiliate of the Seven Hills Foundation

NHAPTA
7th Annual Physical Therapy Wellness Workout

2010

SUNDAY, OCTOBER 31, 2010

10:00AM - 2:00PM

Rundlett Middle School, Concord

Free T-shirts to runners registered by October 8, 2010.

Medals for all children participants 13 & under - Top 3 winners in Male and Female categories will receive Cash prizes.

Trophies for each division winner male and female

This is a USATF Certified course

Pre-Register Before October 8, 2010 for \$15.00

After October 8, 2010 for \$20.00—Children's entry (12 & under) \$10.00

10:00—10:30 a.m. Race Day Registration

Walkers welcome in all divisions. Jogging strollers allowed. No pets please.

One entry form per runner. Please include non-refundable entry fee with signed application. Payments may be made with PayPal, our I.D. is nhapta@leahymg.com or a check made payable to NHAPTA can be mailed to 15 North River Rd. Tolland, CT 06084
Any questions contact tamara@leahymg.com

LAST										5K race <input type="checkbox"/>	
FIRST										Kids Fun Run <input type="checkbox"/> (through 2nd grade)	
AGE		SEX		DATE OF BIRTH MM/ DD/YY						Kids Mile <input type="checkbox"/> (Through 8th grade)	
ADDRESS										Walk <input type="checkbox"/>	
CITY								STATE		ZIP	
EMAIL											

Before Oct. 8	\$15	<input type="checkbox"/>	Kids 12 & under	\$10	<input type="checkbox"/>	<input type="checkbox"/>	Child M	<input type="checkbox"/>	Adult S	<input type="checkbox"/>	Adult L
After Oct. 8	\$20	<input type="checkbox"/>				<input type="checkbox"/>	Child L	<input type="checkbox"/>	Adult M	<input type="checkbox"/>	Adult XL

Free T-shirt to runners registered before Oct. 8

Please enter me as a runner in the "7th Annual Physical Therapy Wellness Workout. My entry fee is enclosed. In signing this form I, Myself, my heirs, executors and administrators, release NHAPTA, Leahy Management Group, City of Concord, the race directors, volunteers and all sponsors of this race from liability in the case of death or injury received as a result of participation in this run. In case of a minor (under 18) this form must be signed by the parent or guardian of entrant.

Signature Required (parent or guardian if minor)

3C Race Productions

Presents
The 3rd Annual



Jack London 10K Trail Race *Mine Falls Park Nashua, NH* **Sat. Nov. 6, 2010 10:00 AM**

*A fun and challenging 10K Trail Race
through beautiful Mine Falls Park.*

*Jack London Trail Race Pint Glasses to
overall and age group champions*

*Jack London Trail Race Running Socks
to first 175 entrants*

*Huge Raffle: 3CRP Hats & Hanteens,
FuelBelts, RoadID Kits,
Fun On Foot In New England Books,
and much more*

www.JackLondonTrailRace.org
www.3CRaceProductions.com

10th & Final Larry Robinson 10 Miler & 5K Road Race

Larry
Robinson 10

A distance and pace for everyone.

Sunday, November 7, 2010
Andover, Massachusetts

Join 1000+ runners to benefit cancer research, so one day soon we will have a world without cancer! USATF certified course (MA01034RN), chip timing by BayState Timing Services with results/awards immediately given out, digital clocks on both courses.

Time: 9:00 AM = 10 Miler
9:10 AM = 5K

Place: Andover High School Cafeteria (start/finish), Shawsheen Road (Off Route 133)

Distance: 10 Miles
5K Race (3.1 Miles)

Entry Fee: Online registration OR Mail-In Form (\$20 for 10 Miler; \$15 for 5K)

 Register Now

OR you may register on Saturday November 6 from 9 AM to 3 PM in main lobby at Andover High School, Shawsheen Road, Andover, MA, OR on race day morning from 7:00 AM to 8:45 AM.

Course Description: Scenic neighborhood roads around Indian Ridge CC with no severe hills! (Double 4 mile loop from mile 2 to 9) Water stops every two miles.

[Course MAP](#)

Course Records:	10 Miler	Male	Patrick Moulton	2005	49:43
	10 Miler	Female	Danyelle Phelps	2005	60:23
	5K	Male	Matt Pimentel	2006	15:34
	5K	Female	Kara Haas	2007	17:48

Age Groups: Top overall male/female, top 3 (male/female) 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+, and 80+ (5K only)

Awards: New Balance Shoes, Gift Certificates from Whirlaway Sports Center in Methuen, NE Runner magazine subscriptions, Boston Coffee Cakes

Amenities: Full access to Andover HS men's/women's locker rooms (showers & bathrooms)

T-Shirts: First 500 registered participants receive long-sleeve custom shirts (Register early to get one!)

