

December Birthd

Corey Civin
 Donna Edwards
 Carli Anne Ge
 Luann Kulbr
 Eliot Paisr
 Bob Tho
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Lisa Holt	22	Maryann Donnelley	24
Christopher Stone	22	Julie Marcum	24
Lynn Lutz	24	Adam Green	25
Paul Ahern	25	Damian Rowe	26
Andrew Cotreau	25	Ryan Terenzoni	27
Geoffrey McGuirk	25	Mark Peabody	28
Maureen O'Leary	25	Andrew McQuaid	29
Linda Bonell	27		
Michael Whelton	27		
Virginia Amarello	28		

Upcoming Events

Support Your Runners & Your Running Club

Come Help Manage the Water Stops at the:

**Boston Prep 16 Mile race in Derry NH
Sunday January 21, 2001**

Freeze Your Buns 5K & 5 Mile Winter Race Series

For the second year **Gate City** is helping the **Greater Derry Track Club** to put on this race, the proceeds of which go to further kids running programs. GDTC's long and successful kids running program is something we at Gate City understand and applaud. For our efforts in managing the water stops, we receive a portion of proceeds which helps Gate City continue with our own youth programs.

Last year we had a cold, yet fun day helping to keep NH Running special. The year before was 62F, go figure. One of the stops last year was managed entirely by our YOUTH runners and their parents. Some of the kids commented that it was both fun, interesting and educational to participate in the non-running side of a road race.

We'd like to keep the same format as last year with the KIDS managing the second stop at mile 8 with others working the mile 4 and mile 12 stops. We'll have coffee, hot chocolate, and other goodies for our hard working crews.

The race starts at 10AM so we need to have you there by 9:15 so we can then drive out on the course and set up the stops. The majority of the runners will have cleared the second water stop by 11:30-11:45 and we encourage most of the Kids crew to stay at least that long. However, if you can help but can't stay, we can use you at stop #1 and some of you can leave by 10:45-11:00

We also need a good supply of older volunteers to help work stop 1 and 3 and to break down stop 2 when it's done.

PLEASE contact the coordinators well before the race so that we can plan for the schedule and the refreshments.

Kids stop #2 coordinator: **Adam Green** Londonderry 437-7314
Stop # 1 & stop #3 , **Steve Moland**, Litchfield, 882-2067

The Freeze Your Buns series will again be staged from **Talent Hall at Darrah Pond in Litchfield**. This year we will have both a 5K and a 5 MILE event.

The course and facility will allow both to be run with the same start and finish line, and they can be run simultaneously. Just as we're bringing back the 5 mile event, we're bringing back a custom Tee Shirt for anyone who runs or volunteers at all 5 events.

The races start at **9:00AM**, race day registration starts at 8:15AM. Talent hall is a large, warm, indoor changing and social area with complete restrooms. Plenty of off-road parking right at the hall. Call the race director for directions or visit **www.gatecity.org**

Steve & Judi Moland (882-2067) are the series coordinators and as this issue goes to press we need TWO more race directors, one each on February 11 & 25.

Race Schedule & Directors

December 17, Tom Raiche 594-2416 & Annette Marchand 429-0453

January 14, Jerry Rocha 598-8852 & Robin Hickey 598-8852

January 28, Pam & Roger Hall 424-5096

Please call these race directors to volunteer.



Our Newsletter
Mailing Coordinators

Gail & Gerry Duval

Please call them to let them know you will volunteer to help prepare the next newsletter mailing.

880-4672

Final Team Standings

Gate City Striders	583
Granite State Racing Team	560
Rochester Runners	401
Athletic Alliance	209
Greater Derry Track Club	134
Coastal Athletic Association	95
White Mountain Milers	18
Club Northeast	12
Lake Sunapee Running Club	2

The Gate City Striders win the overall NHGP title for the sixth time in seven years. This is the first year the series lead changed on the last race, as the Granite State Race Team made this the closest NHGP competition yet.

Granite State Race Team wins their second straight Women's Open by defending a three point lead going into the final race.

Granite State Race Team makes winning look easy in the Women's Masters.

Gate City Striders cruise to their fifth straight win in the Women's Seniors.

Gate City Striders get an uncontested win in the Women's Veterans.

Athletic Alliance wins their third straight Men's Open.

Gate City Striders win the Men's Masters for the sixth straight year.

Rochester Runners dominate the Men's Seniors for their third win in four years.

Gate City Striders Men's Veterans earn their fourth win in five years.

