

Striding Along



A Publication of the Gate City Striders

August 1999 / September 1999



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The next deadline for submitting articles for the newsletter is
September 20, 1999.

Contributing Authors

Judy Nicholson
Emily Strong
Shu Minami
Bob Thompson
Bill Spencer
Michael Amarello

Cover Photo:

Make-A-Wish Race Hampstead

Seated L-R: Trace Swanbon, Terry Kenney, Mo Nicholson
Standing, front L-R: Pam Hall, Judi Moland, Shu Minami, Robin Hickey, Mary Minami, Yuki Minami, Tom Conley, Genia Sanborn, Aline Kenney
Rear: L-R Brian Werne, Damian Rowe, Jason Farr, Dave Camire, Bill Spencer, Brian Sanborn



Editor's Column

Hot enough yet ??



Today in Maine I ran 13 miles in the rain and it was glorious. H₂O is quite a variable item. Without it we die, with it, its effects fall into both ends of our pleasure/pain scale. The Greater Derry Track Club's Web site posed the question whether its viewers preferred the extremes of winter VS the extremes of summer. Winter was wining the last time I checked and though when winter is usually over I've had enough of it, I voted for preferring winter's extremes. The heat has been on **Shu Minami's** mind. He is the consummate analytical runner and he's always providing himself and his running partners with something to think about. Shu dug into his archives for us and updated one of his previous works, which is quite appropriate for this summer, here is "*Oxygen Intake on a Hot, Humid Day*".

Speaking of extremes, if you're getting tired of seeing pictures whose captions include the last names Minami, Levesque, Klem and Moland that's because most of the pictures that make their way to this newsletter come from those sources. Kodak and Fuji film aren't going broke so I know there are other pictures out there. I've a scanner so send me some pictures. Gate City members attend races, parties, ball games, golf matches, volunteer effort at big races, Fitness U, and even at Church. Come on gang, let's share some of the fun with others. Oh yes, there must be some accompanying stories there too. I hear them at track and after races, so don't dismiss them as uninteresting, put them down on paper. (Even if that's electronic paper.)

The Applefest race has a new race director. Bob Pelletier has stepped forward to assume that role. This race has been superbly managed by Dave Sargent and he's passed on a very high and admirable standard to follow. Not to worry, Bob's got his committee together and they are working hard to bring us this year's race. **Judy Nicholson** and **Emily Strong** have a message in the issue for potential volunteers. **Emily** also tells us about one of the nicer things about running, a "first Time" experience in her "*Thanks for Boston*".

The "Competition Results" section in this issue was brought to us by **Michael Amarello** and **Bill Spencer**. You may have seen some of it on our Web site. **Bob Thompson** has put together some more "*Randumb Thoughts*" for us. Bob shares his secret recipe for Fruit Salad with us and it sounds entirely too believable. Perhaps there are some things better left unshared.

And finally, we're in the process of making the newsletter available for viewing, downloading and printing off of our website. When it's available in a month or so please try to access it and see how it looks. The printing and mailing of each individual copy costs us about \$1.25 per newsletter which is a significant portion of your annual dues. It also takes time for volunteers to meet and prepare the mailing. Many have expressed interest in accessing the newsletter on the website instead of having it mailed. This could save the club significant dollars so please try it and let me know what you think.

Remember you can help yourself by stretching at times when you're not running.

Steve Moland

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

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
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Visit our Web Site
WWW.GateCity.Org

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 are held elsewhere throughout the year.



Upcoming Events

Nicholson Declares: "SUMMER IS OVER"!

By Judy Nicholson

As the farmers say, "July 4th - summer's over, ayah!" Boy, do I wish! It won't be long, though, and **Applefest** will be upon us.

So, here I am again looking for help with the sumptuous apres-race effort. The food committee can use lots of help. In years past, club support has been overwhelming so I'm hoping that you will all mark your calendars for Oct. 9th.

Crank up the ovens or the shopping carts. We look forward to donations of both home-baked and store-bought goodies that we know all runners love. Volunteers will be needed on race day in the food tent and in the weeks preceding to make phone calls.

Look for me or Emily Strong, the volunteer coordinator, at track in the next few weeks. Or feel free to call at 888-4620. •



Revenge of the volunteers

Traci Swanbon gets a reward for managing a winning team of Pack Monadnock volun-

ATTENTION Applefest Volunteers

By Emily Strong

Since the last newsletter, the Applefest Volunteer Coordinator has been named, I had such a good time last year that I want to do it again! I will be calling people who are already on the list from last year.

If any new people would like to join in on the fun, please let me know either by leaving me a message at home or e-mailing me. Any people who have worked the race in the past and would like to confirm their participation, please feel free to either call or e-mail, too. It will save all the calling! Leave a message at (603) 595-7149 or e-mail at emily.strong@lmco.com. Hope to hear from you. It's a great race and it's all the people who volunteer that make it that way! •

Filling out a race application - 101 (or let's hear it for our club affiliation)

Here is an unofficial rule for completing race applications.