Sponsors: Wyeth Bio Tech, The Savings Bank, Whirlaway Sports Center, New Balance, Soup from Cote's Market, Yoplait Colombo yogurt, Regenie's All Natural Snacks, Bruegger's Bagels, Northeast Storage in North Andover

Directions: From Boston area, travel north on Route 93 to exit 43A, right off ramp, go one mile to second light, right onto Shawsheen Road 1/2 mile to Andover HS on right.

Additional Registration Information: Day of registration in the cafeteria from 7 AM to 8:45 AM. Pre-registration and race packet pickup on Saturday, 11/6, in main lobby at Andover High School from 9 AM to 3 PM

Contact: Roy Dennehy, PO Box 4437, Windham, NH 03087
Call 978-687-2709
E-mail rk6@msn.com

Mail-in Registration Form

10th & Final Larry Robinson 10 Miler & 5K Road Race

November 7, 2010

Make checks payable to:
Larry Robinson 10 Miler (\$20)
Larry Robinson 5K Race (\$15)

Mail entry form to:
Larry Robinson Race
P/O Box 4437
Windham, NH 03087-4437

FILL OUT THIS FORM, PRINT IT, SIGN IT, MAIL IT

Name:	<input type="text"/>
Address:	<input type="text"/>
City, State, Zip:	<input type="text"/>
Daytime phone:	<input type="text"/>
Date of birth:	<input type="text"/>
Email:	<input type="text"/>
Age on race date:	<input type="text"/>
Circle your gender:	MALE FEMALE
Select your event:	10 Mile Run 5K Race
Circle t-shirt size:	S M L XL

Waiver must be read and signed before mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event 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 this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims 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 named in this waiver. All fees are nonrefundable.

Signature _____

Date _____

Parent's Signature if under 18 _____

**Powered by
Cool Running**

www.coolrunning.com is the complete
online resource for runners.

Jingle Bell Run and Walk

Portsmouth NH 10K run, 5K walk
November 20, 2010
Little Harbour School
9am registration, 10am race start
www.portsmouthjbr.kintera.org

Concord NH 5K run and walk
December 4, 2010
Rundlett Middle School
9am registration, 10am race start
www.concordjbr.kintera.org

Freeport ME 5K run and walk
December 5, 2010
Freeport High School
9am registration, 10am race start
www.freeportjbr.kintera.org



VASQUE
Beaver Brook 5K
Hollis, New Hampshire

Sundays April 11, July 25, & December 12 2010 10:00 AM

Beaver Brook, Hollis, NH

**\$16 pre-entry fee --- \$20 post entry fee per race or
\$40 pre-entry fee for all 3 races**

**Colorful Beaver Brook 5K T-Shirts to all entrants
Beaver Brook 5K Pint Glasses to top 3 Male & Female Overall and in 7 Age Groups
Huge Raffle including: 3CRP Hats, 3CRP Hanteens, RoadID Kits, and more.**

Register On Line at <http://www.3CRaceProductions.com/RacePages/BeaverBrook5K2010.htm>

For more information call (603) 429-8879; go to
<http://www.3CRaceProductions.com/RacePages/BeaverBrook5K2010.htm>
or email: michael@3CRaceProductions.com.

Make check payable to the 3C Race Productions
Mail to: Beaver Brook 5K 2010, 160 Amherst Road, Merrimack, NH 03054

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Running Club: _____ Circle T-Shirt Size: S M L XL

Circle Race(s): April 11 July 25 December 12

I know that running is a potentially hazardous activity. I should not enter or run this event 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 this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC, the Beaver Brook Association, and all sponsors, their representatives and successors from all claims 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 named in this waiver. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18



TATENDA International
We care for the caregivers

2nd Annual Walk/Run of Thanks

5K Run and Fun Walk

November 27, 2010

Location: Salmon Falls Mills, Front Street, Rollinsford, NH

Time: 9:00 a.m. Race 9:10 a.m. Walk 7:30 a.m. – 8:30 Check In

Terrain: Mostly flat, two gentle hills, paved through South Berwick, Maine and the Rollinsford countryside

Age Group – Road Races: 12 and under/13-15/16-19/20-29/30-39/40-49/50-59/60-69/70+

Kids Fun Run: 12 and under

Entry Fees:	Pre-registered run/walk	\$20
	Day of run/walk	\$25
	Children Under 12	\$10

Event Managers: Tatenda International (207-384-2650)

