

Membership

Welcome New Members

Michael and Danielle Poublon,
Peggy and Emily Cloutier,
Marc Longual,
Michael, Joyce, Charlie, Morgan,
and Moriah Askenaizer.

April Expirations

Dave Birse
Joe Blouin
Thomas Bowler
the Buechner's
Mary-Jo Cody
the Conlin's
the Duval's
Nicholas Fischetti
Jim Hansen
John Hennessy
Kathy Johnson
Bill Juris
the McAuliffe's
the Sanborn's
the Saunders's
Helen Shultz
Mathew Soroka
Elizabeth Soroka (Tringali)
the Terenzoni's
Robert Welts
Michelle Weysham
the Woodward's

May Expirations

the Auclairs
Steven Beaton
the Beiter's
Charles Burns
the Cottrell's
the Eastlands
Moatacim Hamcha
Peter Lopriore
Eliot Paisner
Jeff Reed
the Trolan's
Pamela Adams
the Bartis's
Alison Black
Bill Burke
Megan Callan
the Capprini's
Jeannie Cleary

(Continued on page 18)

Birthdays This Issue

Jim McMahon 04/01/73
Karl Patnode 04/01/49
Karen Burnett 04/04/65
Sarah Eastland 04/04/99
Mark C. Fraser 04/04/88
Christopher Murray 04/05/68
Mark Roy 04/05/62
Stacie Buechner 04/07/59
Nathan Burns 04/07/78
Jonathan Marcum 04/07/86
Cathy Merra 04/07/59
Joe Wheatley 04/07/49
Michael Amarello 04/09/63
John Marcum 04/09/48
Sue Stepick 04/09/48
Jane Cottrell 04/10/68
Achilles Scontsas 04/10/61
Douglas Shattuck 04/10/62
Tara Gurry 04/11/67
William Beiter 04/12/59
Megan Flynn 04/12/88
Kurt Morgenstern 04/12/61
Tony Parise 04/12/50
Elise Shattuck 04/12/92
Lisa Klasman 04/13/63
Dan Knaul 04/13/62
Roger Hall 04/14/53
Kari Levesque 04/15/76
Nancy Meadows 04/16/60
Wayne Goertel 04/17/71
Donald Burns 04/18/49
Erin Moskun 04/18/68
Carl Hefflefinger 04/19/60
Madeleine LaRose 04/20/44
Greg Neilley 04/21/56
Tim Burke 04/22/63
Zack Schnable 04/22/90
Sandolph Ayers 04/23/47
Emily Strong 04/23/49
Brian Withers 04/23/57
Zachary Clark 04/24/91
Shaun McMahon 04/24/62
George Lavash 04/25/63
Linda Madden 04/25/51
Walter Deschamps 04/27/59
Paul Lavoie 04/27/64
David Delay 04/28/57
Donn McBride 04/28/56
Abby Picard 04/29/87
Rick Schnable 04/30/47
Chip Geisler 05/01/61
Debra Auclair 05/02/55
Christopher Parise 05/02/90
Mathew Soroka 05/02/77

Diane Quinlan 05/03/63
Carl Bunis 05/04/66
Debster DeSantis 05/04/58
Howard Mastropiero 05/05/60
Janessa Rizzo 05/05/90
Deborah Fraser 05/06/57
Wayne T. Hils on 05/06/53
Joe Blouin 05/08/66
Stan Klem 05/08/47
Thomas Merrill 05/10/59
Claire Cadran 05/11/47
Cindy Mastropiero 05/11/63
Kristen Millet 05/11/91
Shusuke Minami 05/11/38
Lauren Oberholtzer 05/12/82
Marc Pinal 05/12/58
Allan Sabiski 05/12/52
Emily Picard 05/13/85
Beth Dutton 05/14/65
Patricia Kiesselbach 05/14/49
Zack Waters 05/14/74
Paul MacDougall 05/15/52
Lindsey Miller 05/16/89
Dick Miller 05/17/54
Kyle Trolan 05/18/93
Sheryl Walton 05/18/56
Amy Quinnett 05/19/74
Isabella Hamnqvist 05/20/89
Lindsay Panny 05/20/91
Ken Birse 05/22/60
Priscilla Flynn 05/22/59
Craig Pelletier 05/22/89
Lincoln Phillips 05/22/62
Jeanie Ferreira 05/23/55
Paul Riley 05/23/66
David Cormier 05/25/56
John Panny 05/25/55
Trevor Slane 05/25/85
Michael Thatcher 05/25/58
Trudy Wheatley 05/26/52
Edward Auclair 05/27/46
Dan Croteau 05/27/59
Juline McGuirk 05/27/89
Kathy Johnson 05/28/66
Oscy Cadran 05/29/73
Priscilla Peretti 05/30/52
Kelsi Whittemore 05/30/93
Thomas Bowler 05/31/47
Richard Doyle 05/31/47
Alice Walton 05/31/61

