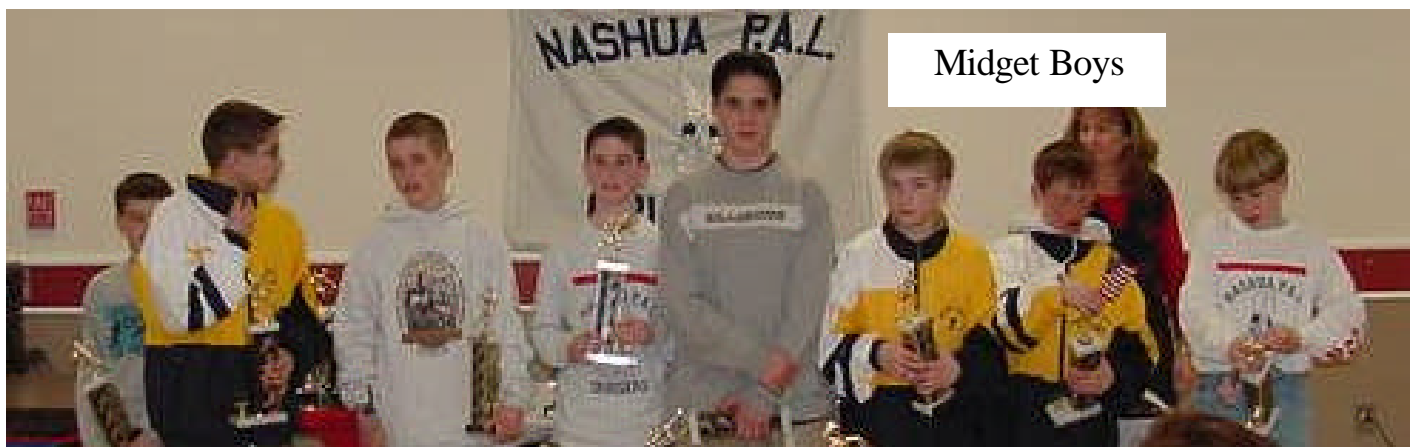


PAL AWARDS BANQUET



Midget Girls



Midget Boys



Bantam Girls

StriderWear

The Gate City Striders offer a wide variety of athletic clothing and accessories so that everyone will know you are a proud Strider.



Sandy Machell has recently taken over as Keeper of the Threads from Damian Rowe. Thanks Damian, for three years of great service to the Striders.

Striderware will be available for purchase at most Wednesday Night Workouts in Nashua, at our monthly meetings, and at selected Gate City Strider races. Sandy may also be reached at home at 465-2814 or by email. Print out the Order Form from <http://www.gatecity.org> and bring it to the track.

Freeze Your Buns 2000-2001

The following people have qualified for a custom designed long sleeve Tee Shirt by virtue of having: directed one of the FYB races, or run in or volunteered at all the series races. Please Contact Steve Moland at 882-2067 to give him your preferred shirt size

Description	Price	First Name	Last Name
Team Jacket	\$50	Hattie	Bernstein
Running Shorts	\$20	TJ	Boucher
Racing Singlets	\$20	Todd	Boucher
Lycra Shorts	\$20	Dave	Breedan
Jog Bras	\$20	Al	Broggi
Golf Shirts	\$10	Eldon	Burkinshaw
Sports Bags	\$30	Sachiko	Burkinshaw
Hardman "The Ultimate" Sport Bag	\$40	Carol	Carson
Long Sleeve T-Shirts	\$15	Chantal	Croteau
Kids T-Shirts	\$10	Teanna	Croteau
Kids SweatShirts	\$10	Michael	Dodge
Kids SweatPants	\$10	Peter	Donahue
		Richard	Doyle
		Jim	Ecke
		Pam	Hall

(Continued on page 15)

(Continued from page 14)