- 1 ALWAYS write GATE CITY STRIDERS somewhere on the application, even if there is no specific place to write it.
- 2 If there doesn't seem to be an area on the race application to write your club affiliation and/or the race literature doesn't mention team scoring, so you figure team affiliation is not needed. See rule #1

There are many reasons your club would like you to remember to do this. There have been a surprising number of races Gate City didn't have all of it's runner known. Some of the reasons to list your club are:

- Winning teams get: prizes, money, trophies, medals, race series points, brownie points and recognition.
- Quite often middle to back-of-pack runners can score points for their team, but ONLY if that runner puts down a team affiliation.
- Extracting race participation data for the press, website and newsletter is a messy detailed job. Our webmaster, this newsletter editor and I'm sure, Skip Cleaver and Bill Spencer our competition director will thank you.
- Your teammates may be on a winning team at a race because you showed up and put your club affiliation on the race application. You might enjoy that satisfying feeling too.

NOW, remember rule # 1 Your teammates are depending on you.

We are the GATE CITY STRIDERS USATF club number 157 •

Oxygen Intake on a Hot, Humid Day

By Shu Minami

The oppressively hot and humid weather we have been having this summer compelled me to revisit the short article I wrote about the potential impact of hot and humid conditions on oxygen intake capability of our body. I realize that only a small portion of the oxygen we inhale is actually absorbed in the lung, and therefore the amount of oxygen available in each breath may not directly translate into lung's ability to regenerate hemoglobin. Perhaps, some Striders who have medical background can comment on the biomedical aspect of this subject. What I am trying to do in this article is to simply quantify the amount of O₂ gas contained in each breath under various climatic conditions based strictly on a chemical engineer's point of view.

The air we breath is consisted of dry air of which 29% is O₂ gas, and a certain amount of moisture determined by tem-

perature and humidity. Since vapor pressure of water (the ability of water molecule to vaporize into atmosphere) exponentially increases with temperature, the amount of moisture in the air can be much greater on a hot day

compared to a cold day even if relative humidity is the same. In addition, the air expands proportional to the temperature like everything else. In other words, a lung-full of air on

a hot and humid day contains a significantly lesser amount of O₂ gas compared to a cool and dry day because of the expansion of air and the volume occupied by the moisture.

The following table shows the amount of O₂ gas contained in a breath under various climatic conditions, expressed by percent difference against the amount of 2 gas at 50F, 30% humidity which is probably a comfortable early Spring day in New

England.

Amount of Oxygen Inhaled Under various Temperature and Humidity

The temperature at this moment while I am writing this article (3 PM, July 17) is about 90F, and humidity is probably near 90% considering the ominous looking thunder cloud towering in the western sky. I wouldn't dear go out to run right now no matter what. However, if I do, I will be inhaling only about 90% of oxygen compared to the amount of oxygen I would inhale on a cool early spring day. Once again, I am not sure whether this difference in oxygen availability can be directly translated into the speed or endurance of our running. However, it is probably safe to say that I will be breathing about 10% faster if I go out to run this afternoon. If I don't, I will be running a lot slower than I would on a cool, dry afternoon. •

Temperature	30% humidity	50% humidity	70% humidity	90% humidity
-10C (14F)	+8%	+8%	+8%	+8%
0C (32F)	+4%	+4%	+4%	+3%
10C (50F)	Base	0%	0%	-1%
20C (58F)	-4%	-4%	-5%	-5%
30C (86F)	-7%	-8%	-9%	-10%
40C (104F)	-11%	-13%	-14%	-15%



Red Hook Race – Portsmouth NH

Seated:

Genia Sanborn, Judi Moland
Yuki Minami, Mary Minami

Standing:

Steve Moland, Jean Ferreira
Kathy Engle, Bill Engle
Shu Minami, Michael Amarello
Jason Farr, Donna Lemay
Brian Sanborn

Photo by: Kevin Sperl
Coast Athletic Association

Event Reports

Thanks for Boston

By Emily Strong

I want to take the opportunity to thank those people who made it possible for me to get a number not only to run my first marathon but to have wonderful memories that I will never forget.

Running Boston was the most wonderful experience. Every inch of the course, people were there to cheer. I remember hearing music while the runners were still pretty packed together and they all clapped to the beat. Then there were the cook-outs. Ordinarily, the smell of a good cook-out makes my mouth water. However, the smell of food around 8 – 9 miles only made my stomach feel sick.

But the people were there, having a great time, cheering me on. I had a special cheering section around Mile 10 in Natick. My Aunt's house is on the route so my cousins were there with signs with my name. What a boost to my spirit to see them.

As I ran into Wellesley, the girls cheering section was something I'd heard about, but to experience it is exhilarating. I had a smile from ear to ear going through. The Striders along the course were great, too. It was so good to hear someone call my name just when I thought I was out there all alone. The

cheering section on Heartbreak Hill was unbelievable. The noise-makers announced the Hill and occupied your thoughts so you could get up and over. At Heartbreak, I had the best support and cheering ever. Al Jones ran with me from there to the end giving me encouragement every step of the way. He really helped – thanks Al.

