

Upcoming Events

Hike Mount Moosilauke Sunday August 20

Winnepesaukee Relay Saturday September 23

Kevin and Lisa's Klasman , invited you to join them, for an easy hike on Mount Moosilauke on Sunday, August 20. The schedule is a 7 a.m. departure from the 99 Restaurant off Exit 7 in North Nashua (commuter parking lot) and departure from the trailhead at 9:30 a.m. This time the book says it is a six-miler in 4 hours and 30 minutes, with a 2,400 foot vertical climb. That makes it a pretty easy climb, and it has nice views. We hope you will join us!

Kevin and Lisa have offered a swim and barbecue at their condo clubhouse and "swimmin hole" afterwards. That's near Waterville Valley, and given the timing, that should still get us home at suppertime. If you are interested, please let the Klasman's know at 603-465-2952. Please bring you own lunch for the hikes, plus snacks and desserts for the picnic. We'll provide the hot dogs and hamburgs, etc!

**A great running and social event.
Great run, great cookout.**

Call your team captains
if you want to participate on a team.

Last year after both the Winne relay and Mill Cities relay a number of club members expressed disappointment that they didn't get called. Well, if you sit home in silence this year again, doing nothing yourself to proactively get on a team and are relying on someone to call you,..... you may miss out again.

Tell you what I'll do. If you find the telephone to be an ineffective back and forth means of contacting active out-of-the-house people, you can send me an email at steve@accessp.com expressing your desire to run on a team and I'll get your request to your team captain.

In your Email, include your name, age, distance preference and your phone number and the latest hour in the evening which you may be called.

AppleFest Half Marathon Saturday October 7 The BEST Fall race in New England

Food

Good news, all! Planning for Applefest has already begun. A lot of ground work is done in the summer APPLEFEST - apps, shirts, discussions with the town, etc.

I didn't want to take you by surprise in the fall so, I thought I'd put in a word about FOOD now. That's what it's all about, anyway, right?

Just wanted to remind you to mark the date - October 7th. There will be sign-ups at track after Labor Day for volunteers, bakers, buyers and phone callers. You can also contact me at

judlannic@aol.com

We serve the best post-race food around but it takes a lot of people to put on a great spread. Please consider working with us this year !!

Thanks
Judy Nicholson

Course, Facility, Event Management help

We hope to have this year's event run as smooth as last year and **Emily Strong** is again coordinating all the non-food volunteers.

Please contact her early to indicate that you will help.

Even if you plan to run the race yourself there are some things you can help with. Many Striders help before and after they run and that makes it fun for all concerned.

We can use folks who come early and leave early as well those who prefer to arrive later. We can find a slot for you.

We need pickup trucks and trailers for course equipment and for moving water containers, cartons and bagged trash.

To help us manage an other successful Applefest, call **Emily Strong at 595-7149** or send her an email at emily.strong@lmco.com

Past Social Events

WE BEAT THE BOOK!

By Dave Williams

Maybe it's a matter of pride. After all, we are all in-shape runners, right? The book (*AMC White Mountains Trail Guide*) says that it will take 6 hours and 15 minutes of hiking to cover the 9.5 miles over North and South Hancock Mountains - both 4000+ footers. So we **beat the book!** We did it in 6:08, including a lunch stop and a couple of scenic overlooks!

The "we" that did this hike on July 23 were Kevin and Lisa Klasman, Janice Olsen, Melanie Kalafatis, Emily Strong, Terry and Aline Kenney, and Dave Williams. We left Nashua under clear, blue skies at 7 a.m. and started hiking off the Kancamangus Highway at 9:35. By Noon we were on North Peak, enjoying lunch and looking across the Pemigewasset Wil-

derness at Mount Garfield, with Lafayette and Lincoln in the distance, in between passing clouds. Though temperatures were a comfy mid-70's, the exercise generated an appetite for ice cream cones in Lincoln en route home in time for a late supper. Let's do it again!