Announcer: Andy Schachat, WTSN

Notes: No showers available No earphones

Free T-shirts to the first 75 registrants, commemorative gifts to first 200

Road Race Awards – 1st, 2nd, 3rd overall – Duplicate Awards, male and female and

1st, 2nd, 3rd in each age group

Award to runner who travelled the furthest

Kids Fun Run Awards – 1st, 2nd, 3rd, 4th, 5th place

Fun Walk Awards - 1st Male and Female across the finish line

Oldest Male, Oldest Female

Sign up online at www.tatendainternational.org or print out and mail to

Tatenda International, PO Box 172, Rollinsford, NH 03869

Tatenda International Walk/Run of Thanks * detach and send*Entry Form*waiver and release*Please Print Clearly

Name _____ Age on Race Day _____

Male _____ Female _____ DOB _____ email address _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Emergency Contact _____ Phone _____

Division: ROAD RACE _____ FUN WALK _____ KIDS FUN RUN _____

In consideration of the acceptance of my entry in the Tatenda International Road Race, Fun Walk, Kids Fun Run: 1> For myself, my executors, administrators, heirs, next of kin, successors and assignees, I hereby waiver, release, indemnify and hold harmless any and all claims that I may have against the Town of Rollinsford, the Town of South Berwick, Tatenda International, its event committee, race director, officers, directors, members, volunteers, employees, agents, sponsors, Cutter Family Properties, or any one or more of them or their executors, administrators, heirs, next of kin, successors or assigns (the releases) including any and all damage caused by negligence of any of them arising out of my participation in the event and related activities together with any cost including any attorney's fees that may be incurred as a result of any such claim whether valid or not and releases of each of them against any such claim that I or my guest or those listed above may have.

PRINT NAME _____ SIGNATURE _____ DATE _____

Parent's Signature if under 18 _____

THANK YOU VERY MUCH FOR YOUR SUPPORT! YOU ARE A HERO TO MANY PEOPLE!

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

October Birthdays:

Suzanne Barker	Taylor Morrow
Dick Bersani	Therese Muller
Janice Boutotte	Natalie Olsen
Garett Bozek	Peter Paelinck
Miranda Couture	Bob Pelletier
Ethan Crain	Elaine Rush
Gloria Cullen	Shaun Scanlon
Steve Delahunty	Jonathan Sheehan
Meredith Dutton	Michelle Sisk
Jim Ecke	Richard Sparks
Samy El-Guebaly	Susan Stitham
Jeremiah Fitzgibbon	Cynthia Tranchemontagne
Griffin Gagnon	Owen Tranchemontagne
Deb Graham	Pam Triest-Hallahan
Michelle Holtshouser	Rebecca Vandenberg
Robert Joy	LeeAnn Ward
Brian Kane	Rene Warren
Aline Kenney	Siaoli Wright
Lisa King	Michael Wright
Kimberly Krafft	Danielle York
Alexa Lacroix	June Zoia
Walter Lakin	
Gary Lambert	
Ryan LeCours	
Amber Lindquist	
Christopher Low	
Bob Ludwig	
Jennifer Mack	
Natalie MacSweeney	
Colton Mailloux	
Jesse Manning	
Pam Marchildon	
Mona Marston	
Justin Maslanka	
Patrick J. McCabe	
David Morang	

November Birthdays:

Ashley Abbott	Victoria Lizotte
Stacey Ascone	Alyss Lombardi
Carson Bottomley	Parker Lyttle
Mary Brundage	Kristen Madden
Karen Burke	Patricia Manning
Katlin Burnett	Marie Mullins
Sue Carey	David Pattelena
Brian Coates	David Pember
Amy Doyle	Justin Platt
Curt Fischer	Brian Sanborn
Michael Hagerty	Cathy Schult
Corey Hahl	Samantha Sheehy
Meghan Hall	Melanie Shelsky
Gregory Hallerman	Kara Slocum
Peter Hennessey	Nancy Stronach
John Hennessy	Bill Sturgeon
Cady Hickman	Melissa Sylvester
Ellie King	Michael Wade
Kevin Klasman	Trevor Ward
John Lewicke	Greg Zoia
Sara Lewicke (Graves)	

October Renewals

Sabrina Bishop	Jake Fitzpatrick	Christiana Pike
Stephanie Bishop	Courtney Hawkins	Leslie Reap
Michelle Bociek	Daniel Houston	Chris Reap
Carl Bunis	Jeff Hunt	Kate Robinson
Sabrina Carter	Lisa Lawrence	Michael Tyrrell
Kevin Collins	Patricia Manning	Jennifer Tyrrell
Miranda Couture	Johnny Manning	Erin Tyrrell
Sarah Dennechuk	Jesse Manning	Megan Tyrrell
Kristin Fitzpatrick	Linda McCarthy	Brian Withers
Kevin Fitzpatrick	Marie Mullins	

