



# Striding Along



Newsletter of the Gate City Striders Running Club



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**Cover photo: Gate City Striders take 1st place in the 25k trail race at Pineland Farms Trail Festival in New Gloucester Maine.**

**Photo by Steve Wolfe.**

Editor's Note: (Did anyone notice I had "April 2009 - May 2010" on the cover of last month's issue? I didn't until I started work on this issue.)

Howdy fellow Striders,

Well, it is officially summer time, and do you know what that means? It means it is Trail Racing Season!!! As you can see by the cover, and by the success of the Gate City Strider's Monday night trail series, it is one of the fastest growing race market around. Perhaps it is due to the cooler temperatures in the woods? Or maybe we're all getting crazier, and want to try something that is more challenging and less boring than a plain old road.

Back on May 30th, I was in the right place at the right time: the Pineland Farms Trail Festival. I was planning on "running" the 25k trail race (It was the shortest one on Sunday... the others were 50k and 50 miles). Anyway, I had planned to run for my Snowshoe/trail racing team, Acidotic Racing, but Gate City had a team entered as well, but with only four people. Well, you can score with four, but they wanted a fifth, just in case anything went wrong. So I was "loaned/traded/kicked over" to the GCS team... and guess what? GCS finished first!!! (Acidotic was not so far behind in 2nd.) Both NH teams whipped the Maine teams! Anyway... I was the 5th finisher... the guy in the parenthesis... (for the record, if anyone dropped out, GCS would have been 2nd.)

I must thank my Acidotic team for allowing me to switch over at the last minute. That said, I also must encourage you to try out a trail race. It is not a bad idea to work the joints and tendons that get "lazy" by just running on the roads. Acidotic is hosting a 6k trail race on July 18th, in Madbury NH. Check it out! Go to [www.acodoticracing.com](http://www.acodoticracing.com), and see the challenges that await you!

Until next time....

Richie Blake.

P.S. Don't forget to send me your photos and articles for the next issue.



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](http://www.GateCity.org)

### **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.



**USA Track & Field Club # 157**

### **Membership meetings**

Merrimack YMCA  
3rd Wednesday of month.

### **Track workouts**

Wednesday nights, Nashua High School South, April thru October.  
Weekly runs at Pennichuck JH starting the end of October

# PRESIDENT'S COLUMN

BY MICHELLE POUBLON



Dear Striders,

“The Gate City Striders are many things. We’re a local club with members from across the country. We put on low-key, no-frills races and direct large-scale, award-winning events. We’re instructors and volunteers. We run in the summer, winter and every other season in between. We’re a social club with a competitive side. We are beginners and advanced. And, we’re proud to be both young and young at heart! In short, The Gate City Striders are much more than the sum of our parts. We’re a whole lot of serious fun!”

This should sound familiar to all of you, as it is the header on our club website at [www.gatecity.org](http://www.gatecity.org)! And isn’t it so true? We *are* so many things. In just the time since I last wrote to you in this space, we have competed in five club races (including our very own Pack Monadnock 10-miler), we enjoyed an entertaining Boston Marathon Awards Night and Trivia Contest, we’ve kicked off our signature Fitness University program and Summer Trail Race Series, and we have completed another successful C25K program! Outdoor track workouts are in full swing, and our youth track program has been a huge success as well. It’s incredible what we can accomplish as a club when everyone pitches in.

Many thanks to everyone who has competed and/or volunteered in one or more of these events!

Two of these events, Fitness University and the Summer Trail Race Series, will continue into the summer. Both of these events have experienced record attendance compared to last year. The first race in the Summer Trail Race Series had 115 finishers, which exceeded last year’s record by about 30 runners! (The second race, by the way, had 140 finishers!) The very next day, participation at the first Fitness U clinic in Nashua—nearly 500 kids—is more or less what we expect at a Fitness U Finals Day, and there were 450 kids at the second clinic. Please check your calendar to see if you have any available Monday or Tuesday nights to help out one of these two events. Check out the website for more details including dates, times, and locations.

Our C25K program wrapped up on Thursday, June 10, when many of the program’s participants ran the *Fast 5k* in Hollis, NH, a race they had been preparing for since early April. I am very impressed with the progress this group has made in such a short period of time. Some of the runners struggled to finish 60 to 90 seconds of running in the earliest sessions. By week 10, these same runners were able to run a complete 5k! George LeCours, Jodie Dolan, and Brian Withers, C25K coaches, will continue working with this group on Wednesday nights with the goal of running even longer distances and introducing interval training. Good luck to all of the participants, and congratulations on your achievements so far!

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There are plenty more opportunities for members to compete in club races or lend a hand at one of the events that we support with volunteers. Be sure to check the club website frequently for updates and to view the Club Calendar. Good luck and thanks to all!

Michelle

**“Put yourself in a state of mind where you say to yourself, ‘Here is an opportunity for me to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary.’”**

**—Tony Robbins**



GCS Scholarship Winners Kaitlin Dresser and Casey Wade with Michelle Poublon  
Photo by Richie Blake.



Michael Wade with the top GCSers from this year's Boston Marathon, Todd Callaghan and Kathy Merra and GCS President Michelle Poublon  
Photo by Richie Blake.



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# THE REARVIEW MIRROR

A LOOK BACK AT SOME RECENT TRIAD RACING TEAM EVENTS

BY MICHAEL WADE



## Red's Shoe Barn 5m – Sunday, April 25th

27 GCS-Triad Racing Team members descended upon the town of Dover, NH for the 29th annual **Red's Shoe Barn 5m**. This race served as the second event to the 2010 New Hampshire Grand Prix Series. And, despite the warm and windy weather conditions, these battle tested runners proved they were more than strong enough to fend off the elements as well as the other 7 New Hampshire Grand Prix clubs!

Rich Smith was again our fastest male runner with a time of 27:28 (5:30 pace). As a result, Rich finished 1st in his 40-49 age group and first on the Mens Masters Team ahead of Denis Tranchemontagne (30:13) & Michael Wade (31:38). Isaac St. Martin was the next fastest GCS-Triad runner after Rich finishing in a time of 30:02 which gave him 6th his 30-39 age-group and first place on the Mens Open Team. Jim Hansen finished 4th in his 50-54 age group and first on the Mens Seniors Team with a time of 33:39 outpacing Tom Kolb (34:04) & Tom Raiche (46:36). And, Denny Leblanc led the way for the Mens Veterans Team with a time of 38:17 which was good enough for 3rd in his 60-69 age group and first on the team just ahead of Dave Salvias (39:14) & Bob Ludwig (39:59).

On the womens side, Karen Long once again paved the way finishing in a time of 32:45 which was not only good enough for 1st in her 40-49 age group and first on the Womens Masters Team, but won her the Women's race outright! Just behind Karen was Tammy Gaffey (34:20) 2nd in her 40-49 age group & Julie Hanover (37:09). For the Open Women, Sarah St. Martin set the standard with a 36:05 finish which gave her 4th in her 30-39 age group ahead of Alison Findon (38:25) and Suzanne Barker (40:00). Hot on Alison's heels was Haley Heinrich who finished 6 seconds back in 38:31 good enough for 2nd in her 15-19 age group and first on the Womens Youth Team. After Haley was Pam Hall who ran a stellar 38:58 which was good enough for 1st overall in her 50-59 age group and first on the Womens Seniors Team ahead of Andrea Pierce (39:18) & Robin Rocha (42:07).

Finally, our Womens Vets team had a very strong showing lead by Emily Strong who finished in 44:46 which was good enough for 2nd in her 60-69 age group ahead of Jane Levesque (47:48).



GCSers at Red's Shoe Barn 5 mile race.  
Photo by Michael Wade.

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GCSers at the Derry Foothealth 5k race.  
Photo by ??.

### Foothealth 5k – Saturday, May 1st

19 GCS-Triad Racing Team members toed the line in Derry, NH for the 19th annual **Foothealth 5k**. The weather was picture perfect for this quick race around the Lake. Foothealth was the third event in the 2010 New Hampshire Grand Prix Series. And, if this race is any indication, the battle for this year's NHGP Series Team Title is going to be a tough one. While GCS had some great individual performances, our team kind of took one on the chin finishing well behind the host club Greater Derry.

Rich Smith was our fastest male runner finishing in a time of 16:35 (5:21 pace). Rich finished second overall, 1st in his 40-49 age group and first on the Mens Masters Team ahead of Denis Tranchemontagne (18:38) & Michael Wade (18:53). Chris Poulos was the next fastest GCS-Triad runner after Michael finishing in a time of 19:25 which was good enough for first on the Mens Open Team. Finishing in a dead heat with Chris was Steve Tomasi. Steve's 19:25 time put him in 3rd in his 50-59 age group and was good enough to claim first on the Mens Seniors Team outpacing Carl Hefflefinger (19:49) & Paul

Hughes (20:21). Dick Doyle was the first and only GCS Male Vet across the line in 23:05. And, 8 year old Joey Mack led the way for the Mens Youth (also as a team of one) with a time of 30:08!