Greater Derry Track Club ekes out a one point win in the first year of the Men's 70+ category.

Prizes for
Age-Graded Individuals:

GCS	Nicole Slane non-cash prize
GSRT	Ernest Brake - \$30
GSRT	Amy Ireland Bour gault -\$20
RR	Ken Houle - \$20
GSRT	Toni Halla - \$10
RR	Mike Dubois - \$10

Teams Prizes:

Athletic Alliance - \$20
1 st Men's Open
Gate City Striders - \$165
1 st Club Overall
1 st Women's Seniors
1 st Women's Veterans
1 st Men's Masters
1 st Men's Veterans
Greater Derry Track Club - \$10
1 st Men's 70+
Granite State Race Team - \$120
2 nd Club Overall
1 st Women's Open
1 st Women's Masters
Rochester Runners - \$65
3 rd Club Overall
1 st Men's Seniors •

The weather was perfect for the 5th 3rd Annual Novemberfest Trail Run on November 19 at Nashua's Mine Falls Park. The final results of the controversial finish are pending decision from race director headquarters in sunny Florida. A ruling is expected soon.

Bill and Monica were chauffeured to the start line precisely at 11:33 am. They came just in time to start this traditional religious celebration of running, which is hosted by the WECG.

The controversial result involved Gate City Strider legends "Iron" Mike Hagerty and Tom "Long Knife" Conley. Did they really finish first or was there underhanded tactics on the self service results board? A decision is pending. Mike Maher, who thought he had won the race is expected to file suit in Florida court against Pizza Box Racing Services, Inc.

Most Novemberfest harriers were delayed by crowds at the water stops and did not run personal bests. Hot chicken soup greeted all of the runners at the finish.

Hot food, cold drinks, tasty treats, and numerous door prizes were found at the traditional post race party, held at the James E. Cost Post. So many prizes were raffled off, that the WECG even gave away the kitchen sink.

From the proceeds of the race, a generous donation will be made to veterans of the American Foreign Legion.

When you think it can't get any better, somehow it always does. Thanks to the many volunteers and sponsors. Without their help this fun event wouldn't occur. •

Youth Activities

By Bill Spencer

Gate City Kids invaded the Ro-Jacks 2 mile race on Oct 1st

Nicole Slane (11:46), Sydney Moland (12:30) and Allison Pintal (13:32) all won Jackets for winning their age groups. Michelle Weysham (12:27) was second in her age group and was followed by Kim McAuliffe (13:15), Callie Schneider (13:18) and Samantha Buechner (13:29) in the 11-12 age group.

Amanda Pelletier (12:48) and Stephanie Pintal (13:40) were third and seventh respectively in the 13-14 age group. Annie Schneider (16:33) was fourth in the 10 and under age group. On the boy's side, Anthony Merra (11:38) won his jacket, while Craig Pelletier (12:25) was fourth in the age group. Chris Merra (13:02) took third in his age group.

After a successful Elementary and Junior High Cross-Country season, many of our youths participated, by special invitation, in the **Shirt Factory Five** on Oct 29th. Michael Peabody ran 31:34 in the 8k race for a new State record for 11 year olds. Nicole Slane ran 32:49 in the same race, missing her 11 year Old State record but wrapping up her first place in the NH Gran Prix women's standings. Both times were Nationally ranked. In the companion 5k race the GCS Youths cleaned up the prizes. Results were:

Colleen Law 20:15
Michelle Weysham 20:21
Kim McAuliffe 20:27
Amanda Pelletier 20:46
Samantha Buechner 21:20
Patrick McCabe 21:26

Moira McCabe 21:47
Stephanie Pintal 21:50
Kellie Oberholtzer 22:05
Allison Pintal 22:07
Katie Ryan 22:39
Julie Marcum 22:56
Noelle Horelik 22:57
Callie Schneider 23:02
Kaitlin Burnett 24:59
Krista Oberholtzer 26:04
Anne Schneider 28:55

The **USATF-NE Junior Olympic Championships** were held in Nashua on November 12th. Many of our Gate City Strider youths participated as members of the Nashua PAL Teams. The PAL teams won every division, and in the case of the Midget Girls, also took second place.

