



Some of Gate City Strider’s Best at the Hollis Apple Country Fast Five (Oh yeah, and George LeCours, too!)

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# Club Directory

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<b>Head Coach</b>	Dave Camire	978-430-5669		dave@coolrunning.com
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# Editor's Column

by William Farina

A timely article from:

<http://www.marathonguide.com/training/coachmindy/heat.cfm>

## "Running in the Heat; Respect Your Body, Respect the Heat"

by Mindy Solkin



Relative Humidity	AIR TEMPERATURE (F°)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

Of all the adversities that runners and marathoners face, heat is the number one offender. This is because it can bring on two conditions that can negatively affect your performance... Overheating and Dehydration.

Overheating is the result of inadequate cooling; when the body cannot keep up with the demands of evaporation of water from your skin. When the body heats up internally, it starts to sweat and sends more blood to the skin where it is cooled by coming into contact with the relatively cooler skin. However, while running, your body's demand for oxygen to the muscles means less blood will flow to the skin and this is when overheating occurs. And thus begins the tug-of-war within your body, especially if you want to keep up a certain pace. Either the blood (and oxygen) goes to your muscles to keep up with the pace demands and you start to overheat because less blood is going to the skin for cooling - OR - the blood goes to the skin for cooling, but less blood goes to your working muscles meaning you'll be forced slow down.

Dehydration is the process of losing fluid from the body, in this case through sweat. As you sweat you lose water and electrolytes. That's why drinking a sports drink containing electrolytes, as well as water, is so important. Because running in the heat exacerbates both overheating and dehydration, it is important to take precautions when running in the heat.

Cover Photo: Bill Spencer

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.

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:

Gate City Striders  
PO Box 3692  
Nashua, NH 03061.

Visit our Web Site  
[www.GateCity.org](http://www.GateCity.org)

USA Track & Field Club # 157

## 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





**Skip Cleaver**

Can you believe we are moving into August and more than half of 2007 is history? But what a tremendous first half of the year we have had! Our track workouts have been remarkably well attended and the coaching has been fantastic. The GCS Triad Racing Team has performed beautifully throughout. Our Fitness University Program was awesome. Pack Monadnock was terrific. Our Ultimate Runner, Ice Cream Night at the track, Hash Run and Pizza night at the track were enjoyable and memorable. We helped to clean up Mine Falls Park and helped to put on the Morgan Chase Corporate Challenge in Boston. And we continued and expanded the Monday night Trail Run Series at Mine Falls. The Gate City youth running program is in high gear. And we could go on, but our activities and exploits are covered elsewhere.

Being President is really enjoyable when we have such an amazing array of key volunteers. Leeann and Trevor Ward did a fantastic job this year in organizing and administering our Fitness University clinics, and in helping Director Tammy Gaffey with the organization of Finals Day. I know this is covered elsewhere in this letter, but I just want to say that their effort and commitment were truly outstanding and greatly appreciated by all who participated.

I want to thank each of our coaches, led by Dave Camire. Jim Stronach, Dave Dunham, Keith O'Brien, and Brian Withers have done a fantastic job in coaching our Wednesday workouts. And we want to welcome Richie Blake as our newest coach. Richie will be helping with the beginners group. Please attend these workouts and take advantage of their experience and expertise.

GCS Triad Racing Team Manager Scott

By Skip Cleaver

Brown, with help from Michael Amarello and Michael Wade, has worked really hard and effectively in organizing our team and in making us a powerhouse in New England competitive running. Thanks gentlemen! Your talents and tireless efforts are recognized and tremendously appreciated. Thanks also to Michael Amarello and his 3C's Race Productions for ongoing support. Thanks as well to Mike Wade for organizing and directing the Monday trail run series.

We extend congratulations and appreciation to Damien Rowe and Shawn McMahon for directing a great Pack Monadnock 10 Mile Challenge in June. It was a USATF Mountain Circuit Race, as well as part of the Hockamock Swamp Rat Grand Pricks series. And it went flawlessly. Thanks for Rich Stockdale for organizing our money making volunteer effort at the Chase Challenge in Boston.

Deb Miner works very hard as our treasurer, and she has now taken on Strider Wear and Club Gear. Thanks, Deb. Michelle Poublon is always helping and volunteering for everything. Our other Board Members, Stan Klem, Dan Dugan, Ed Deichler, Mark Sage, and Michael Wade do an excellent job and also volunteer everywhere.

I cannot possibly extend enough thanks and appreciation to two gentlemen for all they do for the club. Steve Moland and Kevin Reynolds are there for us week in and week out. They do so much, so often their efforts can be overlooked by many. But both these men, in very different ways, are integral to all we do and they bring amazing dedication, expertise, and enthusiasm to our club.

Thanks to all members and volunteers who supported and participated in our events and activities; thanks to our terrific Executive Board—they work hard for you.

*(Continued on page 5)*

## APPLEFEST WANTS YOU!

The **25th running of Applefest** is planned for Saturday, October 6. Every year, Applefest has grown in attendance, and stature amongst the running community, especially since we have added the two-person relay.

We need the help of our Club members to make this a successful race. The Applefest Committee is looking for help with pre-race activities, parking, water stops, food tent, finish line, clean up, and other things I'm sure I haven't even thought of. Time commitments can be as little as two hours early Saturday morning, an hour after the race, or all day. Your volunteer support of this event will help ensure our success on many levels. In the spirit of Dave Letterman, here's 10 reasons to volunteer for Applefest:

10. You meet new people in the club.
9. You support your local running club, as this is the biggest fund raiser for the club all year.
8. The success of this fundraiser helps keep membership dues to a very acceptable level.
7. The success of this fundraiser helps fund the clubs

social activities, like ice cream socials and pizza nights, the Last Supper and other outings.

6. You support the running community as a whole – they can't run the race without your help.
5. You can bake something you've always wanted to try – just make extra.
4. You will appreciate the effort that goes on behind the scenes at your next race.
3. You could learn how to make large quantities of Gatorade.
2. You will get a really cool shirt and other goodies.
1. You WILL have fun!

Sign-up sheets will be available at the track workouts for those of you who attend.

### PLEASE SIGN UP!!

Anyone who would like to volunteer and does not attend track workouts, please contact me (Lynn Kisselbach) at: 603-886-0247 (home phone, please leave a message), or [kisselbach@comcast.net](mailto:kisselbach@comcast.net).

***Sign up and be a member of the 25th Applefest team!***

*(Continued from page 4)*

## The Second Half

We are going to have a tremendous second half in 2007, and I hope everyone can participate with us and share great satisfaction in what we can accomplish.

We are going to WIN the Mill Cities Relay—make sure you are a part of it. We are going to WIN the USATF-NE Championship. We will WIN the New Hampshire Grand Prix. Join us at Lake Winnepesaukee for the relay and post race cookout; we are sending a lot of teams this year.

The Marathon Training Program begins the first Wednesday in August. If you plan to run a fall marathon (keep in mind Cape Cod is part of the USATF-NE Grand Prix), please join Dave Camire and Dave Dunham at our Wednesday evening workouts. Whatever your running and racing goals, our coaches will help you achieve them with Wednesday workouts for all levels.

Next week we will be volunteering at the CIGNA/Elliott Corporate 5K (Thursday, August 9), a big money maker for our club, please join us in that ef-

fort. The more volunteers we send, the more money we bring to the club.

This year is the 25<sup>th</sup> running of the Applefest Half Marathon. This is a tremendous milestone and one for which all Gate City Striders—past and present—can be very proud. Since 1983 we have been bringing one of the best half marathons in the USA to the running community. Hundreds of volunteers have participated since that inaugural run. You will definitely want to be a part of this, either volunteering or running, or both.

I want to thank all those who sent cards and best wishes my way following my recent heart attack. The attack was a huge surprise. I am feeling very well, running again, and working my way back into condition. It has been quite an experience. Being a runner definitely helped me get through it, and is helping significantly in my recovery. Thank you.

We wish everyone good luck in achieving their running goals for this season. Have fun in doing so!

See you on the track, roads, and trails.

It's difficult to choose the best part about Fitness University Finals Day 2007, held July 21<sup>st</sup> at Nashua High School South and hosted by The Gate City Striders. Some would say it was the near perfect weather. Temperatures in the mid-70's and a cool breeze made this Finals Day one of the most pleasant in recent years. Others might say it was the variety of fun activities- including crafts, face paint, and games- that the kids enjoyed while they waited for their events to begin. Perhaps it was the support of the 70 volunteers who turned out to help deliver yet another successful Finals Day. More than likely though, the best part of Fitness University Finals Day was seeing the smiles on the kids' faces as they completed their events and proudly crossed the awards platform to receive their medals!

This year 373 kids participated in their Finals Day event- ranging from a "mini-marathon" (100 yards) for the 3 and 4-year olds up to a 1¼ mile run for the 11 to 13-year olds. Some kids ran the entire distance; others needed to slow down or walk to complete their events. But, as announcer John Collins pointed out, walking and running at any pace burns calories and is good for your health.