On the womens side, Amy Doyle paved the way finishing in a time of 20:09 which gave her 2nd in her 30-39 age group and First on the Womens Open Team ahead of Alison Findon (23:19) and Suzanne Barker (24:42). Hot on Suzanne's heels was Kathie Roy who finished 29 seconds back in 25:11 good enough for 3rd in her 50-59 age group and first on the Womens Seniors Team ahead of Robin Rocha (25:23) & Linda Madden (27:00). Stacey Beaudoin was next across the line in 26:30 which was enough for first on the Womens Youth Team. Finally, Jane Levesque finished in 29:18 and took the uncontested first place spot on the Womens Veterans Team while finishing 1st in her 60-69 age group.

### Bedford Rotary 12k – Saturday, May 22nd

The 36th annual Bedford 12k was the first (and only) NEGP race in New Hampshire this year and 58 GCS-Triad Racing Team members helped make it a memorable one! Our Mens Masters, Mens Veterans & Womens Seniors, each finished in 3rd place overall and our Womens Masters Team walked away with the First Place Trophy! At the end of a very productive day (that saw us score the second most amount of Team points), GCS sat 2nd overall in Club Scoring (out of 28 teams) just ahead of CMS in the 2010 New England Grand Prix Series. Plus, we had a record 18 GCS-Triad Racing Team members grab an "asterisk" for achieving the USATF age group guideline!

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This race was the third of seven New England Grand Prix Races and our Club had its highest turnout and best results yet. Rich Smith was again our fastest male runner. He finished in a time of 41:19 (5:33 pace) which was good enough for 39th place overall and first on the Mens Masters Team ahead of Randy Macneill (44:19) & Steve Wolfe (46:07). Justin Soucy was the next fastest GCS-Triad runner after Rich finishing in a time of 44:17 which was enough to hold off Steve Rouleau (50:05) & Rich Hillman (50:45) for first place on the Mens Open Team. Mike Merra finished first on the Mens Seniors Team with a time of 47:02 outpacing Carl Hefflefinger (47:54) & Len Hall (50:02) And, Milt Schumacher led the way for the Mens Veterans Team with a time of 50:56 which was good enough for first on the team just ahead of John Lewicke (53:57) & Joe Noonan (54:55).

On the womens side, Cathy Merra followed up her phenomenal Boston performance with another stellar run here in Bedford. Cathy finished in a time of 48:59 which was good enough for 1st overall in her 50-59 age group and first on the Womens Seniors Team ahead of Pam Hall (1:01:07) and Lori Hennessey (1:01:24). Next behind Cathy was Karen Pattelena who finished first on the Womens Masters Team with a time of 49:39 ahead of

Karen Long (50:08) & Tammy Gaffey (51:24). For the Open Women, Bonnie Ritchotte lead the way with a 49:10 which was good enough for first on the team just ahead of Kristen King (49:22) and Nicole Rogers (52:24). Finally, our Womens Vets team had a very strong showing lead again by Jane Levesque who finished in 1:12:19 ahead of Barbara Robinson (1:14:03).

Last but not least, it is also worth mentioning that, Rich Smith, Karen Long, Jane Levesque & Shu Minami each finished 3rd in their respective age groups. Linda Delahunty, Bonnie Ritchotte & Milt Schumacher were each runners-up in their respective age groups. And, Dave Delahunty, Karen Pattelena, Cathy Merra & Barbara Robinson each won the NEGP 12k Titles in their respective age-groups. Way to go guys!

Remember, any current club member can run any of the remaining New England Grand Prix races free of charge regardless of the number Grand Prix races you're able to run. And, the race entry fees will all be pre-paid by the club so that there are no up-front costs for you. Just show up and run! It couldn't be easier! If you would like to join the team for another great GCS-Triad Racing event please e-mail me right away at [mwade@ganekarchitects.com](mailto:mwade@ganekarchitects.com) and let me know.

GCSers at the Bedford Rotary 12k race.  
Photo by ??.





# RACING AHEAD

A LOOK AT SOME UPCOMING TRIAD RACING TEAM EVENTS

BY MICHAEL WADE

## **Bill Luti 5 Miler - Saturday, July 17 – 9:00 am - Concord, NH**

Back in 1968, Concord High School Cross-Country coach Bill Luti helped organize what was to become one of the oldest footraces in New England - the “Concord 5-Miler”. In recognition of his many contributions to the sport of running - and to the many lives he has touched - the race was named in his honor in 1984. The Bill Luti 5 Miler is now celebrating its 42nd year and will be the fifth NHGP race of the year.

This certified course begins at Memorial Field in Concord. Mile one begins slightly down and is mostly flat. Mile 2 starts and finishes down, but includes a tough 6/10 mi. hill. Mile 3 is mostly flat with some down-grades. Mile 4 starts fast/down but climbs gradually to Concord Hospital. Mile 5 is flat and down for a fast finish. The course drops 10 feet from start to finish and is a “Records Quality Course”. The current records for this 8k course are held by Paul Mwangi (23:51), and Susannah Beck (27:21).

The pre-race day registration fee is \$15 mailed no later than July 12. The race day registration fee is \$20, from 7:30-8:45 a.m., at Memorial Field on South Fruit Street. The entry fee for this race is one of the lowest anywhere - especially for a chip timed event. And, a portion of each entry fee goes to help cross-country programs for area kids.

## **Stowe 8 Miler - Sunday, July 18 – 9:00 am - Stowe, VT**

The historic Stowe 8 Miler will be celebrating its 29th anniversary this year and it will be the fifth stop on the New England Grand Prix express. LOCO Sports and Club LOCO are proud to again support and direct this classic race.

The course is an 8 mile single loop starting and finishing just off the Mountain Road in the town of Stowe (the town events field on Weeks Hill Rd.). It’s a mostly flat course that proceeds through beautiful Vermont countryside and takes you through the heart of Stowe. The finish is on the front lawn of the Golden Eagle Resort. And, the famous after race party with The Shed crafted beer and ice cream is at the Ye Olde England Inne. High Tech wicking T Shirts will be given free to the first 500 runners. Prizes will be designated in 5 year age groups and include merchandise and gift certificates. Note - this year there will be cash prizes for teams as well as individuals.

Situated in a quaint valley below the state’s highest point, Mt. Mansfield, and beneath the Stowe Mountain Resort, Stowe is always a great team “get-away” destination. With its Recreational Pathway, distinct country shops and renowned restaurants, Stowe has something unique for virtually all tastes and ages.

Other local attractions include: the famous Trapp Family Lodge, Ben and Jerry’s Ice Cream factory, The Vermont Teddy Bear Company, Shelburne Museum, and the Echo Lake Aquarium and Science Center among others. Basically, Stowe is the perfect place to spend a summer weekend.

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**Old Home Days 5 Miler - Saturday, August 7**  
**- 9:00 am - Sandown, NH**

Sandown Old Home Day is a weekend-long celebration featuring a parade, the 5 mile road race, fire fighters' chicken BBQ, mothers' club bake-off and auction, community events, and a spectacular fireworks display. Proceeds from the event will be distributed to the town's various youth programs.

The Sandown 5 mile road race is celebrating its 18th year by returning to the New Hampshire Grand Prix after a one year hiatus. This race will be the sixth NHGP race of the year. According to the race director, the course is one of "New England's toughest 5-milers with 13 hills." But, don't let that scare you off! There will be free performance Cloth T-Shirts to the first 150 runners as well as 3 deep awards and raffles.

Registration is at the Sandown Fire House at 316 Main Street. The registration fee is \$20 mailed no later than Aug 1st. The race day registration fee is \$25. The race is organized by the Sandown Rogue Runners, with race proceeds to benefit Sandown's youth programs and two scholarships to be awarded to Sandown graduates.



**Bridge of Flowers 10k - Saturday, August 14 -**  
**9:00 am - Shelburne Falls, MA**

The Bridge of Flowers Classic was conceived and organized by Mike McCusker in 1979 as part of the Buckland Bicentennial. The foot race has remained on the same course since that first competition except for a few alterations. The first 2 mile loop of this course is mostly shaded & flat that starts in the center of the village on the Iron Bridge next to the Bridge of Flowers. After the start of the second loop (mile 2) you hit Crittenden Hill which is a pretty steep, but shaded uphill. It starts as a paved surface but quickly turns to a dirt country lane. This is followed by shaded flats and downhills for 4 miles on pavement to the finish line on Bridge Street.

In the early years of the race, the runners actually ran across the Bridge of Flowers. However, in 1980 the Bridge was rehabilitated and the course was slightly altered & with construction around the Elementary School, the course once again altered in 1997. What has not changed is the beauty & charm of the village and the warm & friendly people of Shelburne Falls.

This year's race will be the sixth race in the New England Grand Prix Series. T Shirts will be given free to the first 500 runners, there will be live music along the course and after the race. There is also over \$7300 in prize money available and as well as a free post-race massage. The current records for this 10k course are held by Daniel Kihara (30:10) and Lori Hedwig (37:14).

