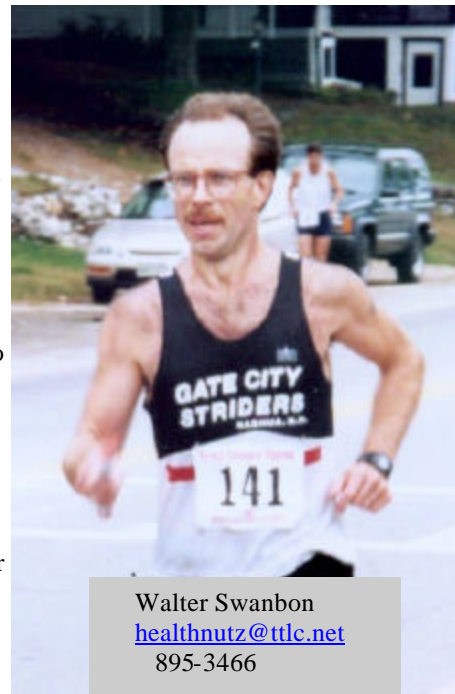


Calling All Striders!

Last year was not the best showing of Gate City's competitive spirit. There were many reasons; first we lost our competition director who was a par excellence recruiter and tireless planner. Unfortunately, along with him went a majority of the open competitors. Then because of our prior dominance in the NH Grand Prix series, someone came up with the idea to split the club into two divisions based on birth date. This was an interesting idea but was a little to confusing. Many Striders lost interest and simply did not turn out for the series. Not having a track available for the second half of the year also did not help the situation.

This year as competitive coordinator, I'm calling out for a return to Gate City's past history of competitive success stories. How can we achieve this again? It's fairly easy to analyze. It's about participation... when large numbers of Striders turn out for Wed. track workouts and then participate in the Grand Prix races and relays we do well. We do not have to be the fastest runners to succeed; we just have to show up. Quite frankly I will need a good deal of help, so I am asking for volunteers to assist by acting as Captains in each age group and I don't mean just one per group but multiple Captains. "Many hands make small work!"

The recent club survey indicates a majority of Striders want a continued emphasis on competition, so this year Coach Dave Camire and I are putting together a Wed. night track program that is designed to be inclusive, fun, as well as challenging. There are over 600 Striders in our membership approximately 150 turn out for track workouts at least occasionally with 60 to 70 as a core group. If you have not experienced what for some has become a ritual, why not give it a try this year and help the Gate City Striders revive some of it's competitive juices. I welcome your suggestions and comments. See you at the Pennichuck Jr. High track on April 9th!



Walter Swanbon
healthnutz@tlc.net
895-3466

GCS Spring Track Kicks In On April 9th

Day Light Savings Time is just around the corner and that means it is time to start outdoor track. This year we have decided to move workouts to Pennichuck Jr High School. The reason for the move is because the tracks at Nashua High School South and North are still under construction. If you participated in last year's sessions, you will recall that we spent the latter part of the year on a make shift track in the parking lot of Stellos Stadium. Many thanks to Steve Moland for acting quickly and coming up with this alternative plan when our regular track was no longer available. Although the parking lot track was a good temporary solution, it was not something we wanted to do long term. I am pleased that Brian Withers, Walter Swanbon and Sharon Yu will all be returning. This gives us a real solid coaching staff and program that benefits runners from the beginner level to the competitive level. This year workouts will be posted four weeks at a time on the club website. Workouts will be more track centered then they have been in the past. This is partly due to our new location (we have no access to trails) and because we want to continue our tradition of having a large cohesive Wednesday night group. Hopefully before the weather gets really hot, one of the Nashua High School tracks will be completed so we can again take advantage of Mines Fall Park. I look forward to seeing everyone on April 9.

Dave Camire
GCS Coach

Mt Washington Road Race

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 are selected to receive an entry, you will have to complete the registration by May 15.

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.

Randumb Thoughts

By Bob Thompson



Spring has finally sprung after one of the longest, coldest, and snowiest winters in recent memory. How cold was it? It was so cold this winter that Bill Juris was spotted donning long pants on a few of his runs. As of this writing, the local trails still had too much snow and mud to be runnable (is runnable a word?). NH ski areas were still in full operation at the end of March and promise plenty of skiing well into April. This winter GCS stood for Gate City Skiers as many runners took to the steep and deep slopes of Sunapee and Loon Mountains, among others. A large contingent of Striders were “carvin’ ‘em big time” at an epic day at Loon on Friday, March 14th. Unfortunately, my family emergencies had been used up and I had to report to work. Look for Killington to remain open until June this year. Skiing bumps in short sleeves and shades amid the birds and flowers is a wonderful experience. If you want to learn to ski, a warm sunny April day is the time to do it. All it takes is a strong pair of legs and the love of the outdoors, which by nature all runners have.....This is supposed to be about running, isn’t it? Ah yes, with spring comes many local road races. Get your spring started with the 10th Annual Alec’s Shoe Store 5K in downtown Nashua on April 6th to benefit the Nashua Soup Kitchen and Shelter. The first Alec’s race was supposed to be a women’s only event, however, a few GCS men (Peter,

