
Club News & Events

2004 New Hampshire Gran Prix Update

by Bob Pelletier

Hi everyone. The NHGP MVP and Rookie of the Year honors will be up for grabs at the Citizens Bank 5K in Manchester later in October. GCS appears to have sewn up the team title for the second consecutive year due to a tremendous turnout and club focus on the race series this year. Thanks for all of your efforts. The GCS racing awards will be presented at the Holiday Party in January of 200 at the Nashua Marriott Hotel.

The following was submitted to the Nashua Telegraph and appeared in the September 19 edition.

Amherst's Raelyn Coates lowered her course record from 31:07 to 31:02 to lead the Gate City Striders to a winning team effort in the New Hampshire Gran Prix Road Racing series on Labor Day at the Francestown Old Home Days 5 mile road race. Coates earned 10 points with her win as GCS extended its team lead with 149 points to the host club Monadnock Regional Milers which scored 92 points for second. Jonathan Alizio of Nashua was the top GCS overall finisher with a 29:22 effort, finishing third in the Men's Open division, good for eight points. Other GCS top point scorers included Kristen Ewing with a third place in the Women's Open Division for eight points, and Wayne McLeod, second place in the Men's 40-49 for nine points. Richard Stockdale took second place (9 points), and Walter Swanbon was third (8 points) in the Men's 50-59. Pam Hall won the Women's 50-59 group good for ten points. Denny Leblance (2nd - 9 points, and Steve Moland (3rd - 8 points) led in the Men's 60-69. Maddie Larose scored four points with her second place finish in the Women's 60-69. Jack Kick scored three points with his winning 70 and up Men's Division effort.

Gate City is looking to defend its 2003 NHGP title which they won in a very close battle with Rochester Runners. Granite State Racing Team won in 2002.

Updated Team Standings and Top Ten Gate City Strider Individual YTD Points are as follows:

Teams

Gate City Striders - Nashua	851
Greater Derry Track Club	570
Rochester Runners	424
Granite State Racing Team	361
Monadnock Regional Milers	231
Athletic Alliance - Manchester	146



Denny LeBlanc and Jack Kick
at Francestown

Top Ten Individual Gate City Striders

Female

Heidy McGaffigan	47
Pam Hall	39
Kristen Ewing	32
Raelyn Coates	20
Kathy Kirby	20
Andrea Pierce	17
Traci Swanbon	16
Michelle Poublon	14
Cathy Merra	13
Aline Kenney	12
Sandy Machell	12

Male

Rich Stockdale	58
Denny Leblanc	43
Bill Spencer	42
Walter Swanbon	41
Trevor Ward	41
Denis Tranchemontagne	38
Jonathan Alizio	37
Steve Moland	35
Tom Kolb	29
Wayne McLeod	21

Mill Cities Relay • 28.3 Miles • 5 Legs •



Jim Belanger at the 2002 Mill Cities Relay



Eldon Burkinshaw at the 2002 Mill Cities Relay

Calling All Striders!

by Walter Swanbon

The 21st Annual Mill Cities Relay is just around the corner! This year it is on Sunday, December 5th, 8:00 AM. Effective planning and organization can make a big difference in the results. Last year we missed “getting on the trophy” by the slightest of margins.

So we are putting out the word in an effort to get our teams organized a bit earlier this year. Gate City usually fields the most teams of any Mill City club and we certainly want to keep this tradition going. Relays are amongst the most enjoyable aspects of being in a running club but we do need people to step up and help organize as well as participate. Mill Cities is the easiest to do logistically because it is a local race and there are only 5 legs per team. Team captains and individuals who need help organizing teams can contact me at 895-3466 or healthnutz@tfc.net.

Applications and race information are available at <http://www.millcities.com>.

Happy trails.

Plan Now to Run in the Mill Cities Relay

by Skip Cleaver

Hey Striders, lets make a powerful statement and make our presence known at this year’s Mill Cities Relay.

Gate City won the Mill Cities Relay in 2000, and finished in the top three nine times in the 21-year history of the event, including a second place in 2001 (the top three teams are engraved on the trophy each year).

Also, during most of those years as top competitors, we fielded more teams than anyone in the MCR alliance—and across all divisions. We had many teams in some of the divisions. We can do so again. And we should, because this is one of the outstanding team events, and is a far greater challenge than the New Hampshire Grand Prix.

Last year we finished seventh. It is time to regroup, and put our competitive teams on the road. Three clubs founded this event—Gate City, Greater Lowell, and Merrimack Valley. Our own Phil Quinn was one of the founding fathers, along with former Gate City Coach Dave Camire, who continues to direct the event 21 years later.

Warren Church and Jane Levesque of our club are the only participants to have run all 20, and they plan to continue their streak this year. Warren was the winner of the prestigious Phil Quinn Award at last year’s celebration.

This is OUR event, so lets plan now to get everyone on a team. Please contact your team captains (listed on page two) and get registered for some terrific fun and keen competition.

