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Club Directory

	<u>Night Phone</u>	<u>Day Phone</u>	<u>Email</u>
<u>GCS Executive Board</u>			
President	Shaun McMahon	924-4967	shaun.mcmahon@spke.net
Vice President	Damian Rowe	673-2270	drowe19@idt.net
Secretary	Beth Phelan	888-0118	
Treasurer	Lori Lambert	883-7990	Lori_Lambert@phl.com
Membership	Stan Klem	883-8750	Sklem@drc.com
Social	Jerry Rocha	598-8852	J27Rocha@aol.com
Competition	Bill Spencer	882-4859	Bspence1@ix.netcom.com
<u>Team Captains</u>			
Men Open	Michael Amarello	429-8879	Webmaster@gatecity.org
	Kevin Gagnon	881-8093	PPnter@aol.com
Men Masters	Walter Swanbon	895-3466	Tracis@keyfile.com
Men Seniors	Skip Cleaver	437-2057	TJCleaver@aol.com
	Brian Sanborn	673-6363	
	Steve Moland	882-2067	624-5630
Men Veterans	Bill Spencer	882-4859	steve@accessp.com
Women Open	Kathy Kirby	594-9295	bspence1@ix.netcom.com
			Kathleen_M_Kirby@hartehanks.com.
Women Masters	Pat Mikulis	595-1870	Pengu1954@aol.com
Women Seniors	Heidi McGaffigan	672-6381	
Coach	Dave Camire	978-957-4230	dave@coolrunning.com
<u>Newsletter & Web Site contacts</u>			
Newsletter Editor	Steve Moland	882-2067	624-5630
Web Master	Michael Amarello	429-8879	steve@accessp.com
Web Master	Julie Hanover	889-7014	Webmaster@gatecity.org
Web Editor	Chuck Rossier	424-9939	HanoverJ@Netscout.com
Picture Digitizing	Steve Moland	882-2067	624-5630
Mailing Coordinators	Gail/Gerry Duval	880-4672	ed.rossier@worldnet.att.net
Race App. Inserts	Emily Strong	595-7149	steve@accessp.com
			emily.strong@lmco.com
<u>Other contacts</u>			
StriderWear	Sandy Machell	465-2814	Sandi2814@aol.com
Event Calendar	Bill Spencer	882-4859	bspence1@ix.netcom.com
Result Compiling	Tom Conley	595-1538	Tconley917@aol.com
BBS Questions	Alan Rube`		arube@run.mv.com
Hot Line Mgr	Chip Giesler	421-1815	Chip.Geisler@fmr.com
<u>Bulletin Board access number</u>		888-5477	
<u>Voice Hot Line access number</u>		880-9479	

All Area Codes are 603 unless noted otherwise

The next deadline for submitting articles for the newsletter is
January 20, 2000

Cover Photo:

Gate City invades the Weirs after a tour of the towns surrounding
Lake Winnepesaukee

Contributing Authors

Shaun McMahon
Skip Cleaver
Bill Spencer
Brian Bigelow
Bob Thompson
Ed Deichler
Bill Kellar



Editor's Column

Well, we've got quite an issue here for you this time. We Striders have been doing lots of fun things and some of our members have shared their experiences by writing about them. I hope you enjoy the coverage on the Winnepesaukee Relay. **Bill Spencer** and his digital camera sure got a workout as he recorded the essence of that day, and it was really a great day. The fun continues as I'm sitting here relaxed after a fantastic day at the Mill Cities Relay.



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

Visit our BBS 888-5477

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.

In the president's column, **Shaun McMahon** will bring you up to date on club business and he has some important things for you to consider. One of our regular contributors, **Brian Bigelow**, went to Chicago, blasted through the Marathon and dash off a story for all of you. Please read "The Windy City (aka world record city)". **Bob Thompson** gives his report on Novemberfest and I'm jealous as I missed the event for the 3rd time. I wasn't entirely unhappy that weekend though, because I was down in NY watching the Nashua PAL kids do serious damage to the Junior Olympic Cross Country running hopes of most of the other Northeastern region teams. **Bill Spencer** will tell you a little about it. As has been said by many others in the last few weeks, "Youth running is alive and well in southern NH."

