

Membership

Welcome New Members

Raily Crowell
 Michael Wade
 Michelle Gendron
 Alexandra Chmura
 Lauren Shoemaker
 Kevin Bausha
 Denise Wagner
 Dottie, Joe, Joey, Katie Lopez
 Mark, Maureen, Mark, Kyle Lorden
 Wendy DePanasse
 Lynne Westaway
 Danielle Fieri
 Sandra VanDenHavuel
 Joey Jourdain
 Jed Crook
 Camille, Stew, Alexandra, Gillian
 Campbell
 Maureen McNally
 Alison Cody
 Audrey Mailhot
 David Sturm
 Kelsey Rhodes
 Katherine Weeks
 Kathryn Reynolds
 Stephen & Terri Stanley
 Michael Hampton

June Expirations

Ted & Liz Barbour
 Brady Family
 Willa Breese and Paul Riley
 Eldon & Sachiko Burkinshaw
 Donald & Cheryl Burns
 Eric Chorney
 David & Christine Cormier
 Ed Deichler
 Walt Deschamps
 Peter Donahue
 Tara Gurry
 Kim Humphreys
 Barbara & Robert Joy
 Ted Karwoski & Family
 Pat & Karl Kiesselbach
 Chris King
 Dan Knaul
 George & Diana Lavash
 Donn McBride
 Rebecca Powers
 Judy & Jim Slane
 Alice Walton
 Nicole Wheeler

(Continued on page 18)

Birthdays This Issue

Andy Paul 06/01/80
 Morris Nicholson 06/02/42
 Brianne Slane 06/02/89
 Marissa Slane 06/02/89
 Nicole Slane 06/02/89
 Lindsay Ferris 06/03/90
 Kelsey Hunt 06/03/91
 Joseph Rush 06/03/58
 Alison Black 06/04/69
 Kelsey Rhodes 06/04/90
 Donald McCarty 06/05/60
 Raymond Oberholtzer 06/05/53
 Tom Raiche 06/06/53
 Nicole Scontosas 06/06/90
 John Heden 06/07/61
 Alex Bartis 06/09/92
 Ellen Kolb 06/09/59
 Jacob Rube 06/09/76
 Heather Patnode 06/10/80
 Claudia Dufresne 06/11/53
 Maurice Ferrigno 06/11/32
 Paul Fiori 06/11/53
 Andrew Prolman 06/11/63
 Robert Welts 06/11/33
 Steve Hunt 06/12/57
 Dana Landry 06/12/51
 William Voss 06/12/61
 David A. Haworth 06/13/41
 Mary Minami 06/13/46
 Amy Picard 06/13/80
 Ann Slatkiewicz 06/13/55
 Deb Pelletier 06/14/55
 Alex Prolman 06/14/91
 Denise Wagner 06/14/47
 Caitlin Burns 06/15/81
 Michael Hampton 06/15/70
 Ellen RoseWoodward 06/15/99
 Everett Woodward 06/15/99
 Bill Engle 06/17/31
 Michelle Weysham 06/17/88
 Lori Lambert 06/19/64
 Carolyn Morgenstern 06/19/63
 Andrea Pierce 06/19/59
 Barbara Joy 06/20/54
 Michael Neville 06/21/88
 Greg Anthony 06/22/58
 Ashley Morgenstern 06/22/88
 Ryan Sheil 06/22/84
 Judy Slane 06/23/55
 Thomas Astolfi 06/24/55
 Julianne Noonan 06/25/52
 Katherine Weeks 06/25/93
 Nick Karwoski 06/28/88
 Mari Littleton 06/28/92