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**Michael Wade with Ethan, the newest member of the GCS family.**  
**Photo by Richie Blake.**

# 2010 GCS-TRIAD RACING SCHEDULE

BOLD = GRAND PRIX RACE

Feb 21 – *New England Indoor Championships* - Boston, MA

Feb 28 - *Jones Group 10m* – *Amherst, MA (NEGP)*

Mar 21 - *New Bedford Half Marathon* - *New Bedford, MA (NEGP)*

Mar 26 – *Masters Indoor Championships* - Boston, MA

Apr 11- *Nashua Soup Kitchen 10k* - *Nashua, NH (NHGP)*

Apr 19 – *Boston Marathon* – *Hopkinton, MA*

Apr 25- *Red Shoe Barn 5m* - *Dover, NH (NHGP)*

May 1- *Foothealth 5k* - *Derry, NH (NHGP)*

May 22 - *Bedford Rotary 12k* - *Bedford, NH (NEGP)*

May 22 – *Northfield Mountain* – *Northfield, MA*

May 29 – *Wachusett Mountain* – *Princeton, MA*

Jun 6 - *Rhody 5k (Men Only)* - *Lincoln, RI (NEGP)*

Jun 6 - *Pack Monadnock 10m* - *Wilton, NH (NHGP)*

Jun 19 – *Mount Washington* – *Pinkham Notch, NH*

Jun 20 – *New England Outdoor Championships*

Jun 27 – *Cranmore Mountain* – *North Conway, NH*

Jul 4 – *Loon Mountain* – *Lincoln, NH*

Jul 11 – *Ascutney Mountain* – *Ascutney, VT*

Jul 17 - **Bill Luti 5m** - *Concord, NH (NHGP)*

Jul 17 – *Masters Outdoor Championships*

Jul 18 - **Stowe 8m** - *Stowe, VT (NEGP)*

Aug 7 – **Sandown 5m** - *Sandown, NH (NHGP)*

Aug 14 - **Bridge of Flowers 10k** - *Shelburne Falls, MA (NEGP)*

Sept 25 – *Applefest Half Marathon* – *Hollis, NH*

Oct 3 - **PRMH Classic 5k** (Women Only) - *Providence, RI (NEGP)*

Oct 16 – **Pawtuckaway 5k** - *Nottingham, NH (NHGP)*

Oct 17 - **Bay State Marathon** - *Lowell, MA (NEGP)*

Oct 24 – *Mayors Cup* – *Boston, MA*

Nov 7 – *New England XC Championships* – *Boston, MA*

Dec 5 – *Mill Cities Relay*



# 2010 RACE ENTRY FEE POLICY

By MICHAEL WADE

The E-Board recently voted to continue the race entry reimbursement policy for 2010. As it was last year, any current club member can run any of the seven **New England Grand Prix** races free of charge regardless of the number Grand Prix races you're able to run. And, the race entry fees will be pre-paid by the club so that there are no up-front costs for you. Just show up and run! It couldn't be easier!

Below is a list of the races that are eligible for reimbursement for 2010:

*Feb 28 – DH Jones 10 Mile - Amberst, MA*

*Mar 21 - New Bedford Half-Marathon - New Bedford, MA*

*May 22 – Bedford Rotary 12K - Bedford NH*

*June 6 - Rbody 5K (Men Only) - Lincoln, RI*

*July 18 – Stowe 8m – Stowe, VT*

*Aug 14 – Bridge of Flowers 10K – Shelburne Falls, MA*

*Oct 3 – PRMH Classic 5K (Women Only) - Providence, RI*

*Oct 17 – Bay State Marathon - Lowell, MA*

If you want to run just shoot me an e-mail to

[mwade@ganekarchitects.com](mailto:mwade@ganekarchitects.com) with your information (including your USATF#) and I'll get you signed up for the race. In the weeks leading up to race day I'll be adding

everyone's name to our race list on the club website at [www.gatecity.org](http://www.gatecity.org) so you can see who's running and how we're set for teams.

In addition to entry fee pre-payment policy, we'll also be continuing with our wildly successful **Intra-Club Scoring Competition**. So, make sure you get out and start racing with us from day one. You don't want to be left out in the cold!

2009 NEGP Team Final Standings									
(after 7 of 7 races)									
		MO	MM	MS	MV	WO	WM	WS	TOTAL
1	WRT	86	86	65		55	54		346
2	GCS	57	51	38	22	42	49	19	278
3	CMS	91	67	2		53	40	20	273
4	CSU	44	57	40	29	17	18	19	224
5	GLRR	54	69	59	7	18	16		223
6	BAA	89	47	5		45	4		190
7	GSH	59	42	11	1	27	20		160
8	GBTC	91	2			64			157
9	SRR	55	42	7	2	18			124
10	MVS	29	29	36		9	8		111
11	GMAA	18	15	20	3	16	13	5	90
12	NMC	26	20	23	16				85
13	WCRC	19	21	42					82
14	ANE	74							74
15	GSR	3	3	3		24	34		67
16	RUN	55				6			61
17	HFC	27	22						49
18	HHS	6	6	8	8	8	6	3	45
19	NSS	6	4	4		4	7	7	32
20	DRC					17			17
21	TVFR	2	3	11					16
22	RRRP					13			13
23	RTK	13							13
24	SISU	9				3			12
25	WTC					6	6		12
26	SS					4	4		8
27	EORC	3	1		1	3			8
28	NETT					3			3

## 2010 HENRI RENAUD AWARD

On May 17th, 2010 the Gate City Striders presented the Henri Renaud award to the first male and female New Hampshire finishers in the B.A.A. Boston Marathon. (Henri Renaud, a Nashua native, won the 1909 Boston Marathon, the only New Hampshire native to win the prestigious race.) This year's recipients were Scott Rowe of Dover and Heidi Westover of Walpole. Scott finished 35th overall, 35th male (32nd in his division), with a time of 2:24:34, Heidi finished 190th overall, 18th female (18th in her division), with a time of 2:39:14

Also honored were the top GCS runners: Todd Callaghan and Kathy Merra. Todd finished 326th overall, 299th male (25th in his division), with a time of 2:44:47, Kathy finished 2,672 overall, 211th female (4th in her division).



The annual Gate City Scholarship Awards were presented to Katie Dresser and Casey Wade. (See their essays on pages 18 and 19).

The events included a Boston Marathon Trivia Contest, and were hosted by race announcer extraordinaire Andy Schachat. Andy also initiated a question and answer session with Heidi and Scott, which was a great way to get to know such talented runners.

It was a fantastic evening, and thanks to all who helped put it all together.



Scott Rowe and Heidi Westover 2010 Henri Renaud Award recipients.  
Photo by Richie Blake.



## MY TENTH BOSTON BY: PAUL JOYCE

Like a lot of people I have a special affinity for The Boston Marathon. I love to run, but Boston has held a special attraction to me ever since I was a young boy, when I learned that my grandfather had run it many years before. I remember always being interested in running as I grew up with the unique opportunity of having The Harvard Cross Country team practice near my home and adopting me as their mascot for a few years. I went to many of their meets and one year one of the athletes ran Boston. I told myself that someday I would run one as well.

Someday finally came. In 2000 I ran my first marathon in Dublin, Ireland while raising money for The Leukemia and Lymphoma Society's *Team in Training*. It was an amazing experience running a marathon and at last realizing a childhood dream. Being of Irish decent made it all the more amazing but I was determined to try and find a way to run Boston. *Team in Training* again provided the opportunity by having a team that was training to run Boston in the spring of 2001. I applied and received a number and convinced my younger brother to run as well. Our entire family helped us raise money as cancer has been prevalent in our family for generations. My mother was particularly helpful and was proud that two of her sons were running and raising money for a great cause. Each year she was our lead cheerleader and supporter. My daughter Jillian and son Kyle, ages 9 and 7, ran the last mile with me in 2002. It was an incredibly moving experience for me as a dad, to have both of them cross the famous finish line with me. Each year they have come down to support me during training runs and on "Marathon Monday".

In 2007 my mother was diagnosed with stage four colon cancer and given six months to live. She fought the good fight and was able to last 32 months before succumbing to the cancer in June of 2009. I decided to dedicate this year's Boston to my mother as well as the mothers of many friends, my children's great grandmother and some other great mothers that I know who have either passed away or are battling cancer now.

*Editor's Note: Paul ran with the names of 27 mothers and one of his students, who is currently battling brain cancer, on his back. Whenever he felt tired, he'd think of them, and they helped push him along the course.*

This year I was lucky enough to be chosen for one of the Gate City numbers and the pressure to raise the large sum required by the Boston Athletic Association was lifted. I still hate cancer so I decided to continue my custom of raising money for The Leukemia and Lymphoma Society. It is my hope that I live long enough to see a cure found for this insidious disease.