Walter and Mike) got into their wives clothes drawer and jumped into the action. We will never let them forget that.....The ever popular Groton Road Races (10K, 5K, 2K) will be held on April 27 in beautiful downtown Groton, Mass. On Mother’s Day (May 11th), take your mom to the Southern New Hampshire Medical Center 6K in Nashua. I was pleasantly surprised to see my parents (George and Marge) as cover boy and cover girl of SNHMC’s Health Partner’s magazine. They have been working out regularly at SNHMC rehab since my dad’s heart attack in July 2001. Sometimes a mild heart attack can be the best thing to raise a person’s awareness of the importance of exercise. Both had been active their whole lives doing all types of household and yard chores and had more energy than most people half their age. However, neither was involved in a regular cardio vascular exercise program. Their “workouts” consisted of yard work, painting the house, carpentry, volunteer work, eating pizza and drinking beer (and not necessarily in that order). They now look forward to their 3 times per week regular exercise program and have more energy than ever. (Maybe next year I can get my mother back onto the slopes.) If you have a loved one who is in need of exercise, help them get off the couch, into some sweatpants and out onto the road for a walk. It is never too late to start.....Speaking of walking, longtime Strider Ken Beech has begun the long walk from Springer Mountain, Georgia to Mt. Katahdin, Maine along the Appalachian Trail. Ken plans to be passing through New Hampshire in mid August. Dave Williams will be joining Ken for a few days on the trail in the White Mountains. If you are interested in joining Ken and Dave, contact Dave Williams at revdcwms@metrocast.net. Best of luck, Ken!.....Bob Pelletier is the new President of the Gate City Striders, replacing outgoing President Steve Moland. Bob has been an active member for many years, directing several races including the Applefest Half Marathon, coaching local youths and volunteering for numerous other events. Bob’s ideas and attention to detail will be a big benefit to our ever growing club membership. Steve Moland has been a tireless club president for two years, but knowing Steve I expect that he will continue to be a familiar face at local running events. Steve never met a microphone that he didn’t like, so I suspect that we will continue to hear from him. Great job Steve and best of luck Bob. As hard as these two members work, their job can be made easier with your help. Volunteer whenever possible and give Bob and the new board of directors your ideas on how to continue to make the Gate City Striders the running club of choice for area runners.....Traci Swanbon celebrated her 40th birthday with family and friends with a run and buffet breakfast at the Good Times Restaurant in Auburn, NH. Traci is one of those rare individuals who can schedule her own birthday party and still have it be a surprise.....Due to the ongoing construction at Nashua High School South, the Wednesday evening workouts will be held at Pennichuck Junior High School beginning on April 9th at 6pm. First communion services will follow at Church (Club National).....Again this year, we will be collecting used running shoes to help the needy. Bring your running shoes to the Wednesday workouts so that they may be donated to the Milford Share Program to help the less fortunate.....Best of luck to all Boston Marathon entrants.....See you on the trails soon!

Activities

Freeze Your Buns

Volunteers for Feb 16, 2003 were Eldon Burkingshaw Mike Thatcher Jim Belanger Jerry Rocha Robin Rocha Pat Belanger Dick Doyle Bill Farina Pam Hall Roger Hall Stan Klem Mike Levesque Steve Moland Spencer Moland Kevin Reynolds Linda Thatcher Monica Vendituoli Erica Vendituoli

Volunteers for Mar 2, 2003 were Peter Vendituoli Gordon Burnett Pat Belanger Eldon Burkingshaw Bill Farina Stan Klem Steve Moland Shelby Moland Spencer Moland Kevin Reynolds Judi Slane

Newsletter Stuffing

Helpers at the Feb Stuffing party held at the Minami's were: Allison Black, Shu and Mary Minami, Stan Klem, Steve Moland, Mike and Linda Thatcher, Pat Belanger, Jane Levesque, Brian and Genia Sanborn, Robin Rocha, Bill Spencer, Samy El-Guebaly, and Pauline Levesque.

March meeting speaker

There was a good turnout for the March General meeting. Mike Sarno was the guest speaker. His enthusiastic presentation on training philosophy was well received and thought provoking.

April meeting speaker

The next general meeting will be held on April 16th at the Merrimack YMCA. Our guest speaker will be Michele Holland, owner of Performance Physical Therapy. Michele will be speaking about training and specific exercises that will decrease the risk of injury. Michele has worked with area high school teams as well as the Olympic ski aerobics team. Please plan on joining us. Michele will provide us all with some useful information.

May meeting speaker

Join us at 7:30 on May 21 for the general meeting at the Merrimack YMCA. The speaker will be a Safety Officer from the Merrimack Police Department. The topic will be running safety. We will discuss general safety issues with an emphasis on women's safety and self-defense.



Mike Sarno

of

GENERAL MEETING MINUTES

Feb 19, 2003

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.

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 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 online at www.nsk.org

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 McMahan returns as Director. Please contact Shaun if you are interested in serving on his committee.

