

Membership

Welcome New Members

John, Katrina, Sophie, Owen &
Lynn Smith

Kelsey Peabody

Kelsey Connors

Glendolyn Nixon

Elizabeth Fay

Michael Leary

Denis Tranchemontagne

Gina Spargo

Sheryl Briggs

Marc & Susan Courchesne

Elizabeth & Richard Kolb

Eric Liwanag

Jared Garfield

David Hausherr

Ken Ozeni

Birthdays This Issue

Gordon Burnett 08/01/60
Debra Stellato 08/02/57
George LeCours 08/02/50
Christine Neville 08/02/60
Bette Lewicke 08/04/52
Erica Vendituoli 08/04/95
Mark Terenzoni 08/05/63
Nora Lewis 08/06/59
James Woodward 08/06/59
Coleen Capprini 08/07/69
Robin Rocha 08/07/53
John Adams 08/09/47
Bill Springer 08/09/39
Jason Farr 08/10/69
Bill Prokop 08/12/66
Justin Sproul 08/13/90
David Salvas 08/13/49
Sherry Boyer 08/14/70
Karen McClellan 08/14/52
Susan Rube 08/14/48
Kristen Werne 08/14/64
Robert Meagher 08/14/52
Tom Conley 08/14/53
Terry Kenney 08/16/40
Eliza LeCours 08/16/57
David Wendt 08/16/46
Sue Marrer-Strasen 08/17/51
Patricia Smith 08/17/40
Steve Moland 08/17/43
Chet Rogers 08/18/38
Steven Beaton 08/21/59
Willa Breese 08/22/67
Kim Humphreys 08/22/68
Pam Matviya 08/22/53
Stephanie Adams 08/24/70
Jane Levesque 08/24/41

Bernard Plante 08/24/55
Teresa Kolb 08/24/91
Helen Ferrigno 08/25/37
Warren Church 08/26/40
James Belanger 08/27/54
Max Belanger 08/27/91
Andrew Najberg 08/27/49
Kathleen Terenzoni 08/28/63
Phyllis Ware 08/31/48
Sydney Moland 08/31/87
Edward Kelly 08/31/67
Richard Macdonald 08/31/49
John Fraser 09/01/82
Derek Brown 09/02/88
Jim Slane 09/04/58
Monica Vendituoli 09/04/92
Jeannie Cleary 09/05/60
Emily Mastropiero 09/05/91
Leni Hodgins 09/06/51
Joshua Panny 09/06/88
Lynn Kisselback 09/07/62
Kate Eastland 09/08/01
Craig Sheil 09/09/81
Brian Werne 09/09/65
William Goebel 09/09/54
Pamela Hall 09/10/53
Brenda Dwyer 09/10/57
Roy Dennehy 09/10/44
Mike Ward 09/11/59
Betty Scanlon 09/12/36
Steve Doyle 09/12/52
Susan Courchesne 09/12/51
Joselyn Hall 09/14/79
Moirra McCabe 09/14/87
Alvin Sproul 09/14/86
Alex Karwoski 09/16/90
Sandy Geisler 09/17/61

August Expirations

Debra Antcil
John and Mindy Adams
David and Frankie Beasley
Allen Broggi
Carolyn Carson
Zachary Clark
John and Ethan Dionne
Francis and Brenda Dwyer
Jonathan Green
Jeff Lind

Mary Marsh
The Merra family
Ann Slatkiewicz
Byron Telage
Michael Whelton
Sharon Yu

Sept Expirations

Brian Bigelow
Gordon, Karen, Katlin and Shannon Burnett

Peter, Alisa and Christina de Bruyn Kops
Megan and Priscilla Flynn
Carl Hefflefinger
Yuki Minami
Andrew, Alex and Cameron Prohman
Kevin Slattery

Youth Running

The GCS youths have been working out twice a week, since April. Attendance at the workouts varies from week to week as many of our youths participate on school teams or in other sports. The Spring workouts are designed to prepare them to compete in the USATF Junior Olympic program. The first meet of that program was the New England Association meet that was held on the new track at UNH. The results of all the youths that participated are listed on page 17 of the newsletter. The track at UNH was reported to be very fast, and the weather was ideal for racing. Everyone of our youths set personal bests that. Of particular note, Kelsey Hunt's winning 3k time has her ranked 4th in the country in the Midget Division, and Nicole Slane and Mindy Adams are ranked 12th and 108th respectively in the Youth division. Lindsay Panny in only her second race in the 80 meter High Hurdles is currently ranked 78th. Chantal Croteau's 1500 meter time was good enough for a ranking of 102 and Emily Mastropiero was good for a ranking of 124. Almost everyone qualified to advance to the Region 1 Championship the next week.

