

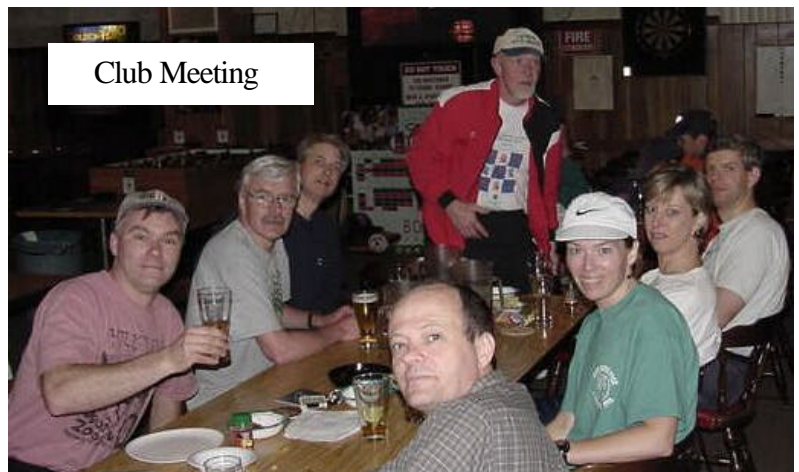
## Randumb Thoughts

Bob Thompson

This column has appeared randomly in *Striding Along* for many years. It hasn't appeared lately, however, mostly due to the fact that I haven't run more than a handful of miles in the last year. I had always taken pride in the fact that I never really had any running injuries. No plantar faciitis, no achilles tendon problems, no knee problems, or any of the other injuries that many runners tend to have. Until lately, that is. Two knee surgeries in 8 months have kept this runner on the sidelines. Not being able to run, I didn't have much motivation to write about it either. Well, I'm on my way back so I might as well start writing again about the sport that I love and the sport that has given me so much. If it weren't for running, I'd probably be one of those guys with the big beer belly hanging over my belt. More importantly, I wouldn't have the many friendships that I've developed in my 20 or so years as a member of the Gate City Striders. I had always thought that I would run until the day I died but during the past year I have often wondered if I would ever be a runner again. Maybe all those years of running had finally taken their toll and it was time to hang up the Asics once and for all. Not a chance! I'll be back, probably running slower and probably not running as far, but eventually I will be back..... A lot has changed in all the years that I have been a member of the GCS. When I first joined the Striders it was a small group of 50 to 100 members, with only 20 or so runners showing up for the Wednesday night workouts.

The workouts were basically a 3 mile race along the paved path in Mine Falls Park to the little league ballfield, up the hill past Ledge Street School, down Simon and Whipple Streets and back into the park for the last 1/2 mile sprint to the finish. Back then we were lucky if we could get enough members to attend the same race to compete as a team. We could only dream of winning races against the other area clubs. We were always looking at the backs of the shirts of those guys in green, the Greater Lowell Road Runners and the Central Mass Striders or any other club for that matter. In the late 80's, the Gate City Striders formed a racing team with sponsorship from Avia shoes and Sunshine Sports. Bob Main, Vicky Sears and Bob Thompson organized the track workouts and team races. We didn't win very often but we had fun and slowly but surely the teams got more and more competitive. Our previous club President, Bill Spencer, has had a lot to do with the recent success of the Gate City Striders as a competitive club. Bill is one of the most competitive members that the Striders have ever had and probably has more trophies on his mantle than 90% of the membership combined. Now the Striders are regular winners of the NHRRCA championship, are cham-

pions of the Mill Cities Relay, and even set a veterans world record this past winter. Bill's work with the youth running program assures that Striders will be the team to beat for years to come. Bill has had a lot of help from the membership (over 500 members at last count) and from Coach Dave Camire, whose enthusiasm for running is unmatched.....There never seems to be an end to great leadership for the Striders. I'm sure that our new president, Steve Moland will continue to make the Striders a fantastic club to be a member of. Steve has only been a runner and GCS member for a handful of years, but has quickly made an impact on the club. He has brought the club newsletter to a new standard and is always volunteering or coming up with new ideas. The Striders have always had a difficult time getting club members to attend monthly meetings. Steve figured that instead of trying to get members to come to the meetings, he would bring the meeting to the members. For