Roger	Hall
Carl	Hefflefinger
Robin	Hickey
Mike	Levesque
Annette	Marchand
Julie	Marcum
Shu	Minami
Joyce	Oberholtzer
Susan	Picard
Tom	Raiche
Kevin	Reynolds
Jerry	Rocha
Damian	Rowe
Allan	Rube
Elaine	Rush
Joe	Rush
David	Salvas
Shaun	Scanlon
Judy	Slane
Nicole	Slane
Bill	Spencer
Richard	Stockdale
Peter	Vendituoli
Michelle	Weysham
•	

to apply will be forthcoming. The runners are:

B.J. Bottomley
Skip Cleaver
Ed Donovan
Jason Farr
Mike Hagerty
Jim Hansen
Wayne Hilson
Chris Howard
Ron Johnson
Aline Kenney
Terry Kenney
Mike Levesque
Heidy McGaffigan
Shu Minami
Ed Sheldon
Brian Stevens
Bob Thompson

Congratulations on making the cut. I see many repeat mountain climbers in this group, and for the life of me, wonder how they can do it. •

Demar Marathon
9/22/91

Viet Tran	2:58:16
Leo Lashck	2:59:47
Tom Conley	3:06:00

Applefest
10/12/91

Walter Swanbon	1:25:48
John Lysik	1:26:20
Bill Kellar	1:31:18
Dave Williams	1:37:09
Traci Swanbon	1:45:17
Marylu Klum	1:56:01

Tufts 10K
10/14/91

Jane Levesque	43:40
Sue Rube'	47:20

Chicago Marathon
10/27/91

Bob Beers	3:13
Bill Gray	3:19
Dave Sargent	3:19
Peter Paelinck	3:38
Skip Cleaver	3:48

Marine Corp Marathon
11/3/91

Mike Ward	2:56
George LeCours	3:02
Ernie Henderson	3:42
Lisa Klasman	3:47

**MT WASHINGTON
ACCEPTANCES**

**RESULTS FROM THE
PAST**

Nashua United Way
9/21/91

Justin Curtis	16:48
John Lysik	17:41
Bill Gray	18:27
Skip Cleaver	19:45
Bill Kellar	19:59
Al Burt	21:27

The following Gate City Striders have been accepted to run in this year's Mt Washington Road race. For those that were not accepted, the Club will have some additional entries that will be awarded by the E-board. Details on these entries and how

Race Results

Run For The Border 10 Miler

Kittery, ME 3/25/01

Kristen Ewing 1st Overall
Jane Levesque 1st Senior
Kristen Ewing 1:12:31
Michael Dodge 1:15:34
Steve Moland 1:21:51
Jane Levesque 1:23:40

Eastern States 20 Miler

Kittery, ME 3/25/01

Kevin Beck 1:50:33
Jim Belanger 2:12:32
Jack Noyes 2:15:09
Chris Howard 2:19:51
Steve Flynn 2:25:31
Michele Phaneuf 2:26:08
Jeffrey Brown 2:27:42
Pamela Hall 2:31:48
Dick Miller 2:36:39
Brenda Bolan 2:38:17
Jason Farr 2:41:11
Andy Prolman 2:45:45
Lee Dickey 2:50:11
Michael Levesque 2:53:25
Stan Klem 2:53:25
Richard Doyle 2:53:26
Donna Edwards 2:55:01
Greg Neilley 3:04:36
Nancy Meadows 3:55:49

Rebhayin Romp 10K

Newton, MA 3/25/01

Allan Rube 43:36

Charbo's Run 5 Miler

Dorchester, MA 3/25/01

Heidi McGaffigan 38:02
Yuki Minami 38:38
Shu Minami 39:56
Rich MacDonald 47:40
Mary Minami 53:14

National Masters Indoor Track & Field Championships

Boston, MA 3/25/01

M45-49 Mi Tom Kolb 5:14.86
M65-69 Mi Bill Spencer 5:40.26
M30-34 3K Kevin Beck 8:54.94
M45-49 3K Tom Kolb 10:30.27
M65-69 3K Bill Spencer 11:23.67
M65-69 3K Bill Engle 12:52.84