Ed Deichler is back with his followup article "Seacoast Century Ride Part 2". Not to be outdone, **Bill Kellar** escaped to the other coast. Read about that in "Alcatraz: The Ultimate Escape". Be sure to consider attending the Striders Winter Party on January 29, see the details in this issue. For some of you new members the party is a great place to get acquainted and maybe pick up some advise on how to train and where to run.

Here's a couple of important notices.

- 1) You can help you club obtains some operating revenues while helping to sustain a popular winter race on January 23 which is hosted by our neighbor the Greater Derry Track Club. See "Support you local runner,..." under Upcoming Events.
- 2) At the moment our Freeze Your Buns races are on hold for lack of a place to host them. Uniquely and unconnected to FYB, **Carl Hefflefinger** suggested a few months ago that it might be nice to revisits some "Come Run My Run" events. This is where someone hosts a Sunday run over a course that they regularly run for training. After the run some form of light refreshments would be available. Like the FYB races a small fee would be charges to defray the cost of the refreshments. To Start off the winter two runs have been scheduled. A January 9 run will be run from the home of **Warren Church** in Dunstable and a February 6 run will be run from home of **Anne Cavey** in Merrimack. Information on the time and directions will available soon at www.GateCity.org, on the phone hot line at **880-9479** or from me at **882-2067** or steve@accessp.com.

Some others including Carl Hefflefinger, Shaun McMahon and I plan to host one of these CRMR events and we hope some of you will offer to host a run over your local course. Further details and a schedule will appear in the next issue.

Adult running is also alive and well in Southern New Hampshire, particularly on Wednesdays nights at 6:00 PM at Pennichuck JR High in Nashua. Thanks for keeping those articles and photos coming, you're doing great. •

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 sure



President's Column

ROLL OUT THE WINTER BLANKET



Greetings fellow Striders !

Well winter has finally begun to show it's true face. There's snow on the ground, (if you live out here in Peterborough), ice on the windshield, and I can't seem to get rid of those little goose bumps you get when you leave your office after work and cross the parking lot to get to your car.

It's been a couple editions of the Newsletter, since I have been able to meet a deadline. Actually I missed this deadline, but I was still able to squeeze this one in. *Thanks Steve !*

One of the most pressing issues I would like to revisit in this article is the discussion of the E-Board at it's October meeting. The opportunity for some dialogue was also made available to the General Membership at the October meeting at the Merrimack YMCA. The topic was "***Are we a running club, or a Timing Service ?***". The purpose of this topic was based primarily on the fact that on many occasions, the Striders fall short on securing new volunteers to coordinate, and facilitate the key positions involved in providing Race Management, and or a Timing Service. As a result, people are rounded up at the last minute, leaving a tremendous amount of opportunity for something to be overlooked.

During the course of the year, many people have expressed their intention to help out, but just couldn't give a solid commitment. Although the intention is appreciated, when we agree to provide Race Management or Timing Services to an organization, members need to commit. Without a firm commitment, we cannot, **and will not extend ourselves any longer**. As a result, the E-Board took a step back and discussed what, if any races, the Striders would commit to, and "load" into next year's budget. The decision was made that we would select the following races: The Applefest Half Marathon, Fitness University, Pack Monadnock 10 Miler, and the Amherst 10K. These four races or events, have always been either a significant form of revenue to the club, as well as their contribution to the surrounding community. Although the Applefest Committee contracted it's own timing service this year, it should be realized that a crew of over 90 Striders still needed to be secured to assist in pulling this event together.