MEMBERSHIP INFORMATION

November Renewals

Stacey Ascone	Emily Graves	Jennifer Meagher	Judy Slane
Brian Bigelow	Angela Graves	Kelly Olsen	Brianne Slane
Todd Callaghan	Karen Grondine	Kevin Olsen	Jim Slane
Taylor Catharine	Ivanna Gutierrez	Brooke Olsen	Marissa Slane
Dave Contrada	Jim Hansen	Natalie Olsen	Nicole Slane
Elizabeth Corsetti	Kent Holtshouser	Zachary Olsen	Bill Spencer
Katie Corsetti	Michelle Holtshouser	Carley Olsen	Debra Stellato
Ron Corsetti	Carley Holtshouser	Peter Paelinck	Thomas Stirling
Nathan Corsetti	Cora Holtshouser	Anneka Paelinck	Susan Stitham
Kenny Corsetti	Brad Johnson	Meghan Philpot	Zachary Stitham
Ari Dagan	Ronald Johnston	Kevin Philpot	Helena Stitham
Stephen Davis	Lucia Lansing	Michele Philpot	Lillia Stitham
Roy Dennehy	Samantha Lees	Darrell Philpot	Lori Szydlik
Richard Doyle	Glen Lord	Kathleen Philpot	Peter Szydlik
Alexandra Dunhom	Tanya Lord	Joanne Pomeranz	Jason Wright
Curt Fischer	Vladik Lord	Len Pomeranz	Sarah Wright
Danielle Fischer	Ivan Lord	Kelly Rocha	Siaoli Wright
Caroline Fischer	Jennifer Mack	Jody Secules	
Ryan Fischer	Joey Mack	Sarah Shields	

Welcome New Members

Bozek Family	Kallfelz Family
Susanne Carpenter	Kenney Family
Laura Carson	Mae Kovacs
Jennifer Casazza	Charlotte LaBonte
Susan Coffin	Matthew Mailloux
Meredith Dutton	David Morang
Richard Galera	Rachael Nelson
Dave Godlewski	Sarena Patel
Meghan Hall	Brian Ruhm
Andrew Hare	Melanie Shelsky
Vikas Issar	Warren Family
David Herr	Danielle York
Laura Joyce	



Overdue Memberships!!! If your name is below, you are at risk of being taken off the mailing list. Please act now.

Martha Burns	Courtney Green	Michael Levesque	Patrick Rush
Tom Conley	Debra Green	Eduardo Lopez-Reyes	Lauren Rush
David Cormier	Joshua Green	Marie Lopez-Reyes	Caitlin Rush
Peter de Bruyn Kops	Michael Hagerty	Rudo Mazaiwana	Mary Slocum
Christina de Bruyn Kops	Corey Hahnl	Geoff Misek	Erin Slocum
Alisa de Bruyn Kops	Jennifer Helsel	Cheryl Peltak	Jonathan Slocum
Steve Delahunty	Lori Hennessey	Stephanie Peltak	Kara Slocum
Linda Delahunty	Peter Hennessey	Frank Pilhofer	Richard Sparks
Dave Delahunty	Mike Hennessey	Laura Rallis (Watkins)	Walter Swanbon
Jim Delahunty	Brian Hennessey	Elissa Rehm	Gretchen VonMarshall
Peter Donahue	Kimberly Hickman	Allison Richards	David Williams
J.Sherwood Douglass	Zachary Hickman	Brian Richards	Patricia Williams
Gregory Early	Cady Hickman	Joseph Rogers	Steve Wolfe
Kathleen Early	Greg Indruk	Yelena Rogers	Deb Wolfe
Erin Early	Donald Jean	Damian Rowe	Alec Wolfe
Shannon Early	Lisa Klasman	Deborah Roy	Jessica Wolfe
Garrett Early	Kevin Klasman	Richard Roy	Benjamin Wolfe
Karen Flynn	Walter Lakin	Joe Rush	
Jonathan Green	Jared Lakin	Elaine Rush	

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 Back Facials
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 Reflexology
 Ear Coning
 Life Coaching
 Henna Tattoo

GATE CITY STRIDERS - NH RACE RESULTS

August 16, 2010- Mine Falls Summer Trail Series Race 11 5M Nashua, NH

<u>Place</u>	<u>Name</u>	<u>Time</u>
6	Mark Wimmer	33:09
10	Bill Newsham	37:04
11	Ben Platt	37:07
12	Anthony Lombardi	37:43
14	Danielle Fischer	38:17
15	Dan Dugan	38:47
17	Chris Cole	40:07
20	Lisa Lombardi	41:08
22	Murray Collette	42:03
23	Bob Long	43:21
26	Laura Rallis	43:53
28	Jacob Rube	44:16
29	Karen Cole	45:02
35	Prem Rao	49:33

