



# Striding Along

August/September 2006

Issue #120



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# Club Directory

		Night Phone	Day Phone	Email
<b>Executive Board</b>				
<b>President</b>	Skip Cleaver			tjcleaver@aol.com
<b>Vice President</b>	Ed Deichler	603 429-0221	781 377-2872	k2te@juno.com
<b>Treasurer</b>	Deb Miner		603 880-1023	dminer@nashua.com
<b>Secretary</b>	Laurie Kofstad	603 882-1872		lbkbb@aol.com
<b>Activities</b>	Michelle Poublon	603 595-2239		m.poublon@comcast.net
<b>Club Ambassador</b>	Lynn Kisselbach			kisselbach@comcast.net
<b>Communications</b>	Dan Dugan			
<b>Coaches and Competition Coordinator</b>				
<b>Head Coach</b>	Mike Sarro		603 624-8348	msarro@athletesden.com
<b>Assistant Coach</b>	Walter Swanbon	603 895-3466	603 490-1306	healthnutz@ttlc.net
<b>Competition</b>	Michael Wade	603 889-1208		<a href="mailto:mwade@ganekarchitects.com">mwade@ganekarchitects.com</a>
<b>Team Captains</b>				
<b>Female Open</b>	Michelle Poublon	603 595-2239		m.poublon@comcast.net
<b>Female Masters</b>	Priscilla Flynn	603 880-8802		dflynn2468@aol.com
<b>Female Seniors</b>	Pam Hall Pat Kiesselbach	603 424-5096 603 881-5532		hrogrunx26@aol.com mayener@netscape.net
<b>Male Open</b>	Michael Wade	603 889-1208		<a href="mailto:mwade@ganekarchitects.com">mwade@ganekarchitects.com</a>
<b>Male Masters</b>	John Saunders	603 424-0347		
<b>Male Seniors</b>	Jim Ecke Mike Levesque Dave Salvias	603 424-4002 603 882-6623 603 673-0069		jimrun26@juno.com m.levesque@att.net davidsalvas@aol.com
<b>Male Veterans</b>	Skip Cleaver	603 429-0824		tjcleaver@aol.com
<b>Newsletter</b>				
<b>Editor</b>	William Farina	603 577-8400		williamfarina@msn.com
<b>Mailing</b>	Ellen Kolb			ellengkolb@lycos.com
<b>Race Results</b>	Maddy LaRose Mary Slocum	603 889-6049		mplarose@comcast.net mslocum@ecopy.com
<b>Race Apps</b>	Emily Strong	603 595-7149		emily.strong@baesystems.com
<b>Other</b>				
<b>Webmaster</b>	Steve Moland	603 315-0340	603 315-0340	seniorrunner@aol.com
<b>Fitness U Director</b>	Tammy Gaffey			tammy.gaffey@nemoves.com
<b>StriderWear</b>	Jerry and Robin Rocha	603 429-2849		j27rocha@adelphia.net
<b>Equipment Mgr</b>	Kevin Reynolds	603 891-1916		reynoldsk@comcast.net

# Editor's Column

by William Farina

Jam packed newsletter this time. This is proof that the community spirit is alive and well within the Gate City Striders. There are several articles contributed by members chronicling their adventures this summer. Lots of great pictures and a ton of race results. Thanks to everybody that contributed.

Another good article from [www.mayoclinic.com](http://www.mayoclinic.com)

A neuroma is a noncancerous (benign) growth of nerve tissue that can develop in various parts of your body. Morton's neuroma occurs in a digital nerve in your foot, often between your third and fourth toes. The condition isn't a true tumor, but instead involves a thickening of the tissue around one of the digital nerves leading to your toes. It causes a sharp, burning pain in the ball of your foot. Your toes may also sting, burn or feel numb. Also called plantar neuroma or intermetatarsal neuroma, Morton's neuroma may occur in response to irritation, injury or pressure — such as from wearing tightfitting shoes. But it may also occur for unknown reasons.

## Causes

Doctors don't understand exactly what causes Morton's neuroma. The condition seems to occur in response to irritation, pressure or injury to one of the digital nerves that lead to your toes. The growth of thickened nerve tissue (neuroma) is part of your body's response to the irritation or injury.

Factors that appear to contribute to Morton's neuroma include:

- Wearing high-heeled shoes or shoes that are tight or ill-fitting, including those that box in your feet and place pressure on your toes
- High-impact athletic activities, such as jogging, that subject your feet to repetitive trauma

### • Injury to your foot

### •

It's best not to ignore any foot pain that lasts longer than a few days. If you experience a burning pain in the ball of your foot that's not improving, despite changing your footwear and modifying activities that may cause stress to your foot, see your doctor. He or she can examine your foot and determine whether Morton's neuroma or some other condition may be causing your pain. Early diagnosis and treatment can prevent the need for surgery



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**Cover Photo:** Cover photo and other from Peak Islands Race. Thanks to Steve Moland

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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



# The President's Journal

by Skip Cleaver

## August-September 2006

The Gate City Striders—this is not just any running club. This organization is one of the key clubs in the Merrimack Valley. And the Merrimack Valley is the greatest hotbed for running in the entire country. What a remarkable heritage.



The Gate City Striders began with just a few runners in late 1979, and really got organized in the spring and summer of 1980. We have a long list of terrific members and former members to thank for our great foundations and solid organization. Our club has contributed greatly to the sport, and has been an integral part of it since the very beginning. All members have been a part of that heritage.

The Merrimack Valley, and more widely New Hampshire and eastern Massachusetts, offers more races—quality events—than you will find in any other region of the country. Our difficulty is trying to decide which of the many great events to participate in. In many other regions, there are few choices, and quality events are rare.

Our club has been a big part of that tradition. We have helped with many events, and have contributed greatly to the running community by administering or volunteering at many races. The Applefest Half Marathon is a model with awesome traditions, and has been a mainstay on our schedule since 1983. And we created Pack Monadnock, Fitness University, and numerous other events. Long time members will recall the Pepsi Challenge 10K (a.k.a. the Nashua Trust 10K) that was a key USATF-New England Grand Prix and New England Championship event which we presented in downtown Nashua.

## Volunteers—Invaluable and Greatly Appreciated

Volunteer efforts are greatly appreciated, and many of you give back many hours of your time, sometimes sacrificing your own racing plans, in order to help the club and serve the greater running community. For that we are all grateful. Thank you!

As we try to do in each newsletter, let's recognize a few of the many club members who work so hard to make everything possible for the rest of us:

Tammy Gaffey, Director of Fitness University—What a tremendous job. Fitness University was an amazing success, with more weeknight clinics than ever, and a very large crowd for Finals Day (even on a scorching hot day). I wish I had space here to thank all volunteers who made this wonderful program a wildly successful enterprise. All of us were very proud of our club as we ran around the track with those excited and happy kids.

Thanks to Warren Church for his efforts in presenting the Annual Gate City Hash Run in Mine Falls Park. Warren came all the way up from his new home in Chaplin, Connecticut to spend hours running around and setting markings in Mine Falls Park to make the evening fun and very different. And then Deb Miner arranged for our Ice Cream Night at the Track to top off a really enjoyable night. Thank you both.

Thanks to Dave Delay for coordinating the volunteer efforts for the CIGNA/Elliott Corporate 5K on Thursday, August 10<sup>th</sup>. It may be complete by the time you get this publication, but we appreciate all of the members who contribute to this annual moneymaker for the club. And again, volunteers make

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races possible. I wish those who only race and never help would consider the fact that without volunteers, races either would not exist, or would be prohibitively expensive.

Our next big volunteer need is for the Applefest Half Marathon on September 30—please see elsewhere in this publication, and on the Website.

Thank you Bill Farina for an outstanding job in editing and formulating this newsletter. What a lot of work, and you do it so very well. And speaking of the newsletter, Thanks to Mary Slocum and Maddy Larose for the many hours they spend sorting through race results and e-mails to enter our results on the back pages of Striding Along. We appreciate your efforts.

Michael Wade has done a really top-notch job as Competition Coordinator. Michael has also gained many points for the club in the New Hampshire Grand Prix, run all of the races in the USATF Mountain Circuit, and run many of the USATF New England Grand Prix races as well. Additionally, he has been invaluable at the track, week in and week out. Thanks also to Assistant Coach Walter Swanbon for advising and helping members improve week after week on the track and on the trails.

## Competition Makes Us Better

As addressed by Michael Wade elsewhere in the newsletter, we are at a critical point in the New Hampshire Grand Prix. We find ourselves in the unusual position of second place. And that is because we have been getting beat by the Greater Derry Track Club—Congratulations to them for the amazing effort. They have shown up—consistently, and in large numbers. Consider that they are less than one quarter the size of Gate City, yet they entered 46 team members in the Dublin Days 5K; we had 28. We did win that one, but are still 30 points behind. We need a good turnout in the next three races—especially the 10-miler on August 20<sup>th</sup> here in Mine Falls Park.

Please run the 10-miler. Even if you simply run easy and use it as a long training run, you will likely score points for the club. We also need runners for the 8K in Manchester on September 9, and the 10K in Concord October 22. WE can win this. Please run, and be sure to sign up as Gate City!

Congratulations to Denny LeBlanc, Steve Moland, and Jack Kick. They placed third in the Veterans division at the New England 8 Mile Championship race in Stowe, Vermont on July 16.

## The Relays

Please see the listing of captains inside the front cover, and be sure to sign up for the Winnipesaukee Relay and the Mill Cities Relay. These events provide about as much fun as you can have in running. Teams are forming now for Winnie, running on September 23. And we are also gearing up for the Mill Cities Relay on December 3. Following the Winnipesaukee Relay we will have our traditional cook-out at Weirs Beach—don't miss it. We are looking to move up from our third place finish at Mill Cities. We are one of the founding clubs, and last won it in 2000. There will be a new finish and a new post race celebration this year at the Claddagh in Lawrence. Mill Cities entry fees will be paid by the club.

## Track, Trails, and Meetings

We are halfway through our track season, and the track work and trail runs on Wednesday nights have been really helpful. The weekly track workouts provide focus, improvement, information, and camaraderie. Working together, we become better than we would be individually. Workouts will continue until Daylight Savings Time ends in October. Please join us. It does not matter if you are a beginner or an advanced runner—or somewhere in between. These evenings are for everyone, and everyone benefits.

We will have a brief Club meeting immediately after the track workout (at the track entrance) on Wednesday, August 16. Then we will resume our normal Wednesday monthly meetings on Wednesday, September 20, at 7:30 p.m. at the Merrimack YMCA. I hope to see you there. Thank you.

