

Striders Ultimate Runner

Nashua NH 7/19/2000

WOMEN

Participant	Bib	Pos	%
Heidy McGafigan	47	1	74.53%
Pam Hall	11	2	70.78%
Aline Kenney	15	3	70.78%
Yuki Minami	55	4	63.10%
Peg LaBrosse	59	5	59.43%
Joselyn Hall	44	6	58.73%
Traci Swanbon	57	7	58.64%
Lynn Lutz	23	8	56.90%
Kimberley Humphreys	52	9	54.05%
Lillimore Hamnqvist	12	10	53.93%
Amy DeFazio	60	11	50.21%

MEN

Participant	Bib	Pos	%
Rich Stockdale	38	1	77.58%
Brian Bigelow	53	2	75.26%
Warren Church	2	3	75.26%
Tom Kolb	19	4	72.93%
Jim Belanger	46	5	72.15%
Jim Hansen	48	6	71.29%
Eric Stepick-Ayers	37	7	70.92%
Chris Howard	13	8	70.85%
Mike Hagerty	49	9	70.50%
Adrian Pike	28	10	69.40%
Joe Blouin	1	11	69.16%
Patrick Rush	34	12	68.73%
Shu Minami	25	13	68.72%
Peter Viggers	40	14	67.91%
Damian Rowe	31	15	67.28%
Peter Vendituoli	56	16	66.36%
Joseph Rush	33	17	66.27%
Ed Deichler	4	18	65.26%
Skip Cleaver	51	19	65.20%
Terry Kenney	16	20	64.67%
Michael Dodge	5	21	64.47%
Dave Salvas	35	22	63.10%
Peter Donahue	6	23	59.61%
Jim Ecke	7	24	59.47%
Andy Prolman	29	25	59.36%
Neil Lewis	22	26	53.87%
Bruce Conti	3	27	51.11%



Louise Rossetti talks to the all women field at the start of her race in Beverly MA

2000 RRCA New Hampshire Grand Prix

Team Scores after 3 races

	Men					Women				Club Total
	Open	Mastr	Senr	60s	70+	Open	Mastr	Senr	Vetrn	
Athletic Allian	49	9	6	15	-	15	7	-	-	101
Coastal Athl A	12	46	-	7	-	17	13	-	-	95
Club Northeast	-	-	6	-	-	-	-	-	-	6
Gate City Strdr	44	54	28	47	-	62	25	28	-	288
Greatr Derry TC	3	13	6	10	17	10	45	-	-	104
Granite Stat RT	31	32	42	26	-	53	50	6	-	240
Lake Sunapee RC	-	2	-	-	-	-	-	-	-	2
Rochester Runrs	26	9	77	20	6	8	20	11	-	177
White Mtn Miler	-	-	-	-	-	-	5	-	-	5

Recipe for Crunchy Rice

By Shu Minami

Cooking a pan of sticky rice can be tricky even for a guy who believes he is a great cook. I was brought up in a very traditional Japanese family, and my mother taught me that a man should stay out of the kitchen because kitchen belongs to women. So, I have never claimed myself to be a great cook. In fact, it is only after I came to America that I started to prepare my own meal out of pure necessity for survival. You cannot imagine the number of horror stories I created before I met Mary in Canada. (Although I don't really mean to say that the quality of my meal drastically improved after our marriage) I have "evaporated" at least three or four aluminum tea kettles on the stove. Do you know that aluminum tea kettle can be reduced into thin paper-like white ash scattered under the heating element and chunk of black burnt out plastic handle? The rest is all in the form of throat-choking fumes filled in the apartment. One time, I put a couple of hot dogs in the flying pan, and then started to take the shower. The hot shower felt so good after walking home from work in the drizzle of Vancouver winter that I completely forgot about the hot dogs. When I came out of the shower, the whole apartment was filled with smoke. I wrapped myself in a towel and crawled under the smoke toward the living room to find a bunch of neighbors screaming at the door. The fire engine came soon afterward.

I cannot say that it never happened after we got married but the number of such horror stories dramatically decreased during the last 20 years. That is primarily be-

cause I respect the women's right to control the kitchen, and stay out of the there as much as possible. However, I can now survive well when Mary is away for visiting her family in Canada, although I tend to rely a lot on instant noodle soup and frozen sautéed vegetables she stocks up before she leaves. All I need is to cook Japanese sticky rice with our automated rice cooker. I pour a cup of rice and two cups of water into the inner bowl of the cooker and turn the switch on, and wait for about 30 minutes.

A few weeks ago, Steve Moland invited several Striders (Stan Klem, Adrian Pike, Bill Spencer, and myself) to do a 10 mile run from his house while Judi and Mary were volunteering at the Fitness University clinic. The bait he offered was that he will cook his patented barbecued chicken and sticky long-grained rice. I knew his chicken is always great but I have not tried his rice before. So, I brought a loaf of French bread anyway just in case. As soon as we came back from our 10 mile run, Steve took out his rice cooker and a sack of rice, and asked me how I would cook the rice, probably out of his respect for a Japanese guy who lives on rice even though he didn't really mean to follow my recipe. He insisted that the rice goes to the inner bowl and the water goes inside the heater bowl because it's a steamer type cooker. After we agreed on the ratio between rice and water, I shut my mouth, and Steve turned the switch on. While we were quenching our throat with beer, the transparent cover of the rice cooker started to

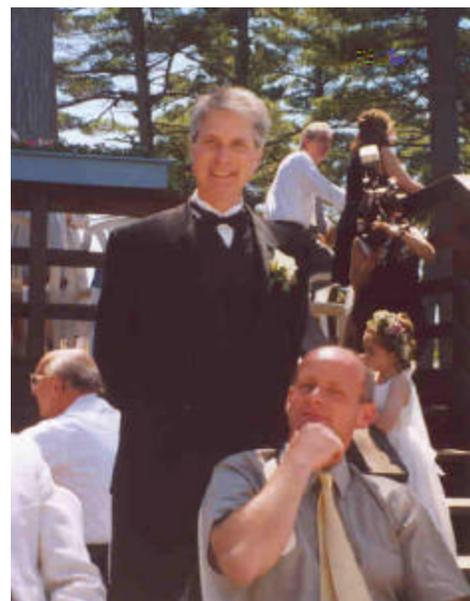
fog up with the steam, indicating some actions inside. After about 20 minutes and more beers, I noticed that the rice has not started to rise at all. So I called Steve's attention who was now out on the porch barbecuing his chicken. He came in and checked the cooker, and found out that there was another bowl between the

smaller bowl with rice and the heater bowl. So he emptied the rice, which was still bone dry, into the larger bowl and restarted the cooker, reassuring us that the rice will be ready in time. We started to munch on the French bread and salad. In the meantime, Steve brought in his tasty barbecued chicken, and we were all stuffed with the feast when Judi came home.

Judi was dismayed that we have eaten the chicken without waiting for the rice, and walked to the still steaming rice cooker. Her eyes rolled, and her jaws dropped as if it would hit the floor. I don't dare go into more details, since it might invade the privacy of Moland family. However, I can tell you that the rice grains we were supposed to have eaten were still bone dry when we said goodnight to Judi and Steve. Perhaps we can call it crunchy long-grain rice. Can you imagine eating it with a fork? Anyhow, observing Steve's skill (or lack thereof) for cooking sticky rice was a great confidence builder for me. At least I know I should mix rice with water before cooking it, and I should call myself a proud American. •



Gate City Women at Great Legs 5K in Lowell



The Octoberfest man himself. Bob Thompson in his wedding attire (Yes, that's Iron Mike with a tie on)