



Striding Along

Newsletter of the Gate City Striders Running Club



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Cover photo: Track Time! Photo by Richie Blake.

Editor's Note:

Howdy fellow Striders,

Okay, so yeah... this is a late, and small issue of Striding Along. But because of that, the next issue is already under way! So no more hesitating!!! Send me your articles, jokes, photos, stories, and anything else you would like to see here.

It has been an interesting start to the "warm" season. Track has been lots of fun, even on the rainy days. I am very impressed with the dedication to all levels of the GCS team! It is great to see so many people show up, even if the weather is not looking pristine.

While some races have passed, there are many more coming up, including a brand new event for the state of NH, and it is being put on by our own head coach, Dave Camire. So before you load up on hotdogs and beer, head over to the Historic Holman Stadium and choose between a 5k or 10k race. It is sure to be a great event.

Speaking of great events... The 2011 Mine Falls Summer Trail Race Series is off to a rousing start! With record numbers, and a choice of 5k or 5 mile, there is something for everyone. There is a wide range of speeds and ages, so do not be discouraged. Come on down and run or help out. More information is on page 16.

I am willing to gamble that the warm weather will be here soon... when that happens, do not forget to keep hydrated. It is one of the simplest things you can do to help keep yourself healthy, and running well.

A special kudos goes out to Dave Salvias during his run across New Hampshire. Dave is an amazing person, and what he does for charities is more than awe inspiring. I look forward to hearing about his latest great adventure.

Well, that's it for now... more to come soon!

Keep on running, and stay safe.

Until next time....

Richie Blake.



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



GATE CITY STRIDERS AND NASHUA PAL CRUISERS MERGE TO FORM UNIFIED YEAR-ROUND CLUB

Nashua's two leading youth running organizations, the Nashua Police Athletic League (PAL) Cruisers and the Gate City Striders, announced that they have merged their youth cross country and track and field operations to provide a single youth running club, offering cross country in the fall and track and field in the spring and summer. The new youth club, called the "Nashua PAL/Gate City Striders," will field a single, unified slate of teams in the fall 2011 cross country season after the interscholastic middle school season has ended. Open to boys and girls of all abilities from Nashua and surrounding communities throughout southern New Hampshire and northeastern Massachusetts, teams will be formed in all age groups from "Sub-Bantam" (7 and under) to Young Men & Women (17 & 18) to train together and compete in events sanctioned by USA Track & Field (USATF).

Gate City Striders president Michelle Poublon explained, "In some ways, this is a matter of old friends reuniting. Several Gate City youth coaches have coached in the PAL organization, and many PAL coaches and parents are adult members of our running club." PAL Cruisers board chairman Nick

Dahl added, "This is definitely a situation where the whole will be greater than the sum of its parts. Nashua-area runners supporting each other in training and competition will allow more of them to get the most of of cross country and track and field as they progress toward high school. And in the process, the kids will have more fun!"

Another benefit, noted by PAL Athletic Director Joe Laplante, is that the partnership "will make parents' lives easier. Before, many athletes were required to re-register with USATF, switching their club affiliation each spring and fall, because PAL offered only cross country and the Striders offered spring track and field. With this new, unified club, parents will be saved the headache of continually shifting club affiliations."

The nonprofit, 600+ member Gate City Striders organization is a year-round running club for adults and kids, focused on developing a healthy lifestyle. Its youth program, like Nashua PAL's, utilizes experienced volunteer coaches to prepare participants for the USATF Junior Olympic program. As Poublon noted, "Working with our partners at PAL, our objective will remain the same: keeping fun at the forefront of our efforts to train young athletes to be the best they can be while educating them about proper stretching, nutrition, and mental preparation."

The Nashua Police Athletic League ("Nashua PAL"), a not-for-profit youth enrichment organization, was founded and incorporated in 1989. PAL's Ash St. Community Center, located in Nashua's downtown "Tree Streets" neighborhood,


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was designated as a “Youth Safe Haven” by the Milton S. Eisenhower Foundation in 2005. The PAL Youth Safe Haven offers daily homework help, a computer lab, library, academic and social enrichment programming, a recreation room, and a fenced-off playground in the inner city. PAL Athletic programs include boxing, middle school street hockey, football and cheerleading, as well as cross country. Over 700 elementary school runners participated PAL’s Elementary School Cross Country program in 2010.

For more information about the new Nashua PAL/ Gate City Striders program, including registration, contact Chris Morrow at nashuapaljocord@gmail.com or Michelle Poublon at m.poublon@comcast.net.

Michelle Poublon and Chris Morrow of PAL posing with some of the kids from each of the former programs.



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HENRI RENAUD AWARDS NIGHT PHOTOS BY RICHIE BLAKE



2011 Henri Renaud Award Winners: Scott Rowe and Alexandra Varanka





RACING AHEAD

A LOOK AT SOME UPCOMING TRIAD RACING TEAM EVENTS

By MICHAEL WADE



Bill Luti 5 Miler - Saturday, July 16 – 9:00 am - Concord, NH

Back in 1968, Concord High School Cross-Country coach Bill Luti helped organize what was to become one of the oldest footraces in New England - the “Concord 5-Miler”. In recognition of his many contributions to the sport of running - and to the many lives he has touched - the race was named in his honor in 1984. The Bill Luti 5 Miler is now celebrating its 44th year and will be the fourth NHGP race of the year.

This certified course begins at Memorial Field in Concord. Mile one begins slightly down and is mostly flat. Mile 2 starts and finishes down, but includes a tough 6/10 mi. hill. Mile 3 is mostly flat with some down-grades. Mile 4 starts fast/down but climbs gradually to Concord Hospital. Mile 5 is flat and down for a fast finish. The course drops 10 feet from start to finish and is a “Records Quality Course”. The current records for this 8k course are held by Paul Mwangi (23:51), and Susannah Beck (27:21).

The pre-race day registration fee is \$15 mailed no later than July 11. The race day registration fee is \$20, from 7:30-8:45 a.m., at Memorial Field on South Fruit Street. The entry

fee for this race is one of the lowest anywhere - especially for a chip timed event. And, a portion of each entry fee goes to help cross-country programs for area kids.

Stowe 8 Miler - Sunday, July 17 – 9:00 am - Stowe, VT

The historic Stowe 8 Miler will be celebrating its 30th anniversary this year and it will be the fifth stop on the New England Grand Prix express. LOCO Sports and Club LOCO are proud to again support and direct this classic race.

