

Club Directory

<u>GCS Executive Board</u>		<u>Night Phone</u>	<u>Day Phone</u>	<u>Email</u>
President	Steve Moland	882-2067	624-5630	steve@accessp.com
Vice President	Dave Delay	675-0028		ddelay@attgobal.net
Secretary	XXXXX	XXXXXXXXXX		XXXXXXXXXX
Treasurer	Bill Farina	978-433-2335		william.farnia@snhmc.org
Membership	Sandy Geisler	421-1815		chipgeisler@worldnet.att.net
Competition	Michael Amarello	429-8879		Webmaster@gatecity.org
Social	Dave Ferris	889-5588		

Team Captains

Men Open	Michael Amarello	429-8879	Webmaster@gatecity.org
	Cory Coll	625-4054	caoll@hotmail.com
	Jason Bigonia	502-4570	jbigonia@hopper.unh.edu
Men Masters	Steve Harter	424-0387	sharter@mindseye.mv.com
Men Seniors	Mike Levesque	882-6623	MikeStride@aol.com
	Brian Sanborn	673-6363	
	Dave Salvas	673-0069	david.g.salvas@baesystems.com
Men Veterans	Shu Minami	880-7454	sxminami@aol.com
Men Grand Veterans			
Women Open			
Women Masters	Pam Hall	424-5096	hrogrunx26@aol.com
	Robin Rocha	598-8852	j27rocha@aol.com
	Priscilla Flynn	880-8802	dflynn2468@apl.com
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Newsletter & Web Site contacts

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Web Master	Julie Hanover	889-7014	HanoverJ@Netscout.com
Mailing Coordinators	Jane Levesque	889-4056	Alevesque@aol.com
Race App. Inserts	Emily Strong	595-7149	emily.strong@baesystems.com

Other contacts

StriderWear	Kathy Kirby	465-3868	kkirby@hartehank.com
Equipment Manager	Al Jones	224-7121	Alvin.jones@bench.com
Event Calendar	Bill Spencer	882-4859	bspence1@ix.netcom.com
Result Compiling	Michael Amarello	429-8879	Webmaster@gatecity.org
Strider Email list questions	Allan Rube`		allan@nhbungalow.com
Hot Line Mgr	Chip Geisler	421-1815	chipgeisler@worldnet.att.net
Voice Hot Line access number		880-9479	

Strider Discussion forum
and email List

<http://groups.yahoo.com/group/gatecitystriders>

Email Addresses

If you have an Email address and do not already receive an occasional Email about various ad hoc announcements pertaining to GCS, and you would like to receive these announcements, send your Email address to Stan Klem at

All Area Codes are 603 unless noted otherwise

Cover Photo by Jim Rhoades:
The Minami's at the Penguin Classic



**Editor's Column
By Bill Spencer**

This issue is my first anniversary as Editor. I would like to thank the many contributors who have responded to my requests for articles. Without your input, the newsletter would be quite thin. In particular, I thank Bob Thompson for his regular column. Michael Amarello for compiling the race results and Stan Klem for the membership information. In addition, I would like to recognize Jim Rhoades for the tremendous job he does in taking race pictures. Virtually all the

race pictures in the newsletter come from his web site at <http://www.jimrhoades.com>.

Track workouts are scheduled to start on April 10th at the Nashua High School track. Dave Camire will be returning as our coach. It is my understanding that the track will be available at least through the end of June. It is expected that the current track will be rebuilt this summer. When the plans are firmed up, a decision will be made as to where the remaining workouts will be held. Youth workouts will start on April 22nd at Mine Falls. If any members want to help out with the Youth program on a regular basis, drop me an e-mail.

The Gate City Striders Racing teams are still looking for Captains for the 2002 Racing Season. Recent volunteers have filled some of the open positions, but we still need 2 Male Masters Team Captains, 1 Male Ancients (70+), 2-3 Female Open Team Captains, 1 Female Seniors Team Captain, and 1 Female Veteran Team Captain. Additional captains in other divisions are welcome as well.

Primary duties of the team captains are to organize teams for the Lake Winnepesaukee and Mill Cities Relays. Organization of most other teams is done by email, web site, newsletter, and announcements at our weekly workouts. By having multiple captains in each division, the amount of work involved is minimized.

You do not need to be fast to be a team captain. One of the Male Open Team Captains is still trying to break 22 minutes for 5K after starting running again 3 1/2 years ago.

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders
PO Box 3692
Nashua NH 03061.

Visit our Web Site
WWW.GateCity.Org

USA Track & Field Club # 157

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

Membership meetings
3rd Wednesday of month.

Track workouts
Wednesday nights, Nashua High, April thru October. Weekly runs at Penichuck JH starting the end of October