Club Meeting

many years, runners have gathered at the Club National after the Wednesday workouts to socialize and quench their thirst. On May 16, 2001 the first official meeting of the Gate City

Striders at the Club National was held. The meeting may have had the largest attendance ever. Throughout the years, there have been many unofficial meetings at the Club National (a.k.a. church). That's where all of those wacky ideas that find their way into the Novemberfest Run are hatched. Four of five years ago, nearly the entire Pack Monadnock 10-Miler was organized just 3 days before the race at the Club National. Numerous other volunteer efforts have resulted from these unofficial GCS meetings..... Speaking of church, longtime Strider Warren Church received a free lifetime membership to the Gate City Striders at the annual Holiday party. The award was a result of Warren's many volunteer efforts and the fact that he and his wife, Peggy, were retiring to their home in Connecticut. Warren says that now that he has a lifetime membership, there really is no reason to move away. See you at church, Warren....Another rumor floating around the club is that Vice



Mike getting Iron

President, Iron Mike Hagerty will be competing in the next Eco Challenge and possibly the next Survivor series as well. I heard that Mike also has his sights set on the next series of Boot Camp.....Former GCS president Shaun McMahon is president of a new running club in the Peterborough area, the Monadnock Milers. No longer will runners from that area need to travel to Nashua to participate in organized weekly track workouts. Don't be surprised if the Monadnock Milers are giving the Gate City Striders a run for their money in a few years. Good luck Monadnock Milers!....See you on the trails soon!

## The Amazing Runner

Bob Thompson

How many of you have had friends, family, co-workers be amazed by your ability to run maybe 3, 5, 10, or 26+ miles? In my many years of running it has happened to me hundreds of times. Okay, maybe half of those have been by my mother, but it has happened enough to make one feel special that others can be in awe of the fact that you can run mile upon mile without stopping to rest. It has nothing to do with speed, or even stamina. I'm not fast and I never was very fast. I have never won a road race. I have run marathons, but I've never been able to complete one without a fair amount of walking. In spite of that, non-runners are often amazed at what runners can do.

What runners can do compared to the general population is amazing. Most people cannot fathom running 3

miles without stopping, never mind 5, 10, or 26+ miles. Non-runners are amazed by the accomplishments of runners, no matter how fast or slow they run. Runners are not amazed by these accomplishments. Runners can appreciate the effort to accomplish these feats, but runners feel that if they can run that far, anyone can. Runners are not necessarily impressed by someone who can jog a few miles.

Now, as I drive my car and see runners jogging slowly along the side of the road I am amazed at how far they can run. I read about GCS members running marathons and other races and I am amazed at what they have accomplished. How do they do it? I've asked myself. I have become the amazed onlooker.

Due to injuries that have prevented me from running for what now seems an eternity, I have been able to look at running from the non-running perspective. I've learned to appreciate what an accomplishment it is to run even one mile without stopping for a rest.

Everyone of you runners out there is amazing. You are not a jogger. You are not a "middle of the pack" or a "back of the pack" runner. No matter how far you run or how fast or slow you run, you are all amazing runners.

# Race Results

## Sherwood Marathon Relay Foster, RI 5/20/01

1<sup>st</sup> Place 60+ Relay Team  
Team Minami/Engle  
3:12:12  
Bill & Kathy Engle  
Shu & Mary Minami

## Hunt Camera Chase 12K Melrose, MA 5/20/01

Dave Peters 50:35

## Fire Department 5K Lexington, MA 5/20/01

Sean Landers 18:28  
Ed Donovan 26:12  
Maurice Noonan 30:23

## Justin Brabant 5K Derry, NH 5/20/01

Paul Ahern 1<sup>st</sup> Male Overall  
Dave Breeden 1<sup>st</sup> Senior  
Paul Ahern 17:23  
Matthew Simpson 17:57  
Patrick Maloney 18:36  
Peter Venditouli 19:03  
Michael Dodge 20:21  
Dana Breeden 21:06  
Adam Delia 21:41  
Dave Breeden 22:15