I'll never forget Boston. It was my first marathon but not my last. The plan is to run Marine Corps this Fall in the hopes of qualifying for Boston, so I can run it again. •

Some of the Gate City crew at Market Square 10K in Portsmouth NH

Shu Minami, Stan Klem,
Jerry Duval, Steve Moland,
Mike Levesque, Tom Conley



Introducing

The keeper of our **STRIDERWEAR** threads

<<<<———Sandy Machell

To obtain running apparel with our club colors and logo, see Sandy at the track workouts or

contact her at: 465-2814 or via Email at: sandyson@aol.com

Competition Results

Strider Men & Women Take 3rd Place at Mount Washington Road Race

Ed Sheldon of Manchester, NH, and **Brenda Baxter** of Groton, MA, led the Gate City Striders Men's and Women's teams respectively to 3rd place finishes at the Mount Washington Road Race held on June 19, 1999 in Gorham, New Hampshire.

Ed placed 13th overall in 67:02, the second fastest time ever at Mount Washington by a Strider. Only **Tom Borschel** of Idaho City, ID, has run a faster time, 65:14 last year, when he finished sixth overall. Tom was unable to race this year due to business commitments, but plans to return for Mount Washington 2000.

Joining Ed in scoring for the Men's team were **Brian Stevens** of New Boston, NH, **Ernest Brake** of Warner, NH, **Dan Knaul** of Sudbury, MA, and **Robert Zock** of Warner, NH. **Tom Kolb** of Merrimack, NH and **Marty Tower** of Milford, NH led several dozen Striders providing backup.

The Men's team performance was very impressive considering that they were missing Borschel, **Dave Beasley** of Nashua, NH, and **Tim Burke** of Tyngsboro, MA, all of whom scored on last year's 2nd place team. Male Open Team Captain **Kevin Gagnon** of Nashua, NH, was also a late scratch.

Baxter led the Women's team with a 23rd place finish in 1:31:38, closely followed by **Lori Lambert** of Nashua, NH, in 24th with a time of 1:31:52. **Beth Dutton** of Webster, MA, rounded out the scoring for the ladies with **Lora Woodward** of Merrimack, NH, and **Lisa Klasman** of Hollis, NH, backing them up.

Kolb and **Lisa Christie** of Nashua, NH, led the Men's and Women's Masters teams to 9th and 7th place finishes, respectively.

Women' Open places 5th at Run for Roses

The Women's series has also been successful. Sixteen Striders participated in the first race of the series, Run For Roses. Led by **Kathy Kirby** and followed by **Sandy Colvin**, **Lisa Klassman**, **Kristina Lenahan** and **Traci Swanbon**, the Open team placed 5th.

The Masters team, consisting of four seniors and one master came in 4th. They were paced by **Aline Kenney**, followed by **Barbara Joy**, **Jane Levesque**, **Judi Moland** and **Pat Kiesselbach**.

Samantha Moland Leads Striders to 3rd Place at Louise Rosetti 5K

13 year old **Samantha Moland** of Londonderry, NH led the Strider Women's team to 3rd place at the Louise Rosetti 5K held in Beverly, MA on June 16, 1999.

Samantha's 20:19 placed her 24th overall in a field of almost 350 runners. Joining Samantha in scoring for the Striders were **Kathy Kirby** of Nashua, NH, **Deborah Smith** of Manchester, NH, **Pam Hall** of Litchfield, NH, and Samantha's sister **Sydney Moland** of Londonderry, NH. **Julie Hanover** of Nashua, NH, and **Heidi McGaffigan** of Milford, NH, provided backup.

Hall led the Strider Masters, who would have placed 2nd had the race offered a masters team title.

McGaffigan of Milford, NH led the Strider Seniors, who would have easily won the Seniors team title if offered. The Strider Senior Women's Team continues to prove that it is one of the top two or three teams in New England.

Strider Men's Masters & Seniors Teams Top Pack Monadnock Men's Open, Women's Open, & Women's Masters Teams 2nd

Rich Stockdale of Mason, NH, and **Jack Kick** of Dunstable, MA, led the Men's Masters and Seniors teams respectively, to the 1st place finishes in the Pack Monadnock 10 Mile Road Race held on June 6, 1999 from Wilton to Temple, New Hampshire.

Rich was joined on the winning Masters team by **John Genet** and **Peter Shajenko**, both of Nashua, NH. **Skip Cleaver** of Londonderry, NH, and **Terrey Kenney** of Nashua, NH backed up Kick.

(Continued on page 8)

Competition Results

(Continued from page 7)

A strong effort by **Ed Sheldon** of Manchester, NH (4th), **Brian Stevens** of New Boston, NH (9th), and **Kevin Gagnon** of Nashua, NH (12th), was not enough to overcome powerhouse CMS in the Men's Open division. CMS stars took the top three places.

Brenda Baxter of Groton, MA, and **Pam Hall** of Litchfield, NH, led the Women's Open and Masters teams to 2nd place finishes behind the Cambridge Sports Union.

The strong finishes by the Gate City Striders are even more impressive since over 50 Striders were involved in managing and timing the race under the direction of **Traci Swanbon** of Raymond, NH.

Bill Spencer Leads Men's Vets to 2nd Place at USATF NE 12K

Bill Spencer of Litchfield, NH, led the Gate City Striders Men's Veterans team to 2nd place in the USATF New England 12K Championship held in Bedford, NH on May 22, 1999.