Panther Sap Run 5K

Pittsfield, NH 3/24/01

Nicole Slane 1st Overall
Zach Emerson 18:39
Dave Birse 19:26
Nicole Slane 20:13
Chantal Croteau 21:22
Joey Rizzo 21:51
Teanna Croteau 29:04

New Bedford Half Marathon

New Bedford, MA 3/18/01

BJ Bottomley 1:13:50
Jim Belanger 1:22:07
Dave Contrada 1:41:24
Dave Breeden 1:44:49
Doug Miville 1:58:03
Susan Rist 2:14:18
Marjorie Morse 2:15:13
Randy Shepherd 2:20:23

St Patrick's Day 5K

South Boston, MA 3/18/01

Louise Rossetti 36:52

An Ras Mor 4 Miler

Somerville, MA 3/17/01

Heidi McGaffigan 1st Senior
Louise Rossetti 1st 70+
Allan Rube 27:57
Yuki Minami 29:41
Heidi McGaffigan 30:22
Shu Minami 31:54
Pat Mikulis 37:41
Mary Minami 59:53
Louise Rossetti 59:53

Knights of Columbus 5 Miler

Raynham, MA 3/11/01

Jim Quadros 1st Overall
Jim Quadros 26:19

Law Enforcement 3 Miler

Melrose, MA 3/11/01

John McGrath 18:20
Colleen Law 24:06
Terry Kenney 25:12
Lien Ward 29:13
Louise Rossetti 40:26

Law Enforcement 13.1 Miler

USATF NE Championship

Melrose, MA 3/11/01

Male Open Team 13th Place

Male Masters Team 11th Place

Male Seniors Team 11th Place

Female Open Team 21st Place

Female Masters Team 10th Place

Kevin Beck 1:10:45
Ed Sheldon 1:15:57
Tom Doody 1:16:19
Brian Bigelow 1:23:51
Carl Hefflefinger 1:28:19
Jack Noyes 1:29:41
James Garrett 1:30:26
Trevor Ward 1:33:50
Mike Hagerty 1:35:24
Brenda Bolan 1:36:36
Allan Rube 1:38:09
Dick Miller 1:39:30
David Wendt 1:39:47
Richard Doyle 1:40:33
Eldon Burkinshaw 1:40:37
Michael Levesque 1:44:11
Donna Edwards 1:45:37
Stan Klem 1:48:07
Shu Minami 1:48:57
Steve Moland 1:51:19
Jane Levesque 1:52:43
Daniel Mitton 1:55:21
Aline Kenney 1:56:04
Pam Ubillos 1:56:14
Richard Gage 2:22:39
Nancy Meadows 2:30:27

Claddagh Pub 4 Miler

Lawrence, MA 3/5/01

Heidi McGaffigan 1st Senior

Yuki Minami 29:45
Rich MacDonald 29:58
Heidi McGaffigan 30:14
Shu Minami 31:18
Mary Minami 38:30
Randy Shepherd 40:00
Nick Anastasi 50:17

Stu's 30K

Clinton, MA 3/4/01

James Henmueller 1st Master

Kevin Beck 1:48:34
James Henmueller 1:55:44
Jim Belanger 2:00:10
Jack Noyes 2:01:56
Bill Freeman 2:02:25
Brian Bigelow 2:04:53
Ron Kita 2:16:32
Kate Jackson 2:17:47

Mike Hagerty 2:21:28
Allan Rube 2:25:25
Dick Miller 2:28:21
Donna Edwards 2:36:19
Thomas Parker 2:45:00
Lee Dickey 2:49:15
Nancy Meadows 3:54:44

Khoury's 4.13 Miler
Somerville, MA 3/1/01
Louise Rossetti 57:09

Hyannis Marathon
Hyannis, MA 2/25/01
BJ Bottomley 1st Open
BJ Bottomley 2:41:16
John McComb 3:38:55
Brenda Bolan 3:52:17
Lee Dickey 3:56:28

Town & Country 10 Miler
Amherst, MA 2/25/01
Matt Castner 1st Junior
Matt Castner 1:05:28
Dave Contrada 1:20:45