Sponsored by Southern NH Medical Center once again, Fitness University aims to educate kids about the positive benefits of good nutrition and

exercise, and to demonstrate that exercise can be fun. From May to July, kids are invited to attend 8 weekly clinics where they spend 1 ½ hours playing a wide variety of running games such as relay races, tag runs, red light/green light, dodge ball, and the always popular obstacle course to name a few. This year an average of 150 kids attended each of the 8 clinics, which were held at different schools in Nashua and neighboring towns. The secret to success at these clinics is having enough volunteers. This year an impressive number of volunteers answered the call for help, with an average of 31 Striders participating at each clinic!

While on maternity leave this spring, Director Tammy Gaffey delegated additional responsibilities to Leeann and Trevor Ward who, in their second consecutive year as Clinic Coordinators, took the reins and not only managed all 8 clinics, but also played an integral role in planning the Fitness University Finals Day. Leeann was a natural at recruiting and motivating volunteers and all who have worked with her can attest to her incredible attention to detail. Together, Tammy, Leeann, and Trevor provided excellent leadership for an outstanding corps of volunteers. With a strong effort from them and participating members, Fitness University 2007 was a huge success. The smiles on the kids' faces were all the proof you needed.—*Michele Poublon*





## Fitness University Volunteers (Thank You!!)

Bersani, Dick	Hanlon, Tracey	Mathewson, Mike-Girl	Pelletier, Bob	Suter, Sofie
Burns, Martha	Joy, Barbara	Scouts	Pierce, Andrea	Swanbone, Walter
Cassie	Kirby, Kathy	Mathewson, Nikki-	Piper, Sarah	Uwig, Kristen
Cleaver, Skip	Klem, Stan	Girl Scouts	Piper, Steve	Verdolino, Mei
Chorney, Yuki	LaRose, Maddy	McDonald, Rich	Platt, Janice	Ward, Leeann
Chorney, Eric	Lai, Molly	McGuirk, Julie	Poublon, Michelle	Ward, Trevor
Cormier, David	Lai, Peggy	Merra, Anthony	Renke, Max	Werne, Alexander
Croteau, Chantal	LaPorte, Amy	Merra, Chris	Reynolds, Kevin	Werne, Kirsten
Croteau, Teanna	LeBlanc, Denny	Merra, Cathy	Rocha, Jerry	Whaley, Cindy/Girl
Cuvellier, Annette	LeBlanc, Jeffrey	Michael, Emily/Girl	Rocha, Robin	Scouts
Delay, Dave	Levesque, Jane	Scouts	Sanborn, Brian	Whaley, Emilyy/Girl
Diechler, Ed	Lewicke, John	Miner, Deb	Sanborn, Genia	Scouts
Doyle, Dick	Lewis, Holly/Girl	Minami, Shu	Scanlon, Shaun	Wright, Mike
Dresser, Kaitlin	Scouts	Minami, Mary	Scarpelli, Amy	Zebb, Cida
Dresser, Sarah	Lewis, Laura/Girl	Moland, Judy	Slocum, Mary	Zebb, Jeff
Dugan, Dan	Scouts	Moland, Samantha	Slocum, Kara	Zeeb, Kristine
Dugan, Kelley	Marion, Andie	Moland, Steve	Slocum, Erin	
Fay, Liz	Marion, Leigh	Oberholtzer, Joyce	Stockdale, Richard	
Gaffey, Tammy	Mathewson, Jessica-	Oberholtzer, Kellie	Stringer, Lizzy/Girl	
Grady, Bill	Girl Scouts	Pattelena, Karen	Scouts	

## National Senior Games *by Bill Spencer*

In the last newsletter, Kathy Engle wrote about the upcoming Senior Games in Louisville, Kentucky. Those games are now over, and Kathy and Bill ran quite well. In addition, several other Striders participated. The conditions in Louisville were far from ideal for racing, with temperatures in the mid 80's and high humidity, but everyone survived.

Bill's best race was the 1500 meter run where he ran 7:12.58 to earn the bronze medal. Earlier that morning he finished 7<sup>th</sup> in a very competitive 800 meter race, running 3:20.96. The next day, he came back and placed 5<sup>th</sup> in the 5k road race. His time of 26:17 was one of the top ten times in the history of the games. He then took Sunday off and ran the 10k on Monday, finishing in 4<sup>th</sup> place in 54:05.7, also a top ten time. Kathy participated in both the track events and the Triathlon. She picked up an 8<sup>th</sup> place in the 800 meters in 3:43.5 and a 9<sup>th</sup> place in the 1500 meters in 7:34.17.



In the Triathlon, she was 7<sup>th</sup> with an overall time of 1:45:40.8. Bob Welts also made the trip to Louisville, running the 1500 in 7:44.34, the 5k in 30:41 and the 10k in 64:31.9. Jerry Levasseur was another iron man, running the 1500 in 6:23.32 after placing 9<sup>th</sup> in the 800 earlier in the day. His 800 time was 3:08.05.

Jerry then did the 5k/10k double running 23:49 for 12<sup>th</sup> place and 48:47.4 for 8<sup>th</sup> place respectively. John Pelton also had a good set of races, running 5:54.52 in the 1500 for 6<sup>th</sup> place, 22:03 in the 5k for 7<sup>th</sup> place and 44:43.8 in the 10k for 4<sup>th</sup> place.

Bill Spencer picked up a pair of Bronze Medals, placing 3<sup>rd</sup> in the 800 in 2:46.16 and third in the 1500 in 5:46.53. His time in the 1500 was a top ten time. Bill Borla was the top medal winner for the club. Bill won the 5k in 19:07 adding his name to the top ten list. He then came back and won the 10k in 40:20.7, also a top ten time.

The next National Senior Games will be in 2009 on the West Coast



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## Mine Falls Clean Up

On Saturday June 9th, 22 Gate City Striders (some pictured above) braved the elements to participate in Trail Day at Mine Falls Park, organized by the Mine Falls Advisory Committee and sponsored by the Gate City Striders. The volunteers' assignment was to clear leaves, brush, small trees and other debris from a 15-foot wide, 100-foot long stretch of woods adjacent to the path at the North 7th Street entrance to the park near the Boys and Girls Club of Nashua. Future plans for the

area include construction of a foot bridge across the canal at the end of that path to provide easier access to downtown Nashua. Future Trail Days are scheduled for August 11th, September 15th, and October 20th. For more information about the Mine Falls Advisory Committee, visit <http://www.gonashua.com/content/51/94/445/default.aspx>—*Michele Poublon*



Shaun Scanlon  
Bill Grady  
Ellen Kolb  
Michelle Poublon  
(Coordinator)  
Deborah Miner  
Dave Delay

Robin Rocha  
Amy LaCroix  
Dan Dugan  
Debbie Fraser  
Joyce Oberholtzer  
Ken Snow  
Leeann Ward

Trevor Ward  
Azeddine Jakib  
Yassine Jakib  
Yasmine Jakib  
Mike Leary  
Amy Leary  
Ed Deichler

Dave Salvas  
Bob Pelletier  
Skip Cleaver  
(Coordinator)

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Dear Striders,

The [Cigna/Elliott Corporate 5K](#) is Thursday, August 9 in downtown Manchester. It's New Hampshire's biggest road race and it's one of the biggest fundraisers for the Gate City Striders.

We need volunteers to be at the race by 5:00 PM to help at the Thayer St. water stop and other assignments. Your club gets \$30 for each volunteer that reports for duty on time.

If you can help, please let me know in advance. Send a reply to [dave.delay@gmail.com](mailto:dave.delay@gmail.com) and I'll add you to the list.

Thanks.

-- Dave Delay

## Jane's Collection by Shu Minami

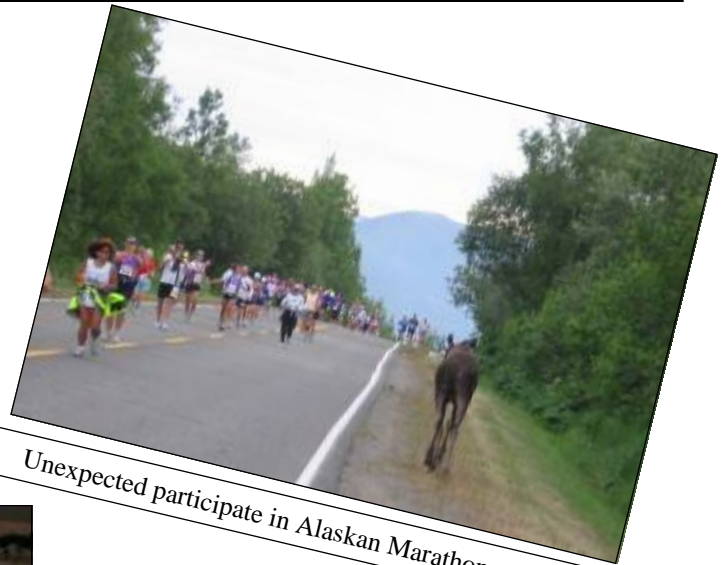
I volunteered to accompany Jane Goodman when she ran the Pack Monadnock 10 miler as an early starter. I have known Jane as an avid runner for many years but I have never had a chance to talk with her before. So, the 3-hour hike to the top of Pack Monadnock was a great chance for me to get to know her more. One of the many things I learned about amazing Jane during this run is that she picks up trash in her daily runs to keep her running route clean, and she cashes in the refundable aluminum cans as a bonus. She told me that she can get a nickel a can if she brings them to Massachusetts, as the State of New Hampshire does not have such policy. She has made \$45 since last August so far, and her goal is to make \$100 by the end of the year.

