



Striding Along

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Issue #109



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Editor's Column

by Dave Delay

About thirty club members attended Dave McGillivray Night on September 15. He was a wonderful speaker. If you weren't there, you should try to catch him sometime.

Before the meeting, I didn't know much about Mr. McGillivray. I knew he is the current Boston Marathon Race Directory. It turns out that's only a footnote to a long list of accomplishments. In 1978 he ran across the USA to benefit the Jimmy Fund. He has participated in several Hawaiian Iron Man triathlons. He has run the Boston Marathon 36 years straight. And that's a small sample.

Although he runs his own, successful company, Dave McGillivray Sport Enterprises, he thinks of himself as an athlete first. He'll admit he never had the natural ability of Bill Rodgers or Frank Shorter, but through sheer determination, he has made his mark on the sport of Running.

When he's not running the roads or running his business, Mr. McGillivray makes several motivational speeches each year. He talks to all kinds of groups — association for the handicapped, business groups, charitable organizations. In fact, he rarely speaks to running clubs like the Gate City Striders. His message is not about running. It's about the lessons he has learned in a lifetime of running. Here are some points that stuck with me:

1. **Don't just say you're going to do something. Earn the right to do it.** McGillivray learned this lesson when, as a teenager, he entered his first Boston Marathon. He hadn't prepared for the race and dropped out

when he hit the Hills. His grandfather convinced him he hadn't failed. He had just failed to prepare.

2. **Avoid self pity.** When someone asks you how you did in a race, what's your response? It was too hot? That old hamstring injury was acting up? Instead of focusing on the negative, try just being satisfied.
3. **Give to those less fortunate than yourself.** This is closely related to #2. If you think you have problems, put yourself in someone else's shoes for a while. Think of people with disabilities, cancer patients, people with congenital diseases. You don't have it so bad. But don't stop there. How about dedicating your next race to someone less fortunate?
4. **Look forward to your next accomplishment.** People often ask McGillivray to name his greatest accomplishment. His response is, "The next one." If you find yourself talking about how fast or how far you ran back in The Day, maybe you're just treading water now. You don't have to be setting new PRs every year, but try setting new goals and working toward them.

Well, I hope I haven't made a complete hash of McGillivray's message. If he sounds to you like a typical self-help guru, I *have* made a hash of it. The truth is he inspired without preaching. He was funny, down-to-earth, and full of practical advice about running and life. Like I said, you should really try to catch him sometime.

Cover Photo:

Terry Kenney striding past Weirs Beach on Leg 1 of the 2004 Lake Winnepesaukee Relay.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

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Visit our Web Site
www.GateCity.org

USA Track & Field Club # 157
AARC Club # RC12

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

Membership meetings

Merrimack YMCA
3rd Wednesday of month.

Track workouts

Wednesday nights, Nashua High School South, April thru October.
Weekly runs at Pennichuck JH starting the end of October



If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.

President's Column

The Inverted Pyramid X

by Bob Pelletier



As I write this column in late September I smile in anticipation of perhaps the finest two month stretch of distance running supporting weather in any part of this country. The September weather thus far has been absolutely ideal for hitting the trails or the roads.

It has already been a busy fall season for GCS. It started on Labor Day weekend with a

tremendous club turnout for the Francestown 8K where we locked up the team title in the 2004 NHGP road racing season. It's all over except for some fattening up on the individual participation point scoring pool and club bragging rights for the Women's and Men's MVP Titles and Rookie of the Year to be presented at our Annual Holiday Party in January at the Nashua Marriott. The scoring pool update should have been sent to you by now via a general email blast.

That same afternoon **Bubba Thompson** led the troops over the hilly links of Torey Pines Golf Club at Crotched Mountain on a day made for golf. At the same time, **Steve Moland** fired up the grill for many GCS runners in the midst of the Francestown Old Home Days festivities.

The following week featured "Mr. Boston Marathon" himself, current Race Director, Dave McGillivray, who inspired a moderate turnout of GCS members and guests on beating the odds throughout his life with his "can do" attitude. I am sorry to say that I missed this inspirational evening due to biz travel and I am still kicking myself for it. **Lynn Kisselbach, Dave Ferris, Walter Swanbon, and Skip Cleaver** did much behind the scenes the work to make this night a reality. Give them a pat on the back if you were able to attend. I have heard nothing but rave reviews from those who made it to the Nashua Marriott to hear Dave.

GCS sent several teams to the Lake Winnepesaukee 68 mile relay on September 25. I would like to thank each of our team captains for their time and efforts to coordinate the troops in their respective age groups. Winnie is simply the right thing to do for a NH based running club like ours.

Our club focused its attention on our annual feature event on October 2 in Hollis for the Applefest Half Marathon. What a fabulous job **Chet Rogers, Emily Strong, Steve Moland, Pat Kiesselbach, Ed Deichler, Damian Rowe, Mike Hagerty, Laurie Kofstad, Tom Conley** and the rest of the AF committee did this year. (Hopefully, I haven't missed any committee members.) This year Applefest sold out in record

time with 1300+ pre-registered participants. The overwhelming support of GCS volunteers for this event is always a yearly highlight for me.

Many of the area school programs began in September which are volunteer coached by several GCS members. You know who you are. Thanks for all that you do for the youth of Southern New Hampshire.

We are currently finalizing our fall meeting speakers for October through December at the Merrimack YMCA. Look for email blasts to follow on this subject.

Please remember to practice running safety and make yourself visible with proper reflective gear as the days shorten and running in darkness is inevitable.