August 16, 2010- Mine Falls Summer Trail Series Race #11 5K Nashua, NH

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	BJ Bottomley	17:28
3	Michael Wade	18:59
8	Jim Hansen	19:56
16	Molly McCabe	22:24
30	Caroline Fischer	25:36
32	Robin Rocha	25:50
40	Adam Gerhard	27:50
44	Jay Jacobs	27:59
48	Wendy Newsham	28:38
49	Emilie Newsham	28:39
50	Howard Price	28:40
51	Chris Shelsky	28:48
56	Susan Rube	30:12
59	Susan Skaluba	31:29
63	Erin McWhirter	33:44
65	Priya Peraje	35:32
74	Melody Miller	44:12

August 14, 2010- 8th Annual Crisman Memorial 5K-Amherst, NH

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
21	Zebulon Brundage	20:42	6:40
26	Anthony Lombardi	21:13	6:50
47	Lisa Lombardi	23:26	7:33
54	Michelle Donohue	23:34	7:35
55	Felicia Lombardi	23:35	7:36
66	David Salvas	24:38	7:56
72	Cheryl Peltak	25:13	8:07
87	Alyss Lombardi	25:55	8:21
89	Robert Bourgeois	26:08	8:25
134	Kristen King	28:42	9:15
195	Connor Donoghue	35:56	11:34
202	Maggie Paul	38:24	12:22
205	Maggie Salvas	39:02	12:34
206	Amy Madden	39:03	12:35
208	Kathleen White	40:45	13:07
210	Jay Donoghue	41:28	13:21
235	Mary Brundage	54:28	17:32

August 14, 2010- Bridge of Flowers 10K Shelburne Falls, MA

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
60	Joe Noonan	36:30	5:53
110	Bill Newsham	39:27	6:21
128	Michael Wade	40:45	6:34
139	Richard Galera	41:45	6:44
158	Ken Snow	42:44	6:53
159	Karen Pattelena	42:47	6:54
221	Tammy Gaffey	45:25	7:19
228	David Contrada	45:36	7:21
241	Joe Noonan	46:10	7:26
246	John Lewicke	46:32	7:30
263	Jim Long	47:12	7:36
291	Rick Roy	48:25	7:48
313	Janice Platt	49:13	7:56
315	Neal Miller-Grant	49:24	7:57

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357	Oliver McMahon	51:06	8:14
478	Justin Platt	56:15	9:03
506	Bob Long	57:39	9:17
545	Suzanne Long	59:13	9:32
584	Ellen Miller-Grant	1:01:46	9:57
610	Jennifer Helsel	1:03:50	10:17
687	Doug Sylvester	1:11:07	11:27
716	Jennifer Mack	1:16:32	12:20
717	Jennifer Vincent	1:16:33	12:20

**August 12, 2010- 19th Annual Cigna/Elliot
Corporate 5K Road Race Manchester NH**

Place Name Net Time Pace Gun Time

42	Corey Hahnl	16:40	5:22	16:49
58	Geoff Misek	17:12	5:32	17:14
60	Denis Tranchemontagne	17:15	5:33	17:17
73	Bill Newsham	17:38	5:41	17:40
124	Michael Wright	18:43	6:02	18:46
144	Len Hall	18:53	6:05	18:58
149	Cathy Merra	18:59	6:07	19:02*
183	Raymond Boutotte	19:24	6:15	19:31
200	Richard Hillman	19:33	6:18	19:43
201	Jim Hansen	19:37	6:19	19:43
218	Jason Wright	19:46	6:22	19:55
224	Ryan Quinlan	19:54	6:25	19:57
235	Glenn Stewart	19:58	6:26	20:06
252	Liz Hall	19:59	6:26	20:14
253	Cassandra Wright	20:12	6:30	20:15
296	Paul Hughes	20:22	6:34	20:37
297	George Clemence	20:31	6:36	20:39
301	Donald Hadden	20:36	6:38	20:40
312	Nicole Rogers	20:34	6:37	20:44
346	James Kallfelz	20:39	6:39	20:59
357	Dan Dugan	20:59	6:45	21:04
362	Peggy Lai	21:02	6:47	21:05
413	Leslie Reap	21:21	6:53	21:27
475	Donna Horan	21:29	6:55	21:53
511	Christopher Cole	21:46	7:01	22:08
542	Oliver McMahon	22:18	7:11	22:24
543	Janice Platt	22:04	7:07	22:25