Jack Kick of Dunstable, MA, **Bill Engle** of Dublin, NH, **Shu Minami** of Nashua, NH, and **Herb Hardman** of Milford, NH, teamed up with Spencer as they narrowly lost to the BAA, one of New England's oldest and strongest running clubs.

Aline Kenney and **Jane Levesque** of Nashua, NH, and **Kathy Engle** of Dublin, NH, teamed up for 3rd place in the Women's Seniors division.

Walt Rider of Bedford, NH, and **Aline Kenney** of Nashua, NH, led the Men's and Women's Masters teams respectively to 5th place finishes.

The Men's Open Team placed 10th, the Men's Seniors Team placed 8th, and the Women's Open Team placed 13th.

Burkinshaw Joins Striders & Helps Veterans To 2nd Place at USATF NE 10K!

Eldon Burkinshaw of Londonderry, NH, who joined the Gate City Striders after the recent Pack Monadnock Road Race, teamed up with **Bill Spencer** of Litchfield, NH, **Bill Engle** of Dublin, NH, and **Shu Minami** of Nashua, NH, to take 2nd place in the Veterans Division at the USATF New England 10K Championship held in Portsmouth, NH on June 12, 1999.

This was the second straight 2nd place finish for the Strider Vets. Both times they were narrowly defeated by the BAA. Spencer led the way finishing 3rd in the Veterans division in 40:07. Burkinshaw followed in 6th in 42:50.

Another new Strider, **Dave Tyler** of Tewksbury, MA, helped the Strider Masters to a 11th place finish. 10 year old **Nicole Slane** of Milford, NH, led the Women's Open Team to 12th place. The Men's Open team placed 13th; the Men's Seniors team placed 9th; and the Women's Masters team placed 7th.

Striders Grab Early Lead in 1999 New Hampshire RRCA Gran Prix

Bill Spencer of Litchfield, NH, taking first place in the Male Veterans division and scoring 10 points, led the Gate City Striders to an early 40 point lead in the 1999 NH RRCA Gran Prix Series. Bill's winning time at the Make A Wish 8K held in Hampstead, NH on June 27, 1999 was 33:50.

Shu Minami of Nashua, NH, and **Bill Engle** of Dublin, NH, took 3rd and 4th in the Male Veterans division to give them 25 points and an easy division win.

Aline Kenney of Nashua, NH, teamed up with **Susan Rube** of Nashua, NH, and **Judi Moland** of Litchfield, NH, to finish 2-3-4 in the Female Seniors division. Their winning performance added 18 points to the Striders total.

The Male Masters team led by **Rich Stockdale** of Mason, NH, and the Male Seniors team led by **Allan Rube** of Nashua, NH, were also victorious, scoring 17 and 12 points.

Pamela Hall of Litchfield, NH, led the Female Masters to 2nd place and 16 points. **Matt Kalish** of Merrimack, NH (3rd place overall), led the Male Open team to 2nd place with 16 points. **Diane Quinlan** of Merrimack, NH, led the Female Open team to 3rd place and 13 points.

(Continued on page 9)

Competition Results

(Continued from page 8)

11-year old **Michelle Weysham** of Nashua, NH, and 7-year old **Mattie Rider** of Bedford, NH, set new Hampshire State 8K records for their ages with times of 40:40 and 42:23 respectively.

The 1999 New Hampshire RRCA Gran Prix will continue on September 11, 1999 with the Millyard Classic 5K in Manchester, NH. All Striders are encouraged to attend.

Strider Masters Take 2nd At Great Legs 5K

Litchfield, NH's **Pam Hall** led the Strider Masters Women team to 2nd place in the Great Legs 5K Race held in Lowell, MA, on July 9, 1999. Pam was followed by **Lora Woodward** of Merrimack, NH, **Heidi McGaffigan** of Milford, NH, **Eliza Lecours** of Hollis, NH, and **Melanie Kalafatis** of Hollis, NH. The Strider Masters moved up from last year's 3rd place finish.

Diane Quinlan of Merrimack led the Open team to 3rd place, moving up from last year's 6th place finish. **Lisa Klasman** of Hollis, NH, **Michelle Weysham** of Nashua, NH, Hall, and **Kristina Lenahan** of Nashua also scored for the team.

McGaffigan of Milford, NH once again led the Strider Seniors, who would have easily won the Seniors team title if offered. The Strider Senior Women's Team continues to prove that it is one of the top two or three teams in New England.

Merras Lead Striders To 2nd At Harbor Trail 5K

Amherst's **Merra** family, **Anthony**, **Mike**, **Chris**, and **Cathy** led the Striders to a 2nd place finish in the Harbor Trail 5k held in Portsmouth, NH on July 10, 1999. **Andrew Najberg**, also of Amherst, also scored for the Striders.

Striders Take First In Sunshine

Nicole Slane of Milford, **Deborah Smith** of Manchester, **Steve & Judi Moland** of Litchfield, and their granddaughters, **Samantha** and **Sydney** of Londonderry, led the Striders to 1st place in the Sunshine 5K held in Newport, NH on June 26, 1999. The team race was age graded.