Photo by Karl Kiesselbach

Volunteer Section

Extra Mile Spotlight

by Bob Pelletier

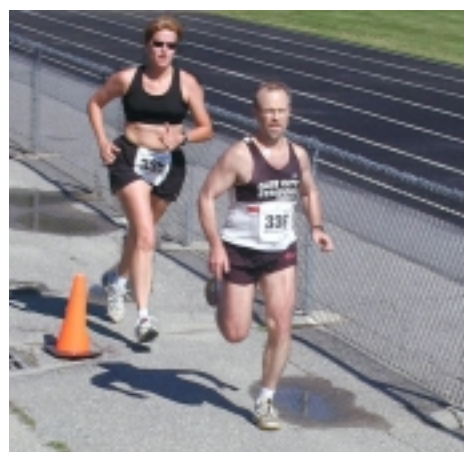
We are proud to announce that the recipients of the Extra Mile Award for this issue of *Striding Along* are **Traci** and **Walter Swanbon**. The Swanbons have been long time contributors to GCS, getting and staying involved in various GCS endeavors since they joined our club over fifteen years ago.

Traci manages a large amount of behind the scenes work for GCS as the club liaison to the NHGP race series. Traci also spends many an evening or weekend working the phones to ensure that GCS has proper representation on the Women's teams for key club races and relays.

Walter is the current Competition

Coordinator for the club overseeing the duties of individual team racing captains for all age groups. He is also a regular contributor at Wednesday night track throughout the year as he coordinates and leads stretching exercises, along with the winter month fun runs from Pennichuck Junior High School. Walter is a 1972 Massachusetts State High School Two Mile Champion who attended Boston College on a distance running scholarship.

Traci and Walter reside in Raymond, NH with their beloved pet dogs, Barney and Hannah. Thank you Swanbons for all that you do for our running club!



Traci and Walter at the 2003 Bill Luti 8K

Fitness University and Cigna 5K Volunteers

Thank you to the many Striders who volunteered at the 2004 Fitness University clinics and Finals Day. As you can see, it is a long list of volunteers. Striders whose names are in **bold** type deserve special mention. They volunteered at five or more clinics!

Thanks also to the 38 Striders (and guests) who helped at the Cigna 5K on August 12. Together we earned over \$1000 for the club.

Clinic Volunteers

Debbie Auclair
Ed Auclair
Chantal Croteau
Teanna Croteau
Christina de Bruyn Kops
Dave Delay
Liz Fay
Chip Geisler
Sandy Geisler
Cheryl Goodwin
Pam Hall
Lilli Hamnqvist
Kelsey Hunt
Cara Kaupp
Aline Kenney

Pat Kiesselbach

Laurie Kolstad
Peg Landry
Maddy LaRose
Donna Lemay
Jane Levesque
Rich MacDonald
Cara McAuliffe
Kim McAuliffe
Sharon McAuliffe
Donn McBride
Sandy McCann
Carol McIntyres
Shaun McMahan
Anthony Merra
Cathy Merra

Chris Merra
Mike Merra
Judi Moland
Joyce Oberholtzer
Kellie Oberholtzer
Krista Oberholtzer
Linsey Ostler
Taylor Owens
Amanda Pelletier
Bob Pelletier
Andrea Pierce
Jan Platt
Michelle Poublon
Jerry Rocha
Robin Rocha
Chet Rogers
Alan Sabiski
Brian Sanborn
Genia Sanborn
Betty Scanlon
Shaun Scanlon
Macie Shaw
Jim Slane
Judy Slane
Nicole Slane
Mary Slocum
Bill Spencer
Rick Stockdale

Dave Wendt
Brian Werne
Kirsten Werne
Mike Whelton
Ben York

Finals Day Volunteers

Tracy Atlas
Skip Cleaver
Chantal Croteau
Teanna Croteau
Dave Delay
Dick Doyle
Bill Farina
Meghan Flynn
Priscilla Flynn
Chip Geisler
Sandy Geisler
Lilli Hamnquist
Cara Kaupp
Aline Kenney
Terry Kenney
Karl Kiesselbach
Pat Kiesselbach
Kathy Kirby
Jane Levesque

(Continued on page 6)

Volunteers

(Continued from page 5)

Chester Matyjasik
Kim McAuliffe
Sharon McAuliffe
Donn McBride
Sandy McCann
Shaun McMahan
Anthony Merra
Cathy Merra
Mike Merra
Joyce Oberholtzer
Linsey Ostler
Bob Pelletier
Deb Pelletier
Jan Platt
Michelle Poublon
Laurie Renke
Max Renke
Kevin Reynolds
Jerry Rocha
Robin Rocha

Chuck Rossier
Brian Sanborn
Genia Sanborn
Shaun Scanlon
Marty Sheil
Jim Slane
Judy Slane
Nicole Slane
Mary Slocum
Bill Spencer
Rich Stockdale
Traci Swanbon
Walter Swanbon
Linda Thatcher
Mike Thatcher
Peter Venditouli
Mike Ward
Trevor Ward
Alex Werne
Brian Werne
Kristen Werne,
Mike Whelton

Cigna 5K

Pam Adams
Rene Ahlborn
Tracy Atlas
Eldon Burkinshaw
Sachiko Burkinshaw
Peter de Bruyn Kops
Ed Deicher
Dave Delay
Bill Goebel
Bill Kellar
Jack Kick
Maddy LaRose
George Lecours
Jane Levesque
Shu Minami
Carolyn Morgenstern
Genia Sanborn
Marty Sheil
Mary Schmidt
Bill Springer
Rich Stockdale

Bob Welts
Roger Gosselin
Mike Mandelly
Pam Hall
Ed Auclair
Marie Garfield
Heidy McGaffigan
Richard MacDonald
Damian Rowe
Jim Ecke
Stan Klem
Richard Doyle
Jeannie Ferreira
Judy Moland
Spencer Moland
Shelby Moland
Steve Moland



Strider Volunteers at the Cigna 5K Thayer St. Water Stop