Dave Contrada 06/29/57
 Joe Lopez 06/29/60
 Kyle Lorden 06/29/96
 Louise Rossetti 06/29/21
 Andrew Saunders 06/29/89
 Michael Peabody 06/30/89
 Anthony Merra 07/01/88
 Peter Stebbins 07/02/39
 Frankie Beauley 07/03/64
 Joey Jourdain 07/03/92
 Lora Woodward 07/03/59
 Heidy McGaffigan 07/05/45
 Gail Duval 07/06/64
 Mark E Lorden 07/06/94
 Brian Bigelow 07/07/59
 Lisa Farr 07/07/70
 Dave Ferris 07/07/60
 Mindy Adams 07/08/89
 David Delahunty 07/08/94
 James Delahunty 07/08/94
 Linda Delahunty 07/08/94
 Eileen Fiori 07/08/49
 Joyce Oberholtzer 07/08/55
 Nicole Terenzoni 07/08/87
 Teanna Croteau 07/09/54
 Jan Cline 07/11/55
 Charles Lewis 07/11/62
 Brittany Plante 07/12/89
 Eric Chorney 07/14/76
 Luke Lavash 07/14/92
 James Fraser 07/15/84
 Tom Kolb 07/15/55
 Nancy Peabody 07/15/60
 Mary Slocum 07/15/63
 Andrew Kerns 07/17/90
 Julie McGuirk 07/19/54
 Madeline E Trolan 07/19/90
 Kimberly McAuliffe 07/20/88
 Allan Rube 07/20/47
 Christopher Adams 07/21/70
 Bob Le may 07/21/33
 Jeffrey Brown 07/24/58
 Kevin Bausha 07/25/60
 Allison Pintal 07/25/90
 John Sennott 07/26/61
 Lauren Shoemaker 07/26/92
 Ken Morey 07/27/36
 Jerry Rocha 07/27/44
 Helen Shultz 07/27/45
 Sam dePerri 07/28/47
 Rosanne Trolan 07/29/61
 Nick Anastasi 07/31/35
 Chantal Croteau 07/31/90
 Scott Miller 07/31/56

Youth Running

Youth workouts for those members that plan to race this summer and fall in the various track meets and road races are held on Monday and Thursdays. Workouts start at 5:30 at Stellos Stadium on Mondays and at the new Nashua North High School on Thursdays.

Congratulations to our many members that were so successful at the recent Elementary, Junior High and High School State meets.

In the last issue of the newsletter, I covered the reasons why we should always take a cool down after a hard workout or race. This issue, I explain the purpose of the different types of workouts that you do in preparing for the cross country seas on. You should note that the key to these workouts is knowing your race pace and adjusting your workout pace accordingly.

Coach Bill

THE FOUR SPEEDS OF DISTANCE RUNNING TRAINING

1. EASY STEADY RUNNING. - 30 to 60 minutes or more.

The three major benefits of this type of training are:

a. Increased blood vessel (capillary) growth in your running: muscles. This allows more blood flow, therefore more blood flow to the muscles.

b. Strengthens the heart muscle. A stronger heart can pump more blood throughout your body.

c. Increases the number and size of mitochondria in each muscle cell. Mitochondria are your cells "powerhouses". They are the structures in each cell where food (in the form of glucose) and oxygen combine to make ENERGY.' The more energy each cell can produce, the more work that cell can do.

All of these things increase your body's ability to consume oxygen (VO₂-max).

PACE: about 1 ½ - 2 minutes slower than your current 3000 meter race pace, which is about 70% of maximum.

THIS TYPE OF TRAINING RESPONDS BEST TO TIME SPENT RUNNING, NOT SPEED IN YOUR RUNNING.

2. THRESHOLD PACE. Long intervals with short rests (60 seconds) at 90% of maximum heart rate. For a 12:00 minute, 3000 meter runner, they should be run between 7:00 To 7:25 per mile pace.

Used to improve endurance and raise your lactate threshold. Your lactate threshold is the pace in your running, beyond which lactic acid begins to build up in your muscles and you're forced to slow down. Raising this threshold will allow you to run faster and farther.

3. INTERVAL TRAINING (Race Pace). Repeats at 98% - 100% of maximum heart rate.

These repeats are best done at current 3000 meter race pace. For example, a 12:00 minute, 3000 meter runner races at 6:25 per mile, 3:12 per 800, 1:36 per 400. Therefore, this individual would run in a typical workout of 8 x 400 @ 1:36 or 4 x 800 @ 3:12. The rest interval in this type of workout is equal to the length of time spent running.