Gate City turns on the heat at the first race of the NH RRCA Gran Prix series

The race was held on a hot Sunday evening in Hampstead. Forty-three Striders turned out to run in the Make a Wish 8k. In the open division, the men led by 17 year old **Matt Kalish** were 1 point behind Athletic Alliance and the Women led by **Diane Quinlan** were third, well behind the Granite State Racing Team.

The Men's Masters were 7 point winners over the GSRT and were led by **Richard Stockdale**, while the Women's Masters with **Pam Hall** leading, were 1 point behind AA. **Allan Rube** led the Seniors to a 1 point win while **Aline Kenney** paced the women to a 6 point win over GSRT.

In the Veteran division, GCS took 3 of the first 4 places and won by 14 points. **Eldon Burkinshaw** who placed second for Greater Derry Track Club is also a Strider. At the end of one race, we have a 40 point lead over the GSRT and a 51 point lead over AA. The next race in the series is the Millyard 5k on September 11th. Let's see if we can have a bigger turn out for that race.



Some of our youngest competitors at the Groton 5K

Juline McGuirk
Sydney Moland
Nicole Slane
Michelle Weysham

Membership

Welcome New Members

Natalie Beckley-Manor
 Steven Birnbaum
 Robert Bottomley
 Vincent Bradley
 Joseph Brooks
 Eldon & Sachiko Burkinshaw
 Michael Dodge
 Peter Donahue
 Alice Freid
 John Gill
 John & Sue Gingrich
 Melanie Gore
 Susanna Hallenbeck
 Donald & Carol Hynek
 Mick Konrad
 Heather Koster
 Jean Laverdure
 The McCabe Family
 Patrick McGrath
 Chris McMullen
 Marjorie Morse
 Nate Poulin
 Larry & Barbara Sage
 Randy Sheperd
 Eric Stepick Ayers
 Sue Stepick & Sandolph Ayers
 Byron Telage
 Christian Urrutia & Family
 Brian Withers & Family
 Michael Yanow

August Birthdays

Robert Johnson 2
 Mary Langdon 2
 George LeCours 2
 Debra Stellato 2
 Jane Wilson 2
 Bette Lewicke 4
 Mary-Janet McGee 4
 Robert Kelleher 5
 Mark Terenzoni 5
 Mark Cockroft 6
 Edward Pancoast 6
 Bob Welch 6
 James Woodward 6
 Robin Hickey 7
 Jack Noyes 7
 David Lindsay 8
 Ronald Pincence 8
 Edward Sheldon 8
 Bill Springer 9
 Jason Farr 10
 Ted Rose 10
 Phyllis Ware 11
 Brenda Baxter 12
 David Salvas 13
 Michael Watts 13
 Tom Conley 14
 Susan Rube 14
 Kristen Werne 14
 Anna Hendricks 15
 Terry Kenney 16
 Eliza LeCours 16
 Amy Fallon 17
 Peter Koutroubas 17
 Sue Marrer 17
 Steve Moland 17
 Kevin Moore 17
 Patricia Smith 17
 Chet Rogers 18
 Allain Schnable 18
 Melanie Gore 19
 Trina Moskal 19
 Caitlin Wilson 20
 Steven Beaton 21
 Pam Matviya 22
 Paul Smythe 22
 Jane Levesque 24
 Tom Waterman 24
 Helen Ferrigno 25
 Warren Church 26
 Kristina Girard 26
 Timothy Kelley 26
 Carol Kernich 26
 William Rocha 26
 Rob Thomas 26
 James Belanger 27
 Max Belanger 27
 Andrew Najberg 27
 Adrienne Boone 28
 Kathleen Terenzoni 28
 Domenic D'Intino 29
 Joyce Rose 29
 John Casey 30
 Richard Macdonald 31
 Sydney Moland 31

September Birthdays

John Fraser 1
 Sascha Wheatley 1
 Chenoa Hutchins 2
 Heather Powner 2
 Harry Ward 3
 Jim Slane 4
 Mark Beaton 6
 Leni Hodgins 6
 Robert Bottomley 7
 Debbie Ladner 7
 Carol Eyman 8
 James Gill 8
 Brian Werne 9
 Brenda Dwyer 10
 Pamela Hall 10
 Moe Noonan 10
 Mike Ward 11
 Steve Doyle 12
 Terry Fenn 12
 Betty Scanlon 12
 Vincent Bradley 14
 Peter Cebrero 14
 Moira McCabe 14
 Beverly Kennedy 15
 James LaJeunesse 16
 Ed Sutcliff 16
 Sandy Geisler 17
 Hoyt Nelson 17
 Ken Ngoon 17
 Carol Sheil 17
 Beth Zingales 17
 David Camire 18
 Toni McGranaghan 18
 Matthew Simoneau 18
 Karin Wood 18
 Brian Stevens 19
 Eldon Burkinshaw 20
 Frank Cadwell 20
 Kathy Kirby 20
 Marianne Wilson 20
 James Bateman 21
 Steven Frasure 21
 Emily Angel 23
 Holly McIntosh 23
 David Moloney 24
 Rita Cecil 25
 Jack Kick 25
 Heather Ladner 25
 John Paul Lewicke 25
 Amy Axelson 26
 Skip Cleaver 26
 Richard Gage 26
 John Bekkala 27
 Patrick McGrath 27
 Patrick Rush 27
 Bill Luers 28
 Scot Langdon 29
 Frances Casey 30
 Keith Levesque 30
 Jodi O'Meara 30

Email Addresses

If you have an Email address and do not already receive an occasional Email about various ad hoc announcements pertaining to GCS, and you would like to receive these announcements, send your Email address to **Damian Rowe** at **drowe19@idt.net**
 Ask him to add you to the list.