## Fitness University



I just wanted to convey my heartfelt thanks to everyone that assisted with Fitness U. We had a very successful season which is due to everyone's hard efforts. I could not get over how many kids we had at Finals Day this year! I don't have an exact count but I ordered 350 t-shirts (what I thought would be more than enough t-shirts due to the past two years #'s of 250 attendees) and ran out and had to give some the adult t-shirts. Plus as Jerry & Robin can attest we had a scary few moments when we realized we only had 300 medals. Luckily Kevin Reynolds made a mad dash to the party store and was able to get us some more!

Here's a response from one of the grateful parents. Again Thanks and if I missed anyone in my email please pass the word along..

Tammy Gaffey



Dear Tammy,

We know we speak for MANY when we say what a tremendous "gift" to the community Fitness University is. Our family learned about Fitness U last year but were only able to make it once. This year we planned our summer evenings around it. And this past Saturday went to Finals Day. It was so much fun! Our daughter is 5 and really learned a lot. She also got the exercise that she probably wouldn't have gotten otherwise! For us, Fitness University was a place to gather with friends, make new friends, learn about choosing a healthy lifestyle and exercising. We'll be back again next year.

We would like to send our thanks to all the volunteers who made that program so much fun for our daughter and for all the children involved. We know it is impossible to run a program like that without volunteers. For us, now was not the time to volunteer having 2 year old twins to keep our eyes on in the infield. Next year they too will participate with the 3 year olds. But someday we will likely get involved and volunteer too. Please also thank the folks who sponsor this program at SNHMC. We appreciate the gift of health education they are giving to the community!

Sincerely,  
Stacie, Chris and Brianna DeJoie

## Club News & Events

### **Applefest Volunteers Needed!!**

This year will be the *24th running of Applefest*. It is planned for Saturday, September 30.

Every year, Applefest has grown in attendance, and stature amongst the running community. We need the help of our Club members to make this a successful race. We have added the two-person relay, allowing more participation, yet requiring more volunteers. 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.

Here's something about Applefest you may not know: it brings in much-needed funds to the club, so that we can continue with activities such as our coached track workouts in the summer. Our dues alone do not even come close to fulfilling the fiscal requirements of the club. Applefest keeps us financially sound. If you haven't volunteered for Applefest in the past, here's another reason to help out: it's fun. During my first year as a club member, I volunteered and got to know many of my fellow club members as a result. It was a great way to break the ice, and make new friends. 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 24th Applefest team! P.S. Is there a doctor in the house?*** We need medical professionals to help staff the medical tent.

### **Prouty Century Ride and Challenge Walk**

#### **An Uphill Battle to Fight Cancer**

**By Lynn Kisselbach**

On July 8, Julie Boilard and I took on the Prouty Century Ride, which raised money for cancer research at the Norris Cotton Cancer Center, part of Dartmouth Hitchcock. It was a good day, with bright sunshine, and lots of other cyclists, as we made our way through northern New Hampshire and Vermont. Julie's job is to keep the pace reasonable, so we finish without killing ourselves. As a result, we held our pace to a reasonable 14.5 miles per hour, as we made our way over the hills (think Applefest times ten).

I rode in memory of my Dad, who had been treated at the center, but lost his battle with cancer almost two years ago, and my Uncle who passed away three months later. Julie was riding in memory of some friends and family members.

As our legs got tired in the last 20 miles, I had to try and think of positive things. I remembered an article in a running magazine about Kristin Armstrong, ex-wife of Lance Armstrong, king of the cycling world. I remembered her

tale of running the Boston Marathon, and at each mile, counting a new blessing. So over the last 20 miles of our ride, I remembered something my Dad did for me while I was growing up, and into my adult life.

I have to say that the last 20 miles flew by. I am not kidding – they were the easiest miles to accomplish that day. I won't bore you with the details, but it was awesome, as I remembered things I hadn't thought about in years. Many of those things made me smile.

The minimum required fundraising for this ride is \$150.00. All money raised goes directly to their programs, there is no administrative fee. I have witnessed first hand their wonderful, caring environment, and will always be grateful to them for their support. They are doing wonderful and wondrous things at this Cancer Center.

The Prouty raised more than \$1 million this year, and gathered more than 2,000 participants in their 25- 50- 100-mile bike ride, along with their 5k and 10k walk. The scenery is gorgeous, the volunteers are awesome, and Julie and I had a great ride. See you next year?

## Reports From the Road

### **Battered and Bruised, but not Broken**

How I came to be a Mountain Goat

By Michael Wade

Late in 2005, after another unsuccessful attempt to crack the 3-hour barrier, I decided to take a break from marathoning. The 3 month build-up, 1 month taper and 1 month recovery cycle had begun to feel like an awful lot of time to invest in just one 3 hour race. So, early in 2006, I decided to do something different. I thought that I might benefit from a new challenge in my running. I had read about the USATF Mountain Series and figured that it just might be the thing to break me out of my rut. Of course, what I didn't figure on was that it just might be the thing to break me, period.

This race series is not for the feint of heart. One of my favorite Mountain Series stories is about Tesfaye Bekele a sub 2:15 marathoner who showed up gunning for the Wachusett course record. He had said something like "I read that the record was 24:35 for 4.3 miles and figured I could run a lot faster than that". Veteran mountain runner Eric Morse ran with him for the first mile then showed him his back. Eric missed the record by four seconds, but beat Bekele by thirty. Just another example of a road runner who got a taste of mountain running and found it not to his liking!

These races are typically low-key events, run by hardcore runners, over some extremely demanding terrain. And, in this the 11<sup>th</sup> season of the series, there were six tough races to be run. They included: Wachusett, Pack Monadnock, Northfield, Loon, Cranmore and Ascutney. With the addition of the king of all mountain races "Mount Washington" I embarked upon my self-made, seven race, test of will.

**Mount Wachusett** is a race which is paved from start to finish. The first mile is the toughest as it climbs 377' for an average grade of 7%. The course then flattens out for a bit and even drops as you start the second mile. Mile two has 246' of climb and the average grade is 4%. The third mile has a big drop in the middle and descends almost as much as it climbs. The final 1.3 is a long up-hill grind. The final climb in the

parking lot adds insult to injury with a gut busting 200m stretch. This is a tough mountain race as it is something of a "sprint". It has been said that times are generally equal to a 5-mile flat race but this would turn out to be the slowest 5 miler I had ever run.

On race day the temperatures were in the low 80's with high humidity. Despite the weather, I had hoped to stay with Rich Stockdale and run with him as far as possible. Rich and I had some closely contested road races recently and I thought we were pretty evenly matched. However, once the gun went off so did Rich and, like Morse, he showed me his back the whole way. The first mile twisted and turned but never flattened as Rich slowly crept out of sight. During mile 2 we passed a large patch of snow too stubborn to melt in the heat as I wilted on the hill. The descent that I had so looked forward to brought nothing but rubber legs and back-peddling. And, while I never "walked" during the entire 4.3 mile ordeal, I'm not sure any reasonable observer would call what I did "running".

On a clear day you can see Boston to the South and the Wapack range to the North, but once I got to the summit all I wanted to do was lie down. Only the savagely unsympathetic black flies could rouse me from my rest and I was left with a sullen walk of shame back down to the ski area. My time was 34:29 which was good for 55<sup>th</sup> place and 72.84 points. All in all, a very forgettable start to my ambitious endeavor.

**Pack Monadnock** was the next race in the series and also the longest. This course climbs 2,000 feet in 10 miles. It is mostly paved with a couple of brief stretches of dirt. Like Wachusett the first mile is a long, tough climb. The next seven miles are rolling hills featuring some very scenic back country roads. The eight to the nine mile mark represents the first major test, a long climb on route 101, then a brief respite before turning into Miller State Park. The last mile in the park has climbs steeper than Mount Washington. And, while Pack may mean "little", there is nothing little about the final climb. The last 200m has a grade of 30%!

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Race day featured rain, drizzle, 55 degree temperatures and sore legs as I had run hard in the Jackson 10k just the day before. I went out fast from the start and ran pretty well until the rolling miles and the previous day's race began to catch up with me. During the first 7 miles I averaged 7:00/mile. During the last 3, including some walking on the steeper sections of Pack, I averaged 10:15/mile! My time was 1:19:52 and I finished in 36<sup>th</sup> place with 80.02 points. The high point of the day was jogging back down to the parking area and sharing a soggy hot dog with my fiancée Johanne.

Then we drove home together tired from a long, tough weekend of racing.

**Northfield Mountain** represented two firsts in this years series. It was the first mountain race of the year to be run entirely on trails and also featured the first loop course instead of the usual point to point. So, once we climbed the mountain, we would get to sprint back down to the finish. After suffering through 10 miles of climbing at Pack the week earlier, 3 miles up and 3 miles down sounded pretty good to me! This event also has served as the La Sportiva - USATF Trail Running 2006 10k Championship. So, there was more than the usual number of "crazies" at the slopes on race day.

The weather was excellent with temps in the 60's and moderate humidity when we toed the line. The first mile was relatively flat compared to the previous two races and I went out hard. The trail was wide and grassy and I felt like I was running cross country again. My split at the one mile mark was 6:40 and before I could say "too fast" the trail turned and went straight up-hill. Ooops! Apparently trail races can be even steeper than mountain races and my pace ground to a slow, but deliberate walk. The next two miles were a combination of walking & running as I tried to stay out of Rich Stockdale's reach. I had hoped that if I could just get to the top before him, I would be able to use my size to my advantage on the way back down. The blur of Rich passing me on the first steep descent quickly put that idea out of my mind. And, as I tried to keep from causing an avalanche of dirt and rocks with every awkward step, I saw him disappear down the trail. As it turns out, downhill running is no walk in the park and I stumbled home in 27<sup>th</sup> place, with a time of

47:06. I scored 75.44 more points and my barking quads couldn't have been less impressed.

The **Mount Washington** auto road is 7.6 miles in length, has an average grade of 11.5% with extended sections of 18%, and the last 50 yards is a 22% "wall" to the finish. The course rises 4650 vertical feet from start to finish and represents the one true test for all aspiring mountain runners. This event draws runners from all over the globe and more than a few strange looks and comments from non-runners who simply don't know why anyone would even consider doing something so stupid. In my only previous attempt at Washington, four years earlier, the weather proved to be too much to overcome and the organizers were forced to shorten the race. This year I wouldn't be so fortunate as the weather was ideal, at least for spectators, with temperatures in the 80's at the start and in the low-50's at the summit, with almost no wind.

This time I started out more conservatively and I let a large group of the almost 900 runners get by me on the first mile. I had purchased a heart rate monitor earlier in the year and used it to keep me from "red-lining" as I made my way up the road which wound around to the summit of this overgrown pile of rocks. A competent psychologist would have had a field day at this race since there were more than a few runners with "split-personalities" out on the course. Sprinting madly at one moment then walking slowly the next. Meanwhile, I tried to keep my effort at a consistent level throughout leaving many of the "yo-yo'ers" behind. I did, however, succumb to a bit of walking myself during the 6<sup>th</sup> & 7<sup>th</sup> mile when it became apparent that, despite my highest hopes, the road didn't get any flatter. The finish couldn't come fast enough and with the grueling hand-over-hand crawl up the "wall" I gratefully celebrated the end of my Washington experience.