At that meet, Kelsey qualified for the Nationals by winning the Midget Girls 3k. Lindsay also qualified in the High Hurdles by placing 3rd and also placed 6th in the 400 meters. Emily was the only other midget girl to place in the top six by coming in 6th in the 1500. In the Youth divi-

sion, the competition was at an extremely high level. Chantal placed 7th in the 1500, while in the 3000, Nicole was 4th, Mindy was 6th, and Brittany Plante was 8th. The high light of the day for the girls was the 4 x 800 meter relay. Both the midget and youth divisions were combined in one race. The Midget team consisted of Lindsay (who was not feeling well at the start),

sey (who had a great last leg). Their time of 11:14.61 was good for third place. The youth girls race had four very competitive teams. Our team had Chantal as leadoff runner (2:37), Mindy as second leg (2:43), Brittany as third leg (2:47) and Nicole as the anchor (2:26). When Nicole started her leg the team was in 6th place and when she finished they just missed the gold by 2 seconds, finishing in 10:35.68. The next day Kaitlin Burnett placed third in the Intermediate girls 3000 meters.

Our youths also supported the club by assisting at the various Fitness University Clinics as well as Fitness University Day itself. After Fitness University was over, they had the opportunity to attend a cook-out at the Neville's house and share some individual time with our Dean of Fitness, Joan Benoit Samuelson. Joan was able to pass some of her ideas regarding racing and training to our youth runners and their parents.

By the time you get this newsletter, Kelsey will have completed her National Championship race in Miami and she will be back home to join her fellow youth striders training for the up and coming cross country season.



Lindsay hands off to Emily

Emily (who ran a very fast leg), Alex Chumra (who ran a steady leg), and Kel-



Youth Girls
Brittaney, Chantal, Mindy, Nicole

Midget Girls
Kelsey, Emily, Lindsay, Alex

Strider Wear



Hello Fellow Striders!

We have the following items in stock ready to be purchased:

- ✕ Singlets (\$20)
- ✕ Ultimate Gear Bags and sport bags (\$40 & \$30)
- ✕ Lycra "Bike style" shorts (\$26)
- ✕ Team Jackets – we will be ordering more so get your order in now! (\$55)
- ✕ Pocket Pants (\$35)
- ✕ Assorted kids t-shirts, sweatshirts and sweatpants (\$5 - \$10)

Clearance items:

- ✕ Cotton, drawstring shorts at \$5.00 each. Great sleepwear!
- ✕ Jog Bras with GCS logo (large only) at \$15 each.

You can purchase items by phoning me at (603)465-3868. I also attend many of the Wednesday night track workouts and have the gear with me.

New email address (until further notice):
kkirby@hartehanks.com.

Happy running!

Remaining NH Grand Prix Races

Sandown Old Home Days 5 Miler, August 9, Sandown
Race Director, Mark Traeger, mtraeger@earthlink.net
Race Website www.roquerunners.com

Francetown 8K, September 1, Francetown
Race Director, Greg Neilly, Neilly@starband.net

Lake Winnepesaukee Relay, September 20, Laconia
Race Director, Ken Robicheau
Race Website www.northmedfordclub.org

Citizens Bank Run For Shelter 8K, October 19, Manchester
Race Director, Mary Sliney, Mary@thewayhomenh.org
Race Website www.thewayhomenh.org

Rochester Runners FreeFall 10k Classic, October 26, Rochester
Race Director, Nadine Duchateau, rochesterrunners@aol.com
Race Website www.rochesterrunners.com

Try a Tri

This year's GCS Club Triathlon will take place on Sunday, August 10th at 8 am. The venue and course will be the same as in previous years and is being held at Lake Potanipo in Brookline, NH.

If you have never done a triathlon this is a good one to do for the first time. The distances are ¼ mile swim, 11 mile bike and a 5K run. All you need is a bike, helmet, and running shoes. Teams are also welcome if you're not up for all three events. The cost is \$25 for individual entrees and \$45 for teams. The applications can be down loaded from the web site www.Gatecity.org.

BIGELOW CHIROPRACTIC CENTER

helping you achieve optimum health

Brian T. Bigelow
Doctor of Chiropractic

directly off exit 5E in Nashua, NH
155 Main Dunstable Road Suite 135
Nashua NH 03060
Phone: 603 883-8971
Fax: 603 883-0157
E-mail: brianb249@attbi.com
Specializing in sports injuries and chronic muscular pain