Randumb Thoughts

By Bob Thompson

It has been one of the driest springs and summers on record in southern New Hampshire so far. It has been so dry that the lime course markings in Mine Falls Park from the Pauline Albert memorial race on May 2nd were still visible until some much needed thunderstorms washed them away in late June and early July. I don't know if it's the dry weather but there certainly seems to be an unusually large chipmunk population this year.

As usual the heat and humidity has made for some unbearable racing conditions. The first race in the NH RRCA grand prix, the Hampstead Make-a-Wish 5 miler, was held on June 26 in stifling heat and humidity. Bill Spencer was the only GCS member to place first in their division. Similar conditions prevailed at the Amherst 10k the preceding evening. To get an idea of the conditions, the winning women's time at Amherst was 45:08, by Martha LeBlanc. Race director Carl Heflefinger and his crew made sure that the race went off without a hitch and that all runners had plenty of water and refreshments.

The Pack Monadnock 10-miler on June 6 was well orchestrated by race director Traci Swanbon, in spite of the short notice departure of would-be race director Dave Bealey. For her efforts Traci made Cool-running's photo of the week. Speaking of photos, the quality of photos in the newsletter is greatly improved although "there's something about..." the photo of Stan Klem in the last issue of Striding Along (I guess you had to have seen the movie)..... Speaking of mountain races, Jane Levesque won the women's 50-59 division in this year's New England mountain racing series. Peter Shajenko climbed to second place in the male master's division while Brenda Baxter placed 2nd in the women's open division. Ed Sheldon, Kevin Gagnon, and Thom Parker placed 4th, 6th and 7th, respectively, in the men's open division.

Those who ran the Mt. Washington road race this year were treated with excellent racing conditions including a clear view from the top of the northeast's highest peak. That's one race that everyone should do once (If you do it more than once, you should have your head examined). Three-time winner Dave Dunham said it best when he said, "the only way they could make it worse is to have you climb the radio tower at the end".

Tom Doody and Colleen Gilbert breezed to victory at the first annual Windham Strawberry Festival 5k on June 5. This was a very well organized first time event which included a one-mile race for kids. I'd personally like to thank Jeff Litchfield and George LeCours for not attending the race and allowing me to win a medal in the Clydesdale division.....13 year old Samantha Moland led all Strider women at the Louise Rossetti 5k on June 16 with an outstanding time of 20:19. Samantha won the under 13 division with her sister Sydney close on her heels for second place. The GCS women's team placed 3rd overall....At the Great Legs 5k in Lowell on July 9th the GCS women's masters team placed second behind the North Medford Club while the open team placed 3rd behind Whirlaway and NMC. To show that age doesn't always matter, the overall winner at Great Legs was masters runner Mary Lammi of the Central Mass Striders.

Now for the more important stuff. The 4th Annual GCS softball game was held on June 20 at Yudicky Farm. For the first time ever the game did not end in controversy. Starting hurler Damien Rowe didn't have his good stuff working for him (maybe it

had something to do with running Mt. Washington the previous day) and was shellacked for 10 runs in the first inning. The Striders version of the "Murderer's Row" of Neil Lewis, Kristina Lenahan and Bill Juris took Damien deep on several occasions. Winning pitcher, Warren Church, used that Vaseline on his inner thighs to his advantage as he had the opposition baffled. The softball commissioner is looking into rescheduling next year's game so that it doesn't fall on Father's Day again.

Runners like routines. Among other things they like running at certain times during the day and on certain routes. One routine that many local runners have come accustomed to is Skip Cleaver's running column in the Sunday Telegraph. For 201 weeks in a row many area runners would wake up on Sunday mornings to coffee, bran flakes and then Skip's inspiring articles on their favorite chair. Do to technological and staffing problems at The Telegraph, Skip's streak came to an end in early July through no fault of his own. Area runners and sport fans were happy to see that Skip was back in print on July 18. We are very fortunate to have Skip's dedication and writing ability available to us on a weekly basis....An update to last month's Where's Waldo dept: Steve Running has returned home to Scotland. Steve is the only Strider to ever show up at the annual party dressed in a kilt. (Why do Scottish men wear kilts? For an answer to that question contact George LeCours.)

