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# Club Directory

		<u>Night Phone</u>	<u>Day Phone</u>	<u>Email</u>
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Secretary	Julie Hanover	889-7014		JLH_123@yahoo.com
Treasurer	Lori Lambert	883-7990		Lori_Lambert@phl.com
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	Brian Sanborn	673-6363		
	Steve Moland	882-2067	624-5630	steve@accessp.com
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All Area Codes are 603 unless noted otherwise

The next deadline for submitting articles  
 for the newsletter is  
 January 15, 2001

Cover Photo:



## Editor's Column

Hello Fellow Striders,

If it seems odd that I took valuable front page real estate from what other wise would be a running oriented picture, well to be frank, my observation is that almost all the club members think the other members are making up for their absence at the meetings. Hello, Gate City Striders, think again. A total of 15 distinct people (out of over 500 adult members) have attended the last 2 club meetings... **3 Meetings ago, no one showed up.**

Cyclical swings in participation of peer group management at all levels are normal, but the current swing is giving me cause for concern. Though I'm involved in plenty of club activities I'd be willing to get more involved and attempt to become a member of the Eboard. However, to do that I'd need to pass the newsletter duties to someone. I'm up for it if you are.

When **Dave Camire** reported for his first night as our coach a few years ago someone approached him with a request for what seemed like an overly optimistic plan to ....whoa, hold on Steve, let Dave and Greg Travaglio tell the readers the remarkable story which is on page 11.

"Don't believe the course description" is a warning **Yuki Minami** shares with us in "Reach the Beach Relay", a tale of a 200 mile Odyssey last September. One of our members, who now lives down were it's warm, made an observation on one of her runs. **Christa LeProhon** sends us a pair of interesting photos of an unusual running venue and written plea to "Put down that cell phone....."

Enjoy the photos of the Winnie Relay, particularly the telling scenario played out on page 13.

The Winter Party notice is in this issue and remember the Freeze Your Buns series is off and running again this year. We're still looking for someone to manage the last two races in the series.

The Derry 16 miles race is January 21 and we can use your help managing the water stops. If you're not running, please consider helping the club earn some revenue.

Steve Moland



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.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.

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.





## President's Column

*By Bill Spencer*

When you read this column, the 2000 racing season will be over. The next newsletter will cover the results of the Mill Cities Relay and the National Junior Olympic Cross-Country. As a club, we have been very successful in providing programs and opportunities for all members and non-members alike. We work with the younger runners through Fitness University, the summer youth workouts, and the Nashua PAL program. Our track workouts and racing teams provide a means for our adult members to participate in any level of running that they wish. Individual coaching is provided. Informal runs on weekends and on Wednesdays during the winter are also available.

Our Freeze Your Buns series of winter races are provided as low key races during the winter months. On the Social side, the club organizes a both a summer and winter party, a barbecue after Lake Winnepesaukee Relay, as well as refreshments at the track workout. Members also organize hikes, a Golf match, a Softball game and Novemberfest. We also put on three club races a year, Amherst 10k, Pack Monadnock, and Applefest. On the communication side, our major outlets are this Newsletter, the Hot Line and our Web Site, all maintained by key individuals.

All in all, I find it amazing that this club can do as much as it does. That we can is due to a small core of members that volunteer to assume major roles organizing and coordinating these key events. Most members are

ready to help out at any of these events, but to continue to be successful, the club needs to some members step forward and fill some of the key roles that are being vacated next year.

In particular, There are five positions on the E board to be filled. At least two members have indicated that they would like to be on it. Please, we need these positions filled if we are to continue as a successful club. If you are interested contact any member of the E board or the Nominating Committee.

Applefest is our most important race. Several key members, including the Race Director and Food Chairperson are stepping down. If we want Applefest to continue, someone needs to step forward. Again, if interested contact any Eboard member.

Several Team Captain positions are being vacated. I have been a member of the Club for 10 years, seen the retirement of "Stickman", served on the Eboard twice, captained the Senior, and then the Veteran Teams, maintain part of the Web site and been actively involved in the summer youth workouts. There are many long time Club members that have been or are involved in a similar manner and there are several relatively "new comers" that have assumed leadership roles.

We "old timers" would really appreciate some new blood in these key positions if the Club is to continue to serve it's members. •