



Upcoming Events and Updates

The Inside Track from the President...discount codes for upcoming races!

Hello Striders!

We had a great showing at the Haywards run this week. Over 100 people joined in for some miles and some delicious ice cream. Trail Series is also seeing more record numbers and Fitness University has been a hit with the kids. The Executive Board is working hard on putting together more fun events for the fall!

We're currently in first place in the New Hampshire Grand Prix. Upper Valley and Greater Derry are not too far behind. The next race is the Boot Scootin' Boogie in Londonderry on August 17th. I hope to see many of you out there in our Gate City gear! Every Runner counts...every point counts. We have a discount code: **NHGP-BOOTS19**

The club has partnered with Sub 5 Racing to help put on their [Wolf Hollow](#)



Health and Wellness Night Wednesday, August 7th

Come join the Gate City Striders at the Nashua High School South track before the track workout for our annual Health and Wellness Night! So far we have almost 20 local vendors are attending! This is a great opportunity to meet health providers and learn more about them – and often times you can score a coupon, free offer, or some swag! They will be there before track and will stay until after track is over.

Speaking of when track is over – stay and get a free Hayward's ice cream, courtesy of the Club! (Please bring \$1 to tip the workers if you could – thanks!). Updates, including the vendor list, will be posted on

[10 Miler](#). As part of that, we have been given some free passes to use at their event. Half of those passes will go to those who have volunteered at a few events this year: Gate City Marathon, Half Marathon and Relay, Freeze Your Buns, Summer Trail Series, and Fitness University. There's still time to volunteer at the last two and earn extra chances for these passes! For the volunteer passes, you do not have to be a Strider. The second half of the free passes are available to anyone who is an active Strider on the day that we draw the names. Please submit your name, email and which events (if any) you have volunteered at so far this year <http://gatecity.org/wolf-hollow-free-pass-form/>

We'll be drawing the names on Health and Wellness night on August 7th. If you don't want to wait to see if you win one of the free passes, there is a discount code for 10% off for Gate City Members: **GCSWH10**

Take care and see you on the roads!

Stephen Rouleau
President
Gate City Striders
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our [calendar](#).

Fitness University 2019

This coming Tuesday July 30th will be our "Finals Day" and last clinic of the Fitness University series. We'll need as many volunteers as possible to make this a successful event. Sign up [here](#) or contact [CarolinaTumminelli](#) for more information.

A big thanks to all who have volunteered so far!



Runner of the Month – Shelby Walker–Adams



JULY RUNNER OF THE MONTH

The Gate City Striders proudly introduces Shelby "crazy socks" Walker-Adams as July's Runner of the Month.

Her friend got her into running by "tricking" her into it. Now, Shelby is a regular at the Mine Falls Trail Series.

While it took her years to join the Striders, we are so happy to have her energy and positivity in our club! Read her story [here](#).

Mine Falls Trail Series Monday Nights

The [Mine Falls Trail Series](#) continues to be a popular event on Monday nights with over 300 runners showing up each week!

The search is on for new race director(s) for this series! Please contact [Stephen Rolueau](#) for more information.

We can always use volunteers, please contact [Jennifer Jordan](#) for more info.

SAVE THE DATE! SPEAKER NIGHT MONDAY, SEPTEMBER 16

Save the date for our next speaker night on Monday, September 16 at the Nashua Country Club. Our guest speaker will be Laura Casterline from Nutrition in Motion. Appetizers will be served at 6pm and the presentation will start at 6:30pm.

For more information, contact [Emily Cunha](#)

**REMINDER: OUTDOOR TRACK STARTS UP AGAIN
WEDNESDAY, JULY 31!**

Click [here](#) for details on our website.

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