The course is an 8 mile single loop starting and finishing just off the Mountain Road in the town of Stowe (the town events field on Weeks Hill Rd.). It's a mostly flat course that proceeds through beautiful Vermont countryside and takes you through the heart of Stowe. The finish is on the front lawn of the Golden Eagle Resort. And, the famous after race party with The Shed crafted beer and ice cream is at the Ye Olde England Inne. High Tech wicking T Shirts will be given free to the first 500 runners. Prizes will be designated in 5 year age groups and include merchandise and gift certificates. Note - this year there will be cash prizes for teams as well as individuals.

Situated in a quaint valley below the state's highest point, Mt. Mansfield, and beneath the Stowe Mountain Resort, Stowe is always a great team “get-away” destination. With its Recreational Pathway, distinct country shops and renowned restaurants, Stowe has something unique for virtually all tastes and ages.

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Other local attractions include: the famous Trapp Family Lodge, Ben and Jerry's Ice Cream factory, The Vermont Teddy Bear Company, Shelburne Museum, and the Echo Lake Aquarium and Science Center among others. Basically, Stowe is the perfect place to spend a summer weekend.

Carver Cranberry 5 Miler - Saturday, July 30 – 9:00 am - Carver, MA

The 33rd Annual Carver Cranberry 5miler makes it's first ever appearance in the New England Grand Prix this year and I (for one) am happy to see a new face amongst the NEGP race crowd. The town of Carver once produced more cranberries than any other town in the world and still has extensive cranberry farming. It is one of the fastest growing towns in Massachusetts and is home to both the King Richards Faire (in the fall) and the Edaville Railroad (all year long).

Race Registration is at the John Carver Elementary School on Route 58 (Main Street) beginning at 7:00am. T-Shirts are guaranteed for all runners who register by July 7th. The 5m course is a loop which starts on Route 58 directly in front to the school and quickly takes a right onto Meadow Street where it runs by some of Carvers famous cranberry bogs. It then takes a right onto Holmes St, another right onto West Street and finishes at the end of West Street next to Shuttes Park. There is a free raffle for all registered runners (must be present to win). Overall Male and Female prizes: 1st \$100, 2nd \$75 AND 3rd \$50. New course record \$200. And, team prizes will total \$1000.

Bear in mind that the wonderful things you learn in your schools are the work of many generations. All this is put in your hands as your inheritance in order that you may receive it, honor it, add to it, and one day faithfully hand it on to your children. -

Albert Einstein

Old Home Days 5 Miler - Saturday, August 13 – 9:00 am – Sandown, NH

The Sandown 5 mile road race is celebrating its 19th year by returning to the New Hampshire Grand Prix again this year. This race will be the fifth NHGP race of the year. According to the race director, the course is one of "New England's toughest 5-milers with 13 hills." But, don't let that scare you off! There will be free performance Cloth T-Shirts to the first 150 runners as well as 3 deep awards and raffles.

Sandown Old Home Day is a weekend-long celebration featuring a parade, the 5 mile road race, fire fighters' chicken BBQ, mothers' club bake-off and auction, community events, and a spectacular fireworks display. Proceeds from the event will be distributed to the town's various youth programs.

Registration is at the Sandown Fire House at 316 Main Street. The registration fee is \$20 mailed no later than Aug 1st. The race day registration fee is \$25. The race is organized by the Sandown Rogue Runners, with race proceeds to benefit Sandown's youth programs and two scholarships to be awarded to Sandown graduates.



2011 New Hampshire Grand Prix Series

- **Shamrock Shuffle 2m**, Manchester - Sun, Mar 27
- **Reds Shoe Barn 5m**, Dover - Sun, Apr 10
- **Medical Center 6k**, Nashua NH – Sun, May 8
- **Bill Luti 5m**, Concord - Sat, Jul 16
- **Old Home Days 5m**, Sandown - Sat, Aug 13
- **NH 10m**, Auburn - Sat, Sept 3
- **Footrace for the Fallen**, Manchester - Sun, Oct 16

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 WERE GRANITE RUNNERS FOR 2010?

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

Suzanne Barker, Robin Rocha, Tom Kolb & Michael Wade

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

2011 New England Grand Prix Series

- **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 8m**, Stowe VT - Sun, Jul 17
- **Carver Cranberry 5m**, Carver MA - Sat, Jul 30
- **Cape Cod Marathon**, Falmouth MA - Sun, Oct 30

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 WERE IRON RUNNERS FOR 2010?

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

Janice Platt, Jennifer Mack, Laura Watkins, Suzanne Long, Jim Long, Justin Platt, Dave Contrada, Oliver McMahon, Damian Rowe, Ken Snow, John Lewicke & Joe Noonan

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

2011 GCS-TRIAD RACING TEAM SCHEDULE

Bold = Grand Prix Race

Mar 20 - **New Bedford Half Marathon** - New Bedford, MA (NEGP)

Mar 27 – **Shamrock Shuffle 2m** – Manchester, NH (NHGP)

Apr 10 - **Red Shoe Barn 5m** - Dover, NH (NHGP)

Apr 18 – Boston Marathon – Hopkinton, MA

May 1 – **James Joyce 10k** - Dedham, MA (NEGP)

May 8 – **Medical Center 6k** - Nashua, NH (NEGP & NHGP)

May 21 – Northfield Mountain – Northfield, MA

May 28 – Wachusett Mountain – Princeton, MA

May 29 – Pineland Farms 25k Team Championship – New Gloucester, ME

Jun 5 - **Rhody 5k** - Lincoln, RI (NEGP)

Jun 5 – Pack Monadnock – Wilton, NH

Jun 18 – Mount Washington – Pinkham Notch, NH

Jun 13 – New England Outdoor Championships

Jun 26 – Cranmore Mountain – North Conway, NH

Jul 3 – Loon Mountain – Lincoln, NH

Jul 10 – Ascutney Mountain – Ascutney, VT

Jul 16 - **Bill Luti 5m** - Concord, NH (NHGP)

Jul 17 - **Stowe 8m** - Stowe, VT (NEGP)

Jul 30 – **Cranberry 5m** – Carver, MA (NEGP)

Aug 13 - **Sandown 5m** - Sandown, NH (NHGP)

Sept 3 – **NH 10m** – Auburn, NH (NHGP)

Sept 24 – Winnipesaukee Relay – Weirs Beach, NH

Oct 1 – Applefest Half Marathon – Hollis, NH

Oct 16 – **Footrace for the Fallen 5k** - Manchester, NH (NHGP)

Oct 30 – **Cape Cod Marathon** - Falmouth, MA (NEGP)

Nov 6 – New England XC Championships – Boston, MA

Dec 4 – Mill Cities Relay

2011 GCS ENTRY FEE POLICY BY: MICHAEL WADE

The E-Board recently voted to continue the race entry reimbursement policy for 2011. As it was last year, any current club member can run any of the seven **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!

