



General Meeting - Minutes

OFFICERS- Executive board

Date: Wednesday, March 19, 2003
Time: 7:30 PM
Location: YMCA, Merrimack NH
Web Site: www.gatecity.org
Forum: gatecitystriders@yahoo.com
Hot Line: 880-9479

President -	Bob Pelletier
Secretary -	Dave Delay
Treasurer -	William Farina
At - Large -	Dave Ferris
At - Large -	Sandy Geisler
At - Large -	Bill Gray
At - Large -	Chet Rogers

New Business

Brief introduction of the new E-Board

After two years as club president, Steve Moland decided not to run for reelection to the E-Board. Many thanks to Steve for his hard work and dedication. We also appreciate his desire to remain active in key roles including Pack Monadnock Race Director and web site administrator.

Bill Farina was reelected to the E-Board by the membership at the February annual meeting. The E-Board has appointed Bill Gray and Chet Rogers to fill the two remaining positions on the board.

We have reorganized the board into three required positions and four at-large positions. The required positions are President - Bob Pelletier, Treasurer - Bill Farina, and Secretary - Dave Delay. Although now officially at-large, Sandy Geisler will likely continue to specialize in membership. Dave Ferris will likely continue to specialize in social activities. The E-Board looks forward to benefiting from advice and expertise of Bill Gray and Chet Rogers who bring with them a combined thirty years of experience with the club.

Dave Delay and Dick Bersani on the Mt. Washington Relay Lottery

Dick Bersani will be the GCS volunteer coordinator for the 43rd annual Mt Washington Road Race. Race day is Saturday, June 21.

We have 10 reserved entries for the race. If you want to run Mt Washington, please contact Dick Bersani at dick_bersani@waters.com before May 1. We will give preference to past Mt Washington volunteers.

If you want to volunteer to help with parking at Mt Washington, please contact Dick at the above email address – again before May 1. We need 10 to 15 volunteers so we can continue providing reserved entries to club members in future years.

Walter Swanbon is the new club competition director:

Healthnutz@ttlc.com or 895-3466

- **Concentration is on the eight NHGP races for 2003**

Fact: 82 GCS Women and 102 Men **scored** for the club at NHGP races in 1995, a whopping total of **184 members**

We will begin rewarding participation and scoring for the NHGP in 2003 and keep updated scoring in the Newsletter

General Meeting notes are now posted on the web site

Upcoming Events

Wed 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. **Track begins Wednesday April 9 at Pennichuck JHS.**

Sun April 6 at 1 PM is the 10th Annual Running of the Nashua Soup Kitchen and Shelter 5K. The race registration is in the Nashua YMCA gym on Prospect Street. You can register on-line at www.nsk.org Lori Lambert is directing Llambert@wsgriffith.com Some help is still needed.

Sat May 3 NH Grand Prix #1 Big Lake Half Marathon Alton www.timbermantri.com

Sun May 4 at 10:00 AM Pauline Albert Memorial Panther Classic 5K. The race starts at Stellos Stadium and runs through Mine Falls.

Sun May 11 at 9:30 AM is the Second Annual Southern NH Medical Center 6K Run/Walk. This is a GCS club managed event. Damian Rowe is directing. **DRGCS@yahoo.com**

Sun June 1 NH Grand Prix #2 Pack Monadnock 10 Mile GCS is the host club. Steve Moland is directing. **Steve@accessp.com**

Requests for Help

Our key club focus events for 2003 are the SNHMC 6K(May), Pack Monadnock 10 Miler(June), Mt. Washington Road Race(June), Fitness University(July), and Applefest Half(October)

Steve Moland for Pack Monadnock - A couple of key volunteer positions are needed **Steve@accessp.com**

Steve is especially looking to fill management positions including volunteer coordinator, shuttle coordinator, post registration, course monitor coordinator, and water stops.

Shaun McMahon for Fitness University - Tentative Finals Day is Saturday, July 12 **Shaun_McMahon@millipore.com**

Shaun reports that Regina Jacobs would like to return as Dean of Fitness schedule permitting. Shaun is also looking for people to commit to management positions – especially for finals day. Stay tuned for more details in the newsletter and other communications.

Chip Geisler for the Club Triathlon

We are still looking for a director for the club triathlon. Chip Geisler is willing to train the new director.

Tonight's Featured Speaker

Mike Sarro - New England Multi-Sport Academy

Other:

Door Prize Winner: One Free Pack Monadnock Entry was won by the Geislars

Mike Sarro will be invited back this fall to speak on the subjects of complimentary running muscle strength building and improved flexibility

The Boston Bus is full. It may leave earlier than usual due to heightened security concerns.

Bob P reported that new meeting sites are under consideration that offer a smoke free environment as well as expanded food and beverage options. The site will be confirmed in time for the first fall meeting in September.

The suggestion was made to add a NH Grand Prix scoring system explanation to the web site. Bob P to follow up with Tom Kolb.

Still trying to nail down a date for the annual Parker's Maple Barn Run. This is one of, if not THE, longest running traditions of the club. The date is likely to be late April. Stay tuned for details.