

StriderWear

The Gate City Striders offer a wide variety of athletic clothing and accessories so that everyone will



know you are a proud Strider. Striderware will be available for purchase at most Wednesday Night Workouts in Nashua, at our monthly meetings, and at selected Gate City Strider races. Kathy may also be reached at home at 465-3868 or by email. Print out the Order Form from <http://www.gatecity.org> and bring it to the track. •

Strider Discount Program

An important new benefit for all Striders is getting off the ground - the Strider Discount Program. This program enables Striders to purchase many running related items, such as shoes, clothing, stop watches, and even trips to far-off races at a discount over regular prices. In addition, a percentage of each sale will be returned to the club treasury to support various club activities.

The first three companies to participate in the Strider Discount Program are:

FitSense: manufacturer of the FitSense FS-1 Training Watch. The FS-1 is a combination of a chronometer (stopwatch) and pedometer. The chronometer is far more powerful than most and the pedometer far more accurate than conventional pedometers, which require precise calibration. Data from the FS-1 can be loaded into your computer for storage and analysis. An optional heart rate monitor is also available. Coach Dave Camire currently has a highly favorable review of the FS-1 posted on his Cool Running web site: www.coolrunning.com. FitSense will give Striders a 20% discount on the FS-1 and accessories, plus return 10% back to the Striders treasury.

Go to their web site at www.fitsense.com and use the promotional code 'gcs507' to get your 20% discount on any order. You can also order by calling toll free 1-800-419-3667. Remember that you must use the promotional code to get the discount!

A comment from a satisfied customer

My wife surprised me with the Fit Sense watch for Christmas. This is the watch that tells you your speed, distance, average speed and everything you would want to know. It is really cool and easy to wear and read. Anyhow she ordered just the basic watch without the link to the computer or the heart monitor. And she did it without the Strider discount. Not only am I impressed with the watch but I am impressed with the company. I e-mailed them telling

them that the Striders 20% discount wasn't applied. (They also would send 10% to the club.) I also asked about getting the computer link and the heart strap. They would cost an additional \$140 more at this point because Sarah had not bought everything as a package. I was surprised when they promptly e-mailed back and said they would apply the Striders discount going back to the original purchase and sell the two extras at what it would have cost as a package deal too! So I only had to pay about \$40 extra to get the full deal. As I was told on their reply, "We aren't a big multinational faceless corporation yet!" Nike sells a similar watch, but do you think they would do this extra for me? Anyhow, its a great watch and I keep finding more things that it does as I run (although I am unfortunately finding that most of my courses are just a tad bit shorter than I thought.) Good company and customer service, too!

Jim

GHSports: an internet retailer of running and sports clothing. They will give Striders a 20% discount on all purchases while returning 7.5% back to the Striders treasury.

Go to their web site at www.ghsports.com/ghsports/StoreFront.bok?affiliate_no=26 to get your 20% discount on any order. (If you just go directly to www.ghsports.com, without entering the remained of the link above you will not receive the discount.)

Passport To Adventure: PTA is a travel agency specializing in sports-related events. They provide running vacations for events such as the Berlin Marathon, Alaska Marathon, Disney Marathon, Mardi Gras Marathon, Antarctica Marathon, etc. Discount rates are currently being negotiated and full info will be published in the next newsletter and on the Strider web site (www.gatecity.org) as soon as negotiations are complete. {www.passporttoadventure.net}

RUNNERS ALLEY

Runner's Alley, NH's Only Running Only Store, has recently opened a second location on Hanover Street in the heart of downtown Manchester. Runner's Alley has been offering knowledgeable, personalized service and quality products to the Portsmouth area for over four years and is now offering the same for Manchester and surrounding communities. Shoes lines currently carried include Brooks, New Balance, Adidas, Asics, Mizuno, and Saucony. Clothing lines include Sporthill, Sugoi, Hind, Pearl Izumi, and much more. Fall store hours are Mon – Wed, and Fri, 10 AM to 6 PM, Thurs 10 AM to 8 PM and Sat 10 AM to 5 PM. You can reach Runner's Alley by logging on to www.runnersalley.com or calling 603.606.6949. Keep an eye out for group runs to start in the spring. Gate City Strider members are entitled to a 10% discount on all merchandise! Stop by and welcome Jeanine, Scott and Jim to the area.

ANNUAL PARTY AWARDS

I'd sooner run 5 extra miles at the end of a marathon than be faced with choosing who from our many volunteers to honor at our annual winter party. Having the other members of the Eboard equally share those decisions doesn't seem to lighten the weight of the choices. What helps, however, is the thought that there really are so many member who deserve the honor. The new member award this year was given to two members Lillemor Hamnqvist and Susan Picard because their name appeared quite often on the sign-up sheets on Wednesday night and regularly in the list of those helping out at other times. We normally only chose one member but a coin toss wouldn't have been appropriate. Our club was certain lucky when they chose to join it. The member of the year, was someone who didn't attend the winter party so we couldn't honor him properly. Even if he had attended, he would have patrolled the perimeter as he does at the weekly runs at NHS or at Penichuck in the winter. Kevin Reynolds is most often the first to show up at an event and darn near always the last to leave. Kevin always asks what needs to be picked up or dropped off. Some of you may know Kevin as the sandman. He keeps the corners and slippery spots of the Freeze Your Buns course manageable. Our way around the NHS track on the final night for the last years has been lit by Kevin's sandbag candles. This year the candles were even spaced meticulously. It was a delight to hear the applause at the party when

Kevin's name was mentioned. That level of delight is only exceeded by Kevin's expression when I've told him what he can do to help so often in the past few years. Our final award this year, a life time award, went to Bill Spencer for his long record of service to the club and the running community. Bill not only puts in lots of time on club activities, he is also a constant source of information about running activities. Plenty of what you saw in the newsletter when I was the editor was there because Bill ferreted out the details. He also supplied lots of pictures. Bill often can be found at JR High and High school meets all around the Nashua area as he follows the offspring of many club members. The NH State records are kept and organized by Bill. Announcers at races all over New Hampshire have Bills help because Bill is there and reports that record breaking performances have just taken place. That's just some of the ways that Bill helps our sport with encouragement. Many know that Bill works with the running kids of the greater Nashua area, but some may not know that he does that every Monday and Thursday from April to October, and then he runs at track on Wednesday night. Currently, Bill is our Newsletter editor, a position that he took over after his term of club president was done.

(Continued from page 4)

Walter and Traci Swanbon, Bob and Christina Thompson, Peg Turcotte, Mike Ward, Kirsten and Brian Werne, The Weysham family, Brian Withers Please join me in thank the Backbones of our club.