When we saw the first beer can about half a mile into the race, I offered her to carry her bounty so that she can add it to her collection. Soon afterward, we were in the rhythm of Jane pointing at the cans on both sides of the road, and I picking them up and throwing them into the plastic trash bag I was carrying. It was interesting to notice that some sections of the course were full of litter while other sections were totally clean. Funny thing is that we were disgusted about the litter when we saw them a lot, but we complained about not finding enough cans when we came to cleaner sections.

By the time we reached the 9 mile point in Miller State Park, the bag of our bounty contained 71 beer and soda cans and Jane was \$3.55 closer to her goal. For me, it was the most enjoyable Pack 10 Miler I have ever participated, thanks to Jane.



Ultimate Runner Night—Dave Delay



Unexpected participant in Alaskan Marathon—David Salvas



Hollis 5K—Bill Spencer

## NEW GARMENT COORDINATOR

This year the Striders are fortunate to have a new coordinator for our garments. Deb Miner has volunteered to take care of the current inventory, and work towards restocking new garments as well.

Our webpage has been updated to include the current Strider Wear Available. If you have any constructive suggestions or ideas, feel free to contact Deb at [Miner5449@charter.net](mailto:Miner5449@charter.net)

Our current inventory of Strider Wear appears below. You may place your order for desired items with Deb Miner at [Miner5449@charter.net](mailto:Miner5449@charter.net) They will be distributed on a "first ordered, first served" basis. Deb will carry them to Wednesday workouts or they can be shipped with an additional shipping charge.



Item	Price	Female	Female	Female	Female	Male	Male	Male	Male
		S	M	L	X-L	S	M	L	X-L
GCS Logo singlet (Brooks)	\$18	8	5	8		8		1	7
GCS Logo tech long sleeve (Sport Hill)	\$15	3		3			2	3	1
GCS Logo Duffle bag	\$40								
Shorts Running (Sport Hill)	\$21		8	11	11		3	2	9
Shorts Bike style (Sport Hill)	\$25	3	4	4		2	6	3	3
<b>Clearance</b>									
GCS Logo singlet (Brooks) (older style)	\$5	1	1	4					4

David Salvas, Harry Ward and Samy El-Guebaly (all Gate City Striders) at the start of the Mayors Midnight Marathon in Anchorage, Alaska.

David was up there coaching a team of 21 runners/walkers from New England. His group of 21 raised over \$151,000 for the Leukemia society.

The entire group of 1,141 runners and walkers from all over the country raised over \$5.1 Million dollars for Leukemia in this race.



# Membership Information

## August Renewals

Ethan Dionne  
John Dionne  
Michael Fraysse  
Courtney Green  
Debra Green  
Jonathan Green  
Joshua Green  
Anthony Merra  
Cathy Merra  
Chris Merra  
Mike Merra  
Ole Schjoeth

## September Renewals

Gordon Burnett  
Karen Burnett  
Katlin Burnett  
Shannon Burnett  
Martha Burns  
David Cormier  
Carl Hefflefinger  
Caitlyn Hickey  
Rich Hillman  
Delaney Nelson  
Jennifer Nelson  
Patrick Nelson  
Kevin Poniatowski  
Allison Richards  
Brian Richards  
Joseph Rogers  
Deborah Roy  
Richard Roy  
Andrew Scates  
Christine Schneider  
Dean Schneider  
David Williams  
Patricia Williams  
Alec Wolfe  
Benjamin Wolfe  
Deb Wolfe  
Jessica Wolfe  
Steve Wolfe

## August Birthdays

Vincent Beaulay  
James Belanger  
Max Belanger  
Deirdre Bird  
Sherry Breen  
Gordon Burnett  
Kevin Callahan  
Holly Casa  
Scott Casa  
Warren Church  
Brette Churma  
Peter Clayman  
Tom Conley  
Michael Conlin  
Peter Davenport  
Stephen Davis  
Gayle Deibert  
Sue Donovan  
Joshua Dyer  
Michele Fagan  
Richard Galera  
Courtney Green  
Debra Green  
Bill Hallahan  
Brett Joy  
Camden Kallfelz  
James Kallfelz  
Jordan Kallfelz  
Terry Kenney  
Joann Kerr  
Teresa Kolb  
Shawn Laflamme  
John Lai  
Heather Lavoie  
Michael Leary  
Eliza LeCours  
George LeCours  
Jane Levesque  
Bette Lewicke  
Nora Lewis  
Jan-Marie Lindholm  
Kerry Litka  
Richard Macdonald  
Bryon MacSweeney  
Tim Mallard  
Jamie McNeely  
Indiana Messner  
Deborah Miner

Steve Moland  
Debra Moreau  
Eveline Morrier  
Carl Moulton  
Andrew Najberg  
Sarena Patel  
Bernard Plante  
Robin Rocha  
Chet Rogers  
Kathy Rossi  
Susan Rube  
David Salvas  
Ole Schjoeth  
Christine Schneider  
Sandra Sheehy  
Patricia Smith  
Bill Springer  
Bill Springer  
Debra Stellato  
Peter Szawlowski  
Jay Trabucco  
Joey Trabucco  
Cassie Tyler  
Jim Velino  
John Webber  
David Wendt  
Kristen Werne  
Alec Wolfe  
Benjamin Wolfe  
Lindsay Wright

## September Birthdays

Peter Angus  
Michael Beaudoin  
Chris Benson  
Frank Blume  
Keith Bockus  
Jennifer Bogan  
BJ Bottomley  
Derek Brown  
Rowly Brucken  
Eldon Burkinshaw  
Dave Camire  
Amanda Clark  
Skip Cleaver  
David Cobb  
Patti Dannhauer  
Roy Dennehy  
Zach Emerson

Erik Fey  
Richard Gage  
Sandy Geisler  
William Goebel  
Adrien Grise  
Joselyn Hall  
Pamela Hall  
Tom Hatahway  
Leni Hodgins  
Jack Kick  
Kathy Kirby  
Lynn Kisselbach  
Lisa Lawrence  
John Paul Lewicke  
Chris Marion  
Moirra McCabe  
Fiona McDonnell  
Patrick McGrath  
Kevin Moriarty  
Simon Morrier  
Roger Myers  
Joanne Nicholson  
Susan O'Connor  
Kathleen O'Leary  
Thompson Parker  
Amy Pattelena  
Caitlin Plante  
Barbara Robinson  
Lynn Rodrigue  
Patrick Rush  
Denise Sandahl  
Betty Scanlon  
Milton Schumacher  
Jim Slane  
Brian Stevens  
Kristine Thibeault  
Emily Tyler  
Ianire Urrutia  
Deborah Velino  
Rod Viens  
Tonia Walle  
Mark Walsh  
Harry Ward  
Mike Ward  
Brian Werne  
Nathan Wright



### **Racing Ahead**

A look some upcoming New Hampshire Grand Prix races

#### **Moose on the Loose 10 Miler - Sunday, Aug 19 - 9:00am Nashua, NH**

This race is held right here in Nashua and runs on the very Mine Falls trails we train on every week. The Moose On The Loose Trail Run & Relay is a 10 mile Trail Race and a 2 or 4 runner 10 Mile Relay Race through the beautiful, wide open and well groomed trails of Mine Falls Park in Nashua, New Hampshire starting at Stellos Stadium. The main trails which are used for this race are very flat, with very few rocks, roots or other obstacles. Running on them is actually safer than running on the roads or a track as they are softer and more forgiving to your joints. The entry fee is \$16 Pre-Entry per runner or \$20.00 Post Entry per runner. Entries are not refundable. There is a strict 500 runner limit. So, get your application in early! **Note: Although there is a relay component to this race, only by running the full 10 miler can you score Grand Prix points.**

#### **St. Charles 5k - Monday, September 3rd 9:00 am - Portsmouth, NH**

The St. Charles Children's Home began as an orphanage in 1913. In 1968, it became a home for children of families in crisis. It is presently staffed by the Daughters of Mary, Mother of Healing Love. The Sisters work with both the children and families with the hopes of reunification. This is sometimes not possible and the children remain at the home until another permanent placement can be found. The running program at St. Charles began during the sum-

mer of 1996 to help the children cope with the stress and anger which often accompanies placement and separation issues. Running is a natural antidepressant, and the main goal of the program is to enhance their self esteem. Training and competition vary depending on each child's age and ability, up to 4 miles a day, 5 days a week. The children participate in 5k and 8k road races in the Seacoast area. The St. Charles 5k course is USATF certified flat, fast 5k course and is ideal for fast runners and safe for children. The pre-race day registration fee is \$15 with a guaranteed t-shirt to the first 400 runners. Race day registration is still \$15 (but no shirt), from 7:30-8:30 a.m. at the field across from the Air National Guard at the Pease International Tradeport. All proceeds from this race benefit the kids at the St. Charles Children's Home. The current records holders for this race are by John Mortimer (14:46), and Mary Proulx (17:03).