This type of workout greatly improves and increases VO₂-max. VO₂-max is the greatest amount of oxygen that your body can take in while running. Begins initial stress to blood's buffering system to help tolerate lactic acid.

4. SPEED (Repetitions). Repeats at a pace 6 seconds per 400 meter **faster** than current 3000 meter race pace. Or, under certain circumstances, 3 seconds per 400 meter faster than current mile pace. Helps develop SPEED and ECONOMY (smoothness while running). Recovery between each repeat is FULL up to 4 minutes for every minute that you run. The last repeat should feel as good as the first. It provides major stress to blood's buffering system to help tolerate high concentrations of lactic acid and stimulates F.T. (fast twitch) muscle fibers.

Fitness University

Fitness University Is Almost Here

As the day grows near, the level of excitement and enthusiasm is building for Fitness University 2003. Along with all the fanfare and smiles, this year, the event will bring back the 4x400 Relay which was first introduced at Fitness University 1999. Who can forget the introduction of the two teams, appropriately named after our Dynamic Duo Deans; Franks Flyers (Frank Shorter), and Joan's Jets (Joan Benoit-Samuelsan).

As many of the Striders may already know by now, our scheduled Dean of Fitness; Regina Jacobs, has unfortunately, cancelled her appearance, due to another unforeseen engagement. It has not been easy these last few days, trying to line up another Dean, on such short notice. All I can tell you, as this article is headed for print, is that our Dean of Fitness for Fitness University 2003, has already been mentioned in this article; Joan Benoit-Samuelsan.

With all the eyes of the world watching on that day in 1984, Joan Benoit-Samuelsan won the first ever women's Olympic Marathon on August 5, 1984. Born in Maine in 1957, Joan was the only female student in her high school to run cross-country. In her junior year, as a way of reconditioning herself after she broke her leg in a skiing accident, she began to run more often and to run greater distances. Through her continued tenacity on the open road, behind the microphone and countless numbers of published articles, Joan has clearly helped pave the way for women, both young and old in achieving greatness both on, and off the track. Last March, in the National Masters Indoor Track Championship, she annihilated the American record for 3000 meters in the women's 45-49 age group with her time of 10 minutes, 2.55 seconds, beating Joni Shirley's previous AR of 11:06.77, which had stood since 1992. .

I have had preliminary discussion with Joanie, and Bill Rodgers over the past several days, and although Bill has expressed a very strong interest in appearing, he cannot as he will be @ the Utica Boilermaker, hitting the pavement with his own bib number on. However, Joanie does not appear to have a schedule conflict with the 12th of July, and has expressed an interest in joining the kids, and adults, for another commencement on Finals Day.

The schedule list below, clearly indicates the Running Clinics coming up as soon as next week, on the 3rd of June. Please note, all clinics have a start time of 6:00pm, and a finish time of 7:30pm.

Clinic	Day of Week	Date	Location
1	Tuesday	June 3, 2003	Pennichuck Jr High School, Nashua, NH
2	Tuesday	June 3, 2003	Souhegan Cooperative, Amherst, NH
3	Tuesday	June 10, 2003	Alvirne High School, Hudson, NH
4	Tuesday	June 17, 2003	Pennichuck Jr High School, Nashua, NH
5	Tuesday	June 17, 2003	Merrimack High School, Merrimack, NH
6	Tuesday	June 24, 2003	Keyes Field, Milford, NH
7	Tuesday	July 1, 2003	Campbell High School, Litchfield, NH
8	Tuesday	July 1, 2003	Fairgrounds Jr. High School, Nashua, NH
9	Tuesday	July 8, 2003	Nichols Field, Hollis, NH

As is always the case, the Fitness University Program will only maintain its continued level of success with the support of the members of the Gate City Striders! So, jump on board, and join us in launching the clinics, as well as the best show of all, Finals Day, July 12th.

Regards,

Shaun