Continued on page 15

Continued from page 14

The 2010 Boston Marathon proved to be a very emotional run for me and I am thankful that the Gate City Striders gave me the opportunity to run in my, and the other mom's honor. Jillian suggested that I carry some of my mother's ashes along the route. That idea brought a tear to my eye and I agreed. During the race, as I approached the spots where my mother used to watch my brother and I train for Boston, I stopped and remembered her. The weather was perfect, the crowd was great and I know that my Mom was proud as she watched Jillian and Kyle as well as some of her other grandchildren cheer me on once again.

Right: Paul with his kids, Jillian and Kyle.

Previous page: Paul with some fellow runners from Hopkinton and Greece.

I feel lucky to belong to a club with so many great athletes, parents, friends and competitors. Training runs and races are always fun with the great variety of personalities that our club has on display. Great job by all the Striders that ran Boston this year!



Andy Schachat asks Heidi Westover and Scott Rowe questions during the 2010 Henri Renaud presentation.



More from Boston:  
Below: Mike Merra tossing his gloves to his mother while his son Anthony runs behind. Photo courtesy of the Merra Family.



Right: Running past B.C. Photo by Justin Platt



*Editor's Note: Mike finished 1943rd overall, 1812th male, (79th in his division), with a time of 3:05:38.*

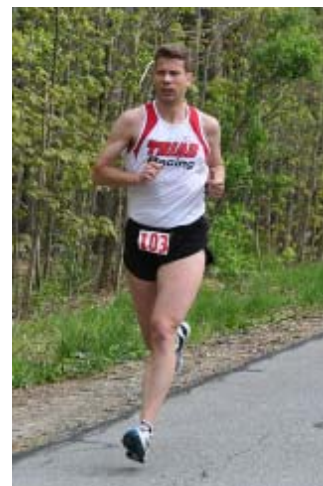
Derry Foothealth 5k. Photos by Steve Wolfe



Denis Tranchemontagne



Jennifer Vincent and LindaMadden



Michael Wade



Chris Poulos



Kathie Roy



Stacy Beaudoin



Paul Hughes



Suzanne Barker



Dr. Lisa Klasman

**Natural Medicine of NH, LLC**

155 Main Dunstable Rd, Suite 135  
 Nashua, NH 03060  
 Phone: (603) 809-2620

[DrLisaKlasman@hotmail.com](mailto:DrLisaKlasman@hotmail.com)

[www.NaturalMedicineofNH.com](http://www.NaturalMedicineofNH.com)

Restoring Health, Naturally

- Primary Care & Complementary Health Care
- Identifies and Treats the underlying cause if illness
- Uses natural therapies with minimal or no side effects
- Treats patients of all ages with a variety of medical issues such as:
  - Fatigue, Insomnia, Depression, Anxiety
  - Women's Health Issues (Menopause, PMS, Hormonal Imbalances, etc)
  - Gastrointestinal Issues (Reflux, IBS, Diarrhea, Constipation, etc)
  - Cardiovascular Health (Hypertension, High Cholesterol, etc)
  - Chronic Diseases (Lyme Disease, Chronic Fatigue, etc)
- Emphasis on Education, Disease Prevention & Wellness



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Derry Foothealth 5k. Photos by Steve Wolfe



Allison Findon



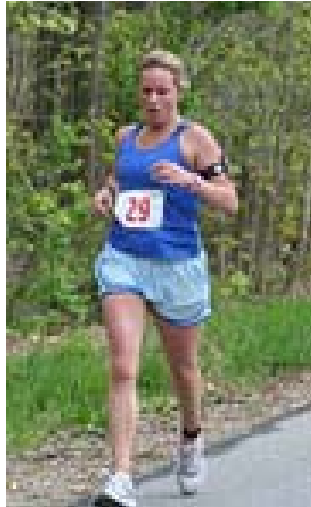
Rich Smith racing hard.



Joey and Jennifer Mack



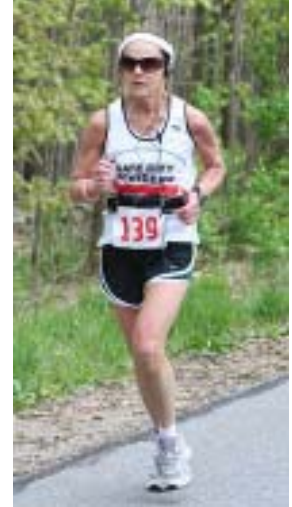
Tom Kolb



Amy Doyle



Jane Levesque



Robin Rocha



Thomas Conley



Richard Doyle



Steve Tomasi



Jim Hansen

---

## WHAT RUNNING MEANS TO ME - PAST, PRESENT, AND FUTURE BY: KAITLIN DRESSER

I began running when I was ten years old; I wanted to be just like my mom and dad. The first race I ran in was the Elementary school city meet and I came in eighth. My first coach, Mrs. Fraser called my parents and told them I should try out for the Nashua PAL Bantam girl's team, and just like that running became everything. I have run in seven National Championships, created unforgettable relationships, and learned how with discipline and dedication you can reach the stars.

Mr. Spencer was my coach for four years, and with his coaching I ran faster than I ever thought I could. At first he terrified me, I begged my mom not to make me go. Over time that changed, and today he is my favorite coach and my mentor. He showed me that I was good, I could win. Last year I asked him if I could help out with his Midget girl's team, and he said I could. I loved every second of my time with the girls at practices or races. It made me feel so good about myself when their parents would thank me for helping and being like a big sister to them.

When I was a freshman in high school I broke my leg, and then my dad broke his. He was my running buddy and when I could run again, he could not. Running changed and that summer I barely trained. I did not want to be running alone, I wanted my dad to be with me. He showed me that even though he could not run, he would always support me with my running. Next year at school if I decide to run, it will be extremely weird not to hear his, "come on Katie babe, drop your arms, extend your stride, you're doing great!" during my races.

I decided to run indoor track this winter for the first time in high school, and next weekend I am running in Class L's. The sport is new to me, but my team is the same. I love my team and being on a team, it is like one big family. The distance girls go from cross country to indoor track to outdoor track. We spend almost every day after school together. These girls have become some of my best friends. Leaving them next year will be miserable, but hopefully I will become just as close to my team in college! Running is just what I do, it is something I love. It is a stress reliever, a time to catch up with my friends, a scenic route, and sometimes just exercise. No matter where I go in life, I know I will continue running. I hope to one day become a coach, and I hope my team will enjoy running as much as I do.

To run is to go quickly by moving the legs more rapidly than at a walk and in such a manner that for an instant in each step all or both feet are off the ground. Maybe even fly.

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## ON THE RUN BY: CASEY WADE

For most people, running is just another form of exercise, something that must be done in order to obtain or maintain that desirable “perfect shape.” Running, for many is wholly superficial or for some it can involve a much deeper meaning however. For me, running is an escape. An escape from reality, from the pressures of school and work, from the stress of my future, or the regrets of the past. This has not always been true for me. The runner I am today was not the runner I was in the beginning, but it is clear that my life has been transformed by running.

As an adolescent, I used running to help me lose weight. After a while, running was something I just did. I signed myself up for cross country and track in junior high because my friends did it, not because I really wanted to. My father had been a long-time runner, and with each race he’d reach a new milestone or break a new personal record. I knew I wanted to be like him, but no matter how hard I tried, the best part of running for me was when it was over. However, the years following marked a change in my life. I entered a new high school not knowing anyone and my first instinct was to sign up for cross country, hoping to meet friends.

Little did I know that running was about to take hold of my life, and transform me into a varsity runner. During my freshman year, I met people who actually loved to run. They showed me aspects of the sport that made running so much more worth while. I began to develop bonds with my coach and teammates what would last my entire four years in high school. As the seasons progressed, I began to enjoy running and each mile I put in. The hard work in the scorching summers paved they way to successes in the fall and training in the cold winter months lead to “PR’s” in the spring. This past season was my best season yet, qualifying for the Class L state championship and continuing on to the New Hampshire Meet of Champions.

Today, running helps me be free. I take the stress of the day and go on a nice slow run where I can enjoy the sights and sounds of nature as well as the serenity of my own mind. In my busy life, running gives me time to think, time to feel. I often have my best thoughts or ideas while I’m running, with nothing distracting me but the cars that pass. Setting personal goals for myself to achieve has been the most motivating factor of my career as a runner, and the satisfaction of meeting those goals helps keep me going.

In the future, I do not see myself having a life revolved around running, but like my running goals, I have dreams and aspirations for my education and career. These goals can be achieved through hard work and determination just the way that a P.R. can be achieved through practice and endurance. I will always run, as long as my legs can move. Running is one of the only places where I can clear my head, find peace and quiet, think, and dream. Now its time to see where my legs and the road ahead will take me.

---

## VOLUNTEER OPPORTUNITIES

The 18th annual CIGNA/Elliot 5K Corporate Road Race is scheduled for Thursday, August 12, 2010. As usual, it starts and ends near Veteran's Park, Elm Street, Manchester. It is New Hampshire's largest road race and the fastest 5K around. For more information about the race, visit the official web site at <http://www.elliotohospital.org/cignaroadrace>.