## Zee Zuccaro 5K Somerville, MA 5/20/01

Miae Jacobs 1<sup>st</sup> Master  
Jim Quadros 15:54  
Brian Byrne 18:56  
Miae Jacobs 19:26  
Louise Rosetti 37:02

## Hoof It For Hannah 5K Beverly, MA 5/20/01

Louise Rosetti 37:13

## Lookout Farms 5K Natick, MA 5/20/01

Dave Contrada 19:54

## Get Fit In May 5K Exeter, NH 5/19/01

Louise Rosetti 1<sup>st</sup> 70+  
Ken Birse 18:54  
Louise Rosetti 37:45

## Bedford Rotary 12K USATF NE Championship Bedford, NH 5/19/01

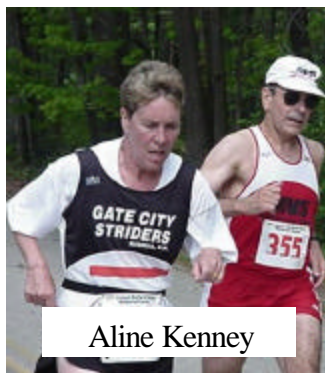
Male Veterans Team 2<sup>nd</sup> Place  
Female Seniors Team 1<sup>st</sup> Place

Tom Doody 39:44  
Tom Kolb 46:29  
Jack Noyes 47:12  
John Saunders 49:54  
Bill Spencer 51:16  
Miae Jacobs 51:37  
Liane Pancoast 52:27  
Bob Peretti 53:19  
Jason Farr 53:26  
Eldon Burkinshaw 53:43  
James Woodward 55:14  
Richard Doyle 55:19  
Andrew Najberg 55:53  
Gordon Burnett 56:12  
Kathy Kirby 56:14  
Claudette Stone 57:10  
Heidi McGaffigan 57:28



Stan Klem

Peter Ness 57:34  
Richard MacDonald 57:42  
Stan Klem 57:48  
Andrea Pierce 58:39  
Greg Neilley 59:57



Aline Kenney

Jane Levesque 61:07  
Terrence Kenney 63:13  
Aline Kenney 64:56  
Lee Brucks 66:06  
Pat Kiesselbach 66:09  
Richard Gage 69:57  
Marie Mullins 74:04

## Bedford Rotary 5K Bedford, NH 5/19/01

Age Graded Team 1<sup>st</sup> Place  
Nicole Slane 1<sup>st</sup> Female Overall  
Thomas Astolfi 1<sup>st</sup> Master  
Billy Duffy 1<sup>st</sup> Under 12  
Michelle Weysham 1<sup>st</sup> 12-15  
Cathy Merra 1<sup>st</sup> Master  
Sachiko Burkinshaw Veteran

Thomas Astolfi 17:17  
Dave Birse 18:48  
Nicole Slane 19:01  
Anthony Merra 20:30  
Chantal Croteau 21:00  
Jim Ecke 21:30  
Billy Duffy 21:32  
Michelle Weysham 22:35

Brittaney Plante 23:14  
Steven Harter 23:48  
Kaitlin Burnett 24:00  
Ashley Neville 24:16  
Cathy Merra 24:47  
Adam Delia 25:38  
Susan Finerty 25:48  
Karen Zenzian 26:11  
Bill Juris 26:31  
Teanna Croteau 26:43  
Patricia Belanger 26:45  
Brenda Conlin 27:35  
John Jarzombek 27:45

Sachiko Burkinshaw 27:46  
Bill Sturgeon 28:52  
Al Broggi 31:25  
Carol Carson 32:26