588	Denny Leblanc	22:35	7:16	22:43
596	Bill Spencer	22:43	7:19	22:48
648	Justin Platt	22:48	7:21	23:08
699	Richard Stockdale	22:45	7:20	23:28
830	Murray Collette	23:09	7:28	24:08
910	David Salvas	24:32	7:54	24:40
991	Courtney Hawkins	25:04	8:05	25:08
1013	Karen Cole	24:45	7:58	25:17
1249	Mark Sage	24:47	7:59	26:31
1280	Dave Delahunty	23:34	7:36	26:40
1331	Andrew Najberg	26:32	8:33	26:55
1496	Rebecca Vandenberg	26:33	8:33	27:41
1511	Siaoli Wright	27:03	8:43	27:44
1615	Maureen O'Leary	27:10	8:45	28:07
1708	Patricia Williams	25:00	8:03	28:31
1813	Lindsay Wright	27:14	8:46	28:58
1854	Lynn Morrow	26:37	8:34	29:07
2063	Laurie Frechette	27:31	8:52	30:02
2076	Matthew Stevens	27:50	8:58	30:06
2259	Sarah Dresser	27:56	9:00	30:52
2260	Steve Delahunty	27:47	8:57	30:52
2261	Linda Delahunty	27:47	8:57	30:52
2332	Clayton Cole	29:17	9:26	31:10
2458	Debra Hadden	29:53	9:38	31:40
2462	Diane Anderson	30:06	9:41	31:41
2503	Lori Szydlik	29:06	9:22	31:51
2715	Debi Roy	30:33	9:50	33:00
2726	Kent Holtshouser	31:20	10:06	33:05
2731	Carley Holtshouser	31:22	10:06	33:06
2863	Monica Costa	32:18	10:24	33:53
2873	Duane Smith	31:02	10:00	33:57
2939	William Beiter	28:23	9:08	34:24
3117	Melissa Stevens	33:20	10:44	35:35
3167	Linda Panny	33:26	10:46	35:48
3251	Debbie Brodeur	34:55	11:15	36:30
3267	Lori Scarito	35:07	11:18	36:39
3332	Kevin Cole	34:41	11:10	37:22
3371	Jessica D'Amico	34:05	10:59	37:43
3415	John Panny	36:30	11:45	38:15
3490	Lisa King	34:02	10:58	38:53

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3538	Amy Madden	38:04	12:16	39:31
3544	Maggie Salvas	38:08	12:17	39:34
3548	Kathleen White	38:09	12:17	39:35
3573	Joey Mack	36:41	11:49	39:44
3586	David Calale	37:55	12:13	39:52
3624	Vickie Fortier	37:09	11:58	40:19
3636	Jennifer Mack	37:23	12:02	40:26
3708	Joan Martin	39:51	12:50	41:18
3735	Betty Wendt	38:11	12:18	41:44
3807	Melody Miller	39:52	12:50	43:01
3974	Ellen Kolb	42:53	13:49	46:17
3986	Deb Green	43:37	14:03	46:33
3995	Gregory Hallerman	44:22	14:17	46:42
4411	Margaret Anderson	50:53	16:23	53:45
4481	Angela Smith	49:53	16:04	54:42

**August 2, 2010- Mine Falls Summer Trail
Series- Race #9 5M Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
6	Shauna Salem	34:31
7	Ken Snow	34:36
10	Alec Wolfe	35:43
12	Anthony Lombardi	36:50
13	Steve Delahunty	37:18
14	Colin McDevitt	38:06
17	Justin Platt	39:45
19	Alyss Lombardi	40:26
20	Chris Cole	40:55
22	Lisa Lombardi	42:08
23	Ben Bacher	42:10
24	Laura Rallis	43:46
26	Murray Collette	44:49
27	Karen Cole	45:10
28	Kirsten Hewitt	46:18
29	Ed Bacher	46:35
30	Bob Long	46:51
32	Prem Rao	47:53
35	Suzanne Long	48:38
38	Jennifer Vincent	51:51

**August 2, 2010- Mine Falls Summer Trail
Series- Race #9 5K Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
4	Corey Hahl	18:16
11	Mike Wright	20:08
12	Jim Hansen	20:20
21	Dave Delahunty	21:49
22	Cassie Wright	21:56
41	Janice Platt	24:06
42	Jacob Rube	24:14
53	Deb Graham	26:05
54	Robin Rocha	26:15
58	Linda Delahunty	26:58
61	Adam Gerhard	27:24
67	Howard Price	28:26
68	Lindsay Wright	28:33
69	Chris Shelsky	28:39
72	Kristi Lowenthal	28:55
74	Gayle Deibert	29:34
75	Lynn Chesebrough	29:39
82	Mary Slocum	32:55
86	Duane Smith	34:46
94	Susan Skaluba	37:02
96	Claire Bacher	38:52
97	Nathan Wright	38:57

**July 26, 2010- Mine Falls Summer Trail Series-
Race #8 5K Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
2	Corey Hahl	18:08
3	Steve Wolfe	18:12
11	Jim Hansen	20:23
19	Lisa Klasman	21:45
21	Dave Delahunty	21:52
35	Janice Platt	23:09
37	Oliver McMahan	23:16
46	Jacob Rube	24:15
47	Ben Bacher	24:22
55	Robin Rocha	26:09
57	Deb Graham	26:22

