

# Randum Thoughts

By Bob Thompson



Another season of track workouts is quickly coming to a close. With the construction at Nashua High School, those interested in track workouts have improvised with a quarter mile loop in the Stellos Stadium parking lot. By next spring we should be back on a new 8-lane track at Nashua High South. Let's hope that the track construction is better quality than the previous potholed track. The last Wednesday evening workout at Stellos Stadium and Mines Falls Park will be held on October 23rd. After the run, all Striders are invited to attend the Last Supper at the Club National and enjoy a spaghetti feast hosted by the Wednesday Evening Church Group. Last year's event drew over 50 Striders to a night of food and fun.....The annual GCS Golf Outing (a.k.a. the Gerry Rocha Invitational (yes, Gerry was invited this year)) was held on August 18th at beautiful Buckmeadow Golf Course in Amherst. Rick Smith won the closest the pin competition on the 2nd hole as he narrowly missed a hole in one. The Mayor sank the birdie put to help distance his team from the competition (or lack thereof).

Skip Cleaver defended his longest drive title as he once again drove all the way from Connecticut for the event. Tom "Tiger" Raiche had the longest drive off of the tee with a 300 yarder on hole number 14. Rich MacDonald once again put on feast at the 19th hole for the four hungry foursomes at his Milford home. Thanks to Tom Raiche for organizing the event again this year and Rich MacDonald for hosting the 19th hole cookout..... My favorite GCS event, the annual club triathlon was held on Sunday August 11th at Lake Potanipo in Brookline. This year's event had a record turnout with about 60 entrants. The event included 1/4 mile swim, 11 mile bike ride and 3 mile run. If you have never done a triathlon, remember to put this one on your calendar next year. Thanks to Chip Geisler and the many volunteers for making this event a success.....For those looking for more of a challenge, you may want to consider the Sea to Summit Triathlon. Gate City's "Ultra Iron" Mike Hagerty completed this grueling event on July 20th. The event which starts in New Castle NH, includes a 12 mile ocean kayak, 90 mile bike ride to Jackson NH, followed by a run to Pinkham Notch and a hike up the Tuckerman Ravine trail to the top of Mt. Washington. Do you want to be like Mike? If so, you should start training now.....The Winnepesaukee Relay was run around New Hampshire's largest and most beautiful lake on September 21. The Striders only had

four teams this year compared to a high of 22 teams in years past. Thanks to Warren Church, Dave Williams and the Nickerson family for providing overnight accommodations and a pasta dinner to several Striders at the barn in Alton. My team, Bubba's Babes, was made up of a fun bunch of has beens and never was's. We knew at the start that we wouldn't win any coveted loons but rather, were there for a good workout, team camaraderie and beautiful scenery. Kathy Johnson used her mountain racing experience to good use on the first leg as she powered up to Gunstock where she passed off to Kristina Thompson. Kristina's marathon experience paid off as she ran the longest of the 8 legs in high heat and humidity finishing in Alton Bay. Kristina and KJ celebrated the end of their runs with a swim in Alton Bay followed by snacking on the worlds largest freeze pops. Skip Cleaver loves the Bay Hill Road hill and charged up it at the start of leg 3. Skip worked on his suntan on the fully exposed route 109 for 11 miles finishing uphill into Wolfeboro. Lisa Klasman returned from Seattle with a burst of speed on the 4 mile 4th leg finishing at the Abenaki Ski area. I had the 10+ mile 5th leg and I knew I was in for trouble after seeing other runners struggle with the heat and humidity. Knowing that I was running for a team helped me push myself to the finish at Morgan Farm. Janice Olsen celebrated her 10th wedding

*(Continued on page 11)*

*(Continued from page 10)*

anniversary with her husband, Eric, with a weekend at the world famous lake. Janice took a break from her romantic weekend and beat the heat with a strong run to the Moultonboro School. KJ's friend, Andrew Wolfe, was running his first race in about