Below is a list of the races that are eligible for reimbursement 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 8m**, Stowe VT - Sun, Jul 17
- **Carver Cranberry 5m**, Carver MA - Sat, Jul 30
- **Cape Cod Marathon**, Falmouth MA - Sun, Oct 30



So as you can see, our first NEGP race is right around the corner on March 20th at the **New Bedford Half Marathon** in New Bedford, MA. If you want to run just shoot me an e-mail to mwade@ganekarchitects.com with your information (including your USATF#) and I'll get you signed up for the race. In the weeks leading up to race day I'll be adding everyone's name to our race list on the club website at www.gatecity.org 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 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!

Photos by Richie Blake



THANK YOU!!! FROM STEVE MOLAND

A huge THANK YOU to the following Gate City Striders who volunteered to help manage the Medical Center 6K race this past Sunday.

(My apologies if I missed getting anyone on the list)

You folks, along with some of the Southern New Hampshire Medical Center Staff, helped pull off an Amazing event. Think about what you did - I mean think about it.

The race had its largest turn out ever.

It was a USATF-NE Grand Prix series race.

It was a New Hampshire Grand Prix series race.

It went off without any hitches.

It started ON TIME

The awards were ON TIME (60 minutes from the start)

YOU did it. You dealt with the minor hiccups and smacked them down.

We watched the eyes of New England Running try to stare us down, but you didn't blink.

CONGRATUALATIONS.

Jakib Azeddine	Ellen Kolb	Emily Soucy	Suzanne Barker
George Lecours	Justin Soucy	Jules Burgo	Bob Ludwig
Richard Stockdale	Hermina Cabebe	Mike Merra	Emily Strong
Chris Cole	Judi Moland	Christine Sweetser	Karen Cole
Ethan Platt	Gig Walsh	Dick Doyle	Justin Platt
Betty Wendt	Bill Farina	Kevin Reynolds	Cassie Wright
Ken Gooden	Dave Salvas	Lindsey Wright	Aileen Kenney
Brian Sanborn	Mike Wright	Terry Kenney	Genia Sanborn
Nate Wright	Ken Snow	Mellisa Wu	

** Hey, how about them new Strider singlets? Spectacular!!

FREE!

FITNESS UNIVERSITY 2011

Register online at RunFitnessU.com



Just for Kids Ages 3 to 14

Free Clinics start on Tuesday, May 31

Finals Day: Saturday, July 23, 2011, 9:00am-noon

About Fitness University

Fitness University is a FREE running fitness program for children 3-14. Developed in 1989 by the Nashua Gate City Striders, Fitness University is dedicated to promoting the importance of fitness, fun, and good health. From early June through July, the free running clinics are held in Nashua and surrounding towns – all leading up to Finals Day.

Finals Day

Join all the fun on Finals Day, Saturday, July 23, 2011, 9:00am-noon at Nashua High School South. Finals Day is packed with fun-filled events for all ages – games, stretching, running, visits from special guests, a health tent full of safety tips and healthy snacks, lots of goodies for all, and it's FREE.

Register in advance so we can have race bibs and t-shirts for everyone. Seating is limited – bring a lawn chair and enjoy the day!

2011 Fitness University Clinics and Finals Day Schedule

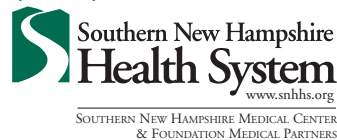
All clinics run from 6:00pm-7:30pm.

CLINIC #	DAY	DATE	LOCATION
1	Tuesday	May 31	Nashua High School South Nashua, NH
2	Tuesday	June 7	Souhegan High School Amherst, NH
3	Tuesday	June 14	Nashua High School South Nashua, NH
4	Tuesday	June 21	Merrimack High School Merrimack, NH
5	Tuesday	June 28	Nashua High School South Nashua, NH
6	Tuesday	July 5	Hollis-Brookline High School Hollis, NH
7	Tuesday	July 12	Nashua High School South Nashua, NH
8	Tuesday	July 19	Nashua High School South Nashua, NH
Finals Day	Saturday	July 23	Nashua High School South Nashua, NH

For further information, to register on-line (preferred method) or to print an application, go to RunFitnessU.com on the Web. To Contact us, email info@runfitnessu.com.

Note: Fitness University is hosted by the Gate City Striders and is not a school activity.

Sponsored by:



Hosted by:



RACES OF INTEREST:

2011 Mine Falls Summer Trail Race Series

At Stellos Stadium - 6:30pm every Monday night (except Jul 4th) from Jun 6th through Aug 29th

Series Overview:

A fun, no-frills 12-Week Series scored in two segments and run from Stellos Stadium along the scenic trails of Mine Falls Park in Nashua, New Hampshire. The first 5-Week segment is followed by a "Relay" race which will be held on July 18th where teams of 3 (for the 5k), or 2 (for the 5 mile) compete against each other. Then the second 5-Week segment is followed by a "Handicap" race on August 29th where runners are sent off in waves based on their 2011 course PR times from slowest to fastest, as an exciting way to cap off a fun summer of trail running!

The Courses:

The 5k is very flat. The trails are wide and well groomed. The 5mile course is a bit more challenging. It is run on some narrower trails with a more varied terrain of packed dirt, roots & rocks. Both courses will have water stops, will be well marked and will have volunteers directing racers at major intersections.

Entry Fees:

\$3.00 for youth 14 and under, \$4.00 for ages 15-18, and \$5.00 for all others. Membership applications for the Gate City Striders will be available for those interested.

Awards:

Raffle prizes will be given out weekly to runners and age group awards will be given at the end of the Series to the top male & female point scorers for each of two 5-race segments in the following divisions: 14 & Under; 15-18; 19-39; 40-49; 50-59; 60-69; and 70+. The overall Male & Female Champions of the 10-race series will win special awards as well.

Scoring:

The overall winner of each race scores 100 points. All other finishers score points on a percentage basis of the winning time divided by their time. For example: if the winner runs 17:30; then a runner finishing in 18:00 scores 96 points; a runner finishing in 20:00 minutes scores 88 points; and a runner finishing in 24:00 scores 73 points.

Directions:

Take exit 5W off the Everett Turnpike (Route 3) in Nashua. Turn right at the first set of lights after the Police Station. The entrance to Stellos Stadium is the first left. Race registration will be in the parking lot to the right of Stellos.

New this year!

Anyone who participates in all 12 Races (including the relay and the handicap) will receive a commemorative Summer Trail Series Long Sleeve T-shirt at the end of the year - to keep you warm until the summer comes again!