Like any race, the CIGNA/Elliot 5K relies on volunteers to perform key jobs on race day. Last year, the Gate City Striders sent about 50 volunteers to the race. We helped with course management, water stops, clean up and much more. Please consider helping this year. If you can commit to volunteering on Thursday, August 12, send mail to me at [dave.delay@gmail.com](mailto:dave.delay@gmail.com). I'll add you to the volunteer list and send you a reminder before race day. The race organizers ask that all volunteers check in at Veteran's Park before 5:00 PM on race day. When you arrive, you will get a volunteer T-shirt and your assignment. The race starts at 6:20. Virtually all volunteer assignments are over by 7:30 PM.

The CIGNA/Elliot 5K is a great New Hampshire road racing tradition. Be part of it! Volunteering gives you a front row seat to see the race, it's fun, and the race organizers send us \$30 for every Strider volunteer who arrives before 5:00 PM. In fact, the CIGNA/Elliot 5K is one of the biggest sources of funds for your running club.

Thanks and I hope to see you on August 12.

## HELP WANTED... AND THANK YOU KEVIN!

After serving for countless years as the club's equipment manager, the magnificent Kevin Reynolds, is retiring from his position.

Recognizing that Kevin was doing the job of more than one person, the E-board is not seeking one person to serve as his replacement. Instead, we are seeking several individuals in the club who can make themselves available on occasion to work with our various race directors and event managers to transport the necessary equipment. **Our goal is to recruit enough volunteers that each person would only have to commit to one event during the year.** We have equipment needs at all of our signature races and events (FYB, Fitness U, Pack

Monadnock, Applefest, and Summer Trail Series) as well as some of the events we help to manage, such as Nashua Soup Kitchen 5k/10k and the Telegraph Santa Fund Run.

Thank you, Kevin, for all your hard work. You will be missed!

Note: You do NOT have to own a truck to serve as an equipment volunteer. Usually the items will fit into the average car, minivan or SUV. If necessary, the club will rent a truck. The equipment shed is now located conveniently off Rte 101-A in Nashua.

## THE CONTINUING ADVENTURES OF DAVE SALVAS

This issue we find Dave racing in the Run to Home Base 9k at Fenway Park in Boston. Dave ran this the day after competing in the Bedford Rotary 12k. (Well, that's one way to get two PR's...) Dave ended up finishing 2nd in his division.



The start...



Dave being thanked by Army Chief of Staff George W. Casey Jr. at home plate.

Dave with his wife Maggie



Dave in front of some numbers and letters.



Dave with Liane Pancoast



... the finish!

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# RACES OF INTEREST:

## **2010 Mine Falls Summer Trail Race Series**

At Stellos Stadium - 6:30pm every Monday night from June 7th through August 23rd

### **Series Overview:**

A fun, no-frills 12-Week Series scored in two segments and run from Stellos Stadium along the scenic trails of Mine Falls Park in Nashua, New Hampshire. The first 5-Week segment is followed by a "Relay" race which will be held on July 12th where teams of 3 (for the 5k), or 2 (for the 5 mile) compete against each other. Then the second 5-Week segment is followed by a "Handicap" race on August 23rd where runners are sent off in waves based on their 2010 course PR times from slowest to fastest, as an exciting way to cap off a fun summer of trail running!

### **The Courses:**

The 5k is very flat. The trails are wide and well groomed. The 5mile course is a bit more challenging. It is run on some narrower trails with a more varied terrain of packed dirt, roots & rocks. Both courses will have water stops, will be well marked and will have volunteers directing racers at major intersections.

### **Entry Fees:**

\$3.00 for youth 14 and under, \$4.00 for ages 15-18, and \$5.00 for all others.

Portions of the proceeds from the Series will benefit the Mine Falls Advisory Committee which works to maintain, preserve and improve the natural resources of the park facilities. Membership applications for the Gate City Striders will be available for those interested.

### **Awards:**

Raffle prizes will be given out weekly to runners (and volunteers) and age group awards will be given at the end of the Series to the top male & female point scorers for each of two 5-race segments in the following divisions: 14 & Under; 15-18; 19-39; 40-49; 50-59; 60-69; and 70+. The overall Male & Female Champions of the whole 8-race series will win special awards as well.

### **Scoring:**

The overall winner of each race scores 100 points. All other finishers score points on a percentage basis of the winning time divided by their time. For example: if the winner runs 17:30; then a runner finishing in 18:00 scores 96 points; a runner finishing in 20:00 minutes scores 88 points; and a runner finishing in 24:00 scores 73 points.

### **Directions:**

Take exit 5W off the Everett Turnpike (Route 3) in Nashua. Turn right at the first set of lights after the Police Station. The entrance to Stellos Stadium is the first left. Race registration will be in the parking lot to the right of Stellos.

---

# 2010 Trail Series - Race Application

At Stellos Stadium - 6:30pm every Monday night from June 7th through August 23rd

**Make Checks Payable To:** Gate City Striders

**Mail Entry To:** Summer Trail Race Series, 35 Park Avenue, Nashua, NH, 03060

===== Please Print Clearly =====

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ DOB: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

===== Choose your events =====

Segment #1:	Segment #2:
June 7 - [ ] 5k [ ] 5m	July 19 - [ ] 5k [ ] 5m
June 14 - [ ] 5k [ ] 5m	July 26 - [ ] 5k [ ] 5m
June 21 - [ ] 5k [ ] 5m	Aug 2 - [ ] 5k [ ] 5m
June 28 - [ ] 5k [ ] 5m	Aug 9 - [ ] 5k [ ] 5m
July 5 - [ ] 5k [ ] 5m	Aug 16 - [ ] 5k [ ] 5m

July 12 - Relay Race:

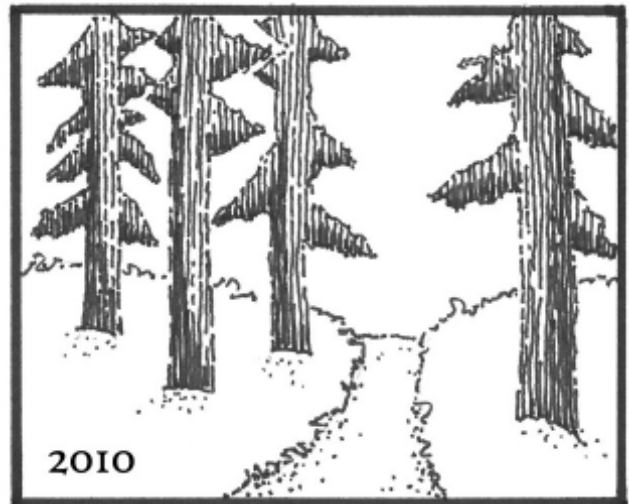
[ ] 5k - Team Name: \_\_\_\_\_

[ ] 5m - Team Name: \_\_\_\_\_

Aug 23 - Handicap Race:

[ ] 5k - Your 2010 5k PR: \_\_\_\_\_

[ ] 5m - Your 2010 5m PR: \_\_\_\_\_



**MINE FALLS TRAIL SERIES**

**Presented By - The Gate City Striders**

===== Compute your entry FEE =====

Entry Fees:

[ ] age 14 & Under = \$3 times the number of races: \_\_\_\_\_

[ ] age 15-18 = \$4 times the number of races: \_\_\_\_\_

[ ] age 19 & Over = \$5 times the number of races: \_\_\_\_\_

**Waiver must be signed before mailing:**

I know that trail running is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effect of the weather, including high heat and humidity, traffic and the conditions of the trails, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, rollers skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Gate City Striders, Road Runners Club of America, the City of Nashua, NH, the race committee and any and all other running related clubs or organizations assisting at the event on race day, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event, even though that ability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other recordings, or other record of the event for legitimate purposes. ALL FEES ARE NON-REFUNDABLE.

---

Signature (Parent's Signature if under 18)

---

Date

---

**20th Annual Jason Hussey 5K  
New Name - Same GREAT Event  
Saturday, July 17 2010  
6:00 pm**

**Timing provided by:  
Granite State Race Services  
USATF Certified NH 04010RF**



**70 Post Road  
Greenland, NH  
Pre-Registration Fee- \$12.00  
Race Day Registration Fee - \$20.00  
Children under 12 - \$10.00**



**It takes a community to bring it all together!**



---

Summer Fun & Jason's Run ~ 20th Jason Hussey 5K

PO Box 44

Greenland, NH 03840

Pre-registration- \$12

Day of Race- \$20

Children under 12- \$10

Name

Team Name

Mailing Address

Town

State

Zip

E-mail

Age

Gender

Runner

Walker

T-Shirt Size    Youth    S    M    L

Adult    S    M    L    XL    XXL

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the town of Greenland, race committee members, race officials, and any and all sponsors, and the directors, officers, employees and agents of such parties, their representatives, successors and assigns, for any expenses in the event of an accident, illness or other incapacity, regardless of whether I authorized such expenses.