My finishing time was 1:32:42, good for 154<sup>th</sup> place and a mere half-hour behind the winner Eric Blake. However, the real winner that day was Brian Coates. The only person I knew who ran the whole 7.6 mile race without walking!

The **Loon Mountain** course starts at a dirt parking area along the Pemigewasset River, at the lowest possible point on the property, and winds its way through

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the lower parking area to the service roads heading up the mountain. It follows a combination of dirt paths and ski trails up to the summit lodge at the top of the gondola. Then it works its way up and over North Peak before returning back to the summit. The race averages a 10% grade with some serious sections of over 20%! This race also served as the USATF Mountain Running Championships and was a qualifier for the US Team that will compete for the World Mountain Running Trophy in Bursa, Turkey later in the year.

A light rain fell in the early morning before the race leading to fog descending on the mountain. So, we had the unique opportunity to run through the clouds twice, as two layers of fog blanketed the two peaks of Loon Ski area. And, with the steep inclines, we had more than enough time to contemplate the various weather patterns of the White Mountains. The section of the course leading up to North Peak featured a long stretch of 30% grade along a black diamond ski trail. From the bottom I could see the race leaders weaving their way back and forth over the switch-backs a half mile ahead with the painful knowledge that I wouldn't be where they were for another 10 minutes! My time was 1:10:17 and I finished in 35<sup>th</sup> place with 67.06 points. Not bad for the toughest 10k I ever hoped to run and the free gondola ride back to the bottom, along with the ice water soak in the "Pemi", made the finish seem even sweeter.

**Mount Cranmore** had terrain very similar to that of Loon with the added benefit of getting to do it twice! The double-loop course started at the Base Lodge on a dirt trail and after a few hundred yards made an immediate right turn up the ski trails. The grade on much of the ascent was approximately 16%. The course was 10k long with 2400 vertical feet of elevation gain/ descent and was designed to mirror the 2005 World Mountain Running Trophy Race course in New Zealand. Or course, I affectionately dubbed each of the up and down 5k loops as "20 min. of suffering followed immediately by 10 min. of terror"!

The weather on race day was on the hot side so I took it out easy and started walking almost immediately. "These mountain races were starting to turn into

speed-hiking exhibitions" I thought, as I tried to keep myself moving ahead. Once I reached the summit (the first time) I breathed a sigh of relief and headed on down the other side. To my surprise I was starting to pass people fairly easily on the downhill.

But, just before I could pat myself on the back for a job well done I was overcome with a nifty case of nausea. Apparently the constant jostling from the descent was upsetting my breakfast and causing my body to yell a very loud and emphatic "whoa-up"! So, as I dry-heaved by the start/finish line the people that I passed (and then some) quickly made their way by me and back up the hill. To add injury to insult, I realized I had developed a blister the size of Rhode Island on my right heel. And, now all I had to do was run the course all over again but, this time on my toes! My finishing time of 1:02:01 was better than I would have imagined. And, as I limped home, my 24<sup>th</sup> place finish and 77.80 points left me with the distinct impression that I was staring to get the hang of this mountain running thing!

**Mount Ascutney** marked the final race in the 2006 Mountain Series. This race was first held in the early 70's as a tune-up for Vermont XC skiers and has always been popular with roller-skiers. The average grade is 12% and the many twists in the road are reminiscent of the Mount Washington road race. The course climbs 2300 feet in 3.8 miles. This is a very tough race, but thankfully not a long one! The weather at the start was typical for New England in July. As the 55 runners, from five states, gathered for the 3.8 mile grind the temperatures were in the low 80's and the humidity was just over 90%.

Like Washington I tried to maintain the same effort throughout and just keep moving forward. But, unlike Washington, I was actually able to make it the whole way to the top without walking. I finished with my highest placing of the year and ended up passing some of the runners who had beaten me so easily earlier in the series. My time of 42:46 was good enough for 18<sup>th</sup> place and 69.33 points. Giving me 449.42 points for the year and 2<sup>nd</sup> place in my age group for all of the 6 races. More importantly, along with 18 other men and women, I earned the coveted "Mountain Goat" status

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(& T-shirt) for having completed all 6 races in the series! The ensuing awards ceremony and T-Shirt presentation capped what turned out to be a very memorable and rewarding first time Mountain Series experience. And, I would recommend it to anyone looking to take a break from their typical running routine.

After returning home from Vermont, still basking in the glory of my newfound “Goatness”, I did a little research and came across some amazing Mountain Series statistics. As it turns out, GCS’s very own Rich MacDonald is 4<sup>th</sup> in the Mountain Series with 35 total finishes. With 16 in a row at one point! And, Mr. President himself, Skip Cleaver is close on his heels with 31 finishes. As for my series “nemesis” Rich Stockdale, he’s 3rd overall in total points with a whopping 2486. So, I guess that just means I have only 2,037 points to go!

### **Breakfast with Dave McGillivray, Race Director of the Boston Marathon**

Submitted by Dan Dugan

A few Striders attended a breakfast sponsored by the Merrimack College Alumni Office featuring Dave McGillivray ‘76, Race Director of the Boston Marathon. Dave recently published a book entitled, “The Last Pick”, where all the proceeds will be donated to the DMSE Children’s Fitness Foundation. In addition, Dave has an impressive resume which includes 118 marathons (personal best of 2:29:58), eight-time competitor of the Ironman Triathlon World Championships (personal best of 10:36:42), logged in more than 120,000 miles, directed or consulted on more than 700 events and inducted into the Running USA Hall of Champions.

Dave was a very inspirational speaker and he shared with us some moving running stories. During the breakfast, he described his first and second Boston marathon experience. Dave attempted his first Boston marathon with little training, and his grandfather was going to wait for him by Coolidge Corner. As Dave made it to mile 18 he was in trouble and before he knew it, Dave found himself in Newton-Wellsley Hospital. He described how his grandfather waited until

6:30 for Dave to pass by. Dave was very close with his Grandfather and he felt he let him down. His grandfather was not disappointed and explained to him that to succeed and appreciate your accomplishments, you need to work hard and do your homework. They made a deal that if he trained properly, that he would wait for him at next years race. Unfortunately, his grandfather passed away two months later.

One year had passed, and Dave did his homework, like his grandfather told him and he was now prepared for his second attempt at the Boston marathon. Unfortunately, Dave again found himself in trouble having experienced a stomach bug the day before. For the 2<sup>nd</sup> year in a row, at mile 18 he sat on the side of Commonwealth Avenue and very much disappointed. Here is where I would like to quote Dave’s new book to finish this short but moving story. Dave writes, “I looked up and saw a sign for Evergreen Cemetery.....the very place where my grandfather had been buried only 9 months before.....he had told me 1 year ago to the day that he would wait for me. And here he was, serving as my inspiration to get back in it and finish what I’d started. His silent voice was the loudest encouragement I heard that day, I got back in the race.” Dave got up and finished the last few miles and completed his first Boston Marathon in around 4:30.



From left to right:  
Kathy Kirby, Andrea Pierce, Dave McGillivray, Dan Dugan and Kelley Dugan. Photo taken by Vikas Issar

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## The Half Marathon That Almost Wasn't

Maddy LaRose

Mary Slocum

### October 2005

We run and complete our first marathon: the Maine Sportshoe Marathon in Portland.

Running as an unofficial team of three with our friend, Michele Fagan, we dub ourselves the three M's. The experience is a very good one for each of us despite an IT band injury for Maddy.

### December 2005

After two months of recovery, Maddy is running again (although very slowly) and we begin to discuss another marathon for 2006. Both of us have connections to the Seattle area; Mary has friends in nearby Kirkland, and Maddy has a son in Seattle. Since we each have vacationed there in recent summers, it seems like a good idea to check out marathon races in that vicinity. Mary does some research and comes up with the Virginia Mason Team Medicine Seafair Marathon and Half-Marathon on July 9 of 2006. A check of the official website gives a virtual tour of the course, and, although not without challenges in the form of hilly terrain, it looks good. The date is also good considering that Maddy is still recovering from the IT band injury and needs extra time to recuperate and train properly. Registration fees go up after January 30<sup>th</sup>, so we have to make a decision soon.

### January 2006

Early January runs are going well and we are up to 8 miles for a long run, so we decide to go for it and both of us register. Something to look forward to, a goal to train for. Yes, we are psyched!

Then the last week in January, a sciatica attack sidelines Maddy. Time to rethink the plans.

### February 2006

For a period of about two weeks, even standing, never mind walking or running, is a challenge for Maddy. The pain has abated some, but there is a numbness in the left leg that lingers and makes running nearly impossible. It is close to March before Maddy is back to running again and only for short distances. Our training schedule is way off. We have to make a decision.

### March 2006

We decide to scrap the whole marathon and request reregistration for the half instead. Our email contact for Seafair is beginning to seem like a longtime friend after numerous correspondences, but he makes sure we are reregistered for the half marathon even though he can't give us a refund on the fee. Not a problem, we're just happy that we still have a race to train for.

### April 2006

The Nashua Soup Kitchen Run for Shelter is our first competitive race this year! This is unusual for us since we have in the past raced throughout the winter. Needless to say, our times do not come close to past performances. That's okay. We're just happy to be running and racing again. We have developed a 12 week training schedule, a la Jeff Galloway, and we're faithfully following it. Mary runs Red's Shoe Barn in Dover and is happy with her performance.

### May 2006

May brings the Medical Center 6k for the Kids. Mary actually bests her time from last year by about a half minute. We're both feeling good.

### June 2006

Training is going well and time is going faster than we imagined. We both run the Apple Country Fast 5k. Good race and our best times this year. Running those long runs on Hollis roads pays off.



### July 2006

Wow! Did that ever come fast!

#### July 4

We run the Merrimack Sparkler 5k along with many other Striders. The weather is even a tiny bit cooler than in previous years. We've both had better times for this race, but that's okay.

#### July 6-7

Maddy and her husband leave for Seattle on the 6<sup>th</sup> and Mary arrives the following evening. We're here at last.

#### July 8

We meet for the Expo and number pick up followed by

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a pasta dinner in Bellevue, WA, which is the city the race is held in. We order and eat way too much food, so we decide to appease our guilty consciences with a calorie burning “walk” to the park where the race will begin at 7:15 the next morning. Well, one block and a half later, we’re there! Okay, where will we meet in the morning? How about in front of this sculpture that is behind us? Yup, that sounds good. After some pre-race photos of us with family and friends, we head out in opposite directions to get our gear ready and an early bedtime.

