

Upcoming Events

Club Triathlon

This years Gate City Striders Triathlon will take place this summer at 8:00 A.M. on Sunday August 11th at Lake Potanipo in Brookline, NH. This is a member's only event, which allows first time triathletes to compete in friendly and low-key environment. The course will be the same as previous years:

- 1/4 mile swim in lake Potanipo
- 1 mile bike (2 x 5.5 mile loops)
- 3 mile out and back run

Not sure you can complete all three disciplines yourself? Then form a team of two or three individuals for a team entry. Both teams and individuals are welcome! Volunteers also are encouraged to help out.

Applications and additional information will be provided at our Wednesday Track Workouts. Watch for triathlon information sessions for the first timer to be provided at some of the Track workouts. If you are interested in these triathlon information sessions, please let me know. Start swimming and get on that bike and we'll see you at Lake Potanipo for the Gate City Triathlon August 11th. For additional information please contact Chip Geisler at 421-1815 or chipgeisler@worldnet.att.net.



Gate City Striders Annual Golf Outing (Cookout after*)

Sunday August 18, 2002
Buckmeadow Golf Course
Route 101a Amherst NH
Tee Times around 10 am

Cost includes Golf green fees and the cookout

9 holes \$20 18 holes \$31

Golf Cart Rental

9 holes \$10 18 holes \$20

(but whoever heard of a runner getting a golf cart?!,, Yeah right!)

The format for the course will be a SCRAMBLE**

So come on out and TEE them up. You can call:

Tom Raiche – 603 594-2416 Bob “Bubba” Thompson – 603 595-8932

Please cut these duffers a break and contact them BEFORE Wed. August 7

* = Cookout at Rich MacDonald's, 89 Great Brook Rd, Milford NH 03055

** = Officially this means everyone hits their drive, the team decides which is the best ball to play and then everyone hits their second shot from there. The process repeats until the balls are all in their cups***. Unofficially, scramble is just a comment on how poor some of the runners play.

*** = With an intention of getting an early start on Novemberfest, many of the attendees will probably be “in their cups” by 3 pm.

Upcoming Team Events

June 23: Lions Sizzler 20K, Bedford, NH

This is race #3 in the USATF New England Gran Prix. The Striders are currently in 10th place overall. Let's take advantage of this 'home' race with a big turnout and move up in the standings. Remember that you need to register with the USATF (www.usatfne.org) to compete for the Striders in this race. Applications for this race and the USATF are available at all Wednesday Night Workouts.

Eight Annual Ultimate Runner

Keeping up with our fellow Gate City Striders teammates, and the aging process, is made all the more fun when we test ourselves in the annual **ULTIMATE RUNNER** event. Our track workout for all runners on Wednesday July 24, 2002 will be coordinated by Dave Williams, Michael Amarello, and Steve Moland, and will start at 6 PM Promptly!

Each runner will run four events that same evening in the following order: 1 mile, 800 meters, 400 meters, and 5K. The first three events will be run on the track at Nashua High School, in heats according to your ability. The 5K will be run on the trails in Mine Falls Park with all runners toeing the line together. All events will be scored with age-graded results of the best runners in the U.S.A, which equalizes runners by age.

We ask that you sign up in advance, giving your name, age, and projected 1 mile time. Based on your 1 mile time you will be placed in heats with runners of similar ability. Sign up will be available soon at the track or send an email to webmaster@gatecity.org.

We could use a few volunteers that night o help with the event.

This is a fun event and everyone is urged to compete. As in all running events, you will be competing primarily with yourself, but encouraged along by your teammates. Your results can be compared year to year as with age-graded times they do not get slower as you age.

Rich Stockdale and Laura Schulte (Karpalisto) were the Ultimate Runner Champions in 2001 Who will be the Ultimate Runners of 2002???

Club Outing and Softball Game

Mark your calendars for AUGUST 4TH for the GCS Annual Summer Picnic. The picnic will be held from 10:00 to 4:00 pm at Wasserman Park. The club will supply hot dogs/hamburgers/drinks. Anyone wishing to bring salad or dessert would be welcome to. Sign ups will be available at track practice Wednesday nights. Swimming will be available and a possible fun run. Softball can be played IF there is a field available. Looking forward to a great day with GCS and their families!!!!

Any questions please contact Dave at 231-0146 or 889-5588.



Pizza Night Wednesday, June 19th!!! Come and enjoy some pizza with your fellow runners after track practice!!