Blue Angels Half Marathon
Pensacola, FL 2/24/01
George Darden 1st Overall
George Darden 1:10:40

Khoury's 4.13 Miler
Somerville, MA 2/22/01
Louise Rossetti 1:03:02

USATF NE Indoor Track
Boston, MA 2/18/01
800M 35 Dan Reinhold 2:07.0
1 Mile 39 Tom Kolb 5:19.4
3K 8 Kevin Beck 8:53:4
3K 30 Keith O'Brien 9:41.2
5K 19 Jim Rhoades 16:42

Wampanoag 10 Miler
Foxboro, MA 2/18/01
Allan Rube 1:11:49

Martha's Vineyard 20 Miler
Oak Bluffs, MA 2/17/01
Mike Hagerty 2:28:24
Brenda Bolan 2:36:19
Donna Edwards 2:46:31
Nancy Meadows 3:55:11

Freeze Your Buns 5K
Litchfield, NH 2/11/01

Nicole Slane 1st Overall
Bill Spencer 1st Veteran
Susan Picard 1st Master
Sachiko Burkinshaw 1st Veteran
Elaine Rush 1st Submaster
Andy Croteau 1st 70+

Nicole Slane 20:36
Damian Rowe 21:18
Bill Spencer 21:42
Jim Ecke 21:58
Chantal Croteau 22:18
Colleen Law 24:53
Julie Marcum 25:27
Michelle Weysham 26:13
Katie Ryan 27:27
Susan Picard 28:21
Stephen Bryant 28:53
Theresa McMahan 29:26
Teanna Croteau 29:28
Sachiko Burkinshaw 29:43
Shaun McMahan 30:20
Elaine Rush 30:40
Joyce Oberholtzer 31:59
Andy Croteau 36:39
Robin Hickey 36:40

Freeze Your Buns 5 Miler
Litchfield, NH 2/11/01
Peter Venditoui 1st Submaster
Rich Stockdale 1st Senior
Eldon Burkinshaw 1st Veteran
Hattie Bernstein 1st Senior

Peter Venditoui 31:33
Carl Hefflefinger 32:16
Joseph Rush 32:19
Richard Stockdale 33:39
Michael Dodge 35:26
David Salvas 36:36
Eldon Burkinshaw 36:50
Allan Rube 37:03
Dave Breeden 37:46
Shu Minami 38:55
Bill Engle 39:37
Shaun Scanlon 41:01
Hattie Bernstein 44:37

Paddy Kelly 5 Miler
Brockton, MA 2/11/01
Julianne Noonan 55:13

Windblown Snowshoe 5K
New Ipswich, NH 2/11/01
Michael Amarello 37:25

Boston Volvo 5K
Brighton, MA 2/11/01

Maurice Noonan 31:10

Valentine Day 5 Miler
Bradford, MA 2/10/01
Kerri Mooers 1st Open
Eldon Burkinshaw 1st Veteran
Heidi McGaffigan 1st Senior
Sean Donnelly 30:47
Allan Rube 35:16
Kerri Mooers 35:37
Kevin Hodge 36:05
Rich Cardin 36:05
Bob Peretti 36:19
Eldon Burkinshaw 36:30
Heidi McGaffigan 37:21
Shu Minami 40:12
Lillemor Hamnqvist 43:16
Emily Strong 45:39
Kathleen Treggiari 54:37
Marie Mullins 55:14
Julianne Noonan 57:03
Crystal Giggi 57:04

Valentine Day 6K
Bradford, MA 2/10/01
Dave Birse 1st Master
Nicole Slane 1st Junior
Matthew Simpson 23:03
Dave Birse 23:17
Nicole Slane 24:23
MaryBeth Donnelly 25:26
Yuki Minami 27:02
Rich MacDonald 27:25
Judy Slane 30:57
Marylu Klum 31:37
Susan Rube 31:47
Jacob Rube 34:16
Mary Minami 35:26