July 9

6:45 A.M. As planned, we meet in front of the sculpture. Let’s head over to the porta-potties, aka “Honey Buckets” in this area. Lines are, what else, long. But, Mary suggests, the marathoners who have a 7 o’clock start should have first dibs, so let’s wait about 10 more minutes and then get in line. That seems fair.

7:00 A.M. Feeling good about ourselves for being so thoughtful, we get in the porta potty line. But, wait a minute, this line and most of the others don’t seem to be moving very fast. Why is that?

7:05 A.M. We’re still in line and have moved up only a few spots. What’s going on? Hmm.... Look at those ladies exiting the potties with duffel bags—could it be that they used the potties as changing rooms? Not an appealing thought, but how else to explain the lack of movement (no pun intended) in these lines?

7:10 A.M. Oh, my God, the race is starting in 5 minutes and we’re still in line! What to do? Leave the line, lose our place, and hope the nearest potty on the race course is within the first mile? Okay, okay, stay calm. The line is moving now and we’re almost there.

7:13 A.M. They’re announcing the race start in two minutes. There’s one more person ahead of us. Can we do it? Okay, yes, two potties are vacated. Go!

7:15 A.M. And they’re off! Yikes! They started the race and we’re still sitting here. Hurry, wipe. Run like hell!

7:17 A.M. Last call for half marathon runners. That’s us! Excuse me...excuse me... sorry, oops...okay, here we go, over the starting mat. Did our timing chips register? We hope so. Whew! We’re already out of breath!

## THE RACE

Start: uphill. Hope this isn’t a bad omen. The course rolls along with some challenging hills, but also some good downhills. The sky is mainly overcast; that’s good. At about 8 A.M., we pass an electronic sign that gives the temp as 66 degrees. Someone nearby comments: “Boy, that’s hot.” and we laugh (as the humidity here seems to be basically nothing).

Interestingly, the course has “pacers” on it. These people have a bib on their backs that says something like “Half Marathon Pacer – Finish Time: 2:45 (12:36 mile)” Once we realize this, we make it our goal to keep that particular pacer in sight.

Wait a minute! Who is this old guy passing us and what does the back of his singlet say? “Old Guy, Pass with Compassion.” Runners have the best sense of humor.

There are pockets of spectators spread out pretty evenly over the course along with a smattering of entertainers in the form of little cohorts of marching band members who were apparently recruited (or maybe volunteered) to distract and entertain. Of course, a race of that distance without a bagpiper is unheard of, so we applaud him too as we steadily tick off the miles. Porta potties and water stops are regularly spaced at approximate 2 mile intervals. Each water stop offers both water and glucose. One very enthusiastic volunteer is shouting herself hoarse yelling “GLUCOSE” over and over again. We wear matching running shirts with our names screenprinted on the front. This is a very effective way to create instant cheerleaders. “Go,Maddy” and “Go,Mary” cheers from the sidelines help to keep our motivation up as we continue to decrease the distance between us and the finish line. We are not alone; there are many other runners plugging away at the same pace as we are, and we haven’t lost sight of our 2:45 pacer yet. We stick to our Galloway routine: run 9 minutes, walk 1 minute. This gives us time to drink or Gu and generally guarantees we still have energy left for the last miles. This is wise because the race end is a good up hill stretch for about a quarter of a mile before it levels out into the finishing chute.

Overall, it is a good race with some great views of the Olympic Mountains here and there, and even of Mt.

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Rainier at the peak of one hill. In the end, we do get ahead of our “pacer” and both of us finish under 2 hours and 40 minutes. This will not impress some people, we know. But, considering the odyssey it took to get us here, it delights both of us.

The race ends in Bellevue Downtown Park where we are handed our finisher’s medals, a bottle of water, and what seem like the best tasting popsicles in the world.

Also, yesterday’s Expo seems to have been set up in the park for us to browse again (or maybe to give us another chance to buy more running stuff). The

bouncy castle for the kids and a rock climbing wall don’t really entice us, but the massage tent, now that looks really good.

Good race with a good friend. What more could we ask for? Happy running.



• I’ve had it with these gas prices. And it is not just the fact that they are over three dollars. It is the 9/10<sup>ths</sup> bull that gets me. We don’t need the 9/10ths anymore. When prices were 19.9 cents per gallon (I do remember this, believe it or not) and there was a competitive “gas war” on, I could see it. But \$3.17 and 9/10ths? Insult to injury. Drop it. It’s time. Save yourselves money on signs, and quit insulting us.

• We burn 70 million barrels of oil every day. Could possibly cause Global Warming? Or maybe it’s the 60 million tons of coal per day. And China is just getting started.

• Will Chinese track and field athletes do well in the Beijing Olympics? Yes, they will, but silk production may be down a little!

• A cold one would be great right now!

• More runners out here—young runners. Hey, they make it look so easy. Why do I work harder and get slower?

• Why are some motorcycles so loud? They need ear protection to drive those things—and a helmet would help. Why don’t motorcycles have seat belt laws? Muffler laws?

• And loud? How can anyone stand to be in a car with that base, when I can hear it and feel it ¼ mile away?

• I feel like I need to stretch—Oh, I did that.

• More runners! What is wrong with these people? Too hot to run!

• Fat person on a bike—that does not look good. But at least they are trying.

• When I watch the Red Sox tonight I am going to stretch instead of just sitting.

• It seems I need so much time stretching, I have too little time for running.

• During winter runs I long for this heat—but a little snow would be fun right about now.

• Maybe soon heart rate monitors will include body temperature readings.

• Does GPS prevent people from padding their running log? I’m proud to say I always underestimated. Running is getting very high tech and sophisticated. I remember when it was rare to wear a watch.

• Change is good!

• Cross training is good!

• Life is good!

• Sure is hot, though.

## Thoughts While Running—July 2006

Skip Cleaver

- Wow, it is hot out here—hot, hot, hot! Trails are good. Asphalt is bad news anytime, but ridiculous in July with an unbelievably high heat index.
- Is this what Global Warming feels like? No wonder the polar ice is melting and the snow is disappearing from Mount Kilimanjaro.
- There are two runners running toward me! What is wrong with these people, running out here on a day like this? Crazy!
- I get irritable in hot weather. I can’t stand Hummers, and I don’t like cars crowding me—especially fat cars. Some seem to play chicken with runners. Jealous? Get off your --- and run, damn it.
- No, you don’t own the road, and it is not for cars only.
- I understand—you’re number one! Same to you, buddy!
- I told you to stick with the trails, man.

## **Spotlight Event**

### **Striders Marathon Road Trip—Cape Cod**

### **Dunkin' Donuts Cape Cod Marathon, and Sovereign Bank Marathon Relay—Beautiful Course, Terrific Race**

**Twenty-nine years! The Dunkin' Donuts Cape Cod Marathon and Sovereign Bank Marathon Relay are classic—26.2 with an unequaled view and USATF-NE Championship, the final event of seven Grand Prix races.**

Join us for a road trip to Old Cape Cod, October 28-29.

The Dunkin' Donuts Cape Cod Marathon has an advantage unmatched by any other—it takes place on beautiful Cape Cod. It starts and ends in the quintessential New England town of Falmouth. Running October 29, 2006, beginning at 8:30 a.m., the 29<sup>th</sup> annual marathon will start on the famous single loop from Falmouth Village Green. It will traverse harborside roads, miles of coastline on Vineyard and Nantucket Sounds; pass through forests and villages, past cranberry bogs, famous Woods Hole, and Buzzards Bay. The field will zip around Nobska Point and the picturesque Nobska Lighthouse, and travel several miles of the Falmouth Road Race back into Falmouth and the finish at the green.

Races come and go, but the great ones last. And this one has a lasting legacy. Picture perfect foliage and a spectator-friendly loop (never more than seven miles from the start and finish points) add to this favorite fall marathon and marathon relay. This is one of those races and one of the memorable places where everything feels right. What a beautiful location! What a marathon!

The Dunkin' Donuts Cape Cod Marathon and Sovereign Bank Marathon Relay have a lot more going for them than a terrific course. Every detail is covered for all runners/guests, from packet pick up to course support, to post-race fare and post-race party at the Fal-

mouth Inn. Are you ready for the 29<sup>th</sup> Annual Dunkin' Donuts Cape Cod Marathon? I can tell you for sure—they are ready for you!

The Dunkin' Donuts slogan in recent months has been, "America Runs on Dunkin'." This is obviously more than just a slogan, as they are proving a meaningful partner with the running community at large. Many great runners (and many more not-quite-great runners) are famous for their consumption of coffee, so the partnership makes a lot of sense.

### **The Championship and the Grand Prix**

The Dunkin' Donuts Cape Cod Marathon is the USATF New England Marathon Championship. It is the seventh and final race in the USATF-NE Grand Prix. This will be the 20<sup>th</sup> consecutive year this event was selected as a New England Championship—19 times the marathon championship, and once the relay championship. Organized and staged by the Falmouth Track Club, this will be the 29<sup>th</sup> year for the marathon—the 14<sup>th</sup> year for the relay.

The Dunkin' Donuts Cape Cod Marathon and Sovereign Bank Marathon Relay both run the same certified counter-clockwise loop, starting and finishing near the historic Falmouth Village Green.

### **Background**

This marathon is simply one of the best for first-time marathoners, thanks to really supportive volunteers and a limit on the size of the field. The Falmouth Track Club stages the event and the club's mission from the start has been to treat every runner as a guest. They want this to be a very intimate personal experience—a fantastic marathon experience, but without the overwhelming crowds of a New York, for example. The organizers have many years of valuable experience, critical for any race. Courtney Bird has directed this one since 1983. This is truly a community event with meticulous management.

### **Five Member Sovereign Bank Marathon Relay**

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The Sovereign Bank Marathon Relay was first run in 1993. It has become exceptionally popular with schools, corporations, and running clubs. There are five legs, a terrific combination that gives runners of various abilities a chance to participate: Legs vary from 3.05 to 6.2 (3.05, 5.65, 6.2, 6.0, 5.3). The standard team event and the Corporate Challenge will run simultaneously with the individual marathon. All runners, individual and relay, will use the ChampionChip timing system.

### **Can you Believe This Course?**

What a beautiful course! It is a challenging but rewarding combination of small rolling hills (maximum 100 feet) and awe-inspiring landscapes. The course is half flat, and half rolling—it is fast, and has an advantage over flat courses because a little change for the muscles is a very good thing and relieves fatigue. The wind is predominantly from the west; so all the exposed areas along the shore run west. The portions of the loop that head north and east are much more protected. Temperatures are typically in the low 50's with low humidity—on average, ideal for running long.

The first 10 miles are flat with some rolling mounds beginning in the 11<sup>th</sup> mile. The rolls continue through mile 23. Some of the later miles incorporate part of the famous Falmouth Road Race course, and the course goes past the picturesque and historic Nobska Light at mile 22. The last three miles are flat, heading from the shore back into Falmouth center.