2011 Trail Series - Race Application

At Stellos Stadium - 6:30pm every Monday night (except Jul 4th) from Jun 6th through Aug 29th

Make Checks Payable To: Gate City Striders

Mail Entry To: Summer Trail Race Series, 35 Park Avenue, Nashua, NH, 03060

===== Please Print Clearly =====

Name: _____ Age: _____ Sex: _____
Address: _____ DOB: _____
City: _____ State: _____ Zip: _____
Phone: _____ E-mail: _____

===== Choose your events =====

Segment #1:	Segment #2:
June 6 - []5k []5m	July 25 - []5k []5m
June 13 - []5k []5m	Aug 1 - []5k []5m
June 20 - []5k []5m	Aug 8 - []5k []5m
June 27 - []5k []5m	Aug 15 - []5k []5m
July 11 - []5k []5m	Aug 22 - []5k []5m

July 18 - Relay Race:
[] 5k - Team Name: _____
[] 5m - Team Name: _____

Aug 29 - Handicap Race:
[] 5k - Your 2010 5k PR: _____
[] 5m - Your 2010 5m PR: _____



MINE FALLS TRAIL SERIES
Presented By - The Gate City Striders

===== Compute your entry FEE =====

Entry Fees:
[] age 14 & Under = \$3 times the number of races: _____
[] age 15-18 = \$4 times the number of races: _____
[] age 19 & Over = \$5 times the number of races: _____

Waiver must be signed before mailing:

I know that trail running is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effect of the weather, including high heat and humidity, traffic and the conditions of the trails, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, rollers skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Gate City Striders, Road Runners Club of America, the City of Nashua, NH, the race committee and any and all other running related clubs or organizations assisting at the event on race day, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event, even though that ability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other recordings, or other record of the event for legitimate purposes. ALL FEES ARE NON-REFUNDABLE.

Signature (Parent's Signature if under 18)

Date



REVOLUTION



RUN

Featuring *The Minuteman Mile*

7.4.2011

Big Brothers Big Sisters
of Greater Nashua & Greater Salem

5K (WALK/RUN) & 10K

4th of July, 2011 • 9:00 am

Holman Stadium • Nashua, NH

The Minuteman Mile

\$250 Prize for Best Time *(Male/Female Category)*

PRESENTED BY...



College Bound Movers.com

Fantastic Amenities:

- Finisher Medals
- Technical T-Shirts *(First 300 registered)*
- B-Tag Timing
- Personalized Bibs
- Food and Beverages for Runners
- Music

for more information visit www.RevRunNashua.com



Nashua Wallpaper & Paint Co.



The Telegraph



REVOLUTION RUN 7.4.2011

When, Where and How Much?

July 4, 2011 at 9:00am. Registration is at Holman Stadium, Amherst Street, Nashua, NH – 7:30am to 8:45am. Entry fee is 5K & 10K: \$30 pre & \$35 on race day. Children the age of 12 and under: \$10. For more information, please visit www.RevRunNashua.com

Contact: joy@bbbsnashua.org

Race Entry – PRINT neatly & fill out completely

Make check payable to: Big Brothers Big Sisters
Mail to: Big Brothers Big Sisters, 33 Main Street #501,
Nashua, NH 03064-2776

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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First Name

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Last Name

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Address

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City/Town

CHECK ONE RACE

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State

Zip Code

5K

10K

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Age

Gender

Date of Birth (MMDDYY)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Shirt Size

S

M

L

XL

XXL

Email Address (print neatly please)

In consideration of this entry being accepted, I for my heirs, executors & administrators waive and release any and all claims for personal damages I may have against the organizers, City of Nashua, Big Brothers & Big Sisters, sponsors of this race and volunteers. I attest and verify that I am physically fit and have sufficiently trained for this event. Entry is non-refundable.

Signature (parent signature if under 18 yrs)

LIVE FREE AND RUN

For more information, please visit www.RevRunNashua.com



Sunday July 3, 2011 9:00 AM

NHTI Campus, Concord, New Hampshire

**A fast, & fun 4K on the beautiful NHTI Campus
New Hampshire's FIRST certified 4K Course**

Featuring 1 year age groups for New Hampshire Residents!

Winners receive special 'State Record Setter' Medals!

Colorful 4K On The 4th Technical Shirts to the first 500 runners and walkers.

4K On The 4th Pint Glasses to overall and age group champions.

Huge Raffle featuring Hanteens, 3CRP Hats, FuelBelts, RoadID Kits & more

Pre-Entry Fee: \$20.00 ::: Post Entry Fee: \$25.00

Register online at: http://www.active.com/event_detail.cfm?event_id=1843416

For more information call (603) 429-8879; go to <http://www.4KOnThe4th.com>
or email: michael@3craceproductions.com

Make check payable to: 3C Race Productions,
and mail to: 4K On The 4th, 160 Amherst Road, Merrimack, NH 03054

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

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

Running Club: _____

I know that running is a potentially hazardous activity. I should not enter or run/walk 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/walk. 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; NHTI; the city of Concord, NH; 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



Friday July 8, 2011 6:30 PM Hillsboro Fairgrounds
In conjunction with the Hillsboro Balloon Festival

A fast, fun 5K through beautiful Hillsboro, New Hampshire
The race starts at the same time the balloons take off!!!
Be sure to bring the family to enjoy the carnival.

Colorful Hillsboro Balloon Festival 5K T-Shirts to the first 150 runners and walkers.
Hillsboro Balloon Festival 5K Pint Glasses to overall and age group champions.
Huge Raffle featuring Hanteens, 3CRP Hats, FuelBelts, RoadID Kits more

Pre-Entry Fee: \$16.00 ::: Post Entry Fee: \$20.00

For more information call (603) 429-8879; go to

<http://www.3CRaceProductions.com/RacePages/BalloonFest5K.htm>

or email: michael@3craceproductions.com

Make check payable to: 3C Race Productions,
and mail to: Balloon Fest 5K, 160 Amherst Road, Merrimack, NH 03054

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

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

Running Club: _____

I know that running is a potentially hazardous activity. I should not enter or run/walk 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/walk. 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 Hillsboro Balloon Festival; FuelBelt; RoadID; the town of Hillsboro, NH; 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



VASQUE

Beaver Brook 5K

Hollis, New Hampshire

April 2, July 24, & December 11 2011 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 - \$50 on race day**

**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 2 July 24 December 11

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



The Harvard Pilgrim Corporate Challenge 5K

Thursday, August 25, 2011



2011 Harvard Pilgrim Corporate Challenge 5K

At Holman Stadium, Nashua, NH

The Harvard Pilgrim Corporate Challenge 5K road race is all about healthy lifestyles, team-building, community and FUN! Proudly supporting the Nashua P.A.L. Cross Country Program, this first annual event is destined to become a classic.