Jack Kick recaptured his title of "ultimate runner" with a victory at the annual track meet held on July 14. Dave Williams did his usual outstanding job organizing the meet where all results are equalized based on the runner's age and sex. In spite of my pleas, Dave has not been receptive to adding a weight component to the formula. The ultimate runner meet had a record number of participants this year and a record number of Striders attended church services at the infamous Club National that evening to quench their thirst.....Good luck in your

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RACE RESULTS

Market Square Portsmouth NH

**10k
6/12/99**

Tom Doody	30:52
Natl Rank 4th Overall	
Tom Kolb	37:00
Dave Tyler	37:35
Dave Camire	37:44
Bill Spencer	40:09
Natl Rank, 3rd age	
Tom Conley	41:44
Gerry Duval	42:38
Elden Burkinshaw	42:50
Nicole Slane	43:59
Natl Rank, 2nd age	
Mike Levesque	45:26
Stan Klem	46:24
Andrew Najberg	46:35
Pam Hall	46:52
Steve Frasure	47:02
Bill Engle	47:42
Walter Shyska	48:00
Shu Minami	48:19
Steve Moland	48:20
Chet Rodgers	52:05
Pat Kiesselbach	55:01
Judy Slane	58:09
Kathy Engle	58:27
Moe Noonan	63:36

Louise Rossetti Beverly Ma. 6/16/99

5k

Samantha Moland	20:19
Natl Rank, 1st age	
Kathy Kirby	20:36
Deb Smith	20:42
Pam Hall	21:13
Sydney Moland	21:55
2nd age	
Julie Hanover	22:04
Heidy McGaffigan	22:11
3rd age	
Priscilla Flynn	22:18
Aline Kenney	22:40
Jane Levesque	22:48
Natl Rank	
Judi Moland	24:06
Pat Mikulis	24:24
Robin Hickey	24:29
Jeane Ferreira	24:49
Peg Turcotte	25:01

Linda Madden	25:11
Genia Sanborn	26:01
Patricia Smith	26:46
Mary Meriame	27:53
Heather Powner	31:26
Kethleen Treggiari	33:53
Lisa Christie	33:53

Toy Town 10K Winchendon, MA 6/19/99

Bill Freeman	35:46
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Mount Washington 6/19/99

Ed Sheldon	1:07:02
Brian Stevens	1:13:11
Ernest Brake	1:15:27
Dan Knaul	1:17:36
Tom Kolb	1:23:01
Robert Zock	1:25:53
Joe Astle	1:25:54
Martin Tower	1:27:42
Brenda Baxter	1:31:38
Bob Treadwell	1:31:45
Lori Lambert	1:31:52
Tom Parker	1:35:04
Eldon Burkinshaw	1:36:02
2nd age	
Thomas Peters	1:36:23
Beth Dutton	1:39:44
Damian Rowe	1:41:21
Mike Levesque	1:43:12
Mike Hagerty	1:45:08
Lora Woodward	1:46:35
Lisa Klasman	1:50:18
Skip Cleaver	1:52:19
Andrew Najberg	1:53:35
Maurice Ferrigno	1:55:49
Kevin Reynolds	1:57:07
Steve Moland	1:59:14
Brian Sanborn	1:59:15
Robert Johnson	2:01:24
Lisa Christie	2:10:24
Ken Robichaud	2:11:27
Genia Sanborn	2:14:22
Kathleen Treggiari	2:17:27
Jean Bradanick	2:27:54
Amy Fallon	2:27:57
Louise Rossetti	2:38:13

Whirlaway 10 k Methuen, Ma 6/20/99

Tom Doody	31:49
1st Overall	
Dave Tyler	36:24
3rd age	
Dave Camire	36:24
Bill Spencer	40:27
1st age	
Tom Conley	41:15
Yuki Minami	43:58
3rd age	
Shu Minami	48:15
Mary Minami	58:34
Randy Shepherd	67:27

20th Annual Goffstown Gallop 5.2 mile Goffstown, NH 6/26/99

Shu Minami	38:19
1st age	
Mary Minami	48:13
2nd age	
Cathy Bigelow	48:55
her first road race	

Sunshine 5k Newport NH 6/26/99

Steve Moland	20:55
1st age	
Nicole Slane	20:59
1st age Natl Rank	
Samantha Moland	21:08
2nd age	
Deb Smith	21:14
1st age	
Bob Peretti	21:18
2nd age	
Sydney Moland	24:37
3rd age	
Judi Moland	25:40
1st age	

Amherst 10K Amherst, NH 6/26/99

Tom Astolfi	37:50
Bruce Lutz	38:29

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RACE RESULTS

(Continued from page 12)

Martin Tower	40:04	Diane Quinlan	34:31
Jim Hansen	40:20	Lori Lambert	34:43
James Belanger	40:42	Allan Rube	34:50
Patrick Guiney	41:41	Damian Rowe	35:15
Kevin Halloran	42:45	Carl Murphy	35:19
Domenic Dintino	44:07	Yki Minami	35:49
Chip Geisler	44:28	2nd age	
Michael Merra	45:32	Eldon Burkinshaw	36:02
Pam Hall	46:07	Sandy Colvin	36:48
Damian Rowe	46:32	Patrick Rush	36:54
Andrew Najberg	47:22	1st age	
Lisa Maynard	48:26	Pam Hall	37:27
Byron Telage	48:27	3rd age	
Mark Fraser	48:34	Steve Frasure	37:42
Claudette Stone	49:03	Steve Moland	37:44
Ray Ashenhurst	49:29	Shu Minami	38:27
Andy Prolman	49:45	3rd age	
Jack Harkins	50:55	Chet Kalish	38:50
Kathy Johnson	52:12	Terry Kenney	39:26
Peg Turcotte	53:39	Traci Swanbon	39:36
David Cormier	53:54	Brian Werne	39:41
Robert Johnson	54:03	Brian Sanborn	39:45
Lee Brucks	54:40	Bill Engle	39:52
Herb Hardman	57:38	Michelle Weysham	40:40
Peggy Labrosse	58:28	1st age, State Record	
Margaret Knaul	59:10	Aline Kenney	41:58
Ken Beach	59:45	2nd age	
Dolly Lemoine	1:01:39	Jacob Rube	42:06
John Labrosse	1:05:38	Sue Rube	42:16
Nancy Meadows	1:09:12	Mattie Rider	42:23
Mary Brown	1:11:02	Natl Rank, State Record	
Louise Rossetti	1:17:02	Pam Ubillos	42:51