Olympian Cathy Schiro O'Brien set the women's record at 2:37:06 in 1987, and Randy Thomas set the men's record one year earlier at 2:17:35.

The early miles of the Dunkin' Donuts Cape Cod Marathon and Sovereign Bank Marathon Relay head east from the 350 year-old village green along the harbor and Nantucket Sound. Runners will roll through Falmouth Heights, Menauhant, Davisville, Hatchville, and west to Buzzards Bay. The course then turns south and meanders through West Falmouth, Sippewissett, and Woods Hole before returning along Vineyard Sound to Falmouth's Village Green and the finish.

In addition to the visual beauty of the course, the Falmouth Track Club will have bands and DJs along the course. Who would have thought that a major marathon would require a Music Director on the race organizing committee? Well, indeed they have one.

Runners will experience every section of Falmouth, coastal and inland. The entire route will be at peak foliage, which will be gorgeous with the ponds and the sea in contrast. The course will pass Waquiot Bay National Estuarine Research Reserve, Beebe Woods, and Woods Hole Golf Club course. The beaches include Surf Drive, Nobska, Trunk River, Chapaquiot, Wood Neck, and Menauhant. Beautiful ponds along the course will include Oyster, Salt, Bristol, Siders, Great Pond, Coonamessett, Miles (a.k.a. Ice House), Eel and Nobska. There is lots of open space in Falmouth for this terrific marathon course, and the 750 volunteers who make it all possible and offer such tremendous support.

Other features along the course include cranberry bogs, marshes, historic buildings, and the Shining Sea Bike Path. Falmouth Harbor and West Falmouth Harbor are memorable, as is the Woods Hole Harbor, famous as the homeport for the Woods Hole Oceanographic Institution's ships, the *Knorr*, the *Oceanus*, and *Atlantis*.

Only 10 miles wide at its maximum, Cape Cod has 550 miles of shoreline, totals 396 square miles, and has 360 lakes and ponds.

### **Pre Race, Post Race**

Packet pick up and late registration will be at the Lawrence School on Lakeview Avenue in Falmouth from 10:00 a.m. to 6:00 p.m. on Saturday, October 28. Packet pick up only will be available at the school on race day morning from 6:00 to 7:30 a.m.

**There will be cash awards of nearly \$10,000, including \$2,400 for USATF-NE teams. There will also be trophies and merchandise awards, including unique awards to random finishers. Everyone has a chance Trophies and merchandise will be awarded for women and men in the open, masters,**

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**seniors (50-59), veterans (60-69), and grand veterans (70+)** divisions. There will be separate awards for Filly and Clydesdale divisions. Scoring will be quick and accurate using the Championchip system.

The post-race meal, also in the Lawrence School cafeteria, is one of the best: Clam chowder, hot pasta, fresh baked bread, salad, fruit, and juices are traditional. The food is plentiful, and really good.

The Awards ceremonies will be held at the Falmouth Inn, and then the New England Runner Post-Race Party will get underway, also at the inn. It will feature live entertainment by the well-known BaHa Brothers band, and replenishing beverages provided by the Offshore Ale Company of Martha's Vineyard. There is a lot to like about the Dunkin' Donuts Cape Cod Marathon and Sovereign Bank Marathon Relay.

### **Enter Early, Limited Fields for Both the Marathon and Relay**

Race organizers have had to limit the field to 1,200 in the marathon and 180 teams in the relay to maintain the quality of the event. What good is terrific scenery if you can't see or enjoy it? The relay has filled out by mid to late September every year for the past seven years. The marathon reached its limit for the last four. Race Director Courtney Bird advises runners to plan ahead and enter as early as possible.

For information on Falmouth and the Cape, lodging, race history, a tremendous list of sponsors, and much more: [www.capecodmarathon.com](http://www.capecodmarathon.com).

### **Falmouth is Beautiful—You will Want to Stay**

Falmouth is an historic and active resort town with a long maritime tradition. It is quintessential New England, with harbors and beaches, bogs and marshes, and a picture-postcard town center. There are also eight other villages within the town limits, including famous Woods Hole, home of the Woods Hole Oceanographic Institution. Falmouth was incorporated in 1686. The Falmouth Historical Society is located on the village green, and the Aquarium of the National Marine Fish-

eries Service is located in Woods Hole. Within the town's borders, as with the Cape generally, lie areas of unspoiled natural beauty.

Once known for shipbuilding, fishing and whaling, it is now an attractive tourist destination and commercial center. Falmouth is located on the southwestern end of Cape Cod, 72 miles southeast of Boston. It is a large town in area, with 54.44 square miles in total, with 34,374 permanent residents.

### **They are Ready for You**

Are you ready to run this race? Are you ready to train for a PR on a fabulously beautiful course? The challenge is the charm. This event is unique because of its location. You do the miles, and the miles give back natural beauty and inspiration. Full marathon or relay with friends, this is an event you will remember, and one you will likely want to repeat. Old Cape Cod is awfully inviting.

There will be additional information provided on transportation, lodging, and cost. Registration is individual at your convenience.



# The Competitive Edge

## Racing Ahead

A look at some upcoming NH Grand Prix races  
By Michael Wade

### Moose on the Loose 10 Miler - Sunday, Aug 20 - 9:00am - Nashua, NH

This "hometown" race is number 5 out of 7 in the New Hampshire Grand Prix Series. We dug ourselves a pretty big early season hole this Grand Prix Series and our "arch-rival" Greater Derry is putting up a terrific fight. They've really stepped it up this year in their attempt to end our streak of first place finishes. At the last NHGP race in Dublin they had 46 runners, compared to our 29. And, they have only about 100 total members, compared to our 300+! And, despite outscoring them 118 to 101, Derry still holds a substantial 30 point lead with only 3 races left! Our next opportunity to close the gap is at the Moose 10 Miler on August 20th.

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. **Note: Although there is a relay component to this race, only by running the full 10 miler can you score Grand Prix points**

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! Each runner receives a white "Moose on the Loose" T-Shirt and proceeds from this race go towards the PR Moose Milers Scholar-

ship Fund.

Amenities include water, fresh fruit, yogurt, muffins, and bagels at the finish. Loco Sports will be showing their latest line of running shoes. White "Moose on the Loose" T-Shirts and Beer Mugs will be available for purchase for family members.

Awards include Loco Sports Running Shoes, RoadID Kits, FuelBelts, Snow-Packs, and "Moose on the Loose" 16 ounce Beer Mugs. The 2005 edition of this race had 27 finishers, 3 of whom were Gate City Striders. They were led by Jim Hansen who finished in 2<sup>nd</sup> place with a time of 1:04:36.



For new members, the Grand Prix scoring works as follows. The age categories are 0-30, 40-49, 50-59, for men and women, 60-69, 70+ for men, 60+ for women. The first 10 club members in age category score points. Only 3 runners from a single club can score points in an age category. So, you could be fifteenth in your age category and still possibly score points if other clubs have more than 3 runners ahead of you.

We can catch Greater Derry, but we need your help to do it! Wednesday night's we're out on the track at Nashua South and on Saturday morning's we're running long from the Tennis Courts in Hollis. Sign up for the Moose 10 Miler today and then come train with us to get ready for race day! Hope you see you there!

## The Rearview Mirror

A look back at some recent Grand Prix results  
By Michael Wade

### Covered Bridges 10k – June 3 – Jackson, NH

The 28th edition of this "great northern" race had 209 finishers. There were 8 Gate City Striders who were led by Michael Wade who finished in 16<sup>th</sup> place with a time of 40:36, and Janice Platt who

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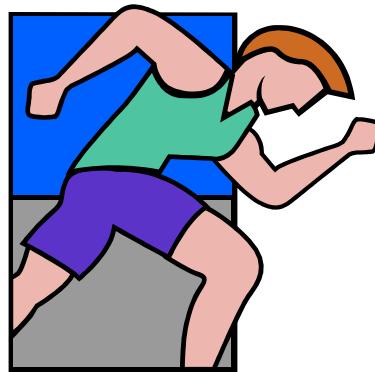
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finished in 72<sup>nd</sup> place with a time of 48:15.

Seven running clubs fielded Grand Prix teams. White Mountain finished in first place with 119 points, followed by Greater Derry in second with 99 points, and Granite State in third with 60 points. Gate City finished a disappointing 5<sup>th</sup> place with 41 points. GCS had 7 runners who scored points, led by Rich Stockdale who all scored 10.

Of the 41 GCS points the Male Open team scored 3, Female Open scored 0, Male Masters scored 3, Female Masters scored 7, Male Seniors scored 23 (and, once again, carried the day), Female Seniors scored 0, Male Veterans scored 5, and Male Ancients scored 0.

Gate City also had 4 runners who finished in the Top 5 in their NHGP age group. They were: Janice Platt, 4<sup>th</sup> FM, Richard Stockdale – 1<sup>st</sup> MS, Tom Kolb – 2<sup>nd</sup> MS, & Skip Cleaver – 5<sup>th</sup> MV.



### Terry Dwyer 5k – July 22 – Dublin, NH

The 6th edition of this “challenging” 5k race had 229 finishers. There were 29 Gate City Striders who were led by Jim Hansen who finished in 16<sup>th</sup> place with a time of 19:34, and Karen Pattelena who finished in 52<sup>nd</sup> place with a time of 21:31.

Six running clubs fielded Grand Prix teams. Gate City finished in first place with 118 points, followed by Greater Derry in second with 101 points, and Granite State in third with 93 points. Gate City had 21 runners who scored points, led by Rich Stockdale, Bob Ludwig and Cathy Merra who each scored 9.

Of the 118 GCS points the Male Open team scored 10, Female Open scored 16, Male Masters scored 8, Female Masters scored 21, Male Seniors scored 22, Female Seniors scored 12, Male Veterans scored 15, Female Veterans scored 4 and Male Ancients scored 8.

Gate City also had 11 runners who finished in the Top 5 in their NHGP age group. They were: Michael Wade – 5<sup>th</sup> MO, Karen Pattelena – 3<sup>rd</sup> FO, Cathy Merra – 2<sup>nd</sup> FM, Janice Platt 5<sup>th</sup> FM, Richard Stockdale – 2<sup>nd</sup> MS, Tom Kolb – 4<sup>th</sup>, Walter Swanbon 5<sup>th</sup> MS, Bob Ludwig – 2<sup>nd</sup> MV, Skip Cleaver – 5<sup>th</sup> MV, Jane Levesque – 5<sup>th</sup>

FV, Jack Kick – 1<sup>st</sup> MA.

Thanks to those who showed up and ran their hearts out on a tough course. 29 runners marks the high point in NHGP participation for GCS this year. And, we even had some first timers like Christina Debrunkops & Michael Wright who came out, gave it their best shot and scored some much needed points for us! Well done everyone!