Strider's Summer Outing at Wasserman Park



Youth Results

Fitness University Cross Country Results

PLACE	TIME	First Name	Last Name	Age	PLACE	TIME	First Name	Last Name	Age
<u>BANTAM GIRLS</u>					<u>MIDGET BOYS</u>				
1	14:49	Lindsay	Panny	9	1	15:29	Anthony	Merra	12
2	18:12	Kaitlin	Rush	8	2	16:08	Ben	Roberts	11
<u>BANTAM BOYS</u>					<u>MIDGET GIRLS</u>				
1	13:58	Chris	Merra	10	3	16:24	Michael	Peabody	11
2	14:42	Alex	Prolman	9	4	17:16	Craig	Pelletier	11
3	14:50	Alexander	Werne	9	5	18:08	Michael	Neville	12
<u>MIDGET BOYS</u>					<u>MIDGET GIRLS</u>				
1	15:47	Nicole	Slane	11	6	18:39	Andrew	McQuaid	12
2	16:30	Juline	McGuirk	11	7	19:34	Chris	Nagle	11
3	17:05	Michelle	Weysham	12	8	19:37	Patrick	Sinnott	11
4	17:10	Kimberly	McAuliffe	12	<u>YOUTH GIRLS</u>				
5	17:50	Colleen	Law	12	1	16:23	Samantha	Moland	14
6	18:12	Samantha	Buechner	12	2	17:36	Caitlin	Southmayd	14
7	20:51	Noelle	Horelik	12	3	18:11	Sydney	Moland	13
8	21:14	Kaitlin	Burnett	12	4	20:11	Katie	Ryan	13
9	21:55	Kellie	Oberhltzer	11	5	24:37	Krista	Oberhltzer	14
10	23:43	Marissa	Slane	11	<u>YOUTH BOYS</u>				
					1	15:15	Stephen	Chaloner	13
					2	15:58	Geoffrey	McGuirk	14
					3	16:08	A. J.	St. Lawrence	13
					5	16:33	Patrick	Rush	13
					6	17:04	Joe	Lopez	13

Great Legs, Bill Luti 8K, Sparkler 5K, Lions Sizzler 5K, Louise Rosetti 5K, Market Square 10K Hollis Apple Challenge, Red Hook 5K, Heatwave 5K

At Great Legs, Michelle Weysham (21:38) placed 3rd in the 19 and under age group and was the second runner on the Women's 7th place team. Joining her as the third runner on the team was eleven year old Kim McAuliffe in 21:54. The Pintal sisters, Stephanie (22:59) and Allison (22:19) took second place in the sister division.

The next day Nicole Slane won her division at the Bill Luti 8k in a Nationally ranked and State record 33:58.

The fourth of July saw a large turnout of GCS youths at the Sparkler 5k. Nicole Slane was the overall women's winner, while Michelle Weysham led Sydney Moland and Samantha Buechner to a sweep of their division. Although not placing in her Division, Allison Pintal ran a National Ranked time.

At the Lions Sizzler 4 mile, Nicole Slane was second overall in 26:55 and Sydney Mo-

land was first in her age at 31:53.

The Louise Rosetti 5k was run on June 14th. The GCS Women's team took 5th place. They were led by Samantha Moland (19:58), followed by sister Sydney (20:43) and Samantha Buechner (20:43). All three times were personal bests as well as Nationally ranked. Sydney Moland and Samantha Buechner were 1st and 2nd in there age group, while Samantha was 3rd in her age group.

At the Market Square 10k, Nicole Slane stunned the spectators by running

40:45 missing by 10 seconds, the age 11 State record set in 1986. Michelle Weysham ran a nationally ranked time of 35:15 in the Hollis Apple Country Challenge on June 3rd, while Samantha Buechner ran 38:15 in her first 5-mile race.

Four Strider youths ran in the Red-hook 5k on May 28th. Nicole Slane won her age group in a State record time of 18:58, followed in her age group by Michelle Weysham (20:09) and Kim McAuliffe (21:51) for a sweep of that division. Michael Peabody won the boys division in 19:33. All but Kim's times were Nationally ranked. At the Heatwave 5K Michelle Weysham was 2nd in the 19 and under age group with a 20:47 run. Samantha and Sydney Moland won the Sister/Sister prize with their times of 21:17 and 21:29



Some Strider/PAL kids with Jackie Gareau, the 1980 Boston Marathon female winner and multiple time recent masters record hold at Mt Washington.