20 years was our fastest runner, passing several other teams on his hilly 8.6 mile leg finishing at Interlakes High School in Meredith. Traci Swanbon used her sub-20 5k speed on the roller coaster 8th leg finishing with a nasty uphill at Funspot near the Weirs. The entire team was pretty well wiped out at the end as none of us could muster the strength for

the traditional post run go-cart race. Thanks to Laura Bianco, Eric Olson, Dave Williams and Barney Swanbon for their support of our team along the route. If a relay sounds like fun, join or organize a team for the Mill Cities Relay which is coming up on December 1st. The relay starts in Nashua and

ends with a fun filled party in Lawrence Massachusetts.....The 7th 3rd Annual Curly Goulet Memorial Novemberfest Trail Run and Party will be held on Sunday November 24th. The start/finish has been relocated to Stellos Stadium due to the construction at NHS. Proceeds from the run benefit the Nashua Children's Home. You will find an application in this issue of Striding Along. This year the race and party is open to all runners over the age of 21.....In the last issue of Striding Along I explained

what Wednesday Evening Church was all about. I apologize if anyone was offended by the article. Just to let you know, I don't make that stuff up. I just report the facts. If you were offended, you may not want to put the Novemberfest race on your calendar.....See you on the trails!

*(Continued from page 7)*

how the bike path would go through the tunnel on Route 70. Instead, the bike path actually went around the mountain. Tim took off on his 4.6 Mile leg continuing on the bike path. His sprint up the last hill to finish caught Damien by surprise as he was still taking off his sweats. Tim said that he was chasing this strong female runner and wanted to make sure that he passed her before he ended his leg. We called ahead to Van 1 to be ready in 20 minutes to run through the finish line with Damien. We all ran with Damien extremely excited - 23 hours and 5 minutes later. All the Van 2 runners (except Dave Ferris) felt bad that we lost 25 minutes due to our navigational error. But as a team, we far exceeded our goal of 24 hours. We competed well with the local Colorado teams as we ended up as the 2nd Masters team out of 4 and more importantly ended up 20th out of 101 teams that ran the 2002 Colorado Outward Bound Relay. More important than our finish was the unbelievable experience that we shared as we helped each other run under 24 hours through some breathtaking scenery. Please go to <http://www.outwardboundrelay.com> for the full race results. For future relays, it will be tough to beat staying at the Glenwood Hot Springs Resort after a long grueling relay for relaxing sore muscles. Special thanks to Dave Sargent and Bill Gray for all you both did in setting this trip up and making it a success. Down to North Carolina next year?