Season totals to date [after 4 of 7 races]

2006	Mopn	M40s	M50s	M60s	M70+	Fopn	F40s	F50s	F60+	2006
AA	23	3	12	0	0	19	0	0	0	57
CAA	9	25	10	0	0	8	1	2	0	55
CNE	0	0	0	0	0	0	0	0	0	0
<b>GCS</b>	<b>30</b>	<b>19</b>	<b>89</b>	<b>68</b>	<b>21</b>	<b>46</b>	<b>51</b>	<b>39</b>	<b>12</b>	<b>375</b>
GDTC	43	57	36	39	8	57	60	81	24	405
GSRT	35	89	39	23	22	54	39	11	0	312
MRM	0	1	12	24	13	8	11	8	20	97
RR	51	18	12	30	19	14	14	48	42	248
WMM	29	8	10	21	5	14	42	0	13	142

Top 3 clubs  
within each  
division

1st place club

2nd place club

3rd place club

## Strider Wear



We're Jerry and Robin Rocha. We're the coordinators for the Gate City Strider Wear. Hope all of you are gearing up for the upcoming running season. We are. We've ordered some new Gate City singlets. Hopefully they'll be available by the time Track starts.

We also still have many shorts and other items for sale. As always we welcome your thoughts, requests and input. Please, please, we want to satisfy everybody. We're also looking to order some new jackets and would welcome your thoughts and ideas.

We look forward to seeing all of you at track in a few weeks. If you should have any questions or requests you can e-mail us at [J27Rocha@adelphia.net](mailto:J27Rocha@adelphia.net) or call us at 429-2849. We're here to make the Gate City Striders the best looking runners around!!!!! Thanks for your input. Jerry and Robin Rocha

## Gate City Youths shine at USATF Junior Olympics

Nine area youths from Milford and Nashua led a Gate City Striders team to some impressive finishes at the Region 1 USATF Junior Olympic Qualifier in Kingston, New York.

Connor Crowley of Milford (Boys 13-14) led all the Striders with a second place finish in the 800m. His time of 2:16.20 was a personal best by 4 seconds. Connor will be representing Gate City at the Nationals on July 25-30, 2006 in Baltimore Maryland. Also qualifying in Kingston on July 8<sup>th</sup> was the Midget Girls (11-12) 4x800m relay team of Dina Pitsas, Christina Vlachos, Cassie Wright & Cecelia Muller. The team finished 2<sup>nd</sup> with a time of 11:17.60 in what was positively the most exciting race of the day. Each leg of the relay had at least two lead changes and ended with a sprint finish between Gate City and the New York Novas. Unfortunately, the Novas won by a mere second.

Other fine finishes by the Strider runners include:

-4x400 Midget Relay Team

(Christina Vlachos, Dina Pitsas, Sarena Patel, & Cecelia Muller 5:06.16 3<sup>rd</sup> place)

-Dina Pitsas 400m 6<sup>th</sup> place 1:07.97

-Sarena Patel Long Jump 9<sup>th</sup> place 3.45m

-Cassie Wright 1500m 11<sup>th</sup> place 6:14.77

-Christina Vlachos 800m 14<sup>th</sup> place 2:56.35

Youth Girls (13-14)

-Peggy Lai 3000m 6<sup>th</sup> place 11:35.30

-Amanda Clark 100m Hurdles 13<sup>th</sup> :21.77

Youth Boys (13-14)

-Nick Grigas 3000m 4<sup>th</sup> place 11:20.53

All of these athletes qualified for this meet by placing in the top six on June 17<sup>th</sup> in Fitchburg Massachusetts at the New England Association meet. These runners are just a few of a large group of enthusiastic runners who have been coached by Mike Wright of Nashua. Mike hopes to put together a larger group for next year's track season. If you wish to find out more Gate City Youth opportunities you can contact Coach Wright at [mmscoachwright@comcast.net](mailto:mmscoachwright@comcast.net)

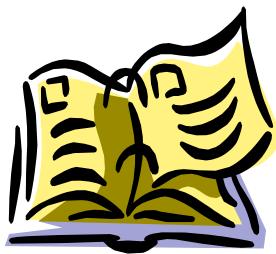
# Membership Information

## **July Expirations**

Dan Atlas  
 Tracy Atlas  
 Kelly Lynn Bergeron  
 Lisa Bergeron  
 Paul Bergeron  
 Spencer Bergeron  
 Dick Bersani  
 Tom Conley  
 Marc Courchesne  
 Susan Courchesne  
 Dan Gaffey  
 Tammy Gaffey  
 Ana George  
 Sandra Gilmore  
 Michael Hagerty  
 Joselyn Hall  
 Pamela Hall  
 Roger Hall  
 John Heden  
 Jack Kick  
 Elizabeth Kolb  
 Richard Kolb  
 Charles Lawrence  
 Kari Levesque  
 Michael Levesque  
 Moira McCabe  
 Molly McCabe  
 Patrick E. McCabe  
 Patrick J. McCabe  
 Patrick McGrath  
 Benjamin Platt  
 Ethan Platt  
 Janice Platt  
 Justin Platt  
 Jerry Rocha  
 Robin Rocha  
 Beth Stevens  
 Brian Stevens  
 Nevin Stevens  
 Emily Strong

## **August Expirations**

Leslie Carpenter  
 Ethan Dionne  
 John Dionne  
 Glenn Grabeau  
 Katrina Grabeau  
 Lauren Grabeau  
 Raeleen Grabeau  
 Courtney Green  
 Debra Green  
 Jonathan Green  
 Joshua Green  
 Jeff Lind  
 Anthony Merra  
 Cathy Merra  
 Chris Merra  
 Mike Merra



## **Birthdays This Issue**

### **August**

Vincent Beauley  
 James Belanger  
 Max Belanger  
 Lisa Bergeron  
 Paul Bergeron  
 Sherry Breen  
 Gordon Burnett  
 Warren Church  
 Tom Conley  
 Stephen Davis  
 Gayle Deibert  
 Michele Fagan  
 Courtney Green  
 Debra Green  
 Bill Hallahan  
 Brett Joy  
 Terry Kenney  
 Teresa Kolb  
 Shawn Laflamme  
 Heather Lavoie  
 Michael Leary  
 Eliza LeCours  
 George LeCours  
 Jane Levesque  
 Bette Lewicke  
 Nora Lewis  
 Richard Macdonald  
 Deborah Miner  
 Steve Moland  
 Eveline Morrier  
 Andrew Najberg  
 Sarena Patel  
 Bernard Plante  
 John Porter  
 Robin Rocha  
 Chet Rogers  
 Susan Rube  
 David Salvas  
 Patricia Smith  
 Bill Springer  
 Bill Springer  
 Debra Stellato  
 Kathleen Terenzoni  
 Mark Terenzoni  
 Jay Trabucco  
 Jim Velino  
 Erica Vendituoli

David Kristen Lindsay  
 Wendt Werne Wright

### **September**

Derek Brown  
 Eldon Burkinshaw  
 Skip Cleaver  
 Susan Courchesne  
 Roy Dennehy  
 Richard Gage  
 Sandy Geisler  
 William Goebel  
 Joselyn Hall  
 Pamela Hall  
 Leni Hodgins  
 Jack Kick  
 Kathy Kirby  
 Lynn Kisselbach  
 Lisa Lawrence  
 John Paul Lewicke  
 Chris Marion  
 Moira McCabe  
 Fiona McDonnell  
 Patrick McGrath  
 Simon Morrier  
 Joanne Nicholson  
 Kathleen O'Leary  
 Amy Pattelena  
 Caitlin Plante  
 Lynn Rodrigue  
 Betty Scanlon  
 Carol Sheil  
 Craig Sheil  
 Jim Slane  
 Brian Stevens  
 Ianire Urrutia  
 Deborah Velino  
 Monica Vendituoli  
 Tonia Walle  
 Mark Walsh  
 Harry Ward  
 Mike Ward  
 Brian Werne



# Race Results



**The San Francisco Half Marathon**  
**San Francisco, CA, July 30, 2006**  
 3044 Mary Minami 2:35:16

**Peaks Island Road Race**  
**Peaks Island, ME, July 29, 2006**  
 61 Steve Moland 37:58  
 64 Pam Hall 38:37  
 93 Stan Klem 40:33  
 139 Mark Sage 43:13  
 148 Annette Marchand 43:49  
 184 Genia Sanborn 45:40  
 205 Skip Cleaver 46:42  
 258 Brian Sanborn 48:53  
 290 Judi Moland 50:53  
 338 Julie Boilard 55:40  
 252 Ken Kisselbach 59:58

**St. Anne's 14th Annual Lakes**  
**Hampstead, NH, July 29, 2006**  
 75 Eldon Burkinshaw 44:52  
 84 Sachiko Burkinshaw 48:59

**Jerry Garcia Memorial River**  
**Run & Walk**  
**Cambridge, MA, July 27, 2006**  
 755 Patrick Nelson 44:56  
 830 Jennifer Nelson 49:34