## Mystic River Herring 10K Somerville, MA 5/19/01

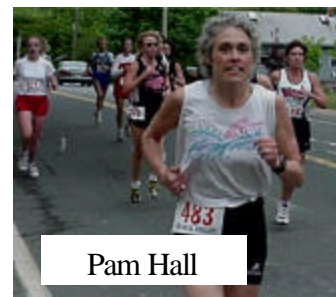
John Hennessey 46:29

## Khoury's 4.13 Miler Somerville, MA 5/17/01

Jim Rhoades 30:08  
Louise Rosetti 51:55

## Run For The Roses 5K Salisbury, MA 5/16/01

Female Open Team 7<sup>th</sup> Place  
Female Masters Team 5<sup>th</sup> Place  
Pamela Hall 1<sup>st</sup> 45-49  
Michelle Weysham 1<sup>st</sup> Under  
Patricia Smith 1<sup>st</sup> 60-64



Pam Hall

Miae Jacobs 18:47  
Liane Pancoast 19:57  
Pamela Hall 20:35  
Michelle Weysham 20:44  
Samantha Buechner 21:14  
Julie Hanover 22:09  
Annette Marchand 22:49  
Stephanie Pancoast 24:20  
Emily Strong 24:53  
Linda Madden 25:16  
Peg Turcotte 25:17  
Susan Rube 25:21  
Judi Moland 26:39  
Mary Minami 26:57  
Patricia Smith 28:23  
Stacie Buechner 29:38



Lisa Christie 31:20  
 Kathy Treggiari 31:24  
 Debra Anctil 31:38

**Parker Classic 5.2 Miler  
 Devens, MA 5/13/01**

Peter Venditoui 31:26  
 Ed Donovan 46:10

**Parker Classic 2 Miler  
 Devens, MA 5/13/01**

*Josh Panny 1<sup>st</sup> Under 13*  
 Adam Delia 13:21  
 Josh Panny 14:10  
 Amanda Beauchamp 19:11  
 Linda Panny 19:44

**Run For Women 3.5 Miler  
 Melrose, MA 5/13/01**

Louise Rosetti 41:41

**Kittery Outlet 5K  
 Kittery, ME 5/13/01**

Andrew Najberg 21:59

**Franklin Hospital 5K  
 Franklin, NH 5/12/01**

Fran Dwyer 19:56  
 Damian Rowe 20:06

**Apple Blossom 5 Miler  
 Harvard, MA 5/12/01**

Andrea Pierce 40:16  
 Lynn Kisselbach 46:26  
 Ken Kisselbach 51:40

**Foot Health 5K  
 NH RRCA GP Race #1  
 Derry, NH 5/12/01**

*Gate City Striders 1<sup>st</sup> Place  
 Male Open Team 1<sup>st</sup> Place  
 Male Masters 1<sup>st</sup> Place  
 Male Seniors 2<sup>nd</sup> Place  
 Male Veterans 1<sup>st</sup> Place  
 Male Ancients 2<sup>nd</sup> Place  
 Female Open 2<sup>nd</sup> Place  
 Female Masters 2<sup>nd</sup> Place  
 Female Seniors 1<sup>st</sup> Place  
 Female Veterans 1<sup>st</sup> Place  
 Tom Doody 1<sup>st</sup> Male  
 Thomas Astolfi 1<sup>st</sup> Master  
 Nicole Slane 1<sup>st</sup> Under 16  
 Patricia Smith 1<sup>st</sup> Veteran  
 Louise Rosetti 1<sup>st</sup> Ancient*  
 Tom Doody 16:10  
 Thomas Astolfi 17:12  
 BJ Bottomley 17:52

Adrien Grise 18:13  
 Chris Howard 18:15  
 Tom Kolb 18:33  
 Nicole Slane 18:54  
 Jason Farr 19:33  
 Miae Jacobs 20:00  
 Martin Sheil 20:25  
 Bob Peretti 20:32  
 Bill Spencer 20:37  
 Michael Peabody 20:45  
 David Delay 20:46  
 Casey Darasz 20:48  
 Joey Rizzo 21:11  
 Michael Dodge 21:14  
 Michael Levesque 21:17  
 Richard Doyle 21:28  
 Warren Church 21:52  
 Ashley Morgenstern 21:58  
 Don McLean 22:18  
 Bill Engle 22:26  
 Dave Breeden 22:43  
 Kathy Kirby 23:13  
 Shu Minami 23:34  
 Peter Donohue 23:35  
 Steven Harter 23:35  
 Traci Swanbon 23:41  
 Kevin McLean 23:55  
 Adam Delia 24:28  
 Dana Breeden 24:33  
 Terrence Kenney 24:40  
 Genia Sanborn 25:37  
 Bruce Conti 26:03  
 Pat Kiesselbach 26:17  
 Kathy Engle 29:04  
 Bill Sturgeon 30:21  
 Al Broggi 30:46  
 Patty Danais 31:30  
 Patricia Smith 31:58  
 Carol Carson 34:05  
 Louise Rosetti 38:04