#### **Union Leader 8k - Saturday, Sept 8 - 9:00am Manchester, NH**

Heart Disease and Stroke are the number one and three killers in the nation respectively, and on September 8<sup>th</sup> you can do something about it. The organizers of the 25th annual Union Leader 8k, in Manchester will be contributing the proceeds from this years race to benefit the American Heart Association. Funds raised help support scientific research, public and professional education and community service programs right here in New Hampshire. This USATF certified course starts and finishes on Holt Avenue near the Union Leader Building in Manchester. Even though the race has zero total feet of elevation gain, from start to finish, it has been billed as a "Challenging Country Loop". The course runs through a series of rolling hills along the western shore of Lake Massabesic. Despite the hills, the race is still considered to be a fast one. The current records holders for this race are by Mark Miller (24:22), and Mary Proulx (28:30).

*(Continued on page 14)*

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## **The Rearview Mirror**

A look back at a recent New Hampshire Grand Prix races

The **NHGP** is a fairly low-key series made up solely of running clubs and races from our own home state. GCS is the multi-time defending champion of this series and generally anyone on our team can score valuable points for the club no matter their pace. Below is a summary of each of the last two races of the series.

### **Jackson Covered Bridge 10K - Saturday, June 2 10:00am - Jackson, NH**

The following 15 Striders proved that they are among the toughest runners in New England as they tackled New England's Toughest 10k: Richard Galera, Michael Wade, Richard Stockdale, Justin Platt, Jim Velino, Tom Kolb, Karen Pattelena, Jonathan Green, Julie Hanover, Peter De Bruyn Kops, Harry Carter, Daniel Dugan, Michelle Poublon, Amy Lacroix & Barbara Robinson.

Even though our group was small in number we still scored well in our individual age groups. Karen took 2<sup>nd</sup> in the women's 30-39 category while Julie took 5<sup>th</sup>. Michelle celebrated her first masters race with 3<sup>rd</sup> in that division. The Rich's (Galera & Stockdale) took 2<sup>nd</sup> & 3<sup>rd</sup> in the men's 50-59 age group with Tom close behind in 4<sup>th</sup>. And, not to be outdone, Harry & Barbara each walked away with first in their respective 70+ age group. Way to go guys! The 74 points we scored was enough to keep pace with Greater Derry who scored 70. But, with the strong showing by the Granite State Racing Team (96 points) this New Hampshire Grand Prix is shaping up to be a legitimate 3 horse race!

### **Bill Luti 5 Miler - Saturday, July 21 – 9:00 am Concord, NH**

The 40<sup>th</sup> running of the Bill Luti 5 miler promised to be a challenging one for our team. Not only did we have to contend with the hills and heat, but we also had to absorb the loss of nearly half of our most active members to the awesome tack of running Finals Day for Fitness University. But, if this race was a test of our collective will to overcome obstacles, then we passed with

flying colors!

Nearly 40 GCS-Triad Team members toed the line for this quintessential New Hampshire race and proved that even with our forced divided we should not be underestimated. 7 out of the top 10 point scorers for our team weren't even on the squad this time last year. The newcomers were lead by Sam Wood who finished 4<sup>th</sup> in the very competitive Men's Open division. Kerry Litka finished 2<sup>nd</sup> in the Women's Open division with Karen Pattelena close behind in 5<sup>th</sup>. Our team swept the Masters Titles as Coach Dave Dunham took 1<sup>st</sup> for the men and Karen Long took 1<sup>st</sup> for the women. Heidi Havron also came up big with 7 points by coming in 4<sup>th</sup>. Rich Galera also continued his fine form by finishing 3<sup>rd</sup> in the Men's 50-59 age group. Robert Ludwig was our lone 60-69 man, but finished strong in 5<sup>th</sup> place. Harry Carter, Bill Spencer & Bill Sturgeon grabbed 24 big points with a 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> place finish respectively in the Men's 70+ category. And, Barbara Robinson proved again that she's in a class by herself with her victory in the Women's 70+ group.

After 3 races the standings are: GDTC - 320, GSRT - 310, GCS - 274. Our next NHGP race is the Moose on the Loose 10 Miler on August 19<sup>th</sup> in Mine Falls Park. It's critical that we have a strong showing at Moose. This race is held right here in Nashua on our home turf. GSRT & GDTC will be out in full force again. So, we will have our work cut out for us. But, if we can build on the momentum from Bill Luti and we can get the participation that I know we are capable of, we should be able to show these other teams who's boss!

## **The Summer Trail Series**

Due to the untiring dedication of all of the volunteers we have had, the Summer Trail Series has been a very successful endeavor, so far. We've averaged about 45 runners per race and everyone seems to be enjoying themselves and telling others about us. There are 2 weeks left of the Series (Aug 6<sup>th</sup> & Aug 13<sup>th</sup>) then we have the Handicap Race on Aug 20<sup>th</sup> followed by the Relay on Aug 27<sup>th</sup>. If you haven't run with us yet this year, come on down to Stellos Stadium one of these Monday nights. The 5k & 5 mile races both start at 6:30 pm, with refreshments and raffle prizes immediately following.

## GCS Triad Racing Team Sets Record at Mount Washington

The GCS Triad Racing Team had a terrific showing at Mount Washington; with the men's Senior Team setting a new team record of 7:18:50 (top five scoring). The Triad Racing Team also collected awards for 2<sup>nd</sup> in Men's Open, 2<sup>nd</sup> in Women's Masters, second in Men's open, 4<sup>th</sup> in Women's Open, and 4<sup>th</sup> in Women's Seniors. GCS Triad also collected several individual awards, led by Raelyn Crowell as first New Hampshire woman and winner of the Crossan Cup with a fantastic 1:24:54.

Records don't fall easily on the Big Hill. Keith Woodward led the way for the Seniors with a fantastic 1:20:51 (he was seventh in age graded results, and also scored on the open and masters teams). Chuck Landry (1:27:27), Robert Mulvaney (1:27:58), Floyd Lavery (1:29:31), Len Hall (1:33:03), Trevor Ward (1:36:21), and William Morse (1:38:46) rounded out the Senior Team.

Raelyn led the Women's Open Team to fourth place with her 1:24:54. She was 13<sup>th</sup> woman overall and 5<sup>th</sup> in the 35-39 division, as well as Crossan Cup winner as top New Hampshire woman.

Scott Clark (1:11:57) and David Herr (1:13:22) led both the Men's Open and Masters teams to second place, and placed 4<sup>th</sup> and 5<sup>th</sup> in the men's 40-44 division. Scott was 9<sup>th</sup> in the age graded results. Ernest Brake also scored on both the masters and Open Teams and was 3<sup>rd</sup> 45-49 (1:17:41).

Other team members earning awards: Carol Kane captured first place in the 60-64 division with 1:53:53. John Pelton also took first place with 1:44:39 in the 65-69 group. Bob Ludwig was third in that division (1:52:46), while Denny LeBlanc was 6<sup>th</sup> (1:56:13). We would easily have won the

60+ men's, but there was no award this year. Bruce Brinkema earned second 70+ (2:00:36), while George Bisson was fifth (2:04:58).

Haley Heinrich took first in the 19 and under with 1:52:19. Ann (Benoit) Rasmussen captured 4<sup>th</sup> in the masters 40-44 (1:33:22), with Dawn Heinrich 5<sup>th</sup> (1:37:30). Leeann and Trevor Ward both finished 8<sup>th</sup> in the 55-59 divisions.

There were 56 members of GCS Triad Racing Team finishing the race, and we provided 24 volunteers. Thanks to Dick Bersani for organizing the volunteer parking effort, and to Mike Hagerty for directing it. The team gathering and cookout at the base of the mountain capped a terrific day.

## GCS Triad Racing Team Poised in Third Place in Both USATF-NE and New Hampshire Grand Prix

The GCS Triad Racing Team rests in third place in the USATF-New England Grand Prix after four of seven races, but we are within easy striking distance. We trail CMS (215 points) and MVS (209 points) with our 203 points. Three races remain: Ollie Five Miler, Apple Harvest Ramble 10 miler, and Cape Cod Marathon.

The Men's Senior Team sits atop the leader board tied with Greater Lowell with 38 points. The men's open is in third place, but only three points back of the co-leaders, CMS and Greater Boston Track Club with 67 each. Our 60+ men's team is second. On the women's circuit we are fourth in the senior division, fifth in Masters, and 7<sup>th</sup> in the Open group.

