

# Activities

## 2003 CIGNA Healthcare Corporate 5K

by Dave Delay

August 14, 2003 will be remembered as the day the lights went out in much of the Northeast and Midwest. New Hampshire somehow escaped the outage. We had plenty of power and plenty of speed. If you were at the CIGNA Healthcare Corporate 5K in Manchester, you were part of New Hampshire running history.

Joseph Mwai of West Chester, PA ran the first sub-14 minute 5K ever in New Hampshire – shattering the state record when he hit the tape at 13:55. Two time CIGNA winner Paul Mwangi bested his course record from last year and still came in third. The New Hampshire women's 5K record also fell when Emily Samoei of Kennesaw, GA came in at 15:49.

The CIGNA 5K is a huge event. With over 4000 runners, it is easily the biggest running event in New Hampshire. It is also the 3<sup>rd</sup> largest event in New England behind the Boston Marathon and the Falmouth Road Race.

Plenty of Striders were in this year's field (turn to the Race Results pages for details). As usual, Striders also played a huge role in staffing the event. We had 36 volunteers there. Striders did everything from manning the water stops, to directing runners at the finish, to collecting timing chips. We are a big part of keeping this event going year to year. In return CIGNA gives the GCS treasury \$30 per volunteer. This year Strider volunteers earned over \$1000. Thank you!

Jim Belanger, Eldon Burkinshaw, Sachiko Burkinshaw, Eric Chorney, Yuki Chorney, Teanna Croteau, Ed Deichler, Dave Delay, Jim Ecke, Liz Fay, Meghan Flynn, Priscilla Flynn, Marie Garfield, Lilli Hamnqvist, Stan Klem, Jane Levesque, Rich MacDonald, Cindy Mastropierro, Paul McDougall, Heidy McGaffigan, Mary Minami, Steve Moland, Judy Moland, Carolyn Morganstern, Joyce Oberholtzer, Kellie Oberholtzer, Damian Rowe, Susan Rube, Brian Sanborn, Gina Sanborn, Jim Slane, Judy Slane, Chelsea Thatcher, Linda Thatcher, Mike Thatcher, Bob Welts

## Club Triathlon

This year's GCS Club Triathlon took place on Sunday, August 10<sup>th</sup>. The venue and course were the same as in previous years being held at Lake Potanipo in Brookline, NH. The weather was perfect and many participants came and registered at the event. This year's event had 37 individual participants and 5 teams. This year our overall winner Michael Collins finished in under an hour. This year's winners are:

Men:

1. Michael Collins in 58:48
2. Kevin Whitney in 1:01:11
3. John Schroeder in 1:06:47

Women:

1. Pamela Hall in 1:09:03
2. Brenda Richard in 1:09:55
3. Ashley Morgenstern in 1:13:19

Team:

1. Terminators (Katie Buchta and Brian Bigelow) in 58:30
2. PPA (Sarah Foulkes, Brian King, Steve Moland) in 1:00:19
3. Tarmack (Dave Ferris and Mike Rozumek) in 1:02:34

Other Youth finishers included

- 🏆🏆 John Schroeder in 1:06:47
- 🏆🏆 David Schroeder in 1:12:14
- 🏆🏆 Doug Smith in 1:18:07
- 🏆🏆 Ashley Morgenstern in 1:13:19
- 🏆🏆 Megan Hersey in 1:29:27
- 🏆🏆 Erin Hersey in 1:41:26

Volunteer support this year was just enough to pull the event off. Thanks to the following volunteers:

1. Chip Geisler

2. Helen Conley
3. Lynn Kisselbach
4. Steve Moland
5. Bill Spencer
6. Rich Stockdale
7. Damian Rowe
8. Tom Raiche
9. Ellen Kold
10. Mike Whalton
11. Bob Thompson
12. Kevin Reynolds
13. Mike Levesque
14. Jane Levesque
15. Dave Ferris
16. Pam Hall
17. Kevin Bausha

Special Thanks to Kevin Reynolds for being everywhere when I need someone there. Also, thanks to Chip Geisler for guiding me through the process. And lastly Thanks to my wife Helen for putting up with me through this event.

## JP Morgan Chase Volunteers (Corrected)

Skip Cleaver, Dave Delay, Dick Doyle, Ed Kelly, Stan Klem, Rich MacDonald, Mary Minami, Kevin Reynolds, Brian Sanborn, Genia Sanborn, Rich Stockdale

**Club Tri**



**Club Golf**