Youth Running

Once again we will be preparing our Youth members to participate in the USATF Junior Olympic Track program. This program begins with an Association meet on June 21st at Bryant College and a Regional meet also at Bryant College on June 28th.

Track workouts for those Gate City Strider Youths planning on participating in the USATF track program will begin on Monday, April 14th and will be twice a week on Monday and Thursday. Monday workouts will be at Stellos Stadium at 5:30 and will be on the Mine Falls trails. Thursday workouts will be at Pennechuck Junior High at 5:30.

A specific cross-country training program directed towards the National Junior Olympic Cross Country Championship to be held in Albuquerque New Mexico, will begin in July. These workouts are meant to prepare the youths for racing at the Regional and National level. They are NOT for those youths that are trying to establish an overall fitness level. It will be broken into four phases, each of which has a primary goal, with specific workouts. The first phase of six weeks is meant to develop an endurance base.

Starting on July 7th, the track program will merge with the cross - country training program. These training sessions will be for any Gate City Strider Youth who want to try out for the PAL Cross-Country teams. Meet for these workouts at Stellos Stadium.

These training session are directed towards peaking at the Nationals. Each session will have a warmup and stretching phase, a workout phase and a cooldown phase. Many of us (adults and youths) ignore the last phase. So, let's ask the question?

WHY COOL DOWN

The purpose of the cool-down is to help return your body to pre-exercise conditions. This includes reducing your heart rate, breathing rate and core body temperature. A thorough cool-down:

1. **Prevents blood pooling.** When you run, the contraction of your muscles pumps blood back to your heart, which keeps blood from accumulating in your legs. When you finish a race or a hard workout and just stand around, blood pools in your legs as your heart rate slows. Less blood returning to your heart can lead to reduced blood pressure and dizziness. Cooling down by running slowly or walking keeps blood circulating back to your heart.

2. **Removes lactate more quickly.** After a hard interval session or race, an important role of the cool-down is to remove the lactate that has accumulated in your muscles and blood. For example, at the end of a hard session a runner's blood lactate will increase to 11 mmol (millimoles, a unit of measure for concentration). After a cool-down of 20 minutes of easy running, this runner's blood lactate will be back to 3.3 mmol, whereas if the runner had sat around for 20 minutes the blood lactate would be at 7.3 mmol. A cool-down helps blood lactate decrease more quickly because it maintains blood flow at a higher level; this increases the movement of lactate out of the muscles and the rate at which the muscles utilize lactate.

3. **Reduces adrenaline levels.** Adrenaline and noradrenaline are hormones released by your adrenal glands that increase the rate at which your heart contracts, the force of contractions, your blood pressure, your rate and depth of breathing and the rate at which your muscles break down glycogen. Adrenaline and noradrenaline levels in your blood increase rapidly when you run at greater than 70% of your VO₂-max. Adrenaline levels typically decrease to resting levels in less than an hour, but noradrenaline levels can take several hours to return to resting levels. An active cool-down helps get these hormones out of your system.

4. **Reduces muscle stiffness.** Anecdotal evidence indicates that cooling down reduces muscle stiffness. This allows you to do another quality hard training session sooner. Your risk of injury in the first few days following a race or hard workout also decreases because the cool-down helps make your muscles more resilient.

THE OPTIMAL COOL-DOWN ROUTINE

Your cool-down should start with easy running for one to three miles. If you're too tired to run, then walk for an equivalent amount of time. The optimal clearance of lactate, adrenaline and noradrenaline occurs if you start your cool-down run at 65% to 75% of your maximum heart rate and slow down to a slow jog or walk for the last five minutes.