It is unlikely any of the other New England Teams will catch the top three. But with really good showings in the last three events, we have a good chance to overtake the leaders. Our women's team will be especially critical on turnout in all three.

Meanwhile, we are in third place going into the next New Hampshire Grand Prix event, trailing Greater Derry Track Club and Granite State Racing Team, as Michael Wade has noted. However, we should overtake both with a solid turnout at the next event, the ten mile trail run on our home turf. As always, participation is the key.—*Skip Cleaver*

## Youth Report

The Gate City Youths have been active on both the Roads and on the Track.

Two teams participated in the Hollis 5k in the Junior High Division. The girls team of 11 year olds Molly McCabe (18:47), Katherine Swallow (19:51), Marie Morrier (21:21) and Sarah Swallow (21:21) won their division. Their time of 59:59 was the fastest time of all the Female only teams in the race and was the second fastest female team in the history of the race. Both Molly and Katherine beat Coach Bill for the first time in this race. Molly was untouchable but the coach caught Katherine with about a half mile to go only to have her decide that there was no way he would beat her this year. In the mixed division, the team was led by 14 year old Rachel Picard (21:19) followed by 11 year old Grant Lerude (21:29), 11 year old Joanne Reiners (22:28) and 11 year old Brette Chmura (24:32). They also won their division in record time.

Meanwhile, Coach Wright was busy with his track athletes preparing for the USATF Track meets. At the USATF New England Association qualifier meet on June 16th, 22 Strider Youths competed. Athletes that placed in the top 6 of their age groups qualified to move on to the Region 1 competition in Uniondale, NY. Peggy Lai led the way with wins in both the 1500m (5:29) and 3000m (11:28). Other Intermediate Girls (age 15 & 16) who qualified for NY were Molly Lai 2nd in 3000m (14:17), Meghan Tedder 4th in 100 hurdles (22.43 for GCS record), and Jillian Porter 5th in 200 (29.23) & 5th javelin (61'5") both GCS records.

In the young woman division (17&18), Melanie Forte placed 2nd in both the 100(13.12) & 200 (26.69 for a GCS record) and 3rd in the long jump (15'11.5 also a GCS record). Cassandra Wright took 2nd in the 800m (2:56.26) and 3rd in the 1500m (5:44.29) for the midget division (11 & 12). Also moving on to NY was Lindsay Wright(7 years old) who was 4th in both the

400m(1:32.4) & 800m(3:28.12 for a GCS record) in the Bantam Division(10 & under) and Amanda Clark took 2nd place in the Youth (13&14) high Jump(4'6.75 for a GCS record). Also in the Youth division Christina Vlachos placed 5th in the 800m (2:41.18).

For the Gate City Boys, Dwight Barbiasz (17 & 18) continued to shine in the high jump with a first place jump of 6'3.5". He also placed 2nd in the 200m (25.12) and 5th in the long jump (20'3.5"). These were all GCS records. Gus von Marschall placed 1st in both the Intermediate Boys High Jump (5'5.75) and 110 Hurdles (16.01) for GCS records. Nick Muller placed 1st in the Intermediate Boys 1500m (4:31.73) and 3rd in the 3000m (10:10.31). Nick Grigas was 3rd in the 800m & 4th in the 400m (60.03). Corey Hahnl was 4th in both the 1500(4:52.11) and 3000m (11:07.11) and Tony Albina was 5th in both the Javelin (119'7") and Long Jump (18'2") and 3rd in the Pole Vault (9'0"). These were all new GCS records.

In the youth Boys Division Connor Crowley took 1st in the 400m (56.97 for a GCS record) and Camden Kallfelz placed 3rd in the Discus (56'10"). Joe Albina took 2nd in the 400m (1:09.23) and 5th in the Long Jump (13'3.75) for the Midget division, both GCS records.

The following week, at the Regionals the top three in each event qualified for the Nationals. Making that cut were Cassie Wright 2<sup>nd</sup> in the 1500 with a time of 5:41.26, Peggy Lai with a 3<sup>rd</sup> in the 3000 meters (11:14.43 a GCS record) and 2<sup>nd</sup> in the 2000 meter Steeplechase (8:25.03 a GCS record), Rachel Albert with a 3<sup>rd</sup> in the Steeplechase (9:28.15), Gus Von Marshall with a 1<sup>st</sup> in the High Hurdles (15:83 a GCS record) and 2<sup>nd</sup> in the High Jump (5-5.75) and lastly Dwight Barbiasz with a 2<sup>nd</sup> in the High Jump (6-01.5). - *Bill Spencer*

*(Continued on page 17)*



## Is Your Child into running?

Looking for an opportunity to get your youngster running? This article is for Club members that have younger children that you might want to have the experience of some age group racing. For those of you that run in Mine Falls during the week, you may see a group of kids running with either Coach Wright or Coach Bill. These are Club members that are getting ready for the Fall Cross-country season. Some of the kids are preparing for their High School teams, some for their Middle School teams and some for the USATF and AAU meets that take place after the School season. The USATF and AAU meets are held during November with National Championship races in early December. The Club is planning on participating in both series with the expectation that most of the kids will, at a minimum, qualify for the AAU Nationals.

In 2006, the AAU program was just redesigned to allow more runners to qualify for their National. At the AAU meets children born in 1999 race at the 2k distance, children

born in 1998, 97, 96, 95 all race in their individual races of 3k, while those born in 1994 and 93 race in their individual races at 4k. The remaining two older age groups (1992, 91, 90, and 89) run at the 5k distance in two year age groups. In order to run in the AAU Nationals, a runner or team must qualify in a local District meet.

In our case, that meet will be held in Cambridge, MA on Nov 4<sup>th</sup>. In each division, the first three teams and the top 25 non team runners qualify to advance to the National meet on Dec 1<sup>st</sup> at Virginia Beach, VA. Because most of the Youth clubs and individuals in the New England area participate in the USATF program, it is almost

a grantee that anyone that wishes to run in the AAU Nationals can qualify at the Cambridge meet. In other parts of the country, just the opposite is the case with the AAU program being much stronger. As a result, the ultimate level of competition at the National level is about the same.

The USATF program differs in two respects. First, the age groups are merged into 2 year age groups with the 1997 and younger running 3k, 1996 and 95 running 3k, 1994 and 93 running 4k, while the remaining age groups are the same as the AAU. Secondly, the qualifying requirements are different. There are two qualifying races, the first at the Association level and the second at the Region Level. This year, the USATF Association races are on Nov 11<sup>th</sup> at Amherst, with the top three teams and

individuals that finish in the top 25 places moving on to the Region meet. The Region meet will be held in Long Island, NY on Nov 18<sup>th</sup>. At that meet, the top three teams and individuals that finish in the top 20 places will advance to the USATF Nationals in Lawrence, KA on Dec 8<sup>th</sup>.

I expect that the club will have runners participating in both

the AAU and USATF races. The kids that are running with us are, for the most part, experienced runners that have been in these programs for several years. However, if you have a child, especially in the younger age groups that you would like try cross country, the AAU and USATF Association meets are ideally suited for them. Don't hesitate to contact me at [youth@gatecity.org](mailto:youth@gatecity.org) <<mailto:youth@gatecity.org>> if you have any questions. Some additional details are also posted at <http://gatecityyouth.nhrunning.com/> - Bill Spencer



**G.R.B.A. 13th Annual 5K Road Race & Walk**

**Goose Rocks Beach, Kennebunkport, ME, July 4, 2007**

27 Platt, Justin	19:18.7
53 Parent, Robert	20:52.0
90 Platt, Janice	22:04.1
94 Platt, Benjamin	22:13.3

**York Four on the Fourth York, ME, July 4, 2007**

124 SIN KOUNLASA	29:07
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**31st Annual Bridgton 4 on the 4th Road Race**

**Bridgton, ME, July 4, 2007**

6 Christian Muentener	21:14
10 Tj Hesler	21:50

**L.L.Bean 10K**

**Freeport, ME, July 4, 2007**

15 Josh Dyer	36:36
18 Floyd Lavery	37:10
128 Robin Carlson	43:24
129 Amos Woodward	43:32
164 Peter Rearick	44:56
384 Lisa Lawrence	53:13

**4 on the 4th Road Race**

**Keene, NH, July 4, 2007**

3 Erik Kress	21:07
39 Jim Kyle	25:16
44 Maggie Ramos	26:01
130 Greg Neilley	30:44
209 William Studley	35:13

**Merrimack Sparkler 5K**

**Merrimack, NH, July 4, 2007**

6 RANDY MACNEILL	17:08
9 TYLER BRANNEN	17:47
16 KEVIN MCINTYRE	18:00
18 MICHAEL WADE	18:14
24 STEVE DELAHUNTY	18:27
26 WAYNE MCLEOD	18:35
35 MICHAEL WRIGHT	19:10
40 JOHN SAUNDERS	19:27
41 PETER VENDITUOLI	19:28
47 TREVOR WARD	19:35
50 JONATHAN GREEN	19:50
52 MICK FORTIER	19:53
54 CARL HEFFLEFINGER	20:03
55 KEN SNOW	20:06
58 TOM KOLB	20:08
60 KAREN LONG	20:19
67 DIANE QUINLAN	20:41
76 CATHY MERRA	21:16
77 DAN DUGAN	21:16
79 HEIDI HAVRON	21:18
81 MICHAEL MERRA	21:20
88 NORMAN LONG	21:40
121 CASSANDRA WRIGHT	22:55