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 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

Bob Michaud

In the article on the Mill City Relay, reported by Dave Delay in the previous issue of Striding Along, Bob Michaud was omitted as a Veteran-B team member. Bob Michaud ran the 2nd leg for GCS Veteran B team replacing Bob Lemay who sat out due to injury. As the captain of the team, I sincerely apologize for the error. I completely forgot to inform Dave Delay with the final team roster and leg assignment.

I would like to use this opportunity to say a few things about Bob. Bob joined the club seven years ago, and has been a regular attendant at the Wednesday workout together with his dog. I am sure many of you remember the black dog barking at Bob to take him along the track. Bob has been deactivated for a while due to the heart attack he suffered a couple of years ago but he is gradually getting back to his running mode. Actually, he had two strokes and one heart attack prior to joining the Striders so bouncing back from the pit is nothing new to him. He even defied his doctor, who told him to do no more than just walking, and sneaked in a few miles of jogging here and there to prove that running does not kill him. He has now converted his doctor to be a running advocate, and got the approval to run 3 to 4 times a week and he is piling 12~16 miles a week even during the record cold winter.

Going back to the Mill City Relay, I was pleased to hear enthusiastic "YES" from Bob when I asked him if he could fill in the vacancy on my team. However, I was worried a lot at the same time since I knew he had a heart attack not long ago. His wife Brenda was also concerned about the situation particularly because 4.9 miles was going to be the longest distance he ran in a long time. So, she came along in spite of the frigid weather just in case he needed to be picked up. Well, Bob not only finished his leg, but he was the only one on our team who beat my predicted pace. Brenda was also an essential part of the team, since we desperately needed her as the official team driver.



Bob

Thank you Bob!
Shu Minami

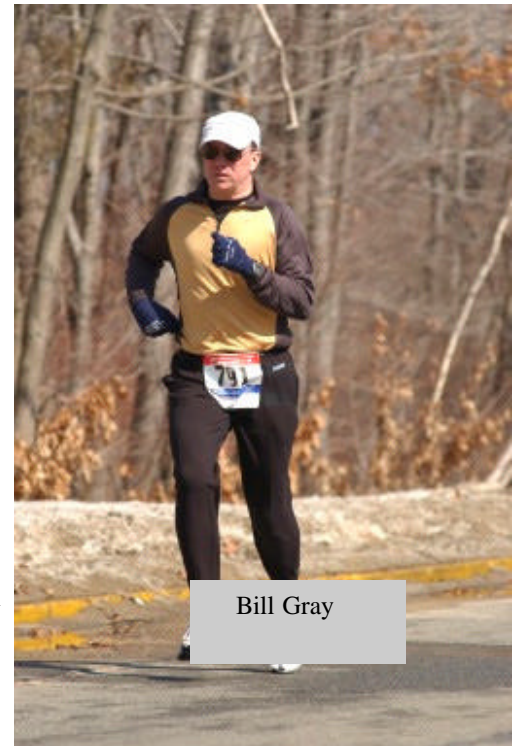
New E Board Members

At the last general meeting, only one member ran for the three open positions. As a result, the Executive Board has asked, and they accepted, two long time members to fill the two open positions. They are Chet Rodgers and Bill Gray.

Chet Rogers was a late-blooming runner, taking up the sport for the first time since high school at the young age of 56. Chet's proudest running accomplishment was qualifying for Boston 100th in his very first marathon. After that, it was pretty much down hill as a competitive runner. Chet has served on the Applefest committee since 1996 and has been it's co-director for 2001, 2002, and 2003. Chet lives in Hollis right on the Applefest course at mile 11.3. He is married and has four adult daughters, with nary a runner in the bunch. His favorite club activities are Applefest and helping out with Fitness University.

Bill Gray started running in 1986 and joined the Striders shortly thereafter. He served on the E-Board for a number of years, principally as Treasurer and was instrumental in incorporating the running club and acquiring non-profit status from the Internal Revenue Service and the U.S. Postal Service. While serving as the RRCA NH State representative, he founded the NH Grand Prix Series. For several years, he directed and co-directed the Applefest Half Marathon. He also co-ordinated Strider trips to the Montreal Marathon and the Mt. Rainier to the Pacific Ocean Relay. He has volunteered in many capacities for Strider and non-Strider events including Freeze Your Buns, Fitness University, Amherst 10K, Brookline 5M, Salmon Brook 5k, United Way 5k, Nashua Trust 10K, Applefest Half Marathon, Manufacturer's Hanover Trust 5k, Tuft's 10k for Women, Health-source 5K, Come Run My Run, Boston Marathon, World Cross-

Country Championship in Franklin Park, Bay State Marathon, Pack Monadnock 10M, Wednesday Night Track, Members Only Applefest, the Sap Run to Parkers and the Strider Triathlon. In addition to volunteering his time to our sport, Bill has completed 13 marathons including Marine Corps, Toronto, Montreal, Grandma's, Chicago, Philadelphia, Boston and New York. His best marathon time is 3:13:11 and his most memorable races include the 1988 Amherst 10k where he first broke 40 minutes and the 1995 Kiawah Island Marathon where he qualified for the 100th Boston with 5 seconds to spare. Currently, Bill is training for the Angel Island 50k Trail Race in San Francisco Bay to celebrate his 50th birthday.



Bill Gray