Signature

Parent / Guardian for those under 18 years of age



## **Nates Race 5K WALK/RUN REGISTRATION FORM**

**Sunday-July 25, 2010**

Registration for 5K Walk & Run will be accepted online or by mail until July 16<sup>th</sup>, 2010.  
Day of race registration begins July 25<sup>th</sup>, (\$30.00) at 7:30 AM Race starts at 9:00 AM.

Alvirne High School Hudson, New Hampshire

***Located at 200 Derry Road Hudson, NH 03051 on Route 102***

### **5K Run:**

Men and women age categories:

12 & under, 13-18, 19-32, 33-40, 41-54, 55+

### **Trophies:**

1st and 2nd overall men and women

### **Medals:**

1st and 2nd for each age category

### **5K Walk:**

Age categories:

20 & under, 21-40, over 40

### **Trophies:**

1st and 2nd overall

### **Medals:**

1st and 2nd for each age category

Run/Walk Entry Form:

One entry per participant is required. Copies of this entry are also acceptable. Please complete the information and return this form before July 16<sup>th</sup> 2010 with your \$25.00 (\$15.00 if 12 or under)

**entry fee** to the address below. Make checks payable to "Natesrace Foundation" submit to:

Natesrace Foundation

75 Sousa Blvd.

Hudson, NH 03051

For questions or more information, please call Ross at (603) 321-4375 or email at [rossnh@msn.com](mailto:rossnh@msn.com)

T-shirts to the first 500 registrants.

I will be participating in the 5K:  RUN  WALK

I want a T-shirt size:  SMALL  MEDIUM  LARGE  EXTRA LARGE

---

OR

Womens T-shirt size: \_\_\_\_ SMALL \_\_\_\_ MEDIUM \_\_\_\_ LARGE \_\_\_\_

OR

Kids T-shirt size: \_\_\_\_ SMALL \_\_\_\_ MEDIUM \_\_\_\_ LARGE \_\_\_\_

Name: \_\_\_\_\_ (please print clearly)

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Age (on day of race): \_\_\_\_\_

Sex: M F (circle one)

**In consideration of your acceptance of this entry I hereby waive any claims I may have for damages against natesrace foundation, The Town of Hudson, Alvirne High School, The State of New Hampshire, the event committee and persons associated with the event, sponsors, all event officials, and all medical volunteers and other personnel assisting with the event, and their agents and representatives from any and all claims, liabilities, rights or causes of action of whatsoever kind or nature, including but not limited to those arising from negligence on the part of any of the aforementioned persons or entities, for damages for any and all injuries to me or my property, or for damage caused by me or by anyone else (including Acts of God), in connection with participating in the event. I know that running a road race is a potentially hazardous activity. I certify I am medically able and properly trained for this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with competing in this event. I also know that issues may arise including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, snow, rain, extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that this is not a closed course and I have a chance of being hit by a motor vehicle. I also understand that running this 3.1 mile course can result in heart attacks and any other fatal health conditions.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian if under 18 years of age: \_\_\_\_\_



REGISTRATION FORM



8th Annual Crisman Memorial

# 5K Race/Walk

All proceeds benefit the Kyle and Tim Crisman Scholarship Fund

August 14, 2010 at 10 AM Souhegan High School - Amherst, N.H.

Race day registration from 8:00 am – 9:45 am • Register online at [www.runreg.com](http://www.runreg.com)

**Free T-shirts for the first 150 registrants!**  
  
Award for top fundraiser

**Runner Awards:**  
**Cash Prizes** for Top 3 Male and Female OPEN, Top Male and Female Youth, Masters, Seniors over 60, over 70, Top 2 Veterans  
  
**2 pairs of Brooks running shoes!**  
one pair each for top male and female overall finisher



**Food & beverages** available for all registered runners/walkers  
  
**Post-Race Barbeque**  
**Great Raffle Prizes!**

Register online at [www.runreg.com](http://www.runreg.com)

**Registration by mail:** \$20 until August 7 - \$25 thereafter and on race day  
Under 18 years old: \$15 until August 7 - \$20 thereafter/race day  
Immediate Family of 5 or more: \$55 until August 7 - \$25 per person thereafter  
Teams of 5: \$55 until August 7 - \$25 per person thereafter

**Make Checks Payable to: Crisman Memorial 5K Race/Walk Send to: PO BOX 6101, Amherst, NH 03031**

Directions: From Nashua: take Rte. 101A to Boston Post Road. Stay on Boston Post Road until the high school.  
From Manchester: take Rte. 101 to Amherst exit (Rte 122), right at end of ramp. Take left at first set of lights (Boston Post Road/Rte 122). Take left (approx. 1 mile) onto Boston Post Road. Stay straight for (approx.) 2.5 miles. The High School is on your left.

**Questions: Contact Kathy or Erik Crisman at 603-672-9306 or email: [KZOBND@aol.com](mailto:KZOBND@aol.com)**

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex: Male \_\_\_ Female \_\_\_

Address: \_\_\_\_\_ Phone ( ) \_\_\_\_\_

\_\_\_\_\_ Email \_\_\_\_\_

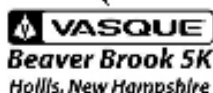
TEAM NAME \_\_\_\_\_

I will be a Runner \_\_\_\_\_ Walker \_\_\_\_\_ Tee Shirt Size \_\_\_\_\_

Race Agreement: By signing below, I understand and agree to the following. I know that to do a road race/walk is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effect of weather, or traffic. I waive, release, discharge, covenant not to sue, indemnify and hold harmless Souhegan School District, the race committee, all sponsors, officials and successors from and against all actions, suits, liabilities, claims, demands, cost (including legal fees and expenses) or damages arising out of my participation in this event, whether the results of negligence of any foregoing parties or otherwise. No radio headsets, baby strollers, skateboards, bikes, roller blades or animals are allowed on the course. I give my full permission to use my likeness in all media, photo, recording or other record of this event for any legitimate purpose.

Signed \_\_\_\_\_ Date \_\_\_\_\_

(Parent's signature if participant is under the age of 18)



Sundays April 11, July 25, & December 12 2010 10:00 AM

Beaver Brook, Hollis, NH

\$16 pre-entry fee --- \$20 post entry fee per race or  
\$40 pre-entry fee for all 3 races

Colorful Beaver Brook 5K T-Shirts to all entrants  
Beaver Brook 5K Pint Glasses to top 3 Male & Female Overall and in 7 Age Groups  
Huge Raffle including: 3CRP Hats, 3CRP Hanteens, RoadID Kits, and more.

*Register On Line at <http://www.3CRaceProductions.com/RacePages/BeaverBrook5K2010.htm>*

For more information call (603) 429-8879; go to  
<http://www.3CRaceProductions.com/RacePages/BeaverBrook5K2010.htm>  
or email: [michael@3CRaceProductions.com](mailto:michael@3CRaceProductions.com).

Make check payable to the 3C Race Productions  
Mail to: Beaver Brook 5K 2010, 160 Amherst Road, Merrimack, NH 03054

Name: \_\_\_\_\_ Circle Gender: M F Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Running Club: \_\_\_\_\_ Circle T-Shirt Size: S M L XL

Circle Race(s): April 11 July 25 December 12

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC, the Beaver Brook Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18

## PSYCHOJOCK BY: LISA CHRISTIE

I ran Boston this year for about the 7th time, but it was my first time not running as a bandit. I got a number from the club and it was really cool to be "official". Taking the Strider bus down was a great experience, especially getting to hang out on it and use the bathroom (even though it was pretty gross by the time we arrived in Hopkinton). It was better than being out in the elements.

I was happy with my time, which ended up being my second best time for Boston, despite my lack of good training. (I had not run more than a 1/2 marathon before the big day... ok so I am a little crazy).

When asked by Michelle on the bus what my goal was, I said, "to finish". I knew that was not too impressive and then said, "I know on this bus that is a wimpy goal. But in the rest of my life, finishing Boston is an amazing goal."

For whatever reason though, after having a strong finish and feeling great immediately afterward, I managed to pass out in a charming little restaurant on Newbury Street in Boston when my wife and I

were waiting for our dinner to arrive. Maybe that 1/2 a beer i drank was a mistake. It was much more stressful for her and for the others in the restaurant than it was for me. Once i got some fresh air and ate a little I was fine. Kathy wanted to take me to an ER but I really felt fine and also realized that having left my wallet at home I did not have my health insurance card with me so was glad I didn't feel it was necessary. (An error I will correct the next time I run something long.)

Talking to folks afterward was very interesting. Family and friends who are not runners were all very upset and sure I needed to see my doctor. (They remembered I collapsed right before the finish line at Mount Washington last year). My runner friends all had theories, training tips, like TRAIN maybe, and so on, but also all felt I was probably fine.