131 HARRY WARD	23:06
132 PAM TRIEST-HALLAHAN	23:06
148 RICHARD MACDONALD	23:45
152 SHU MINAMI	23:53
161 LINDA MADDEN	24:18
163 KATHIE ROY	24:24
172 ROBIN ROCHA	24:37
185 COURTNEY GREEN	24:55
190 TEANNA CROTEAU	25:02
217 KEVIN PONIATOWSKI	25:36
218 ED AUCLAIR	25:37
232 CHELSEA SHOEMAKER	26:01
247 BILL HALLAHAN	26:23
258 GIGI FERRIS	26:34
263 BETH WHIPPLE	26:42
271 ALLAN SABISKI	26:57
283 MARTHA BURNS	27:18
304 LEEANN WARD	27:50
320 BRIAN RICHARDS	28:25
322 JANE LEVESQUE	28:29
334 BOB WELTS	29:00
339 EMILY STRONG	29:20
345 JEFF AUCLAIR	29:26
346 BILL STURGEON	29:27
364 DEBRA GREEN	30:11
386 MARY SLOCUM	31:01
387 CYNDE CLEARY	1:02
392 WILLIAM GOEBEL	31:10
446 MADELEINE LAROSE	35:22
471 DEBBIE AUCLAIR	38:30
474 ELLEN KOLB	41:07
536 KARA SLOCUM	58:40

**18th Lawrence Sons of Italy Races Lawrence, MA, July 4, 2007**

27 RICHARD DOYLE	38:26
58 STAN KLEM	41:50
73 SUE DONOVAN	43:37
75 JESSICA COSTA	43:44
88 ROY DENNEHY	46:16

**40th Annual Lynnfield Athletic Assn 5K**

<b>Lynnfield, MA, July 4, 2007</b>	
22 Dan Scotina	19:32

**Duxbury 4th of July Road Race Duxbury, MA, July 4, 2007**

60 Rick Stetson	29:07
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**Great Harvard 4th of July 5 Miles Harvard, MA, July 4, 2007**

57 DAVE CONTRADA	35:07
59 FRANC KARPO	35:11
105 JIM ECKE	38:34
131 ANDREA PIERCE	39:59

**John Carson 2-Miler Chelmsford, MA, July 4, 2007**

89 Bryon MacSweeney	12:09
102 Adrien Grise	12:24

118 Mike Leary	12:34
139 Daniel Houston	12:53
144 Richard Blake	12:56
181 Bill Spencer	13:29
225 William Farina	14:02
1184 Heidi MacSweeney	21:16
1716 Louise Rossetti	36:17

**Mine Falls Summer Trail Race Series - Race #4**

**Nashua, NH, July 2, 2007 5K**

5 Jim Hansen	19.25
8 Peter De Bruyn Kops	20.28
11 Azeddine Jakib	21.46
16 Tom Conley	23.33
20 Allan Rube	24.53
22 Linda Madden	26.09
24 Susan Rube	29.02

**5 Miles**

1 Mark Wimmer	29.12
3 Peter Davenport	31.57
5 John Green	33.31
8 Dan Houston	35.14
9 Bill Morse	35.22
10 Denis Tranchemontage	38.11
11 Jessica Costa	47.34
12 Sue Donovan	47.34

**5K Your Way Raynham, MA, July 2, 2007**

1 Kent Taylor	17:14
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**Patriot Half Ironman Triathlon Freetown Mass, July 1, 2007**

11 Jeremiah Fitzgibbon	4:46:07
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**Strawberry Run South Berwick, ME, June 30, 2007**

63 Sinthy Kounlasa	37:39
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**10th Annual Tilton-Northfield DARE 5k**

**Northfield, NH, June 30, 2007**

3 Sam Wood	16:38
4 Scott Clark	16:43
10 J R Stockwell	18:56

**Squantum 5 Miler Quincy, MA, June 28, 2007**

13 Rick Stetson	35:02
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**St Peters Fiesta 5K Gloucester, MA, June 28, 2007**

187 Ed Donovan	26:22
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(Continued on page 19)

(Continued from page 18)

**Khoury's 4.13 minus 1.23 Fireworks**

**Detour Miler**

**Somerville, MA, June 28, 2007**

Louise Rossetti 68:00

**Nostradamus Mystical Predict Your Time 5K**

**Lowell, MA, June 26, 2007**

8 KEITH O'BRIEN 19:45.6

9 BRYON MACSWEENEY 19:54.9

38 GEORGE BISSON 23:23.9

52 STACEY ASCONE 25:06.6

**5K Your Way**

**Raynham, MA, June 25, 2007**

1 Kent Taylor 17:25

**La Sportiva USATF Mountain circuit Cranmore Hill Climb**

**N Conway, NH, June 25, 2007**

**Women**

12 Dawn Heinrich 1:01:04

14 Heidi Havron 1:04:01

**Men**

10 David Herr 1:12:21

17 Todd Todd 1:17:33

20 Sam Wood 1:19:57

32 Mark Wimmer 1:26:14

47 Rich Miller 1:39:15

57 Rich Stockdale 1:43:51

69 Len Hall 1:47:42

99 Rich MacDonald 2:05:42

114 Eldon Burkinshaw 2:19:25

**Mine Falls Trail Series - Race #3 Nashua, NH, June 25, 2007**

**5K**

3 Jim Mackenzie 18.30

4 Steve Delahunty 18.59

5 Peter Davenport 19.08

7 Jim Hansen 19.39

10 Azeddine Jakib 21.51

11 Mike Merra 21.59

12 Cathy Merra 22.16

13 Amy Lacroix 22.20

18 Pam Triest-Hallahan 23.55

21 Stacy Beaudoin 25.02

23 Allan Rube 25.13

24 Tracy Moorcroft 26.25

25 Bill Hallahan 27.26

27 Deb Roy 27.56

31 Martha Burns 28.25

32 Susan Rube 30.09

**5 Miles**

4 Chris Bougopoulos 35.25

6 Bill Morse 37.10

7 Rick Roy 38.25

11 Patrick Nelson 48.03

**Sharon 5 Mile Road Race**

**Sharon, MA, June 24, 2007**

17 MADALENA BOUDREAU 32:49

**Shaker Seven Road Race**

**Enfield, NH, June 24, 2007**

1 Richard Smith 39:07

82 Alison Findon 57:47

**New Charles River Run**

**Boston, MA, June 24, 2007**

102 David Pember 54:48

230 Susan Kenney 1:00:26

282 Shu Minami 1:02:15

688 Mary Minami 1:15:38

**Shaker Seven Road Race**

**Enfield, NH, June 24, 2007**

1 Richard Smith 39:07

82 Alison Findon 57:47

**9th Annual Newfields Road Race**

**Newfields, NH, June 23, 2007**

14 Chris Benson 18:46

49 Sinthy Kounlasa 22:12

203 Bill Sturgeon 30:23

**Appleton Farms 5K**

**Ipswich, MA, June 23, 2007**

208 LOUISE ROSSETTI 18:28

**Marion Village 5K Road Race**

**Marion, MA, June 23, 2007**

9 George Austin 18:22

95 Penny Catalano 23:47

**McCourt Road Race**

**Harwichport, MA, June 23, 2007**

35 Harry Carter 20:42

**Christopher Scott Cash Memorial 5K**

**Old Orchard Beach, ME, June 23, 2007**

1 STAN PYLE 15:49

6 TJ HESLER 16:57

56 Katja Fox 21:47

**5th Annual Eastman Splash, Mash & Dash Sprint Triathlon**

**Grantham, NH, June 23, 2007**

13 Elizabeth Hall 1:11:54

14 Ted Hall 1:12:09

30 Wayne McLeod 1:16:20

**Khoury's 4.13 Miler Louise Rossetti**

**Birthday Celebration**

**Somerville, MA, June 21, 2007**

Louise Rossetti 86:00

**14th Annual Louise Rossetti Women's 5K**

**Beverly, MA, June 20, 2007**

284 Louise Rossetti 58:28

**Ron and Tom Boone Memorial 10K Road Race**

**Gardner, MA, June 19, 2007**

41 Louise Rossetti 2:05:00

**The EQUALIZER 5K**

**Lowell, MA, June 19, 2007**

16 RICH MILLER 21:21.3

29 GEORGE BISSON 23:10.1

30 SUE DONOVAN 23:13.8

42 JESSICA COSTA 24:58.0

47 STACEY ASCONE 25:11.0

**Mine Falls Trail Series - Race #2 Nashua, NH, June 18, 2007**

**5K**

3 Jim Hansen 19.245

4 Dan Dugan 21.12

6 Azeddine Jakib 21.39

77 Rich Blake 21.53

8 Cathy Merra 22.06

9 Amy Lacroix 22.16

10 Pam Triest-Hallahan 23.53

12 Mike Merra 24.00

13 Linda Madden 25.16

14 Allan Rube 25.33

15 Ed Auclair 26.25

18 Bill Hallahan 27.52

19 Martha Burns 27.59

21 Susan Rube 29.54

29 Deb Auclair 40.09

**5 Miles**

1 Mark Wimmer 30.33

4 Chris Bougopoulos 34.41

5 Bill Morse 35.41

**6th Annual Brendan's Home Run 5 K Belmont HS - Belmont, MA, June 17, 2007**

19 Chris Bougopoulos 19:21.4

189 Stacy Beaudoin 27:54.2

**Fathers Day 5k**

**Tyngsboro, MA, June 17, 2007**

2 TYLER BRANNEN 17:57

13 PETER PAELINCK 22:31

15 BRYON MACSWEENEY 22:59

32 MELISSA WU 26:19

36 HEIDI MACSWEENEY 27:23

(Continued on page 20)