Stretching is the other important part of your cool-down routine. After running, your muscles are warm and have good blood flow, which increases their ability to stretch without injury. Without consistent stretching, your muscles will tend to progressively tighten over time, leading to reduced stride length and increased risk of injury.

Fitness Universty

The plans for this year's Fitness University 2003 are well underway. Members of the team at Southern New Hampshire Medical Center; the Corporate Sponsor of Fitness University, are looking forward once again in being a part of such a worthwhile event for the children of the Southern New Hampshire Community.

Preliminary dates for the Summer Clinics are being dis cussed between all the local schools and Park Recreation Departments in Southern NH, as well as our friends across the border in Dracut, MA. In addition to the locations previously selected to host the program's Summer Clinics, this year, the Monadnock Regional Milers will also be participating in helping to facilitate a couple clinics in the Monadnock Region; including such locations as Keene High School, located in Keene, NH, and ConVal High School in Peterborough, NH. This will serve as a great opportunity for the Gate City Striders to extend the reach of the Fitness University Program to the children of the Monadnock Region.

Last year, the Fitness University program was fortunate to present Regina Jacobs, a World Class Athlete, as the Dean of Fitness. Regina, along with her Coach, and Husband Tom Craig, were instrumental in bringing a fresh look to the event with their high level of energy, enthusiasm, and personal connection with the Fitness University participants. Pending any unforeseen schedule conflicts, Regina will be back to serve as the Dean for another year.

This year, the date for **Finals Day is tentatively slated for Saturday, July 12th**. Please mark that date on your calendar. Additionally, preliminary negotiations have commenced between myself and Mr. Pat Corbin; the Principal of Nashua High North, in the hopes of conducting the Finals Day events at the new Nashua High School.

As is the case each and every year, it is the commitment of the members of the Striders that bring this program to its fruition. It is my desire this year, to recruit some key people to help in facilitating and finalizing some of the essential elements that are required at the front end of the planning stages of this program. If you are interested in being a part of that group, please contact me at my email address, zoologic@prexar.com, or if you prefer, you are welcome to contact me at my home phone number: (603) 924-6828.

Thank you,

Shaun T. McMahan
Executive Director, Fitness University – 2003

Proposed Clinic Schedule - Fitness University 2003		
Pennichuck Jr High School, Nashua, NH Souhegan Cooperative, Amherst, NH	1	Tuesday, June 03, 2003 5:30pm - 8:00pm
Nashua High - North, Nashua, NH Alvime High School, Hudson, NH	2	Tuesday, June 10, 2003 5:30pm - 8:00pm
Keyes Field, Milford, NH Merrimack High School, Merrimack, NH ConVal High School, Peterborough, NH	3	Tuesday, June 17, 2003 5:30pm - 8:00pm * Facilitated by Monadnock Regional Milers
Pennichuck Jr High School, Nashua, NH Dracut High School, Dracut, MA Campbell High School, Litchfield, NH	4	Tuesday, June 24, 2003 5:30pm - 8:00pm * Facilitated by Dave Camire
Nichols Field, Hollis, NH Keene High School, Keene, NH	5	Tuesday, July 01, 2003 5:30pm - 8:00pm * Facilitated by Monadnock Regional Milers

Strider Wear



Hello Fellow Striders!

Happy Spring! I will be at track most of the summer as my school schedule allows me to run with you Wednesday nights. As always, I will have the clothing with me. Please look for me after your workout. I will have the following in stock items:

- Singlets \$20 (PLENTY this year in sizes small – XL)
- Jackets \$55
- Sport Bags \$40
- Pocket Pants \$35
- Lycra Fitness Shorts \$25 - \$27 (Currently restocking with newer style)
- Youth Sweatshirts \$10
- Youth Sweatpants \$10
- Youth T-shirts \$5

Email Change Notice: the best way to reach me is to call my home number (465-3868). However, you may email me at kkirby@hartebanks.com.

C-ya on the roads!

2002 Volunteers of the year

At the Winter Party, five members were recognized for their many contributions to the Club last year.



Mike Levesque, Walter Swanbon and Stan Klem are three members that you see on a regular basis organizing and supporting our many club activities.



Mike and Linda Thatcher were recognized as the new member volunteers of the year. They have just assumed responsibly for the mailing of the newsletter.

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