

Volunteer Activities

NEWSLETTER STUFFING

Thanks to the members that helped stuff the Aug/Sept Newsletter at Jane Levesque's home. They were: Mike and Pauline Levesque, Bill Spencer, Shu Minami, and Adrien and Jane Levesque

CIGNA VOLUNTEERS

Thanks to the members that helped out at Cigna. They were:

Arnold Ken, Barbour Ted, Buechner Stacie, Burkinshaw Eldon, Sachiko, Cleary Jeannie, Contrada Dave, Croteau Teanna, Deichler Ed, Dwyer Fran, Brenda, Ecke Jim, Flynn Priscilla, Goebel Barb, Hall Pam, Roger, Jones Al, Kick Jack, Klem Stan, Levesque Jane, Levesque Mike, Marchard Annette, MacDonald Rich, McGaffigan Heidi, Minami Shu, Morganstern Carolyn, Oberholtzer Raymond, Christa, Raiche Tom, Sanborn Brian, Genia, Slane Brianne, Jim, Judy, Marissa, Stockdale Rich, Thatcher Linda, Mike, Joan, Chelsea, Gosselin Roger, Rowe Damian, Moland Steve, Doyle Richard.

SHARE

To: Gate City Striders
C/O Bob Thompson

Dear Bob

On behalf of Share, I would like to thank the Striders for the many pairs of running shoes you have provided to the Clothing Barn. I believe it is 57 pairs to date !

We deeply appreciate your contribution to Share and hope you will pass the word to your members. Your support means so much to the less fortunate population we serve.

Sincerely
Charlene Dooley For Share

CLUB TRIATHLON

Thanks to those that helped at this year's Triathlon.

Volunteer support this year was just enough to pull the event off. Thanks to the following volunteers: John Geisler, Jr., Steve Moland, Bill Spencer, Rich Stockdale, Wayne McLeod, Tom Raiche, Ellen Kolb, Bill Juris

CLUB MEETINGS

Attendance the Club meetings has been declining over the past several years. As a result, the E Board is planning on having invited speakers at our future meetings. A door prize will also be given. Last month, Ginny Jackson was the featured speaker and, after a pizza snack, led the group through a series of Yoga exercises. Samy El-Guebaly was the winner of the door prize.



Ginny practices and teaches Ashtanga Yoga, Kripalu Yoga, and Somatic movement. She has studied Somatics, a form of movement re-education extensively, and is also certified to teach Pilates mat work. Ginny is a certified Kripalu Yoga instructor and the focus of her work is to assist students in getting to know their bodies. Ginny also holds a Masters degree in Exercise Physiology.

OCTOBER MEETING

Jeanine Sylvester and Jack Davis from Runners Alley in Portsmouth and Manchester are confirmed as our speakers for the Oct 16th general meeting. They have also confirmed that manufacture reps from Mizuno and Adidas will attend. They are also seeking to have reps from Asics and New Balance for that night. There will be a free shoe giveaway or two. They are excited to work with us. Jeanine and Jack will center their talk around picking the right shoe for you.

NOVERMBER MEETING

The topic for the November meeting is sports drinks and energy bars. Julie Lavoie will be the guest speaker. She works as a registered dietician doing outpatient nutritional counseling. She holds both a culinary and nutrition degree. In her past life, she worked as a Chef. Her interests are cooking, health and wellness, yoga and walking outside. She is currently enrolled in a massage therapy program. In the summer of 1987, she bicycled across the country.