Starting and finishing at Nashua's historic Holman Stadium, the USATF-certified course is relatively flat, traveling along traffic-controlled roads and then winding through several quiet neighborhoods.

Individual runners and walkers are welcome. As this is a Corporate Challenge event, local companies are encouraged to field teams of employees. Participants will be treated to a terrific post-race celebration.

So, lace 'em up and join us on Thursday evening, August 25th, 2011!

[About PAL](#)

The main purpose of the Nashua Police Athletic League (PAL) is to create a positive attitude between the children of Nashua and the members of the Nashua Police Department through PAL sponsored sports and recreation activities. There are five different programs offered by Nashua Pal: Community Center, Boxing, P-5 (Positive Peer Pressure Program), Cross Country Running and Field Days & Special Events. The Harvard Pilgrim Corporate Challenge 5k will support the Cross Country Running program as its primary beneficiary.

Cross Country Running Program

Students from Nashua Elementary and Junior High Schools participate each year in this nationally recognize, award winning program. Each fall from August to November over seven hundred students apply themselves to 10-14 week rigorous training schedules provide by the coaching staff. Participants may qualify for USATF (United States Amateur Track & Field) State, New England and National level competitions. The program is USATF sanctioned.

Holman Stadium



Proud supporters of
the Nashua PAL
XC Program



Copyright LOCO Sports, Inc. 2011

Event managed and directed by: CLUB LOCO

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.



GCS Striderwear Inventory and Pricing

Updated as of 12/04/2009

Womens										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>	
Mizuno	Singlet	Triad	White	\$20	\$20	**	1	**	**	
Brooks	Singlet	Triad	White	\$20	\$20	10	10	10	0	
Mens										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>	
Mizuno	Singlet	Triad	White	\$20	\$20	8	3	9	3	
Brooks	Singlet	Triad	White	\$20	\$20	3	10	5	10	
Youths										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>	
Brooks	Singlet	Triad	White	\$20	\$20	0	8	8	0	
Unisex										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Extra Small</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>
Brooks	Long Sleeve Tech Shirt	GCS	White	\$20	\$15	16	18	10	14	4
	Mesh Running Hat	GCS	White	\$10	\$5	Plenty - One Size				
	Bumper Sticker	GCS			Free					

** Discontinued item by Mizuno.

RACE RESULTS

January 9, 2011- Freeze Your Buns #1- Nashua, NH

Place	Name	Time
1	Danny Ferreira	17:34
3	Amber Ferreira	18:46
7	Gregory Cullen	20:38
26	Bill Spencer	23:34
27	Chris Morrow	23:42
29	Jonathan Rury	23:49
34	Duncan Macintosh	24:27
36	Shauna Salem	24:38
38	Kirsten Hewitt	24:59
41	Premanand Rao	25:34
49	Ellen Miller-Grant	26:50
51	Howard Price	26:53
53	Christine Sweetser	27:12
57	Stacy Beaudoin	27:49
62	Mary Ann Picard	28:24
65	Chuck Rossier	28:33
67	Lynn Morrow	28:58
72	Gayle Deibert	29:23
84	Jill St. George	30:20
90	Raymond Boutotte	30:33
97	Gloria Cullen	31:02
99	Lisa Bozek	31:04
100	Robin Rocha	31:08
104	Jessica D'Amico	31:54
105	Debbie Rioux	31:55
116	Bob Welts	36:12

February 6, 2011- FYB #3 Nashua, NH

Place	Name	Time
1	Aaron Bellomo,	0:19:08
2	James Long,	0:20:08
3	Cathy Merra,	0:20:20
4	Ken Snow,	0:20:29
8	Gregory Cullen	0:21:21
16	Neal Miller-Grant,	0:22:52
19	Chris Morrow,	0:23:25
20	Fiona McDonnell,	0:23:36

21	Daren Boucher,	0:23:37
23	Jonathan Rury,	0:23:55
24	Bryon MacSweeney,	0:24:00
25	Melissa Wu,	0:24:02
28	William Farina,	0:24:31
29	Danielle Poublon,	0:24:37
33	Kirsten Hewitt,	0:24:54
34	John Cinicolo,	0:24:59
43	Robin Rocha,	0:25:45
44	Premanand Rao,	0:26:21
48	Ellen Miller-Grant,	0:27:30
49	Howard Price,	0:27:34
77	Jessica D'Amico,	0:34:16
78	Raymond Boutotte,	0:35:0

January 23, 2010- Freeze Your Buns #2- Nashua, NH

Place	Name	Time
1	Michael Wade	0:18:55
2	James Long	0:20:09
3	Ken Snow	0:20:13
13	Neal Miller-Grant	0:22:14
20	Fiona McDonnell	0:22:47
21	Chris Morrow	0:23:05
23	Bryon MacSweeney	0:23:31
32	Jonathan Rury	0:24:49
33	Kirsten Hewitt	0:24:59
34	Daren Boucher	0:25:15
35	Premanand Rao	0:25:38
38	Duncan Macintosh	0:25:54
40	Robin Rocha	0:26:20
45	Ellen Miller-Grant	0:27:30
46	Howard Price	0:27:31
47	Adam Gerhard	0:27:32
57	Chuck Rossier	0:28:52
59	Jane Levesque	0:29:02
61	Gayle Deibert	0:29:09
65	Jill St. George	0:30:20
66	Gloria Cullen	0:30:53
70	Raymond Boutotte	0:34:29
71	Bob Welts	0:36:50

**February 20, 2011- FYB #4
Nashua, NH**

Place	Name	Time
1	James Long,	0:19:36
3	Ken Snow,	0:20:09
6	Gregory Cullen	0:21:01
16	Chris Morrow,	0:22:54
17	Daren Boucher,	0:23:00
22	John Cinicolo,	0:23:58
32	Jonathan Rury,	0:24:42
35	Premanand Rao,	0:25:01
40	Howard Price,	0:27:14
40	Anna Helbling,	0:27:15
42	Adam Gerhard,	0:27:16
51	Mike Bonacorsi,	0:28:03
63	Jane Levesque,	0:29:23
66	Tom Anastasi,	0:30:28
71	Dorrie Dobens,	0:33:25
74	Raymond Boutotte,	0:34:29
76	Bob Welts,	0:36:25

**Friends are an aid to the young, to guard them
from error; to the elderly, to attend to their
wants and to supplement their failing power of
action; to those in the prime of life, to assist
them to noble deeds. - Aristotle**