**3rd Annual Bill Kelley Memorial**  
**Road Race**  
**Manchester, NH, July 27, 2006**  
**5k**  
 59 Bob Welts 33:20

<b>10k</b>			
21 Norman Long	47:32	113 Cassandra Wright	24:41
37 Mark Sage	52:49	116 Andrea Pierce	24:56
		120 John Kick	25:15
		123 Shu Minami	25:26
		126 Sarah Dresser	25:54
		128 Skip Cleaver	26:04
		137 Evan Carey	26:48
		142 Robin Rocha	27:01
		156 Aline Kenney	28:01
		159 Genia Sanborn	28:10
		161 Kathy Engle	28:17
		165 Bill Engle	28:53
		166 Bill Studley	28:56
		177 Mary Minami	30:26
		183 Martha Burns	30:56
		189 Jane Levesque	31:08
<b>Mr Cavor's Incredible Gravity</b>			
<b>Challenge 5K</b>			
<b>Lowell, MA, July 25, 2006</b>			
43 GEORGE BISSON	22:21.6		
85 SKIP CLEAVER	26:10.0		
94 HEIDI MACSWEENEY	28:04.9		
<b>Moose Milers 5K Trail Series #16</b>			
<b>Nashua, NH, July 24, 2006</b>			
5 PETER DE BRUYN KOPS	21:25		
11 CAITLYN HICKEY	27:16		
<b>25th Annual East End Road Race</b>			
<b>Lowell, MA, July 23, 2006</b>			
7 Tyler Brannen	29:53	<b>Newburyport Triathlon</b>	
49 Michael Leary	34:43	<b>Newburyport, MA, July 22, 2006</b>	
52 Denny Leblanc	35:09	63 MIKE SARRO	1:18:22
77 James Belanger	37:19	380 LYNN KISSELBACH	1:45:16
88 George Bisson	37:51		
114 Stan Klem	40:01	<b>20th Sapienza Memorial Race</b>	
152 Richard Gage	43:31	<b>Haverhill, MA, July 21, 2006</b>	
156 Skip Cleaver	43:47	107 LOUISE ROSSETTI	1:07:50
<b>USATF Eastern Region Masters</b>			
<b>T&amp;F Championships</b>			
<b>Springfield, Ma 7/22/06</b>			
1st M70 Bill Spencer 1500 meters		<b>19th Annual Jim Kane Sugar Bowl</b>	
5:44.54		<b>5 Miler</b>	
		<b>S Boston, MA, July 20, 2006</b>	
		1328 Louise Rossetti 86:35	
<b>Terry Dwyer Memorial Dublin 5k</b>			
<b>Dublin, NH, July 22, 2006</b>			
16 Jim Hansen	19:34	<b>Nostradamus Mystical Predict</b>	
19 Michael Wade	19:53	<b>Your Time 5K</b>	
25 Steve Wolfe	20:15	<b>Lowell, MA, July 18, 2006</b>	
26 Richard Stockdale	20:17	28 STEVE MOLAND	
35 Michael Wright	20:34	22:17.2	
47 Jim Velino	21:06	39 GEORGE BISSON	23:26.5
48 Tom Kolb	21:13	46 SCOTT STEVENSON	25:12.9
52 Karen Pattelena	21:31	51 SKIP CLEAVER	26:06.2
59 Walter Swanbon	21:49	67 HEIDI MACSWEENEY	28:39.0
68 Cathy Merra	22:18		
77 Jim Ecke	22:53	<b>Moose Milers 5K Trail Series #15</b>	
		<b>Nashua, NH, July 17, 2006</b>	
		1 JIM HANSEN	19:45
		5 PAM TRIESTHALAHAN	23:11
		<b>Lowell Mill City Triathlon</b>	
		<b>Lowell, MA, July 16, 2006</b>	
		5 ELIZABETH HALL	1:15:50

(Continued on page 23)

*(Continued from page 22)*

9 MIKE SARRO	1:17:49	44 James Belanger 27:16 298 Louise Rossetti 67:14	101 ANDREA PIERCE 40:41
<b>39th Bill Luti 5-Miler</b> <b>Concord, NH, July 15, 2006</b>		<b>Take the Lake 5K</b> <b>Wakefield, MA, July 9, 2006</b>	<b>Firecracker 5k</b> <b>Dunstable, MA, July 4, 2006</b>
19 Jim Hansen 32:05		292 BILL STURGEON 29:12	5 DAVID BEAULEY 17:45 16 MIKE WARD 20:01
167 Bob Welts 54:59			
<b>Berna's Great Legs 5k</b> <b>Lowell, MA, July 12, 2006</b>		<b>19th Annual Cranmore Hill Climb</b> <b>North Conway, NH, July 8, 2006</b>	<b>Sparkler 5K</b> <b>Merrimack, NH, July 4, 2006</b>
70 MARY MINAMI 29:53		24 Michael Wade 1:02:01 47 Richard Stockdale 1:11:14 56 Thomas Parker 1:12:14 82 Eldon Burkinshaw 1:24:34 88 Richard MacDonald 1:27:23	11 TYLER BRANNEN 18:07 29 JIM HANSEN 19:17 32 MICHAEL WRIGHT 19:38 40 RON KITA 19:58 52 MICK FORTIER 20:23 56 JONATHAN GREEN 20:41 62 ANTHONY MERRA 21:04 64 CATHY MERRA 21:08 85 MIKE MERRA 22:07 86 MICHELLE POUBLON 22:10 87 COURTNEY GREEN 22:11 89 TOM CONLEY 22:19 93 NORMAN LONG 22:27 97 P. TRIEST-HALLAHAN 22:38 109 YUKI CHORNEY 23:01 110 SAMY EL-GUEBALY 23:03 129 CASSANDRA WRIGHT 23:41 155 HEIDY MCGAFFIGAN 24:24 173 MELISSA WU 25:08 189 ALLISON RICHARDS 25:41 190 ED AUCLAIR 25:46 195 ROBIN ROCHA 25:52 197 RICHARD MACDONALD 25:54
107 LOUISE ROSSETTI 53:05			201 JOSHUA GREEN 26:04 208 ERIC CHORNEY 26:20 267 BILL STURGEON 29:11 273 BILL HALLAHAN 29:20 280 JULIE WRIGHT 29:29 288 SHU MINAMI 29:44 289 CHUCK ROSSIER 29:49 290 MIKE WHELTON 29:50 291 MARY-JO MINAMI 29:53 312 MARY SLOCUM 30:33 318 DEBRA GREEN 31:11 327 PATRICK MCGRATH 32:22 333 WILLIAM GOEBEL 33:27 338 JEFF AUCLAIR 33:43 368 MADELEINE LAROSE 36:01 385 DEBBIE AUCLAIR 39:26 405 ELLEN KOLB 45:25
<b>The EQUALIZER 5K</b> <b>Lowell, MA, July 11, 2006</b>		<b>19th Annual Cranmore Hill Climb</b> <b>North Conway, NH, July 8, 2006</b>	
21 DANIEL HOUSTON 20:22.9		24 Michael Wade 1:02:01 47 Richard Stockdale 1:11:14 82 Eldon Burkinshaw 1:24:34 88 Richard MacDonald 1:27:23	
24 MICHAEL LEARY 20:45.5			
40 STEVE MOLAND 22:04.5			
46 GEORGE BISSON 22:35.5			
76 SCOTT STEVENSON 25:50.7			
82 SKIP CLEAVER 27:14.7			
94 HEIDI MACSWEENEY 29:09.0			
<b>Moose Milers 5K Trail Series #14</b> <b>Nashua, NH, July 10, 2006</b>		<b>Portsmouth Harbour Trail 5K</b> <b>Road Race</b> <b>Portsmouth, NH, July 8, 2006</b>	
3 JIM HANSEN 19:17		179 Shu Minami 23:30	
4 MIKE WARD 20:07		189 Yuki Chorney 23:46	
6 PETER DE BRUYN KOPS 22:01		222 Stan Klem 24:29	
7 JOHN DIONNE 22:50		410 Eric Chorney 28:01	
16 C. DE BRUYN KOPS 25:06		471 Jane Levesque 29:28	
19 DIANA WARD 28:26		497 Mary Minami 29:57	
20 CAITLYN HICKEY 29:53			
<b>VIRGINIA MASON TEAM MEDIE-</b> <b>CINE HALF MARATHON AT</b> <b>SEAFAIR</b> <b>JULY 9, 2006, BELLEVUE, WA</b>		<b>Pathways for Keene 4 on the 4th</b> <b>Road Race</b> <b>Keene, NH, July 4, 2006</b>	
730 Mary Slocum 2:38:00		150 BILL ENGLE 33:31	
734 Madeleine LaRose 2:38:34		199 KATHY ENGLE 36:16	
<b>RYKA Iron Girl 10k</b> <b>Quincy, MA, July 9, 2006</b>		<b>Four on the Fourth</b> <b>York, ME, July 4, 2006</b>	
94 Bibi Artemiev 51:27:00		366 CHARLES LAWRENCE 36:05	
312 Beth Whipple 1:00:00			
497 Paula Kienert 1:08:43		<b>John Carson 2-Mile Road Race</b> <b>Chelmsford, MA, July 4, 2006</b>	
<b>Hugh Holt Memorial 5 Miler</b> <b>Raymond, NH, July 9, 2006</b>		67 Steve Wolfe 11:49	
11 Walter Swanbon 36:20		118 Daniel Houston 12:57	
<b>Khoury's Summer Steamer 4 Mile</b> <b>Road Race</b> <b>Somerville, MA, July 9, 2006</b>		195 Bill Spencer 14:05	
		202 Kaitlin Dresser 14:11	
		<b>The Great Harvard 4th of July</b> <b>Race</b> <b>Harvard, MA, July 4, 2006</b>	
		62 JIM ECKE 37:49	
			<b>Moose Milers 5K Trail Series #13</b> <b>Nashua, NH, July 3, 2006</b>

*(Continued on page 24)*

*(Continued from page 23)*

2 P. DE BRUYN KOPS 20:58  
 4 C. DE BRUYN KOPS 23:51

#### Khoury's 4.13 Miler

**June 29, 2006**

Louise Rossetti (80+) 58:23

#### Myles O'Smiles 5K Classic

**Lowell, MA, June 27, 2006**

30 GEORGE BISSON 22:27.5  
 49 SKIP CLEAVER 24:58.8  
 70 H. MACSWEENEY 28:11.2

#### Moose Milers 5K Trail Series #12

**Nashua, NH, June 26, 2006**

2 JIM HANSEN 19:36  
 3 STEVE WOLFE 19:46  
 9 JOHN DIONNE 22:46

10



PAM TRIEST-HALLAHAN 22:56  
 16 BILL HALLAHAN 30:59

#### Charlie Wallace 5K Road Race

**Fitzwilliam, NH, June 24, 2006**

31 Heidy McGaffigan 23:56  
 33 Shu Minami 24:44  
 42 Bill Engle 26:48  
 48 Kathy Engle 27:58  
 53 Mary Minami 29:43

#### Loon Mountain Race - USATF-NE Mountain Running Championships

**Lincoln, NH, June 24, 2006**

35 Michael Wade 1:10:17  
 40 Richard Stockdale 1:12:17  
 57 Thomas Parker 1:18:40

76 Eldon Burkinshaw 1:26:11

85 Richard MacDonald 1:31:58

#### 8th Annual Newfields 5K Road Race

**Newfields, NH, June 24, 2006**

4 Tyler Brannen 18:23  
 90 Melissa Wu 25:43  
 130 Bill Sturgeon 29:49

#### Splash, Mash & Dash

**Grantham (Eastman), NH, June 24, 2006**

27 Wayne McCleod 1:14:28.9  
 31 Steve Wolfe 1:15:15.8

#### Fiesta 5K

**Gloucester, MA, June 22, 2006**

162 Ed Donovan 27:14

#### Khoury's 4.13 Miler

**June 22, 2006**

Louise Rossetti 72:04

#### Affirmation Run 5K

**Lowell, MA, June 20, 2006**

30 KERRY ROLLINS 21:14.3  
 83 SKIP CLEAVER 25:00.8  
 84 AISLING O'CONNOR 25:02.0  
 106 HEIDI MACSWEENEY 28:22.0

#### Tyngsborough Father's Day 5K

**Tyngsborough, MA, June 18, 2006**

8 John Saunders 19:44  
 18 Kerry Rollins 21:55

#### 46th Mount Washington Road Race - 2006 U.S. Mountain Running Championship

**Pinkham Notch, NH, June 17, 2006**

132 Brian Stevens 1:30:23  
 154 Michael Wade 1:32:42  
 156 Richard Stockdale 1:32:53  
 168 Steve Wolfe 1:34:00  
 174 Brian Coates 1:34:17  
 203 Tom Kolb 1:36:40  
 393 Damian Rowe 1:46:58  
 406 Robert Ludwig 1:47:38  
 417 Daniel Houston 1:48:00  
 516 John Heden 1:54:07  
 518 Dick Bersani 1:54:07  
 558 Greg Neilley 1:56:45  
 567 Bill Springer 1:57:10  
 628 George H Bisson 2:01:24