Eventually I gave in to the pressure and called my doctor, who didn't think I needed to be seen since I was at work and fine by the next day. This all made me think we runners have different standards for what constitutes a real problem...maybe we are crazy!

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### **Seven Sisters:**

The Race Seven Sisters is in Amherst and goes along a “Ridge” out there on this side of the Connecticut River.

It is crazy. They say “GO” and 200 people head up a VERY steep VERY big rock trail that’s single track.

You climb in this scrum of a group for at least 10 minutes. Lots of people over estimate how to do this...

I saw a guy who does mountains all the time, he bailed in the first 1 mile.

It is completely Up and down, up and down, up and down. You go past a building on high.

I noticed many women holding back on the down hill parts (many), I tucked in behind a few guys just “skiing”.

This was fun... being in a pack doing the same strategy. Lots of steep big boulder parts, followed by the other side down.

The turn-around was abrupt... snacks offered but it is in a valley so you heffalump back up that steep grade.

When I did this the two times I did it... I noticed people falling apart on the trek back... it’s out and back.

It is a bugger.

The thing is not too bad if you train with lots of up and down deals... the steep walk up and the pound pound pound down.

My legs were fried when I got home. The three hour ride home sitting in the car does not do a lot of good for the limbs.

I did this 7 sisters thing in 3 hours... I planned on an 18 miler in my head.... Even tho it’s only 12.... Killer 12.

### **Muddy Moose 14 Miler:**

I did the Muddy Moose 14 miler in (or near Lake Winnepesaukee) in April.

OMG The night before, we, on cape cod, had rain. They, up there, had snow... Hmmm.

So it was light coving of snow when I arrived in whatever the town was called.

This race was great!! It was a trail race with a couple of “hills”... steep slopes.

This was all about mud... It was terrific... mud from ankle deep and somewhat avoidable... To thigh deep and “gotta go through it”.

At one point we were like at mile 7 or something... on a very muddy and slippery and deep muddy part... double track trail.

You could go either way around the 1 mile loop lollipop...

I happened to be with some guys so I followed them right....

Coming out of the very muddy lollipop loop we encountered a group of 7 big wheel jeeps: The “How to get your Jeep dirty” club.

What the #@?\*&%\$! ..... I have run a lot of trails lately. I have been in the middle of nowhere.

I felt like we were in the middle of nowhere... I have no idea where these 7 or 8 jeeps came from... It was bloody muddy and slippery and slanted... crazy.

My last 3 miles I gave up on being gentle... I just went blazing through the middle of big deep mud puddles.

I finished good and dirty... Fun. Washed off my legs with a hose connected to the school... VERY cold water.

Great refreshments!!!! I left before the awards, I had a three hour plus drive home... long day.

But I finished 3<sup>rd</sup> woman!

Continued on page 37

# STRIDER WEAR

## What we wear? Strider Wear

Our colors are red, black & white and we wear our club singlets, long sleeve tech shirts, hats, warm up jackets & pants. The pricing and quantity on hand for each item can be found below. You may place your order for desired items with Steve Piper [spiper@mjbradley.com](mailto:spiper@mjbradley.com) or call 978-973-8673 or you may meet with Steve at the Tuesday night indoor track work outs. Items are delivered on a “first ordered, first served” basis. Items can be shipped with an additional shipping charge.

## How to get a GCS Club Jacket & Pants Set

The GCS Club Jacket & Pant set, including your name on the jacket & pants are a special order and can be ordered from Embroidery Creations in Londonderry NH. For more details see the GCS website, which includes a link to the order form which can be faxed to Embroider Creations.





GCS Striderwear Inventory and Pricing

Updated as of 12/04/2009

<b>Womens</b>										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>	
Mizuno	Singlet	Triad	White	\$20	\$20	**	1	**	**	
Brooks	Singlet	Triad	White	\$20	\$20	10	10	10	0	
<b>Mens</b>										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>	
Mizuno	Singlet	Triad	White	\$20	\$20	8	3	9	3	
Brooks	Singlet	Triad	White	\$20	\$20	3	10	5	10	
<b>Youths</b>										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>	
Brooks	Singlet	Triad	White	\$20	\$20	0	8	8	0	
<b>Unisex</b>										
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular Price</u>	<u>Sale Price</u>	<u>Extra Small</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>
Brooks	Long Sleeve Tech Shirt	GCS	White	\$20	\$15	16	18	10	14	4
	Mesh Running Hat	GCS	White	\$10	\$5	Plenty - One Size				
	Bumper Sticker	GCS			Free					

\*\* Discontinued item by Mizuno.

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# MEMBERSHIP INFORMATION

## June Renewals

Edward Bacher	Adam Gerhard	Jared Lakin	Joe Rush
Claire Bacher	Sarah Girard	Sherrri Leatherman	Elaine Rush
Annie Bacher	Corey Hahnl	Kelly Leatherman	Patrick Rush
Libby Bacher	Kimberly Hickman	Terrence Leatherman	Lauren Rush
Ben Bacher	Zachary Hickman	Parker Lyttle	Caitlin Rush
Cameron Bacher	Cady Hickman	Rudo Mazaiwana	Walter Swanbon
Eldon Burkinshaw	Jillian Holmes	Christopher Muller	Gretchen VonMarshall
Sachiko Burkinshaw	Greg Indruk	Therese Muller	Harry Ward
Eric Chorney	Barbara Joy	Nick Muller	Michael Wright
Yuki Chorney	Robert Joy	Cecelia Muller	Cassie Wright
David Delay	Brett Joy	Joey Muller	Lindsay Wright
Peter Donahue	Caitlin Joy	Cheryl Peltak	Nathan Wright
Amy Doyle	Patricia Kiesselbach	Stephanie Peltak	Am Wright
Benjamin Doyle	Kristen King	David Pember	
Elizabeth Fay	Shawn Laflamme	Frank Pilhofer	
Karen Flynn	Walter Lakin	Stephen Rouleau	

---

## June Birthdays:

Nico Abreu	Meghan Dugan	Caitlin Joy	Glenn Stewart
Morgan Barker	Alycia Ebel	Sujith Kana	Thomas Stirling
Kurt Berna	Kevin Fitzpatrick	Deb Pelletier	Dan Sweet
Carla Chandler	Laurie Frechette	Andrea Pierce	Erin Tyrrell
Angelene Clancy	Adam Gerhard	Padhma Prema	Megan Tyrrell
George Clemence	Megan Gilles	Laura Rallis	Cassandra Valin
Kyle Cole	Emily Graves	Joseph Rogers	Hein van den Heuvel
Dave Contrada	Heather Gray	Louise Rossetti	Robert Welts
Elizabeth Corsetti	Ted Hall	Deborah Roy	Alexander Werne
Marion Crane	Len Hall	Jacob Rube	Michelle Wheeler
Kylie Dawe	Jacqueline Hallerman	Joe Rush	Beth Whipple
Christina de Bruyn Kops	Kevin Hallerman	Caitlin Rush	Jolynne Wightman
Alisa de Bruyn Kops	Jessica Harvey	Laura Schweizer	Steve Wolfe
Dorrie Dobens	Mike Hennessey	Judy Slane	Cassie Wright
J.Sherwood Douglass	Jeff Hunt	Brianne Slane	
Benjamin Doyle	Ronald Johnston	Marissa Slane	
Todd Dresser	Barbara Joy	Nicole Slane	
		Rick Stetson	

# MEMBERSHIP INFORMATION

## July Renewals

Dick Bersani	John Lewicke
Tim Burke	Bette Lewicke
Karen Burke	Sara Lewicke
Sarah Burke	John Paul Lewicke
Tom Conley	Eduardo Lopez-Reyes
Steve Delahunty	Marie Lopez-Reyes
Linda Delahunty	Patrick J. McCabe
Dave Delahunty	Moira McCabe
Jim Delahunty	Molly McCabe
Gregory Early	Patrick E. McCabe
Kathleen Early	Joan McCabe
Erin Early	Patrick McGrath
Shannon Early	Julie McGuirk
Garrett Early	Shusuke Minami
Tammy Gaffey	Mary Minami
Philip Gaffey	Geoff Misek
Michael Hagerty	Dan Moriarty
Jennifer Helsel	Janice Platt
Donald Jean	Benjamin Platt
Brian Kane	Ethan Platt
Susan Kenney	Justin Platt
Jack Kick	Laura Rallis
Michael Levesque	