Rich Stockdale 47:23  
 Dave Birse 52:28  
 Thomas Parker 57:26  
 Brenda Bolan 62:51  
 Yuki Minami 64:25  
 David Wendt 64:29  
 Eldon Burkinshaw 64:31  
 Steve Moland 69:48  
 Brian Sanborn 72:34  
 Rich MacDonald 80:32

**Backshore 5 Miler  
 Gloucester, MA 5/11/01**

*Louise Rosetti 1<sup>st</sup> 70+*  
 Wayne Hilson 41:58  
 Ed Donovan 46:21  
 Louise Rosetti 61:19

**Khoury's 4.13 Miler  
 Somerville, MA 5/10/01**

Louise Rosetti 55:01

**Seven Sisters 14M Trail  
 Race**

**Amherst, MA 5/6/01**  
 Thomas Parker 2:49:18  
 Mike Hagerty 2:54:12

**Run For AIDs 5K  
 Keene, NH 5/6/01**

Bill Engle 21:58

**Astro Classic 5K  
 Derry, NH 5/6/01**

*Michael Peabody 1<sup>st</sup> Under 13*  
 Michael Peabody 20:47  
 Peter Darasz 22:22  
 Nancy Peabody 23:08

**Run For The Library 5**

Louise Rosetti 57:25

**Run For The Arts 10K  
 Westford, MA 5/6/01**

Peter Venditoui 41:18

**Run For The Arts 5K  
 Westford, MA 5/6/01**

Lindsay Panny 23:45  
 John Panny 30:06

**Run For The Arts 1 Miler  
 Westford, MA 5/6/01**

Monica Venditoui 8:02

**Panther Classic 5K  
 Nashua, NH 5/6/01**

*Andrew Paul 1<sup>st</sup> Male  
 Overall*

*Bruce Lutz 1<sup>st</sup> Submaster  
 Nicole Slane 1<sup>st</sup> 10-12  
 Joseph Rush 1<sup>st</sup> Master  
 Patrick McCabe 1<sup>st</sup> 10-12  
 Moira McCabe 1<sup>st</sup> 13-15  
 Caitlin Rush 1<sup>st</sup> Under 10  
 Bob Michaud 1<sup>st</sup> Senior  
 Emily Strong 1<sup>st</sup> Senior  
 Patricia Smith 1<sup>st</sup> Veteran*  
 Andrew Paul 17:36  
 BJ Bottomley 17:58  
 Bruce Lutz 18:52  
 Peter Venditoui 19:27  
 Nicole Slane 20:00  
 Joseph Rush 20:11  
 Kate Jackson 20:30  
 Patrick McCabe 20:47  
 Chantal Croteau 20:48  
 Andrew McQuaid 21:27  
 Michelle Weysham 21:46

Moira McCabe 22:50  
 Jacob Rube 23:22  
 Caitlin Rush 23:24  
 Brittany Plante 23:29  
 Jon Paisner 25:35  
 Eliot Paisner 25:35  
 Adam Delia 25:49  
 Kim Strong 25:58  
 Bob Michaud 26:02  
 Emily Strong 26:45  
 Susan Rube 26:45  
 Bruce Conti 26:50  
 Lillemor Hamnqvist 26:57  
 Teanna Croteau 27:03  
 Linda Madden 27:07

(Continued on page 20)



**USATF NE Mountain 11K Miler  
 New Ipswich, MA 5/12/01  
 Rich Stockdale 1<sup>st</sup> Senior**  
**Groveland, MA 5/6/01  
 Louise Rosetti 1<sup>st</sup> 70+**