



## General Meeting - Minutes

### OFFICERS– Executive board

Date: Wednesday, Feb 19, 2003  
Time: 7:30 PM  
Location: YMCA, Merrimack NH  
Web Site: [www.mv.com/ipusers/chorico/](http://www.mv.com/ipusers/chorico/)  
Forum: [gatecitystriders@yahoo.com](mailto:gatecitystriders@yahoo.com)  
Hot Line: 880-9479

President -	Steve Moland
Vice-President -	Dave Delay
Treasurer -	William Farina
Secretary -	Bob Pelletier
Membership -	Sandy Geisler
Competition -	Open
Social -	Dave Ferris

### Officer Reports

Treasurer: Current Balances: Total: \$27,580 General: \$4085 Applefest: \$9839 Savings: \$13,656

Membership: Total: 571 Regular: 174 Family: 387 Youth: 10

### Current and Upcoming Events

**Wednesday night group runs** are ongoing at Pennichuck JHS (Exit 7E about one mile from Everett TPK and turn left at light, school is on this corner), Nashua at 6 PM through early April for an average distance of 4.5 to 5.0 miles. We meet on the Henri Burque Hwy side of the school. Be sure to wear your reflective vest until we return to the track. All paces welcome.

**Sunday March 2 at 9 AM. Freeze Your Buns 5K and 5 Mile Run** at Talent Hall, Litchfield, NH.. From Nashua take Rt 102 west to left on Page Road and turn right on Albuquerque Rd. Follow for about two miles and go past high school on your right and turn right onto Woodhawk Way and quick left into parking lot.

**Wednesday March 19 at 7:30 PM** is the next general club meeting. Mike Sarro of New England Multisports will be the speaker. Mike is a specialist in mental and physical preparation techniques for many sports including distance training and racing. Be sure to catch Mike. **All meetings held at the Merrimack YMCA.** Pizza and drinks are now served at each meeting. From Nashua take exit 7E Henri Burque Hwy to end then turn left onto old Route 3 North. Follow up about one mile and turn left onto Henry Clay Drive.

**Sunday May 11 at 9:25 AM** is the Second Annual Southern NH Medical Center 6K Run/Walk. This is a GCS club managed event.

### Business Items

SNHMC will again provide primary sponsorship for **Fitness University 2003** tentatively scheduled for **Saturday, July 13**. Shaun McMahon will direct again this year.

The 2002 club annual fiscal report was reviewed and the complete report was made available to meeting attendees. The club made a net income of \$1399 in 2002 well ahead of a fiscal loss of \$3419 in 2001. 2003 membership fees will remain fixed at 2002 rates for now.

Officers Dave Delay and Bob Pelletier reviewed the results of the club survey. A total of 384 surveys were sent out which produced 151 responses, a return rate of 43%. The E-Board will be gradually implementing many of the changes that the survey suggested over the next few months. One of the survey items was to publish the general meeting minutes on the web site which we introduce this month. We welcome your comments regarding the survey results in the general club forum listed above. Thanks to all who participated.

The E-board position of **Competition Director** position will remain open for now. A committee of a few members will handle the duties of the position. **Please contact Walter Swanbon at [healthnutz.ttlc.com](mailto:healthnutz.ttlc.com) or at 895-3466 if you are interested in helping him in a committee or Team Captain position.** The position basically entails helping Walter assign GCS teams for NH RRCA events with a few phone calls as well as helping to coordinate teams for Lake Winnepesaukee, Reach the Beach, or Mill Cities Relay teams in the Fall. If you would like to be part of a team you can also contact Walter.

**Walter and Traci Swanbon** hosted a terrific morning of **Come Run My Run** on the morning of February 9 in Candia. Thanks to the Swanbons for a great time and Happy Birthday to Traci who was the recipient of a new playmate for long time

Strider Barney Swanbon. Come Run My Run is a great way to meet other Striders and get in those weekend long runs. If you would like to host please post on the Strider Forum at the address listed above.

**A parking director is needed for the Mount Washington Road Race on the morning of June 21.** Race Director Bob Teschek hopes to have the position filled by the end of March. Thanks to longtime volunteer parking director Mike Hagerty for his many years of selfless service. The club gets eight at large race numbers for this event by having a GCS parking director. You can volunteer and still run the event.

Former **Ultimate Runner meet director Dave Williams** is stepping down from his position after many years of service. Thanks Dave! We will ask Coach Dave Camire and his assistants to coordinate for 2003.

**Club Triathlon Director Chip Geisler** has grown this event into a club favorite. Chip will turn over the reigns for this event in 2003. As a result, we will need a new director for 2003. It is expected that the 2003 director will come from a person that has been able to enjoy the benefits of participating in this event in previous years. You can reach Chip at 421-1815 concerning any questions on directing.

**A huge thanks is in order to outgoing Club President Steve Moland** whose official duties end effective with the next E-board meeting. Please be sure to thank Steve for his countless hours of volunteer time in leading our club over the past two years. Steve's departure leaves two current E-Board vacancies.

Current interim club **Treasurer Bill Farina** accepted nomination from the nominating committee to run again for the 2003 board. A vote was taken and Bill was voted in for a full term. The E-Board will decide on officer positions at the next Board meeting scheduled for Monday, March 10.

Minutes Reported By:

Bob Pelletier  
GCS Club Secretary  
February 24, 2003