# Membership

<b>Birthdays This Issue</b>					
Sheila Blunt	10/02/56	Erik Hamnqvist	10/22/91	Robert McGuirk	11/11/56
Arcy Kusari	10/02/67	Jim Ecke	10/23/53	Joey Rizzo	11/11/87
Byron Telage	10/02/62	Jeremiah Fitzgibbon	10/23/56	Mary Marsh	11/13/46
Cheryl Burns	10/03/53	Ron Matviya	10/24/53	Johnny Kent	11/15/89
Ronald Shaiki	10/05/59	Bob Pelletier	10/24/57	Bill Engle	1/16/49
Rene' Whiteley-Warren	10/05/72	Steve Delahunty	10/26/62	Kathy Engle	11/17/42
Peter Lopriore	10/06/65	Melanie Kalafatis	10/28/56	Nicholas Fischetti	11/17/93
Samy El-Guebaly	10/07/46	Peter Vendituoli	10/28/61	Ted Karwoski	11/17/52
Laurie Kofstad	10/07/65	Gary Lambert	10/29/59	Kevin Klasman	11/17/51
Susan Stitham	10/07/66	Jennifer Ryan	10/29/84	Samantha Moland	11/17/85
Patrick Guiney	10/08/57	LeeAnn Ward	10/29/51	Nikole Shriner	11/17/75
Deb Hughes	10/08/58	Scott Bartis	10/30/57	Kenneth Arnold	11/18/54
Noelle Horclik	10/09/88	Samantha Cormier	10/30/90	Susan Picard	11/18/56
Kathleen McMahon	10/10/74	Kevin Slattery	10/30/52	Stacey Picard	11/19/82
John McQuaid	10/11/58	Robert Holt	10/31/68	Trevor Ward	11/20/49
Mark Fraser	10/12/57	Wayne McLeod	10/31/59	Ed Donovan	11/22/53
Aline Kenney	10/12/48	Judith Nicholson	10/31/45	Bill Sturgeon	11/22/30
Debra Antcil	10/13/67	Rae Eastland	11/01/65	Sara Lewicke	11/23/82
Mark Buechner	10/13/58	Colleen Gilbert	11/02/67	Katlin Burnett	11/24/88
Megan Moskun	10/14/85	Michael Hagerty	11/03/59	Roger Hall	11/24/66
Diane Marcum	10/15/55	Ashley Neville	11/03/90	Gary McCoy	11/24/48
Elizabeth Soroka (Tringali)	10/15/77	Caroline Stone	11/03/93	Heather Mormello	11/25/74
Dick Bersani	10/16/51	Michael Stone	11/03/89	Brian Sanborn	11/25/44
Allen Broggi	10/17/44	Karen Burke	11/04/64	Cookie Gray	11/26/53
Bruce Lutz	10/17/61	Sandra Gilmore	11/06/39	Patricia Belanger	11/28/54
Peter Paelinck	10/18/59	Stephanie Pintal	11/07/87	Marie Mullins	11/28/47
Spencer Moland	10/19/90	Amanda Pelletier	11/08/86	Sharon McAuliffe	11/29/60
Shaun Scanlon	10/19/34	Kurt Strasen	11/08/55	Todd Burns	11/30/80
Patrick J. McCabe	10/20/59	Gerry Davis	11/09/46	John Hennessy	11/30/58
		Al Sproul	11/09/62		
		Jeff Reed	11/10/78		
		John Lewicke	11/11/47		

## Welcome New Members

- Jonathan Green
- Ann Slatkiewicz
- Zachary Clark

## Renewals

- John Adams
- Mindy Adams
- Margot Adams

E-mail Update for members:

Part of our communication process to members of the GCS includes e-mail. In order to keep this service functioning properly we need your help. The following list contains e-mail addresses that have come back from a mass mailing as incorrect addresses. These addresses will be purged from our membership database. If you recognize one of these addresses please send an update to Sandy Geisler at [chip-geisler@worldnet.att.net](mailto:chip-geisler@worldnet.att.net).

Bad E-mail addresses: [patjguiney@aol.com](mailto:patjguiney@aol.com), [gjgilly39@aol.com](mailto:gjgilly39@aol.com), [hhalfamily@aol.worldnet.att.net](mailto:hhalfamily@aol.worldnet.att.net), [beth514@aol.com](mailto:beth514@aol.com), [sharter@mindseye.mv.com](mailto:sharter@mindseye.mv.com), [burnsn@netcom.com](mailto:burnsn@netcom.com), [deschamps@teradyne.com](mailto:deschamps@teradyne.com), [MHKAl@juno.com](mailto:MHKAl@juno.com), [jonimccabe@prodigy.net](mailto:jonimccabe@prodigy.net), [TraciS@keyfile.com](mailto:TraciS@keyfile.com), [James.M.Henmueller@tek.com](mailto:James.M.Henmueller@tek.com), [wardy4@aol.com](mailto:wardy4@aol.com), [kath63@aol.com](mailto:kath63@aol.com), [tedscon@aol.com](mailto:tedscon@aol.com), [beth514@aol.com](mailto:beth514@aol.com), [cbnh@hotmail.msn.com](mailto:cbnh@hotmail.msn.com), [jheden@northernpike.my.com](mailto:jheden@northernpike.my.com)

If you have not been receiving the occasional e-mail blast and would like your e-mail address added to our membership files please send an update to Sandy Geisler at [chipgeisler@worldnet.att.net](mailto:chipgeisler@worldnet.att.net).