682 Steve Moland 2:06:1

693 Bruce Brinkema 2:07:14

701 Deborah Miner 2:08:03

710 Skip Cleaver 2:08:58

732 Richard MacDonald 2:11:33

768 Marylu Klum 2:14:59

769 David Wendt 2:15:03

782 Lisa Christie 2:16:24

821 Cathy Schult 2:23:07

#### 15th Annual Old Home Day 5K Road Race

**North Hampton, NH, June 17, 2006**

26 Kelsey Hunt 20:35  
 54 Yuki Chorney 22:38  
 103 Eric Chorney 26:26  
 105 Ed Donovan 26:42  
 114 Shu Minami 27:21  
 151 Mary Minami 30:43

#### Exeter Recreation Discovery Day 5K

**Exeter, NH, June 17, 2006**

3 Jim Ecke 20:08.1  
 18 Andrea Pierce 21:54.5

#### Revere Moves 5-Miler

**Revere, MA, June 17, 2006**

52 KEVIN PONIATOWSKI 46:05

#### Khourys 4.13 Miler

**Somerville, MA, June 15, 2006**

Louise Rossetti 89:23

#### Rose Maguire's Great Women Chase 5K

**Lowell, MA, June 13, 2006**

8 John Paul Lewicke 20:07  
 58 John Lewicke 23:57  
 128 Heidi Macsweeney 28:00  
 135 Scott Stevenson 28:27

#### Grantie 5K

**Quincy, MA, June 11, 2006**

31 KEVIN PONIATOWSKI 31:03

#### Lowell YMCA Thorndike 5K

**Lowell, MA, June 11, 2006**

7 JOHN SAUNDERS 32:35  
 41 HEIDI MACSWEENEY 50:43

#### NETT - Sprint I Triathlon

**Hyannis, MA, June 10, 2006**

*(Continued on page 25)*



478 LYNN KISSELBACH  
1:23:14

**Northfield Mountain - USATF NE champs & La Sportiva/Golite circuit**  
**Northfield, MA, June 10, 2006**  
24 Richard Stockdale 45:53  
27 Michael Wade 47:06  
47 Thomas Parker 51:58  
82 Richard MacDonald 1:02:35

**The Jimmy Kennedy 5 Mile Memorial Squirrel Run**  
**Quincy, MA, June 10, 2006**  
183 Sara Klum 43:53  
184 Marylu Klum 43:56

**Market Square Day 10K**  
**Portsmouth, NH, June 10, 2006**  
316 Stan Klem 49:20  
513 Charles Lawrence 54:04  
596 Mildred Mugica 54:44

**FSMA Road Race**  
**Dracut, MA, June 10, 2006**  
19 Allison Richards 25:21  
42 Brian Richards 28:58  
158 Sean O'Neil 39:52

**Hollis Apple Country Fast 5K**  
**Hollis, NH, June 8, 2006**  
30 ETHAN DIONNE 17:30.6  
39 BRIAN COATES 17:46.5  
45 JIM HANSEN 18:00.9  
48 RAEILYN CROWEL 18:06.6  
51 TREVOR WARD 18:15.2  
58 RON KITA 18:29.6

59 JONATHAN GREEN	18:37.7	287 CAITLIN HICKEY	25:48.3
60 TED CAREY	18:43.7	295 LEEANN WARD	26:03.9
63 JAMES VELINO	18:49.6	297 MARY SLOCUM	26:05.4
74 DENNY LEBLANC	19:11.0	MICHELE FAGAN	27:00.0
81 KAREN PATTELENA	19:24.6	325 BOB WELTS	27:26.6
87 MICHAEL MERRA	19:34.6	331 DEBRA GREEN	27:37.8
88 THOMAS CONLEY	19:39.2	347 JANE LEVESQUE	28:49.1
90 JOHN HEDEN	19:41.2	357 MARY MINAMI	29:37.5
91 CATHY MERRA	19:43.1	376 M. LAROSE	32:17.4
99 JIM ECKE	19:55.1	393 RYAN LECOURS	36:36.1
107 JANICE PLATT	20:16.1		
109 BILL SPENCER	20:20.2		
113 MICHELLE POUBLON	20:28.5		
115 TAMMY GAFFEY	20:32.6		
119 COURTNEY GREEN	20:35.6		
121 JOHN DIONNE	20:42.0		
122 MOLLY MCCABE	20:43.6		
143 BRIAN SANBORN	21:21.7		
148 P. TRIEST-HALLAHAN	21:25.4		
162 BENJAMIN PLATT	21:49.9		
177 SHU MINAMI	22:16.9		
183 H. MCGAFFIGAN	22:25.1		
196 ELIZA LECOURS	22:48.2		
197 LAURIE KOFSTAD	22:51.1		
208 LINDA MADDEN	23:08.1		
209 ROBIN ROCHA	23:20.2		
226 EMILY STRONG	23:47.4		
230 ELIZABETH FAY	24:00.9		
235 BILL HALLAHAN	24:09.2		
250 GENIA SANBORN	24:29.0		
254 RICHARD ROY	24:33.2		
256 JIM VELINO	24:37.1		
258 DEBORAH ROY	24:40.0		
262 RICHARD GAGE	24:49.5		
271 JULIE BOILARD	25:18.4		

**Khoury's 4.13 Miler**  
**Somerville, MA, June 8, 2006**  
Louise Rossetti 74:26

<b>Still We Believe 5K</b>	<b>Lowell, MA, June 6, 2006</b>
51 STEVE MOLAND	21:58.3
81 STAN KLEM	23:57.2
93 SKIP CLEAVER	25:14.5
117 HEIDI MACSWEENEY	28:14.4

<b>Pack Monadnock 10 Miler</b>	<b>Wilton, NH, June 4, 2006</b>
36 Michael Wade	1:19:52
45 Jim Hansen	1:22:02
47 Richard Stockdale	1:23:43
53 Tom Kolb	1:25:34
54 Mick Fortier	1:25:44
82 Tom Parker	1:29:23
92 Dick Bersani	1:31:49
99 John Lewicke	1:32:55
116 Greg Neilley	1:37:27
121 Samy El-Guebaly	1:38:49
122 Deborah Miner	1:39:01
141 Heidy McGaffigan	1:44:59
142 Shu Minami	1:45:04
149 Richard Macdonald	1:45:59
151 Edward Auclair	1:49:30
152 Marylu Klum	1:49:36
161 Skip Cleaver	1:54:20
165 Allan Sabiski	1:59:25



**Mooseman Half & International Distance Triathlons & Aquabike-2006**  
**June 3-4, 2006**

(Continued from page 25)



74 Jeremiah Fitzgibbon 4:51:51  
105 Brian Bigelow 2:21:29  
226 Carl Hefflefinger 4:48:50  
451 Bill Kellar 2:45:11

**28th Jackson Covered Bridge Footrace**  
**Jackson, NH, June 3, 2006**

16 Michael Wade 40:36  
20 Richard Stockdale 41:26  
27 Tom Kolb 42:35  
41 Ted Carey 44:49  
46 Jim Velino 45:20  
72 Janice Platt 48:15  
88 Mark Sage 50:35  
94 Tom Conley 51:18  
104 Thomas Parker 52:13  
148 Bill Engle 57:26  
150 Skip Cleaver 57:57  
178 Kathy Engle 1:03:57

**Annual Race For Community Health 5k**

**Derry, NH, June 3, 2006**

14 Cathy Merra 21:32

**First Annual Hitchcock Hikers**

**5 Mile Road Race & Walk**

**Keene, NH, June 3, 2006**

24 Shu Minami 41:28  
43 Mary Minami 51:16

**Sandbaggers Special 5K**

**Lowell, MA, May 30, 2006**

80 SKIP CLEAVER 25:05.7

**28th Memorial Day Road Race 10k**

**Arlington, MA, May 29, 2006**

22 BILL SPRINGER 46:11

**Moose Milers 5K Trail Race Series #8**

**Nashua, NH, May 29, 2006**

2 STEVE WOLFE 19:29

**Women Run the World 15K**

**Orlando, FLorida May 7, 2006**

Pat Kiesselbach 1:31:18

**Run for the Gecko 5K**

**Melbourne, Florida May 13, 2006**

Pat Kiesselbach 26:47



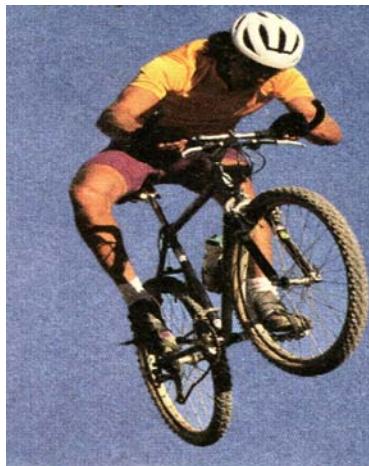
**William Kellar, M. Ac.  
Licensed Acupuncturist**

**Bigelow Chiropractic Wellness Center  
Phone: (603) 566-1842**

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E-mail: brianb249@comcast.net  
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**Strider Discounts**

Being a member of the Striders entitles you to various discounts. For example, Runners Alley in Manchester gives a 10% discount to members. Similarly, items purchased through Road Runners Sports results in a payment to the Club that reduces our expenses. See all the details at the Clubs Web Site.



# Gate City Strider

Member Application and Membership Renewal Form

Mail To: Gate City Striders, PO Box 3692, Nashua NH 03061

First Name	
Last Name	
Address	
Town	
State	
Zip	
Gender	
Date of Birth	
Phone	
Email Address	
Delivery method for Newsletter	Please CIRCLE your selection Hardcopy or Electronic

Membership Type      NEW     Single 1 year \$25  Single 2 years \$50  Single 3 years \$75   
                            Family 1 year \$30  Family 2 years \$60  Family 3 years \$90   
Renewal     Youth 1 year \$10  Youth 2 years \$20  Youth 3 years \$30

(Family membership means in same household)

If Family membership, please list all members who may participate in club activities.

First Name	Last Name	Gender	Birthdate	Email Address

## WAIVER,

I know that running, volunteering at Gate City Strider (the "club") races and participating in club events are potentially hazardous activities. I should not enter, run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete a run or take part in any event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with another person, high heat and/or humidity, the conditions of the road and traffic on a course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration for the Gate City Striders accepting my application for membership of a renewal of membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gate City Striders Inc, and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of a person or entity named in this waiver. (Parent/Guardian must for those under age 18)

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_