

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	673-0028		ddelay@attglobal.net
Secretary	Bob Pelletier	889-5602		a2dpell@aol.com
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		dpferris32@aol.com

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
Women Seniors	Pat Kiesselbach	881-5532		mayener@aol.com
<u>Coach</u>	Dave Camire	978-957-4230		davecamire@aol.com

Newsletter & Web Site contacts

Newsletter Editor	Bill Spencer	882-4859		bspence1@ix.netcom.com
Web Master	Michael Amarello	429-8879		Webmaster@gatecity.org
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		katkirby@aol.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>

All Area Codes are 603 unless noted otherwise

Cover Photo by
President Steve

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



**Editor's Column
By Bill Spencer**

The Club Calendar is full of activities and opportunities for our many members to participate. Fitness University has returned, after a one year pause. Multiple Clinics are scheduled in the greater Nashua area and will need club members to assist. Fitness University day is on a Sunday this year to allow Regina Jacobs to appear as our Dean of Fitness. Regina is a world class runner and should be an outstanding role model for the kids. If you can't help out at the clinics, consider helping with the setup on the 20th of July and/or running with the kids on the 21st of July. I would also encourage our Youth members to join the adults in helping to run the clinics. You can also serve as a role model.

Also in June, our Youth members will compete in the USATF Junior Olympic Track Championships and don't forget that the 19th is Pizza night at the track. I wonder how many of our kids will show up for that workout? In July, the Clinics wrap up and the kids from the Greater Nashua area graduate from Fitness University. The Wednesday night workout on the 24th will see the 2002 edition of the Ultimate runner Classic.

The first race of the NH Gran Prix has been held, with a strong Granite State Racing Team taking the lead. The next race in the series is the Bill Luti 8k on July 20th. If we want to contend for first again this year, then a large turnout of members will be necessary at this race.



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

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.