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58	Ed Bacher	26:25
62	Adam Gerhard	26:34
68	Howard Price	28:15
69	Linda Delahunty	28:22
71	Kristi Lowenthal	28:46
75	Chris Shelsky	28:55
78	Melanie Shelsky	29:03
82	Lynn Chesebrough	29:31
83	Gayle Deibert	29:35
86	Susan Rube	30:16
87	Deanna Bourbeau	30:48
89	Duane Smith	31:04
94	Bryce Newsham	31:55
95	Mike Whelton	32:20
96	Mary Slocum	32:22
99	Maryann Picard	33:33
103	Nathan Wright	37:31
104	Susan Skaluba	37:59
113	Lindsay Wright	52:47

**July 26, 2010- Mine Falls Summer Trail Series-
Race #8 5M Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
3	Mark Wimmer	33:13
4	Curt Fischer	33:20
5	Mike Wright	33:21
6	Shauna Salem	34:08
9	Ken Snow	35:19
12	Donald Hadden	36:51
14	Justin Platt	37:23
15	Cassie Wright	37:32
16	Colin McDevitt	37:33
19	Rick Roy	38:11
21	Steve Delahunty	38:20
22	Chris Cole	39:35
23	Danielle Fischer	39:37
30	Laura Rallis	43:37
31	Bob Long	44:50
32	Wendy Newsham	45:02
33	Karen Cole	45:25

34	Kirsten Hewitt	45:27
37	Suzanne Long	49:25
41	Caroline Fischer	52:00

**July 19, 2010 Mine Falls Summer Trail Series-
Race #7 5M Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
2	BJ Bottomley	31:14
4	Curt Fischer	35:14
6	Justin Platt	35:59
11	Colin McDevitt	39:15
15	Keegan Cole	41:14
16	Shauna Salem	41:25
17	Danielle Fischer	41:26
18	Chris Cole	41:27
21	Lisa Lombardi	42:04
22	Dave Delahunty	42:17
23	Janice Platt	42:28
25	Steve Delahunty	42:31
27	Laura Rallis	44:35
28	Murray Collette	46:10
34	Prem Rao	54:07

**July 19, 2010 Mine Falls Summer Trail Series-
Race #7 5k Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
10	Jim Hansen	20:40
16	Donald Hadden	21:47
26	Ben Platt	23:47
30	Jacob Rube	24:25
38	Caroline Fischer	25:32
40	Bill Newsham	25:49
49	Robin Rocha	26:37
53	Emily Newsham	27:30
54	Deb Graham	27:35
56	Wendy Newsham	27:42
57	Linda Delahunty	28:16
58	Howard Price	28:49
59	Chris Shelsky	29:00
60	Adam Gerhard	29:07

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61	Alyss Lombardi	29:10
67	Bryce Newsham	30:05
71	Deanna Bourbeau	30:26
73	Susan Rube	30:47
76	Elizabeth Corsetti	31:40
78	Duane Smith	41:42
82	Susan Skaluba	35:01
83	Maryann Picard	35:25
86	Jill St. George	35:48
90	Bob Long	36:51
92	Suzanne Long	36:59
93	Matthew Long	37:00
94	Chris Long	37:01

July 18, 2010 – Stowe 8 Miler Stowe, VT

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
45	Rich Smith	0:45:47	5:44
50	David Herr	0:46:06	5:46
56	Dave Dunham	0:46:31	5:49
86	Randy Macneill	0:48:37	6:05
147	Keith O'Brien	0:53:01	6:38
148	Michael Wade	0:53:04	6:39
152	Len Hall	0:53:23	6:41
158	Cathy Merra	0:53:41	6:43
169	Mike Merra	0:54:20	6:48
170	Curt Fischer	0:54:26	6:49
201	Ken Snow	0:56:33	7:05
215	Ken Goodin	0:57:20	7:10
226	Glenn Stewart	0:57:48	7:14
243	Dave Contrada	0:58:42	7:21
262	Joe Noonan	0:59:20	7:25
285	Dan Dolan	1:00:40	7:36
311	John Lewicke	1:02:08	7:46
312	David Pember	1:02:08	7:47
321	Lisa Klasman	1:02:23	7:48
335	Janice Platt	1:02:53	7:52
343	Jim Long	1:03:22	7:56
358	Jim Stronach	1:03:51	7:59
373	Denny Leblanc	1:04:29	8:04
421	Oliver McMahon	1:07:17	8:25