**March 6, 2011- FYB #5
Nashua, NH**

Place	Name	Time
1	Chris Poulos	0:17:42
4	James Long,	0:19:26
5	Ken Snow,	0:19:31
7	Gregory Cullen	0:20:33
11	Michael Hipp,	0:20:54
12	Steve Delahunty,	0:21:01
17	Dave Delahunty,	0:22:01
19	Neal Miller-Grant,	0:22:04
20	Fiona McDonnell,	0:22:23
23	Daren Boucher,	0:22:40
25	Chris Morrow,	0:23:12
33	John Cinicolo,	0:24:03
34	Jonathan Rury,	0:24:16
43	Anna Helbling,	0:25:33
47	Robin Rocha,	0:25:45
52	Howard Price,	0:26:36
56	Subhankar Ray,	0:27:10
62	Adam Gerhard,	0:28:04
64	Ellen Miller-Grant,	0:28:10
66	Mike Bonacorsi,	0:28:18
73	Chuck Rossier,	0:29:54
75	Tom Anastasi,	0:30:08
78	Lynn Chesebrough,	0:30:54
92	Bob Welts,	0:35:19

**March 20, 2011- New Bedford Half Marathon
New Bedford, MA**

Place	Name	Net Time	Gun Time	Pace
79	DAN FERREIRA	1:15:16	1:15:21	5:45
100	BRIAN RUHM	1:17:10	1:17:12	5:54
103	JOE MORASSE	1:17:20	1:17:23	5:55
120	BJ BOTTOMLEY	1:18:51	1:18:52	6:02
134	RANDY MACNEILL	1:19:41	1:19:43	6:05
172	DENIS TRANCHEMONTAGN	1:22:00	1:22:07	6:16
186	STEVE WOLFE	1:22:53	1:23:00	6:20
211	MICHAEL WADE	1:24:22	1:24:40	6:28
243	JUSTIN SOUCY	1:25:41	1:25:59	6:34
252	BILL NEWSHAM	1:26:15	1:26:17	6:35
269	RICHARD LAVERS	1:26:48	1:26:53	6:38
271	AMBER CULLEN-FERREIR	1:26:26	1:26:54	6:38
289	KAREN PATTELENA	1:27:23	1:27:39	6:42

Continued on page 48

Continued from page 47

March 20, 2011- New Bedford Half Marathon Cont.

Place	Name	Net Time	Gun Time	Pace
298	STEPHEN ROULEAU	1:27:50	1:27:59	6:43
330	MIKE MERRA	1:28:36		6:48
334	BRIAN KANE	1:28:54		6:49
385	GLENN STEWART	1:30:37	1:30:43	6:56
396	JIM LONG	1:30:52	1:31:04	6:57
398	CATHY MERRA	1:31:03	1:31:09	6:58
413	CHUCK LANDRY	1:31:08	1:31:29	6:59
418	TOM KOLB	1:31:23	1:31:32	7:00
439	DAN DUGAN	1:32:08	1:32:33	7:04
443	RICH HARNETT	1:32:29	1:32:37	443
459	TAMMY GAFFEY	1:32:44	1:33:09	7:07
483	JAMES KALLFELZ	1:33:47	1:34:09	7:11
485	JIM VELINO	1:34:08	1:34:15	7:12
516	DAVID CONTRADA	1:34:43	1:34:53	7:15
542	RICH SPARKS	1:35:13	1:35:38	7:18
573	GREG CULLEN	1:36:38	1:36:44	7:23
579	MILT SCHUMACHER	1:36:28	1:36:49	7:24
605	MICHAEL HIPPI	1:36:52	1:37:20	7:26
607	NICOLE ROGERS	1:37:01	1:37:24	7:26
665	LAUREN EYNATIAN	1:38:35	1:39:06	7:34
670	KEN SNOW	1:38:59	1:39:16	7:35
722	JOSEPH NOONAN	1:40:47	1:40:57	7:43
759	ROBERT KNIGHT	1:41:20	1:42:10	7:48
834	BOB THOMPSON	1:43:56	1:44:16	7:58
889	WILLIAM FARINA	1:45:25	1:45:49	8:05
921	RICK STETSON	1:45:58	1:46:44	8:09
1003	RICK ROY	1:47:16	1:48:36	8:18
1023	JANICE PLATT	1:48:17	1:49:07	8:20
1080	KIRSTEN HEWITT	1:49:53	1:50:13	8:25
1120	BYRON MACSWEENEY	1:49:13	1:51:09	8:29
1227	CHRISTINE SWEETSER	1:53:35	1:53:59	8:42
1321	BETH WHIPPLE	1:54:53	1:56:13	8:52
1431	EMILY SOUCY	1:57:11	1:58:31	9:03
1695	THERESA BERNA	2:04:00	2:05:22	9:34
1792	PREM RAO	2:07:27	2:08:11	9:47
2004	SUBHANKAR RAY	2:14:29	2:15:35	10:21
2125	SKIP CLEAVER	2:19:21	2:21:18	10:47
2150	KARLA BURKE	2:20:47	2:22:31	10:53
2249	GLORIA CULLEN	2:31:29	2:32:51	11:40
2311	DOUGLAS SYLVESTER	2:43:49	2:45:29	12:38
2358	MICHELLE SISK	3:11:12	3:13:05	14:44
2359	JENNIFER MACK	3:11:12	3:13:06	14:44