2 States • 1 River • Sunday, December 5

Run the Mill Cities Relay, 2004

A Letter from the Mill Cities Alliance

The Mill Cities Relay is a celebration of running, and a celebration for your running club. It is one of the most enjoyable and unique events in New England running, and it is invitation only—just your club, and 14 of your neighbors. This is the 21st year, and promises to be one of the best. The Mill Cities Relay, 28.3 miles from Nashua, New Hampshire to Lawrence, Massachusetts, is held in our region of the USA—the region richest in running traditions. This event allows the clubs of the Merrimack Valley to show their colors in friendly competition with neighbors, as everyone celebrates our terrific sport.

The Mill Cities Relay is your race, organized by your club, in cooperation with the other clubs of the MCR alliance. The goal: FUN. It is one of the most enjoyable events in our sport. How many teams can your club put on the road? This is an event for participation, as well as competition. It is the ultimate team event—an event where you and your club can really shine, supporting all the individuals along the course. The MCR is for all members—beginners and elite—whether running 2.5 miles, or the long one of 9.4; everyone should be there. It is a closed event established and administered by the running clubs of the region. It is colorful, and, oh yes, there is a great party at the end.

Your Club Deserves to be There

On December 5th, when most ordinary road races are already etched in the logbook, the Mill Cities Relay will roll along the Merrimack. It will be an enjoyable, unique, team event that will put an exclamation point on the season, and it will create some great memories and good times to put in that log along with the miles.

The Mill Cities Relay is a celebration of the sport and the member clubs, the embodiment of running in the Merrimack Valley—strong, growing, and enjoyable. The MCR is now a tradition, a part of the mill cities and region it represents. The Valley's member clubs have created a powerful competitive legacy, crowned by this outstanding and unique event, even in a region known for strong runners and high-level racing.

The Mill Cities Relay will emphasize for all the health and power of our sport as it winds along the roads along the pic-

turesque Merrimack River.

The relay is proof each year that the Merrimack Valley is one of the greatest hotbeds of running in the country. The Mill Cities Relay was founded in 1984 to promote running, and to provide camaraderie between clubs at the end of the intensely competitive season. It is a celebration of running, and also honors the traditions of the venerable mills and lore of the Merrimack Valley.

The Course

The Mill Cities Relay, first run in 1984, will be a 5-leg, 28.3-mile journey along the river through Nashua and Hudson, New Hampshire, to Tyngsboro, Lowell, Dracut, and Methuen in Massachusetts, finishing in Lawrence at the Knights of Columbus. The 21st annual MCR—as with the

first 20—will start at the Nashua YMCA at 8:00 a. m. on Sunday, December 5, 2004. When the ceremonial brick is dropped, between 180 and 200 individual teams will blast off with smiles and cheers all around.

The first leg bridges the Merrimack into Hudson. The course parallels the Merrimack south along Route 3A, with the first of four exchange points at the Sears Warehouse (just beyond the BAE facility near the Hudson, New Hampshire/Tyngsboro, Mass. border). The second leg runs south to the Greater Lowell Technical High

School, the second exchange. The U-Mass Lowell Boathouse on Pawtucket Boulevard is the third exchange, followed by the Griffith Industrial Park on Route 110 in Methuen. The Relay finishes at the Lawrence Knights of Columbus, 1 Market Street. Legs are 5.6, 4.9, 2.5, 9.4, and 5.9 miles. The Merrimack River will be visible along most of the course, which includes bike paths immediately adjacent to the river's banks.

Why? Because Its Here, and Because We Can

This is about sharing and camaraderie. Manchester, Nashua, Lowell, Lawrence and the other cities and towns of the Merrimack Valley share history and a strong running tra-

(Continued on page 10)



Yuki Chorney at the 2001 Mill Cities Relay

Mill Cities Relay

(Continued from page 9)

dition. They share seasons, technology, lore—and running. The clubs of the Merrimack Valley share a strong enthusiasm for the sport, and are good at it. They share the philosophy, expertise, dedication, persistence, ingenuity, and enthusiasm that are long-held traditions of the Valley. And those attributes are evident in the continuance of this unique and wonderful event, the Mill Cities Relay; it's one of the outstanding events in New England racing.

The Divisions--The Who

Divisions now include 12 categories: women's, men's, and mixed open; women's, men's, and mixed masters (40-49); women's, men's, and mixed seniors (50-59); and women's, men's, and mixed veterans (60+). All divisions are 5-person teams, except female seniors, female veterans, and mixed veterans, which are 3-person teams; they have a sunshine start (last three legs only). Mixed teams must have a minimum of 2 females (one female for mixed vets).

Unique Awards

The goals for all clubs are enjoyment, participation, and celebration. Secondly, clubs run to earn points toward the coveted Mill Cities Trophy, signifying the Championship of the Merrimack Valley. Points are awarded according to the number of clubs participating in any given division. Bricks will be presented to teams placing 1-2-3 in their division. All other participants will be given a unique MCR award.