They then traveled to Saratoga Springs NY and participated in the **Region 1 USATF-NE Junior Olympic Championships**. Members on the Bantam Girls were Allison Pintal, Caitlin Rush and Lindsay Panny. Midget Girls members were Nicole Slane, Michelle Weysham, Juline McGuirk, Kimberly McAuliffe, Lindsey Miller, Samantha Buechner, Colleen Law, Julie Marcum, Mindy Adams, Kristen Green, Brittaney Plante, Kellie Oberholtzer, and Callie Schneider. Youth Girls included Casey Darasz, Moira McCabe, Amanda Pelletier, Stephanie Pintal, Sydney Moland, and Katie Ryan. Of the girls teams, the Bantam and Midget girls won at NY and are going to Reno Nevada for the Nationals. The Midget B team took third and is sending Kellie as an individual. The Youth team finished second and is sending

three members, including Casey, as individuals. On the Bantam Boys team, GCS members were Patrick McCabe, Chris Merra, and Mark Posnick. Midget Boys included Michael Peabody, Anthony Merra, Mark Fraser, Craig Pelletier, and Andrew McQuaid, while Geoff McGuirk and Dana Breeden were on the Youth team. At Saratoga Springs, both the Bantam and Midget teams won and are advancing to the Nationals, while the Youth team finished second. Highlights included Nicole Slane's first place finish and the Midget boys domination where they took the first seven team spots for a perfect score of 15 points.

As a tune-up for their trip to the National Championships, many of the youths ran in the **Salmon Brook Scramble on Nov 25th**. The results were outstanding. Nicole Slane ran 18:57 and was first female. Anthony Merra was 10 seconds behind, followed by Michael Peabody and Patrick McCabe. All of their times were nationally ranked. Craig Pelletier was next, just missing national ranking. Michelle Weysham, Allison Pintal and Caitlin Rush were the next three to record National Ranking. In addition, Caitlin's time of 20:49 was a new State record for 8 year olds and placed her 7th on the National All Time list. Two other Striders achieving National Rank were Chris Merra and Lindsay Panny.

Reach the Beach Relay

By Yuki Minami

“Rolling Hills...yeah RIGHT” was the theme of the entire Reach the Beach Relay (RTB Relay) that I ran the weekend of Sept. 29-30. You can never trust a course description was the lesson we all learned that weekend. Up until now, the marathon had been the most challenging running event that I had ever encountered. However, I can safely say that the RTB Relay not only matches the marathon in mental and physical challenge, but the fact that you’re running at odd hours of the day and on no sleep makes this event all the more grueling. When I was first asked to be a member of the Fidelity Investments Team, I was excited and nervous. I felt confident in my running skills to volunteer for the longest legs (6.5, 7.0, and 7.2 miles respectively). I figured that if I could run a marathon, then these 3 legs would be a piece of cake. It wasn’t until I was running my 7-mile leg through the mountainous Belmont, NH area at 1AM that I realized my grave overestimation of my running skills. Through this article, I would like to share my experiences and hopefully convince GCS mem-

bers to come up with a team for next year.

The RTB Relay is a 200-mile race from Bretton Woods Ski Resort to Hampton State Park. Teams consist of 12 people or 36 legs. The legs of the race can be anywhere from 2.5 miles to 8.6 miles. In addition to renting 2 vans, each team is required to have specific equipment such as flashlights and reflective vests.

Starting times varied depending on estimated finish time, which was calculated by averaging each team member’s estimated ½ marathon time. There are no water stops, but the team followed each member along the course and provided support. I was amazed by the support at the transition areas, especially at 3 in the morning. For a 200-mile course, the course markings were excellent.

Since our start time was at 10am on Friday, we all decided to rent a condo at Mt. Cranmore for Thurs. night. We had a great dinner at Bellini’s Italian restaurant and relaxed the rest of the night. Little did I know that it would be the last time that I would see a shower or a

bed for three days. We woke up the next day and headed up to Bretton Woods to register and to cheer on our lead runner whose first leg consisted of running up 1-½ miles of Bretton Woods Ski Mountain and coming back down. From that point on, van#1 and van #2 went separate ways and only met up at the transition points. We coordinated meeting times by using cell phones and lap top computers with state of the art programs that calculated start times.

The most memorable part of the relay was the night running. Our van began our next six legs of the race at 11:30pm from Squam Lake. My 7.0-mile leg consisted of steep rolling hills on dark country roads. I had a flashlight to guide me along, and periodically vans would drive by shedding some light to the course. Although it was comforting to know that I was not the only form of life out there, it was depressing to see the headlights move up towards the starry sky, showing the impending doom of the mountain I had to run up. At one point during my run I almost ran over a field mouse trying to cross the road. Luckily that was the only wild animal that I came upon during my travels. After finishing my leg, I jumped in the van and cheered the rest of my teammates on until 5am. After finishing our second transition we were allowed to rest until 7:30, which is when we had to leave for our third transition area in Kingston, NH.