**We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. - e.e. cummings**

## July Birthdays:

Claire Bacher	Johanne Lapointe
Brian Bigelow	Terrence Leatherman
Sabrina Bishop	Samantha Lees
Scott Carey	Daniel Levine
Ted Carey	Stepanie Long
Eric Chorney	Mark FLorden
Whitney Clark	Kyle Lorden
Ron Corsetti	Heidy Macdonald
Christopher Dawe	Duncan Macintosh
Linda Delahunty	Samantha Martin
Dave Delahunty	Julie McGuirk
Jim Delahunty	Anthony Merra
Betsy Delfosse	Nick Muller
Sean Donnelly	Kate Naples
Kelley Dugan	Izundu Obinelo
Gail Duval	Anneka Paelinck
Erin Early	Kevin Philpot
Alison Findon	Christine Quintero
Bill Gagnon	Jerry Rocha
Cassidy Gilbride	Allan Rube
Paul Hadley	Rose Shajenko
Elizabeth Hall	Helen Shultz
Heidi Havron	Mary Slocum
Brian Hennessey	Sarah St Martin
Greg Indruk	Jessica Vaughan
Paul Joyce	Mark Velino
Jillian Joyce	Gretchen VonMarshall
Emily King	David Wilson
Tom Kolb	

**We must never cease from exploration. And the end of all our exploring will be to arrive where we began and to know the place for the first time. - T.S. Eliot**

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# MEMBERSHIP INFORMATION

## Welcome New and Returning Members!

Ashley Abbott	Laurie Frechette	Thomas Lessard	Samuel Philbrick
Austin Araneo	Desiree Frechette	Robert Levine	Lisa Reilly
James Bell	DJ Frechette	Daniel Levine	Nicole Rogers
Paul Bergeron	Danny Frechette	Christopher Low	Beth Sacherski
Joshua Bly	Emma Gray	Kristen Madden	Jonathan Sheehan
Matthew Chase	Anna Helbling	Colton Mailloux	Samantha Sheehy
George Clemence	Tesa Jewell	Colleen Martin	Page Souza
Kelly Coblentz	Rebecca Kadish	Samantha Martin	Aldan Spencer
Shanie Costa	Lisa King	Laura Martin	Robert Taylor
Ethan Crain	Pete King	Michelle Martin	Mia Taylor
Joanne Crowe	Andrew King	Lynn Morrow	Don Tyler
Jessica D'Amico	Emily King	Christopher Morrow	Jessica Weisberg
Betsy Delfosse	Ellie King	Collin Morrow	Michelle Wheeler
Autumn Desjardines	Alexa LaCroix	Taylor Morrow	June Zoia
Dorrie Dobens	Gail Lenahan	Katharine O'Shea	Greg Zoia

---

## Welcome C25K Members!

Diane Anderson	Tammy Fareed	Gregory Martin	Susan Scribner
Kimberly Berkyman	Sheila Floria	Joan Martin	Linda Sellner
Anna Teresa Bilucaglia	Vickie Fortier	Caroline Masterson	Stephanie Sewchuk-Thomas
Maria Boren	Melissa Fraser	Kristin McManus	Chris Shelsky
Robert Bourgeois	Lisa Frenette	Erin McWhirter	Charlene Shelsky
Debbie Brodeur	Danielle Gardiner	Melody Miller	Melissa Shinkwin
Angela Brown	Kerri Goolsby	Kristen Mitchell	Robbin Shinkwin
Deborah Burchell	Michelle Guinther	Dana Murdock	Angela Smith
Laurie Chabot	Patti Harding	Katharine O'Shea	Duane Smith
Mary Chaput	Paul Haskell	Maggie Paul	Gitanjali Srivastava
Lynn Cheeseborough	Stephanie Haskell	Paul Pederzani	Melissa Stevens
Karen Coakley	Angela Henry	Mary Ann Picard	Matthew Stevens
Andrea Court	Lisa Hirtz	April Plourde	Erika Tardif
Melissa Dougherty	Tammy Johnson	Mary Raven	Jennifer Toomey
Tracy Dow	Megan King	Lisa Rawnsley	Theresa Varrell
Carol Drouin	Wendy Kozyra	Denise Raymond	Stephanie Wales
Michael Dunhom	Heidi Lacoshus	Debbie Rioux	Marcia Wark
Pamela Dunhom	Heather Lambert	Maggie Salvat	Tracey Watson
Rosemarie Dykeman	Amy Madden	Jennifer Scanlon	Betty Wendt
Jim Eden	Jasmine Malburne	Lori Scarito	Kathy White
Lois Elkind	Stacey Marston	Elizabeth Schofield	
Raena Erickson	Jane Martin	Ellie Schwartz	

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## Falmouth “trail head”:

A couple weekends ago I hooked up with two trail running friends at a “trail head” on route 151 in Falmouth, MA.

We spied the sky looking threatening. “Oh, lets go anyway...”

I thought it would stay over Buzzards Bay, no worries....

I even wore my road running white sneakers, not the dirty green trail runners.

Curt said the trail had been dry for some time now... no worries.

We got about 15 minutes in the woods... I have no idea where we were... was that even a trail?

Someone needs to bushwack to make it better, see-able.

Anyway, around 15 minutes in, the rain started. We kept going. About 25 minutes a big crack of thunder was nearby.

I was praying...

Curt asked Mike, “Hey have you seen those new giant marshmallows for sm’oores?”

Mike goes, “Umm, no...” Curt continues, “They are huge. My son can down 3 or 4 regular sm’oores...”

These marshmallows slowed him down to just one... They are big.”... The conversation continued.

I am glad I was with these two... not a worry on their minds....

Here we were running in the middle of woods somewhere between route 151 and Thomas Landers Roads...

We were out now about 45 minutes, chit chatting... the rain let up a bit.

We were talking, then out of nowhere two other runners happened upon us.

OMG, we were in the middle of nowhere in particular, and these two know the two new comer runners.

“Hi, how are you?” ensued. It was killer funny inside....

We finished the 1:00:00 run wet as rats... with one of the two new guys.

What a great run. I probably could not do that trail again without Curt or Mike guiding...

I had no idea where the next turn would be...

Great fun.

## A short digression....

I have been running races for the better part of 30 years, yes I started pretty young. My Dad drove me through my teens. I have driven myself since I was 22. I am only recently in a Cape Cod Car Pool to Mountain Races. Honestly, there is nothing better than meeting up at some crazy hour with other people. It is the best feeling knowing its not a book-on-tape/CD that will keep me company for 3 and 4 hours of driving. These runners I am carpooling with are absolutely a saving grace. Several times I have bailed on races because I thought I would fall asleep behind the wheel hanging out alone. Carpools are not just for gas saving purposes. They are for saving yourself from too much time alone. What a saving grace, I tell you... what a saving grace! Car Pool, it’s a great idea!

---

**We have stopped for a moment to encounter each other. To meet, to love, to share. It is a precious moment, but it is transient. It is a little parentheses in eternity. If we share with caring, lightheartedness, and love, we will create abundance and joy for each other, and this moment will have been worthwhile. -**

**Deepak Chopra, M.D.**

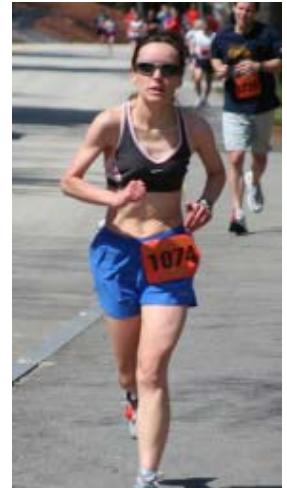
Nashua Soup Kitchen 10k. Photos by Steve Wolfe



Aline Kenney



Isaac St.Martin



Allison Findon



Janice Platt



Dan Moriarty



June Zoia



Cassie Wright



Suzanne Barker



Jennifer Mack Suzanne Long



Mike Stanwyck

Nashua Soup Kitchen 10k. Photos by Steve Wolfe



Gary Lambert



Oliver McMahon



Justin Platt



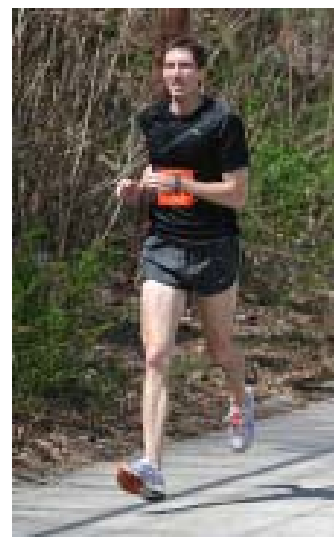
Stephen Rouleau Trevor Ward



Chris Poulos



Shauna Salem Karen Long



Justin Soucy



Elizabeth Fay



Lori Lambert



Pamela Hall



Premanand Rao

Nashua Soup Kitchen 10k. Photos by Steve Wolfe



Stacy Beaudoin



Eric Chorney



Dan Dolan



Linda Madden



Jim Hansen



Michael Wade



Jessica Weisberg



Laura Rallis



Michael Wright



Roy Dennehy



Nashua Soup Kitchen 10k. Photos by Steve Wolfe



Emily Strong



Jane Levesque



Michelle Poublon



George Clemence



Todd Callaghan and Denis Tranchemontagne relaxing after the Pineland Farms 25k race. Photo by Richie Blake.



Justin and Emily Soucy, Denis Tranchemontagne, Todd Callaghan and Michael Wade after winning the Pineland Farms 25k race. Photo by Richie Blake.



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