(Continued from page 19)

**Skip Matthews Memorial Father's Day  
4-Miler**

**Lebanon, NH, June 17, 2007**

30 Cindy Edson 26:48

**Fireman Olympic Distance Triathlon  
West Kennebunk, Maine, June 17th,  
2007**

2 Jeremiah Fitzgibbon 2:05:52

25 Jeanne Bisceglia 2:22:19

56 Sally Sites 2:40:38

**Run For Your Life 5K**

**New Boston, NH, June 16, 2007**

2 Erik Fey 18:47

12 GREG NEILLEY 22:44

19 SHU MINAMI 23:51

49 CHUCK ROSSIER 29:32

53 MARY MINAMI 29:50

**FPA/PanCAN 1st Annual Road Race  
Framingham, MA, June 16, 2007**

4 Andrew Ridlon 19:26

**Twenty Fourth Annual Fifer's Four Mile  
Road Race**

**Boxborough, MA, June 16, 2007**

19 John Saunders 25:48

**16th Annual Old Home Day 5K Road  
Race**

**North Hampton, NH, June 16, 2007**

112 Jane Levesque 28:51

**2nd Annual Exeter Recreation Discovery  
Day 5K**

**Exeter, NH, June 16, 2007**

10 Jim Ecke 22:03.1

24 Andrea Pierce 23:42.3

**47th Mount Washington Road Race  
Gorham, NH, June 16, 2007**

**Men**

12 Dave Dunham 1:10:40

15 Scott Clark 1:11:57

20 David Herr 1:13:22

32 Todd Callaghan 1:16:26

36 Ernest Brake 1:17:41

55 Robert Lukaskiewicz 1:20:57

59 Dave Severance 1:22:14

66 Tim Cox 1:23:15

87 Mark Wimmer 1:27:16

89 Chuck Landry 1:27:27

93 Dan Knaul 1:27:57

94 Robert Mulvaney 1:27:58

104 Floyd Lavery 1:29:31

106 Dan Collison 1:29:44

121 Tim Burke 1:32:44

122 Len Hall 1:33:03

125 Michael Trundy 1:33:18

153 Trevor Ward 1:36:21

174 William Morse 1:38:46

180 Steve Piper 1:39:19

211 Michael Leary 1:41:30

215 Tom Kolb 1:42:07

239 Tom Menendez 1:44:08

252 John Pelton 1:44:39

270 Richard Stockdale 1:45:54

273 Daniel Houston 1:46:12

290 Peter Rearick 1:47:12

343 Damian Rowe 1:52:25

346 Robert Ludwig 1:52:46

354 Gig Walsh 1:53:16

372 Dick Miller 1:54:18

391 Keith Purrier 1:55:10

401 Denny Le Blanc 1:56:13

424 Aaron Cleaver 1:57:45

469 Bruce Brinkema 2:00:36

500 Richard MacDonald 2:03:27

533 Mark Sage 2:06:28

618 Roy Dennehy 2:21:28

**Women**

13 Raelyn Crowell 1:26:17

19 Bonnie Ritchotte 1:29:58

34 Dawn Heinrich 1:37:30

49 Carla Chandler 1:43:13

70 Robin Carlson 1:49:39

81 Haley Heinrich 1:52:19

82 Michelle Poulton 1:52:47

88 Carol Kane 1:53:53

141 Lisa Christie 2:08:23

143 Deborah Miner 2:08:55

193 Leeann Ward 2:25:50

221 Jeanie Ferreira 2:58:39

**Winthrop 5K**

**Winthrop, MA, June 15, 2007**

152 LOUISE ROSSETTI 54:26

**Boxford State Forest 10K Trail Race  
North Andover, MA, June 12, 2007**

20 Bill Morse 54:29

**Milton 5 & 10k Road Race  
Milton, MA, June 12, 2007  
5k**

3 Frank Karpo 18:46

**10k**

4 Rich Smith 34:06

116 Alison Findon 50:02

**Rose Maguire's Great Mill Girl Chase  
Lowell, MA, June 12, 2007**

21 Sue Donovan 22:22

42 Jessica Costa 24:09

57 George Bisson 27:47

87 Brian Withers 29:18

109 Elizabeth Bush 29:30

**Mine Falls Trail Series - Race #1  
Nashua, NH, June 11, 2007  
5K**

1 Jim Mackenzie 18.22

7 Azeddine Jakib 22.39

12 Tracy Moorcroft 25.00

14 Allan Rube 25.26

18 Deb Roy 28.01

20 Martha Burns 29.10

21 Susan Rube 29.39

**5 Miles**

1 Mark Wimmer 32.42

3 Justin Platt 34.31

4 Chris Bougopoulos 34.32

5 John Green 34.49

8 Bill Morse 36.41

12 Ron Gagnon 48.00

13 Meagen Grindle 53.34

**King Pine Triathlon**

**Madison, NH, June 10, 2007**

6 Ted Hall 1:08:25

7 Wayne McLeod 1:08:41

9 Elizabeth Hall 1:09:21

**Charlie Wallace Memorial 5K Road  
Race**

**Fitzwilliam, NH, June 9, 2007**

2 Erik Kress 16:56

8 Maggie Ramos 20:48

**St Patrick's 5th Annual 5k  
Pelham, NH, June 9, 2007**

2 JUSTIN SOUCY 17:25

5 Andrew Ridlon 18:07

9 BRYAN MACSWEENEY 20:56

43 HEIDI MACSWEENEY 27:42

**Market Square Day 10k  
Portsmouth, NH, June 9, 2007**

23 Floyd Lavery 36:50

88 Tom Kolb 40:58

182 Judith Hardenbrook 44:08

349 Stan Klem 48:24

401 Eric Chorney 49:16

450 Shu Minami 49:52

1150 Andrew Najberg 1:01:44

1167 Chuck Rossier 1:02:15

1174 Mary Minami 1:02:21

(Continued on page 21)

(Continued from page 20)

**Hollis Apple Country Fast Five**

**Hollis, NH, June 7, 2007**

20	MICHAEL FRAYSSE	16:59.8
22	JAMES MACKENZIE	17:02.3
36	MICHAEL WRIGHT	17:51.4
39	ROBERT BOTTOMLEY	17:54.1
42	JIM HANSEN	18:01.4
48	JUSTIN PLATT	18:19.2
51	TREVOR WARD	18:21.3
55	KAREN LONG	18:32.6
56	JAMES GARRETT	18:36.6
59	MOLLY MCCABE	18:46.6
70	JULIE HANOVER	19:19.8
71	WALTER SWANBON	19:25.4
81	KATHERINE SWALLOW	19:50.5
82	BILL SPENCER	19:55.6
86	HARRY CARTER	20:01.0
87	JANICE PLATT	20:03.8
97	MICHELLE POUBLON	20:15.0
99	JIM ECKE	20:19.9
102	THOMAS CONLEY	20:25.0
104	MICHAEL MERRA	20:32.1
130	RACHEL PICARD	21:18.9
131	MARIE MORRIER	21:20.7
132	SARAH SWALLOW	21:21.1
135	ZEBULON BRUNDAGE	21:27.4
136	GRANT LERUDE	21:28.2
145	PAM TRIEST-HALLAHAN	21:42.7
154	GEORGE BISSON	21:59.9
159	ANDREA PIERCE	22:06.0
172	LAURIE KOFSTAD	22:28.3
174	COURTNEY GREEN	22:31.5
175	SHU MINAMI	22:33.4
185	SCOTT LEPINE	22:43.5
187	ELIZA LECOURS	22:46.8
189	BENJAMIN PLATT	22:48.0
196	BRITTANEY PLANTE	22:55.2
197	KEVIN SLATTERY	22:59.3
200	RACHEL ALBERT	23:01.6
203	LINDA MADDEN	23:04.4
226	BILL HALLAHAN	23:36.7
232	KATHIE ROY	23:43.1
234	KEVIN PONIATOWSKI	23:44.1
235	ROBIN ROCHA	23:50.1
252	ED DONOVAN	24:25.5
257	BETH WHIPPLE	24:29.9
259	BRETTE CHMURA	24:32.1
272	ALLAN SABISKI	24:56.6
285	LISA CHRISTIE	25:19.2
290	GENIA SANBORN	25:24.1
304	LEEANN WARD	25:40.4
307	EDWARD AUCLAIR	25:41.6
332	LYNN LUTZ	26:33.0
337	SARAH DRESSER	26:40.5
350	JANE LEVESQUE	26:55.2
354	BOB WELTS	27:04.3
380	MICHAEL WHELTON	27:50.4