During the awards ceremony, the Phil Quinn Award will be given for outstanding and meaningful contributions to running in the Merrimack Valley. Quinn was one of the founders of the Mill Cities Relay and other events in the region. Attractive MCR clothing and memorabilia will be on sale to help

fund the celebrations; these will include vests, caps, shirts, and mugs with the unique MCR logo. The committee is determined to keep the event fees low and affordable for all.

Party Time

Yes, it is a celebration. As such, a terrific party will follow the running of the MCR. It will be held at the Lawrence Knights of Columbus Hall adjacent to the finish line, and will include chili, pasta, salad, beverages, a professional DJ, and more. It, too, is a colorful event, with club uniforms, banners, and banter evident at this end-of-season bash. The food -fest and music will be interrupted only briefly for the presentation of awards.

Plan Now, and Get the Entire Club Involved

Plan your teams now, so you can score the maximum number of points, and have the maximum amount of fun in the process. This really is for every adult member, and a terrific opportunity for a team "road trip" only a few miles away.

The Merrimack Valley has a powerful running legacy. There are more runners per capita, more running clubs per square mile, and more running events per year than in any other region in the country. The Mill Cities Relay is one of the best, so please be sure that everyone in the club gets involved.

There are many excellent running events in and around the Merrimack Valley. There are strong traditions--reasons why road racing is intriguing and rewarding for so many in the region. Mill Cities is definitely a highlight. Team members will get the chance to watch and cheer their teammates every step of the way--one runner on the road, and four in support at any given time. It is a great opportunity to compete within your own club, in addition to challenging others. Show the colors, and enjoy this one. This is the year!

9th 3rd Annual Curly Goulet Memorial Novemberfest Trail Run and Party

by Bob Thompson

The 9th 3rd Annual Curly Goulet Memorial Novemberfest Trail Run and Party will be held on Sunday November 21st in Mine Falls Park. This festive event will kick off promptly at 11:33 am at the Gate House near Stellos Stadium. The race is named after longtime GCS athletic supporter Curly Goulet. Curly is a past president of the Club National and worked as support for Gate City Strider trips to the Boston Marathon for many years. All proceeds from the Novemberfest are donated to Curly's favorite charity, the Nashua Children's Home.

This is a one-of-a-kind event that celebrates and satires the end of the racing season. Where else can you get in a beautiful trail run, all the food you can eat, all the beer you can drink, hob knob with famous celebrities and have enough laughs to hold you over until the next Novemberfest?



The hosting group, the Wednesday Evening Church Group (WECG), goes to the ends of the earth to bring you the celebrities and entertainment that you want to see. Where else can you be guaranteed to meet such luminaries as Bill Clinton, Hillary Clinton, Bob Dole, Bill Clinton (again, but this time with), Monica Lewinsky, Mark Martin, Fritz Weatherbee, and Father William Fitzpatrick? Who will be this year's featured guest? Where else can you see race personnel blow a 6-inch hole in a Sponsor's donated table? Show up on November 21st and find out what's in store for this year.

A classic Novemberfest race application can be found elsewhere in this newsletter. Even if you can't be there on November 21st study the race application, as there will be a quiz later. We hope to see you at Novemberfest!

Wednesday Night Workouts

by Dave Delay

The Wednesday workouts at Nashua High South are quickly coming to an end – for this season anyway. The last official workout is October 27, the Wednesday before Daylight Saving Time ends. Traditionally the last workout is a candlelit “Random Relay” and is followed by the “Last Supper” courtesy of the WECG. See *Randumb Thoughts* in this issue for more information.

In the April – May issue of *Striding Along*, we looked forward expectantly to this year’s track season. A new track and a new head coach held lots of promise. I think most Striders will agree our expectations have been completely fulfilled. The track has been easy on the legs. Each week, Coach Mike has charged the workout with lots of positive energy. The

workouts have fit hand-in-glove first with the NH Gran Prix schedule, and more recently, with the Fall marathon and half marathon season. Thank you, **Coach Mike** and assistants **Walter** and **Brian**, for a great season.

And don’t forget. If you need a Wednesday night workout fix, many Striders continue to meet through the winter at Pen-nichuck Jr. High School. We meet every Wednesday at 6:00 PM on the Henri Burke Hwy. side of the building. We usually run about five miles through the adjoining neighborhoods. We stick to well lit, quiet streets, but please, bring a reflective vest for your safety.

Hope to see you there!

Strider Golf Outing



Striders at the annual golf outing September 6 at the Crotchet Mountain Golf Course. In the front row are Craig Pelletier and Damian Rowe. In the back are Skip Cleaver, Dave Cormier, Trevor Ward, Bob Pelletier, Bob Thompson, Cookie Gray, Bill Gray, Pam Hall and Roger Hall. Missing from the photo are Fran Dwyer and his brother Rich. See *Randumb Thoughts* on the page 14 for exclusive coverage.