Log Cabin 10K
Fitchburg, MA 2/4/01
Allan Rube 41:32
Carol Robichaud 53:31

MidWinter 10 Mile Classic
Cape Elizabeth, ME 2/4/01
Pamela Hall 1st 45-49
Bill Freeman 1:07:47
Pamela Hall 1:12:09
Michael Dodge 1:12:35
Brenda Bolan 1:13:49
Donna Edwards 1:20:19
Jane Levesque 1:24:59
Nancy Meadows 1:53:18
Ken Robichaud 1:58:27

Penguin Classic 3.4 Miler

(Continued on page 18)

(Continued from page 17)

Wakefield, MA 2/4/01

Nicole Slane 1st 12 & Under

- Sean Donnelly 19:37
- Jim Belanger 20:15
- Nicole Slane 22:27
- Tom Mignosa 23:18
- MaryBeth Donnelly 23:36
- Heidi McGaffigan 24:32
- Rich MacDonald 24:45
- Joe Suslovitch 24:57
- Dave Breeden 24:59
- Yuki Minami 25:12
- Shu Minami 25:30
- Genia Sanborn 27:58
- Brian Sanborn 27:58
- Judy Slane 28:03
- Mary Minami 33:05
- Maurice Noonan 34
- Julianne Noonan

Jim Quadros 15:47

If you run a race outside of NH, ME, MA, & VT send the results to: webmaster@gatecity.org for inclusion in the newsletter.

Several off our club members were key members of their college teams.

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team which h
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9:12.84
15:16.96

ack team. He has been sele
the USA Maccabi team to represe
the USA at the World Maccabi
Games in Israel this July. He expects
to compete in the 400m intermediate
hurdles and the 4x400m relay. The
coach responded to his application fo
the team by commenting that the U^s
hasn't won a medal in the interme
urdles since 1978 when he co
d won a bronze and it is abv

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S M T W T F S

APRIL

1	2	3	4 Track workouts 6:00 Nashua	5	6	7
8 Alex Run for Food 5k Nashua	9	10	11 Track workouts 6:00 Nashua	12	13	14 Merrimack River Run
15	16 Boston Marathon Kids Heart-	17	18 Track workouts 6:00 Nashua	19	20	21
22 Red Shoe Barn Rochester	23	24	25 Track workouts 6:00 Nashua	26	27	28
29 James Joyce Ramble 10k	30 Kids USATF Track workouts Nashua					

S M T W T F S

MAY

		1	2 Track workouts 6:00 Nashua	3 Kids & USATF Workouts Nashua	4	5 Parkers Run 11:00r
6 Pauline Albert 5k Nashua	7 Kids USATF Track workouts Nashua	8	9 Track workouts 6:00 Nashua	10 Kids & USATF Workouts Nashua	11	12 Foothealth 5k NHGP
13	14 Kids USATF Track workouts Nashua	15	16 Track workouts 6:00 Nashua	17 Kids & USATF Workouts Nashua	18	19 Bedford 12k NEGP
20	21 Kids USATF Track workouts Nashua	22	23 Track workouts 6:00 Nashua	24 Kids & USATF Workouts Nashua	25	26
27 Redhook 5k Portsmouth	28 Kids USATF Track workouts Nashua	29	30 Track workouts 6:00 Nashua	31 Kids & USATF Workouts Nashua		



Gate City Striders Membership Application Form

This is a (circle one) : New Membership Membership renewal

Membership type (circle one) : Single(\$20) Family(\$25)

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Address _____

City _____ State ____ Zip _____

Home Tel _____



Optional (we won't hold you to the next 2 items!)

I'd like to volunteer at GCS events(Yes/No): _____

I'd like to help with the newsletter(Yes/No): _____

I know that running, volunteering at club races and participating in Gate City Striders events are potentially hazardous activities. I should not enter and 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 the run or to take part in the event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for 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 from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please note that \$1.25 of the annual dues is for a subscription to the Road Running Club of America's quarterly magazine, FootNotes for one year.

Signature required for all persons on this application (Signature of parent or guardian if under age 18).

Name _____ Signature _____ Date _____

GATE CITY STRIDERS
PO Box 3692
Nashua NH 03061