385	BILL STURGEON	27:59.6
393	DEBRA GREEN	28:33.1
395	PEGGY LABROSSE	28:42.4
409	MARY MINAMI	29:32.3
417	CHET ROGERS	30:12.8
461	MICHELE FAGAN	34:12.1
463	MADELEINE LAROSE	34:21.8
473	DEBBIE AUCLAIR	37:31.1

**Khoury's 4.13 Miler**

**Somerville, MA, June 7, 2007**

Louise Rossetti 82:00

**Affirmation 5K**

**Lowell, MA, June 5, 2007**

16	RICH MILLER	20:54.0
44	GEORGE BISSON	22:59.1
125	SKIP CLEAVER	43:48.0

**5th Annual Mary's Run**

**Henniker, NH, June 3, 2007**

11	Erik Fey	19:00
12	Peter Davenport	19:11

**Mooseman Half Ironman Triathlon**

**Bristol, NH, June 3, 2007**

Jeremiah Fitzgibbon	4:40:12
Kevin McIntyre	4:43:17
Chuck Landry	5:12:16
Carl Hefflefinger	5:18:20

**Pack Monadnock 10 Miler**

**Temple, NH, June 3, 2007**

3	Dave Dunham	1:07:13
5	Sam Wood	1:08:18
9	Todd Callaghan	1:10:02
12	Mark Wimmer	1:11:14
28	Tim Burke	1:16:27
37	Kathy Maddock	1:17:42
42	Steve Delahunty	1:19:10
51	Donald Burke	1:20:40
53	Richard Stockdale	1:21:04
58	Keith Purrier	1:22:11
68	Tom Kolb	1:24:54
79	Heidi Havron	1:27:50
88	Michael Ferrari	1:29:42
97	Robert Ludwig	1:31:08
100	Dawn Heinrich	1:31:46
111	Sinthy Kounlasa	1:33:19
119	Denny Leblanc	1:34:24
129	Richard Roy	1:36:27
154	Richard Macdonald	1:42:30
179	Eldon Burkinshaw	1:49:30
205	Deborah Roy	2:00:00
223	Skip Cleaver	2:17:06

**2nd Annual Hitchcock Hikers 5 Mile Road Race**

**Keene, NH, June 2, 2007**

2	Adams George	27:00
12	Maggie Ramos	35:15
33	Shu Minami	44:36
34	Bill Engle	45:19
51	Kathy Engle	49:39
55	Mary Minami	52:51

**29th Jackson Covered Bridge 10k**

**Jackson, NH, June 2, 2007**

12	Richard Galera	41:11
14	Michael Wade	41:27
16	Richard Stockdale	42:14
18	Justin Platt	42:28
23	Jim Velino	44:07
25	Tom Kolb	44:22
26	Karen Pattelena	44:23
38	Jonathan Green	46:31
41	Julie Hanover	46:55
50	Peter De Bruyn Kops	48:08
57	Daniel Dugan	49:09
65	Michelle Poublon	49:31
66	Amy Lacroix	49:38
134	Barbara Robinson	59:52

**North Medford Club Overlook 7 Mile**

**Trail Race and 5K Walk**

**Fitchburg, MA, June 2, 2007**

9 Dan Scotina 47:44

**6th Annual ARCH 5K**

**Derry, NH, June 2, 2007**

58	JANE LEVESQUE	29:01
61	BILL STURGEON	29:30

**7th Annual Foxboro Against Diabetes**

**5k Road Race**

**Foxboro, MA, June 2, 2007**

17	Madalena Boudreau	19:46
66	Woody Wilson	23:04

**Khoury's 4.13 Miler**

**Somerville, MA, May 31, 2007**

Louise Rossetti 78:19

**Still We Believe 5K**

**Lowell, MA, May 29, 2007**

45	GEORGE BISSON	22:58.4
63	SKIP CLEAVER	25:30.8
110	KRIMSON BUSH	39:48.5
111	ELIZABETH BUSH	39:51.7

**3rd Annual WCA Black Fly Blitz 5K**

**Wilmot, NH, May 28, 2007**

1 Ernest Brake 16:53

(Continued on page 22)

(Continued from page 21)

29 David Birse 22:24

**Snowy Egret 5K Run/Walk for the Marsh**

**Scarborough, ME, May 28, 2007**

2 Tom Hathaway 17:57

**30th Annual Dory Run**

**Swampscott, MA, May 28, 2007**

200 Louise Rossetti 55:23

**Russell M. Durgin Memorial Day 5K Henniker, NH, May 28, 2007**

4 Steve Delahunty 19:17

5 Peter Davenport 19:17

15 Daniel Walsh 20:30

**Baldi River Run 5 Miler**

**Haverhill, MA, May 27, 2007**

28 DENNY LEBLANC 34:31

30 DAVID PEMBER 35:19

64 GEORGE H BISSON 38:46

**Boston's Run to Remember**

**Boston, MA, May 27, 2007**

**5 Mile**

52 Daniel Houston 33:29

**Half Marathon**

333 Gary Circosta 1:42:25

351 Deirdre Bird 1:43:04

1557 Roy Dennehy 2:02:02

2186 James McNamee 2:10:36

2762 Patrick Nelson 2:21:18

2833 Lindsay Armstrong 2:24:13

3099 Joanne Nicholson 2:39:36

**Oak Bluffs Memorial Day Road Race**

**Oak Bluffs, MA, May 27, 2007**

17 ROBERT KNIGHT 20:24

**Spring Fling Triathlon**

**Tyngsboro, MA, May 27, 2007**

28 ALLISON RICHARDS 1:13:17

**Luv2Run Portland 5K #2**

**Portland, ME, May 27, 2007**

19 JERRY LEVASSEUR 24:36

**Runners Alley/Redhook Memorial 5K**

**Portsmouth, NH, May 27, 2007**

8 Paul Johnson 16:40

175 Bill Spencer 21:29

309 Eric Chorney 23:14

383 Shu Minami 24:03

1056 Jane Levesque 29:24

1131 Mary Minami 30:04

**The 7th Annual Fairways 5K Road Race Wilton, NY May 26, 2007**

3 Justin Platt 19:07

23 Benjamin Platt 23:18

**5th Annual Joseph & Rose Gilio Memorial 5k Road Race**

**Norwood, MA, May 26, 2007**

24 Keith Purrier 20:35

**Lowell Spinners 5 mile run**

**Lowell, MA, May 26, 2007**

11 John Saunders 33:25

**Wachusett Mountain Road Race**

**Princeton, MA, May 26, 2007**

15 Todd Callaghan 29:30

16 Mark Wimmer 29:33

48 Bob Mulvaney 33:32

53 Richard Stockdale 33:54

76 Rich Miller 36:08

150 Robert Ludwig 39:52

202 Dick Miller 43:15

222 Richard Macdonald 44:44

228 Eldon Burkinshaw 45:03

263 Barbara Robinson 47:43

**Sandbaggers Special 5K**

**Lowell, MA, May 22, 2007**

55 GEORGE BISSON 23:30.5

71 SKIP CLEAVER 25:00.0

**Run for the Woods**

**Stow, MA, May 20, 2007**

31 David Cobb 20:32

37 John Hennessy 21:18

**Mansfield High School 5k Run & Walk**

**Mansfield, MA, May 20, 2007**

8 Donald Burke 18:10

15 Keith Purrier 19:20

42 Deirdre Bird 21:56

**Dee Zuccaro 3.7 Mile Road race**

**Somerville, MA, May 20, 2007**

3 Dan Scotina 22:40

13 David Pember 25:39

25 Susan Kenney 27:18

44 Kevin Poniatowski 30:17

**The Amanda Tripp Scholarship Run**

**Westport, MA, May 19, 2007**

4 George Austin 19:13

8 Madalena Boudreau 20:48

**Mystic River Herring Run 5K**

**Somerville, MA, May 19, 2007**

1 TODD CALLAGHAN 17:43

**20th Annual Plympton Strawberry Shortcake 10k**

**Plympton, MA, May 19, 2007**

2 Donald Burke 37:36

17 Keith Purrier 39:45

**Country Music Marathon**

**Nashville, TN, April 28, 2007**

3556 Mary Schmidt 5:14:03

1135 Zebulon Brundage 4:08:52

As Always, thanks to Striders, Madeleine LaRose and Mary Slocum for all of the hard work that goes into compiling these race results

# Marketplace



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