Photo courtesy of Dan Dolan



Photos courtesy of Kirsten Hewitt



**March 27, 2011- Manchester Shamrock Shuffle
Manchester, NH**

**Random Red's Race photos by
Richie Blake**

Place	Name	Chip Time	Gun Time
11	CHRIS POULOS	10:55.0	10:55.4
21	MICHAEL WADE	11:26.6	11:26.6
30	JAMES LONG	11:54.2	11:54.9
35	BENJAMIN PLATT	11:57.5	11:59.6
40	MICHAEL WRIGHT	12:02.4	12:03.3
53	RICH HARNETT	12:20.7	12:24.3
61	NICOLE ROGERS	12:29.9	12:31.7
63	JIM VELINO	12:35.3	12:35.6
73	TREVOR WARD	12:43.4	12:44.7
69	TOM KOLB	12:41.2	12:45.8
92	DAMIAN ROWE	13:16.1	13:30.7
116	BOB THOMPSON	13:46.1	13:47.5
113	OLIVER MCMAHON	13:44.2	13:50.3
114	ROBERT KNIGHT	13:44.4	13:51.1
122	LISA KLASMAN	13:50.8	13:57.5
127	DAREN BOUCHER	13:55.9	14:03.7
142	AMY DOYLE	14:04.8	14:12.4
148	RICK ROY	14:09.6	14:16.1
161	KARALYN VON PICHL	14:14.9	14:21.6
165	JONATHAN GREEN	14:18.1	14:54.4
210	DAVID SALVAS	14:56.0	14:57.1
207	JULIO BURGO	14:51.9	14:57.7
204	KIRSTEN HEWITT	14:50.6	15:00.9
216	KATHIE ROY	14:59.2	15:04.6
205	SUZANNE BARKER	14:50.8	15:22.1
265	ETHAN PLATT	15:28.7	15:32.2
244	ELIZABETH FAY	15:15.8	15:32.7
279	SHU MINAMI	15:39.0	15:57.1
304	LAURA RALLIS	16:01.6	16:11.5
311	BRIAN SANBORN	16:05.3	16:23.6
310	MEGHAN FLYNN	16:04.6	16:26.7
328	ROBIN ROCHA	16:13.2	16:28.5
324	ADAM GERHARD	16:12.3	16:43.6
401	LISA REILLY	16:50.0	16:58.5
385	PRISCILLA FLYNN	16:42.8	17:04.4
333	MELISSA STEVENS	16:17.7	17:08.5
424	EMILY STRONG	17:00.2	17:16.0
389	JOEY MACK	16:44.2	17:29.3
530	LEEANN WARD	17:51.6	18:08.7
481	HEIDI MACSWEENEY	17:27.3	18:10.2
513	ROY DENNEHY	17:39.9	18:19.5
585	JANE LEVESQUE	18:18.8	18:35.9



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Random Red's Race photos
by Richie Blake

March 27, 2011- Manchester Shamrock Shuffle Cont.

Place	Name	Chip Time	Gun Time
507	JIM EDEN	17:36.0	18:43.4
637	DEBORAH ROY	18:40.1	18:47.4
745	DANIELLE YORK	19:20.2	19:23.5
715	GENIA SANBORN	19:06.3	19:23.9
743	THERESE MULLER	19:19.3	19:40.1
611	ANGELA BROWN	18:26.4	19:52.7
733	LINDA PANNY	19:16.3	20:08.8
806	JOHN PANNY	19:54.2	20:43.7
851	DEBBIE RIOUX	20:20.2	21:05.8
796	PAUL PEDERZANI	19:45.3	21:12.9
967	JENNIFER MACK	22:02.8	22:47.9
1027	MARY CHAPUT	23:27.4	24:45.7
1055	MELODY MILLER	23:59.4	24:50.7
1054	NATELIE MACSWEENEY	23:58.0	25:29.8
1143	MARY MINAMI	26:33.3	27:26.1



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* Statements not evaluated by the FDA.

**April 10, 2011- 30th Red's Shoe Barn 5 Mile Road Race
For A Better Community Dover, NH**

Place	Name	Time	Pace
3	Dave Dunham	27:49:00	5:34
4	Brian Ruhm	28:10:00	5:38
8	Randy Macneill	28:46:00	5:46
18	Michael Wade	30:09:00	6:02
24	Steve Tomasi	31:27:00	6:18
26	Michael Wright	31:34:00	6:19
34	James Long	31:56:00	6:24
35	Carl Hefflefinger	31:56:00	6:24
36	Courtney Hawkins	31:57*	6:24
37	Karen Pattelena	32:04:00	6:25
42	Brian Kane	32:30:00	6:30
43	Ken Snow	32:33:00	6:31
44	Casey Wade	32:51:00	6:35
51	Trevor Ward	33:19:00	6:40
54	Rich Harnett	33:28:00	6:42
55	Tom Kolb	33:28:00	6:42
60	Jim Velino	33:46:00	6:46
66	Tammy Gaffey	34:07:00	6:50
71	Justin Soucy	34:26:00	6:54
77	Richie Blake	34:57:00	7:00
111	Rick Roy	36:38:00	7:20
113	John Lewicke	36:46:00	7:22
118	Jim Ecke	37:10:00	7:26
121	Kelly Aschbrenner	37:21:00	7:29
140	Daren Boucher	38:02:00	7:37
156	Karalyn Von Pichl	38:43:00	7:45
165	Andrea Pierce	39:05:00	7:49
178	Paul Joyce	39:35:00	7:55
187	Amy Doyle	39:44:00	7:57
216	Suzanne Barker	40:44:00	8:09
218	Kirsten Hewitt	40:49:00	8:10
223	Beth Whipple	41:03:00	8:13
234	Steve Moland	41:23:00	8:17
239	Elizabeth Fay	41:44:00	8:21
241	Robert Knight	41:48:00	8:22
262	Aimee Krafft	42:35:00	8:31
277	David Salvas	43:18:00	8:40
279	Laura Rallis	43:21:00	8:41
326	Deb Graham	45:13:00	9:03
342	Emily Strong	45:49:00	9:10
347	Jim Eden	46:07:00	9:14
352	Adam Gerhard	46:23:00	9:17

**Random Red's Race photos
by Richie Blake**



SPECIAL DAYS FOR MEMBERS

May Birthdays:

Stacy Beaudoin	Tom Gosselin	Ashleigh Matsis	Mark Sage
Theresa Berna	Jay Jacobs	Dick Miller	Shauna Salem
Tyler Brannen	Kris Jarvis	Shusuke Minami	Jody Secules
Carl Bunis	Kyle Joyce	Belinda Morang	Emily Spognardi
Sofia Burden	Patricia Kiesselbach	Christopher Muller	Zachary Stitham
Scott Casper	Stan Klem	Emilie Newsham	Timothy Tamulonis
David Cormier	Robert Knight	Christine Pelland	Nicole Tranchemontagne
Gregory Cullen	Charlotte LaBonte	Darrell Philpot	Jennifer Treacy
Sarah Dennechuk	Katherine Lambert	Chris Poulos	Alice Walton
Richard Doyle	Felicia Lombardi	Terry Prouty	Kelli Wholey
Mark Engerman	Jennifer Long	Laura Rizzo	Deb Wolfe
Priscilla Flynn	Rachel Loprinze	Richard Roy	Adam Zingales
Marianne Gage	Glen Lord	Allan Sabiski	

June Birthdays:

Morgan Barker	Lauren Eynatian	Lori Lambert	Louise Rossetti
Kurt Berna	Adam Gerhard	Anthony Lombardi	Deborah Roy
Ernesto Burden	Becca Gosselin	Ivan Lord	Jacob Rube
Shayna Burgher	Abigail Guilfoil	Vladik Lord	Laura Schweizer
Laura Carson	Len Hall	Joey Mack	Emily Soucy
Carla Chandler	Ted Hall	Randy MacNeill	Rick Stetson
Angelene Clancy	Jacqueline Hallerman	Matthew Mailloux	Melissa Stevens
George Clemence	Kevin Hallerman	Joan McCabe	Glenn Stewart
Susan Coffin	Kristin Hallerman	Mary Minami	Hein van den Heuvel
Murray Collette	Stephanie Hallerman	Marie Morrier	Robert Welts
Dave Contrada	Geri Hayes	Millie Mugica	Alexander Werne
Elizabeth Corsetti	Mike Hennessey	Cecelia Muller	Michelle Wheeler
Marion Crane	Roman Jarvis	Bob Mulvaney	Beth Whipple
Kylie Dawe	Ronald Johnston	Bryce Newsham	Steve Wolfe
Alisa de Bruyn Kops	Barbara Joy	Gary North	Kara Woodworth
Christina de Bruyn Kops	Caitlin Joy	Karen Pattelena	Cassie Wright
Dorrie Dobens	Grant Kakazu	Andrea Pierce	
Todd Dresser	Alex Kenney	Laura Rallis (Watkins)	
Meghan Dugan	Ellen Kolb	Michael Raymond	
Shatia Ellison	Molly Lai	Joseph Rogers	

MEMBERSHIP INFORMATION

July Birthdays:

Brian Bigelow	Betsy Delfosse	Richard Lavers	Kevin Philpot
Sabrina Bishop	Danielle Dolan	Kyle Leach	Mollie Raymond
Alex Bozek	Kelley Dugan	Daniel Levine	Jerry Rocha
Frank Bozek	Bill Gagnon	Stepanie Long	Allan Rube
Justin Carbonneau	Cassidy Gilbride	Heidy Macdonald	Kendra Santoro
Scott Carey	Elizabeth Hall	Duncan Macintosh	Rose Shajenko
Ted Carey	Andrew Hare	Christy Manning	Mary Slocum
Eric Chorney	Rich Harnett	Julie McGuirk	Sarah St Martin
John Cinicolo	Heidi Havron	Anthony Merra	Mark Velino
Ron Corsetti	Brian Hennessey	Nick Muller	Johanne Wade-Lapointe
Christopher Dawe	Chuck Jarvis	Rachel Nakos	Andy Warren
Dave Delahunty	Jillian Joyce	Kate Naples	Izzie Warren
Jim Delahunty	Paul Joyce	Izundu Obinelo	Siri Warren
Linda Delahunty	Tom Kolb	Logan Patch	David Wilson

May Renewals

Ashley Abbott	Eldon & Sachiko
Stacy Beaudion	Burkinshaw
Terri & Bill Beiter	Carey Family
Chris Bougopoulos	Susanne Carpenter
Marie Coleman	Chorney family
Jessica Costa	David Delay
Peter Davenport	Irma Do
Dorothy Dobens	Jodie & Daniel Dolan
Jay Donoghue	Peter Donahue
Sasha Douglas	Amy Doyle
Anna Helbling	Elizabeth Fay
Jakib Family	Karen Flynn
Denny LeBlanc	Adam Gerhard
Rachel Loprinze	Dave Godlewski
Mona Marston	Barbara & Robert Joy
Linda Milot	Kallfelz Family
Michelle Reedy	Pat & Karl Kiesselbach
Beth Sacherski	Mae Kovacs
Becky Shaugnessy	Charlotte LaBonte
Mike Ward	Shawn Laflamme
Paricia Westaway	Christopher Low
Michelle Wheeler	Parker Lyttle
Karen Zielinski	Muller Family

June Renewals

Rachael Nelson	Laura Joyce
Sarena Patel	Brian Kane
David Pember	Jack Kick
Stephen Rouleau	Lewicke Family
Melanie Shelsky	McCabe Family
Denis Tranchemontagne	Julie McGuirk
Harry Ward	Shu & Mary Minami
Wright Family	Dan Moriarty

July Renewals

Dick Bersani	Laura Rallis
Bozek Family	Jerry & Robin Rocha
Tim Burke	Kathy Rossi
Jennifer Casazza	Bill Springer
Tom Conley	Emily Strong
Gaffey Family	Warren Family
Griffin Gagnon	Danielle York

“Never discourage anyone who continually makes progress, no matter how slow.” - Aristotle

MEMBERSHIP INFORMATION

Welcome New Members!

Michael Hipp	Donna Corcoran	Anders Sund	Bill Grady
Jennifer Treacy	Scott Cote	Jodi Sutherland	Charles Brunet
Richard & Christen Lavers	Bonnie Cote	Maggie Theriault	Benjamin Fan
Thomas Parker	Katie Garden	Sally Varanka	Kabarsky-McDonough Family
Michelle Patch Family	Barbara Glow	Donna Vermette	Christy Manning
Karalyn Von Pichl	Michelle Guay	Judy Ward	North Family
Nicholas Hinsley	Tracey Hanlon	Kristin Wardner	Joshua Stockdale
Ellison Family	Holly Jamieson	Christine Warrington	Bair Family
Tommy Bucknam	Linda Knippers	Tiffany Warrington	Jamie Peterson
Guilfoil Family	Janita Lasna	Theresa Williams	Leah Demarest
Burden Family	Jaclyn Leonardi	Lu Ann Laquerre	Richard Greene
Michelle Ancil	Laurie Lesage	Jim Kelly	Ciara Allen
Patty Anderson	Larry Martin	John Pillion	Carolyn Dube
Terri Bair	Kathy McLaughlin	Ruth Christino	Jennifer Jordan
Sheryl Banuskevich	Stacey Megalaitis	Kelly Williams	Alyssa Desrosiers
Debbie Bender	Sharin Michaud	Karen Vaughn	Emily Angel
Jennifer Boucher	Dana Pierce	Jarvis Family	James Tatum
Delanie Boucher	Donna Saber	Thomas Family	Bruce Conti
Wendy Brown	Sharon Sickles	Laura Rizzo	
Ashley Conley	Jennifer Sund	Erin Moskun	



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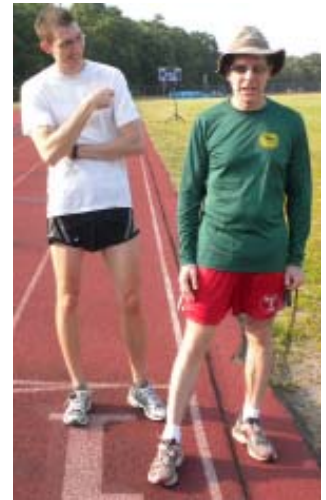
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Random Red's Race photos
by Richie Blake



GCS Track Photos by Richie Blake





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