

# Youth Running

This is the quiet time of the year for any organized running. The formal youth workouts will not start until April, however there are several groups that are getting together on a weekly basis for easy runs. Cathy Merra hosts a workout every Tuesday afternoon at 3:30 in Amherst. Contact her at CMERRA@adelphia.net or call 672-3757. Similarly The Neville's and McCarty's are running on the same day and time at Mine Falls. Contact Holly McCarty at Hdmmccarty@aol.com for details on this workout. These runs are an excellent way to maintain a fitness level. In addition, the Freeze Your Buns series includes a 5k route that many of our Youths have run in the past. This year, Nicole Slane, Chantal Croteau, Michelle Richards, Michelle Weysham, Kaitlin Burnett, Ian McQuaid, Adam Delia, Ashley Neville, Mike Neville, Julie Marcum and Brittany Plante have participated.

Last year was the first time that we had participated in the USATF Junior Olympic Track program. We will follow a similar program as last year, with weekly track workouts starting in April that will lead to participation in several local meets, the NE Association meet in mid June and the Region 1 meet on June 21 in Uniondale NY. The National Championships start on July 23rd in Omaha Nebraska (anyone know where that is?). More details regarding track workouts will be forthcoming, including the time and location.

## STRIDER YOUTHS PARTICIPATING IN 2001 JUNIOR OLYMPIC XC

<b>Region 1 Team Champions</b>	<b>National JO Team</b>	Michael Peabody	qualified for the Region 1
	<b>Placings</b>	Patrick McCabe	meet as did the PAL B
Bantam Girls	Bantam Girls coached	Johnny Kent	Team of
Caitlin Rush	by Debbie Fraser 1st	Youth Girls coached	Julie Marcum
Lindsey Panny	place National Champs	by Mary Jo Cody 10th	Calie Schneider
Teresa Kolb	Bantam Boys coached	place	Sydney Moland
Midget Girls	by Mark Fraser 2nd place	Youth Boys 12 <sup>th</sup>	Stephanie Pinal
Juline McGuirk	team	Joey Rizzo	Kaitlin Burnett
Lindsey Miller	Alex Prolman	Mark Fraser	In the Youth Boys di-
Nicole Slane	Luke Lavish	<b>Other Youth Striders</b>	vision, the Granite State
Nicole Wheeler	Alex Werne	Amanda Pelletier	Flash won the Associa-
Mindy Adams	Ian McQuaid	Qualified for Nationals–	tion meet and sent the fol-
Chantal Croteau	Midget Girls coached	Intermediate Girls.	lowing to the Region 1
Kellie Oberholtzer	by Bill Spencer and Ron	Zack Emerson Quali-	meet
Youth Girls	Johnson 3rd & 7th place	fied for Nationals–	Anthony Merra
Michelle Weysham	teams	Young Men	Ryan McCarty
Ashley Morgan-	Allison Pinal	In the Midget Boys	Nick Karwoski
stern	Brittany Plante	Division the PAL B	Peter Sconstas
Samantha Buechner	Ashley Neville	Team qualified for the	Mike Neville
Kim McAuliffe	Anne Schneider	Region 1 meet	Andy McQuaid
Noelle Horelik	Kim DeCosta	Chris Merra	The following youths
	Midget Boys coached	Craig Pelletier	also ran in the Associa-
	by Bob Pellitier and	In the Youth Girls di-	tion Meet
	Nancy Peabody 3rd place	vision, Kirsten Green	Ethan Dionne
	Alex Karwoski		T J Pappas
			Gordon McQuaid
			Douglas McQuaid