From the minute I woke up and hobbled to the bathrooms, I knew that it would be a rough 7.2 miles.

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\$100 discount for all Striders

About our Chuck Rossier

By Greg Travalio with an introduction by Dave Camire

Introduction. As we run through the marathon of life, we never know what is going to appear around the next bend that will change us. It is these twist and turns that shape our character and make our lives interesting and special. I would like to tell you about one such moment that forever changed me.

By nature I am not a nervous person. It takes a lot to rattle my cage. Even the thought of meeting a new group of people for the first time doesn't phase me. So as I drove towards Nashua High School for my first night of coaching the Striders, I felt a high level of confidence in what I doing. I reviewed in my mind what I was going to say and visualized myself discussing my training philosophy and articulating the direction I wanted to take the coaching program. I even saw myself telling a joke or two. It is amazing how much funnier I can be when I am the only one in the audience. I felt that I was well prepared! Little did I know at that time that nothing would prepare me for what was about to happen.

Upon arriving at the track I was warmly greeted by Ron Weliver. He immediately started to introduce me to many of the Striders that were in attendance. Through my dealings with the Mill Cities Relay and my longtime friendship with Warren Church and George LeCours, I already knew several Striders. As I began recognizing old familiar faces and seeing the smiles on new ones, any inkling of jitters I had disappeared.

We then gathered around in a group, very much like we do today, and I spoke of all the things I had been rehearsing in my mind earlier. Before I knew it, runners were circling the track and in the midst of my first workout. It was then that I was approached by a gentleman who asked me to design him a six-month program to run a half-marathon. I asked him a few questions like, "How far are you running now?" and "What is your longest race?" His responses led me to believe that six months was not enough time to prepare him for that distance. I told him that he should consider a longer training cycle, perhaps twelve months. His reply was "You don't understand, I can't take that long." I immediately thought to myself, "Hmmm, another impatient runner." "Why not," I asked with a bit of cynicism. "Because I have cancer

and just one year to live," he replied. That was my first introduction to Chuck Rossier. In an instant he had changed my priorities and outlook on life. Suddenly health, family and friendship came to the forefront and the little things in life that bothered me were no longer significant. That was three years ago and through perseverance, good doctors and the grace of God Chuck is still with us and he is still running.

Dave Camire.

Yesterday, was the Columbus Marathon—a 26.2 mile race. One of the participants in the race was Chuck Rossier, a friend that I met through the internet a couple of years ago. Chuck was not among the winners of the race. In fact, he finished in 5 hours 50 minutes and 18 seconds. Yet, in my view, Chuck was the biggest winner of all.

Chuck was diagnosed with prostate cancer more than three years ago. He underwent an aborted RRP¹ because the cancer had spread too far. He then underwent radiation treatments, which left him exhausted and debilitated. Unfortunately, the radiation too was unsuccessful. At this point, both his urologist and his radonc gave him less than a year to live. He then went on CHB². In the intervening

three years, he has had a host of medical problems including two near-catastrophic embolisms, a gall bladder removal, and a host of other problems. Many of us, perhaps most, would have simply given up.

Chuck has been on CHB for over three years. We all know, of course, that one of the effects of CHB is that it drains energy—it takes a tremendous effort, particularly after three years of CHB, to maintain an exercise program of any level. I have run four marathons, including yesterday's Columbus, and I know what tremendous effort and dedication that it takes for healthy people to build up to a 26.2 mile race. I know that this is even more difficult for people who are in their late fifties and who have never run a marathon. And, I know that this goal would seem impossible for anyone who has suffered from the health problems that have plagued Chuck and who has been on CHB for more than three years. Yet, starting about 18 months ago, Chuck decided that he was going to run a marathon with me. Through the internet, we kept in touch as Chuck suffered one setback after another in an attempt to get ready for the marathon. Yet he never gave up. A little more than a month ago, he did a 22 mile training run and nearly collapsed after he finished.

Chuck and his wife, Jackie, came to stay with us this past weekend and Chuck was understandably nervous about the race. He had never run a race more than 13 miles and had never run this far in his life. He had promised to run 2 miles for

About the Author

Greg Travalio is a law professor at The Ohio State University College of Law and a long-time runner. I was diagnosed with Prostate Cancer about 2 ½ years ago. He has a wife of 25 years and two daughters, 19 and 15

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