Make a Wish 8k Hampstead NH 6/27/99

Matt Kalish	28:02
1st age, 3rd overall	
Ernest Brake	28:41
2nd age	
Keith O'Brien	29:30
3rd age	
James Rhoades	29:51
Richard Stockdale	29:56
3rd age	
Brian Bigelow	30:15
Dave Camire	30:49
Tom Ko;b	33:28
Bill Spencer	33:50
1st age	
Jason Farr	33:54
Joe Rush	34:04

Pepperill 4 miler (almost) Pepperill, MA 7/02/99

Richard Stockdale	20:54
1st Master	
Brian Bigelow	21:10
Jim Hansen	21:30
2nd Master	
Jack Kick	24:52
1st Senior	

Lynn Lutz	30:06
Bruce Lutz	30:08

2nd Annual Lions Sizzler Half Marathon

Bedford, NH 7/04/99

Jeremy Fitzgibbon	1:25:22
Mike Ward	1:29:27
Eldon Berkinshaw	1:37:17
Yuki Minami	1:46:45
Ann Cavey	1:46:50
Andrea Pierce	1:48:13
Steve Frasure	1:48:48
Shu Minami	1:50:07
Kevin Reynold	1:52:09
Emily Strong	2:03:36
Marie Flowers	2:04:05

2nd Annual Lions Sizzler 4 miler Bedford, NH 7/04/99

Walter Swanbon	25:02
Jason Farr	26:01
Laura Bianco	28:08
Traci Swanbon	29:51
Rick Schnable	35:29
Mary Minami	35:54
Moe Noonan	37:57

Great Legs 5k Lowell, Ma 7/09/99

Diane Quinlan	20:05
Lisa Klasman	20:31
Michelle Weysham	21:32
Pam Hall	21:44
Kristina Lenahan	21:45
Sandy Colvin	21:47
Lora Woodward	22:21
Heidy McGaffigan	22:24
3rd age	
Eliza LeCours	22:29
Melanie Kalafatis	23:01
Sydney Moland	23:22
Sandy Machell	23:23
Traci Swanbon	23:49
Lynn Lutz	25:05
Pat Kiesselback	25:07
Robin Hickey	25:07

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RACE RESULTS

(Continued from page 13)

Judi Moland	25:10
Jeanie Ferreria	25:12
Sue Rube	25:15
Annette Annis	25:21
Emily Strong	25:22
Linda Madden	25:53
Julie McGuirk	26:03
Pat Smith	27:50
Mary Minami	27:56
Cherie Gaudette	32:40
Louise Rossetti	33:17
3rd age	

Hefflefinger Advertisement

Hillsboro Balloon Fest 5k Hillsboro NH 7/09/99

Brian Stevens	16:47
1st overall	
Bill Engle	25:11
Ken Beach	27:38
Kathy Engle	28:06
2nd age	

Harbour Trails 5k Portsmouth 7/10/99

Anthony Merra	20:08
1st age	
Chris Merra	22:31
3rd age	
Mike Merra	22:32
Jane Levesque	23:51
2nd age	
Cathy Merra	25:53
Louise Rossetti	34:16
1st age	

32nd Bill Luti 5-Miler Concord, NH, July 17, 1999

Jim Hansen	31:22
Ann Sipka	32:30
State Age Record	
Carl Hefflefinger	32:55
Dave Contrada	34:16
Andrea Pierce	37:46
Jason Farr	38:37
Bill Juris	41:36
David Cormier	42:08
Ken Beach	47:16

Recipe for Fruit Salad By Bob Thompson

For each year's post softball game barbecue I have made a fruit salad that everyone seems to enjoy. I thought I would share my recipe with fellow striders.

1. buy fresh fruit, not frozen
2. open beer
3. wash hands (with soap and water, not water only)
4. wash fruit (water only --no soap)
5. toss cat off of counter top
6. repeat steps 3, 4 and 5 as needed
7. drink beer
8. repeat steps 2 and 7 as needed
9. lock cat in other room
10. slice fruit
11. bandage sliced fingers
12. repeat steps 3 and 4
(step 12 is optional for strawberries, since no one will notice)
13. find big ol' bowl in garage or basement
14. place fruit in bowl
15. remove fruit from bowl
16. wash bowl
17. repeat steps 4 and 14
18. add citrus juice and mix
19. pick up pieces dropped on floor
20. repeat steps 4 and 14
21. cover with plastic wrap
22. chill
23. repeat steps 2 and 7