430	Laura Joyce	1:07:31	8:27
436	Rick Roy	1:07:40	8:28
451	Justin Platt	1:08:03	8:31
584	Kirsten Hewitt	1:15:15	9:25
593	Jack Kick	1:15:36	9:27
617	Chris Cole	1:16:52	9:37
625	Bob Long	1:17:18	9:40
684	Deb Roy	1:20:42	10:06
695	Deanna Bourbeau	1:21:38	10:13
819	Douglas Sylvester	1:31:53	11:30
834	Jen Vincent	1:34:26	11:49
848	Suzanne Long	1:38:39	12:20
858	Jen Mack	1:42:50	12:52

July 17, 2010 43rd Annual Bill Luti 5-Miler

Concord, NH

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
15	Kevin Collins	29:39.5	5:56
19	Denis Tranchemontagne	30:17.3	6:04
24	Justin Soucy	30:41.4	6:09
26	Amber Cullen-Ferreria	31:02.4	6:13
32	Michael Wade	32:21.5	6:29
42	Carl Hefflefinger	33:11.8	6:39
43	Mike Ward	33:13.9	6:39
67	Tammy Gaffey	34:44.3	6:57
71	Jim Velino	34:51.7	6:59
79	Cindy Edson	35:23.3	7:05
86	Tom Kolb	36:21.9	7:17
95	Damian Rowe	37:06.8	7:26
111	Michelle Poublon	37:58.2	7:36
126	Jim Ecke	39:08.5	7:50
154	Robert Knight	41:01.3	8:13
155	Suzanne Barker	41:02.0	8:13
158	Len Hall	41:06.1	8:14
164	Andrea Pierce	41:36.8	8:20
165	David Salvas	41:40.2	8:21
180	Thomas Conley	42:18.7	8:28
212	Aline Kenney	44:35.0	8:55
213	Jim Velino	44:36.8	8:56
219	Robin Rocha	44:47.1	8:58

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281	Adam Gerhard	48:23.7	9:41
286	Barbara Robinson	48:59.5	9:48
300	Jim Eden	50:49.0	10:10

**July 5, 2010- Mine Falls Summer Trail Series-
Race #5 5 Mile Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
3	Curt Fischer	35:33
4	Alec Wolfe	35:58
10	James Kallfelz	38:05
11	Griffin Gagnon	38:41
15	Dan Dugan	40:27
17	Laura Rallis	48:08
20	KirstenHewitt	52:38
22	Prem Rao	53:14

**July 5, 2010- Mine Falls Summer Trail Series-
Race #5 5k
Nashua, NH**

<u>Place</u>	<u>Name</u>	<u>Time</u>
3	BJ Bottomley	19:11
6	Jim Hansen	21:19
9	Donald Hadden	22:06
11	Chris Cole	22:44

16	Danielle Fischer	23:28
20	Jacob Rube	25:00
23	Murray Collette	25:10
27	Robin Rocha	26:48
29	Adam Gerhard	27:13
30	Deb Graham	27:31
33	Melanie Shelsky	28:59
38	Deanna Bourbeau	30:36
40	Gayle Deibert	30:41
43	Chris Shelsky	32:41
45	Susan Rube	32:59
47	Lindsay Wright	33:23
48	Caroline Fischer	33:24
49	Duane Smith	33:36
53	Maryann Picard	35:39
56	Carley Holtshouser	38:38
57	Kent Holtshouser	38:39

July 4, 2010 4K On the Fourth Concord, NH

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
79	J. Grant Lerude	20:09	8:08
95	Adam Gerhard	21:03	8:29
107	Jenn Casazza	21:43	8:46
122	Gary Lerude	22:11	8:57
126	Lori Lerude	22:45	9:11
158	Vickie Fortier	26:19	10:37



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DO YOU KNOW THIS GUY?



Roy Dennehy and Frank Shorter

It's not surprising that some of the long time Striders, team runners and volunteer at Strider events are also giving of their time elsewhere.

Roy Dennehy has helped at Applefest for a long time even while he has been planning, as RD, the Larry Robinson 10 Mile & 5K race in Andover MA on a weekend that is Sunday Nov 7th this year.

This is the 10th and final year of the event and Roy through the race has raised a lot of money for Cancer Research. It's a labor of love for Roy and it's been a challenge that I can certainly appreciate.

Roy is probably too shy to ask for help at this level but he's earned it and he needs it.

The race has about 1,000 participants and though Roy has a few solid base volunteers he has nothing like the Applefest or Fitness U team.

I've helped Roy there for a number of years and I'd like to ask some of you Striders to help make the final year of a great guy be less stressful and a fun parting memory that he can enjoy.

The venue and course do not require Applefest's heavy commitment of volunteers but it can certainly use more volunteers than he normally has. It's a nice course, easy to get to and your help would be a way of thanking Roy for all his help to the club over the years.

Contact Roy Dennehy at:

E-mail rkd6@msn.com

Call 978-687-2709

<http://www.coolrunning.com/major/10/larryrobinson/>

Regards

Steve Moland

