



**Editor's Column  
By Bill Spencer**

This issue of the Newsletter tries to recognize many of the people that contribute to the success of the Club. The President's Column lists many of the individual's that he sees on a regular basis, and I'm sure that some were missed. Pages five and six expand on some of activities that these particular Striders that have done to earn a BAA

bib number. On pages seven and eight are several examples of how we have helped the greater Nashua Community meet some of it's needs. Club members, both young and old, have received recognition for their running accomplishments last year. Many of those are listed on pages twelve and fifteen.

The next general meeting of the Club is on February 20th at the Merrimack YMCA. It's at that meeting that you get to elect new members to the Executive Board. Outgoing members are Kirsten Werne, Stan Klem, Julie Hanover and Mike Haggerty. They deserve our thanks for the hard work and effort that they devoted to keeping our Club running smoothly.

Thanks also go to Sandy Machell for coordinating the Strider Wear for the Club. She is turning that responsibility over to Kathy Kirby. Kathy is one of those members that Steve talked about. She is always ready to step in and help, having been a past E Board member and Team Captain in the past.

I would also like to thank the many Striders that helped me with the Youth program. Some of you had children in the program, while others did not. This year's program will start sometime in April and continue through the Fall. If any members would like to assist me, please let me know. For those Youth members looking for group runs, see the note on page twelve regarding weekly workouts in Amherst and Mine Falls.

Lastly, don't forget the Freeze Your Buns series. There are three more races in beautiful Litchfield.

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders  
PO Box 3692  
Nashua NH 03061.

Visit our Web Site  
**WWW.GateCity.0rg**

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**  
3rd Wednesday of month.

**Track workouts**  
Wednesday nights, Nashua High, April thru October. Weekly runs at Penichuck JH starting the end of October