In my opinion, to levy the burden on a couple Striders to ensure that someone is available to enter Pre-Registrations in the Run/Score Database, make sure that someone is programming the Time Machine, and also delivering and picking up all the Finish Line equipment is unreasonable. Unfortunately it seems as if the same people always give in and lend a helping hand at the last minute. The constant strain that this

causes on the so few volunteers that actually commit to facilitating these activities, begins to wear thin on their motivation to continue their contribution to the club. The result is "burn out" and that's not fair, and it's not right.

This new direction that the club is taking doesn't exclude any future opportunities. What it means is any other race, or event which hasn't been listed, will be decided on an individual basis. The decision to do so will be based on the club's ability to secure volunteers for the race or event. This includes such races as: Alex's Run for Food and Shelter, The Santa Fund Race, The Salmon Brook Scramble, Brookline Twilight Five Miler, PAL Road Race, etc... All these races are wonderful events, and the opportunity these organizations provided to the Striders over the years is greatly appreciated. Hopefully when asked by these Race Director's, the Striders will be able to assist.

Now venturing on to other issues. There have been a couple new volunteers who have graciously taken over positions held by Striders. Anne Cavey has stepped down as the club's **Hot Line** contact. Chip Geisler has now assumed the role, for a second time. Please contact Chip if there is an event that should be included on the club's Hot Line. I would like to thank Anne for her efforts.

Carl Hefflefinger has also stepped down as the **Race Application** contact for the club. Emily Strong has now taken over the responsibility. I would also like to thank Carl very much for all the hard work that he has done for the club over the years.

There is still another spot that needs to be filled, and that is the position of **Equipment Manager**. Ron Welliver has been a big help over the past year, but he has decided to spend more time with his family, *and his knee*. So the request is out there for anyone who would like to help out. The club now has a storage unit @ Spit Brook Mini-Storage located at Spit Brook Road, in South Nashua. With the storage unit in place that certainly makes the job a little easier. Instead of tracking down equipment all over Southern New Hampshire, all the individual needs to do is go to the storage unit and pick it up there. It's fair enough to say that the only prerequisite for this position is a pick up truck, or at least access to one.

It is also my pleasure to announce that Traci Swanbon is the new State Representative for the **RRCA**. The position was made available when another Strider, Bill Gray, stepped down. Our appreciation goes out to Bill for having done such a great job representing not only Striders, but all runners in the State of New Hampshire. I'm certain that Traci will do an excellent job in her new role, as she always seems to succeed

(Continued on page 5)



(Continued from page 4)

at anything she decides to take on.

The **Pack Monadnock 10 Miler** has a new “*Sheriff in Town*”, and his name is Skip Cleaver. That’s right, Skip has volunteered to take on this mountainous event for the 2000 running series. Anyone who is interested in lending a hand should contact Skip.

We are still looking for a Race Director for the **Amherst 10K**, as Carl Hefflefinger has decided to relinquish the responsibility to another Strider. This race has a tremendous following, and is considered a real “family friendly” event. Over the past years, Carl has set the bar rather high, but I’m sure that the right person can make this a real success.

The **Freeze Your Buns Series** is still looking for a home. Last year the event was held at the Royal Ridge Club, located at the Sheraton Tara in South Nashua. Unfortunately, last year’s Fitness Director Mary Raposa, has left the organization, and my request of the new Director; Beth-

any Howe, is not looking very favorable. While I’m locating a site, anyone who is interested in directing one of the (5) five races should contact this year’s new Series Director; Karen Collinge. When I locate a facility to hold the event, a notice will be posted on the club’s Hot Line, so be sure to look, or listen for it over the next few weeks.

In closing I would like to remind everyone that we have our annual Winter Party coming up in January, so keep an eye out for the details. Our Social Director; Jerry Rocha has informed me that it’s going to be held in the middle of January, at Richard’s Catering in Hudson. I’m sure it will be as good, if not better than last year’s party. I was wondering if we’ll still be honored with a second annual Andy Cotreau Shuffle – Hope so.

As always, have a great run, and a great time !•
Shaun

FITNESS UNIVERSITY ENTERS ELEVENTH YEAR THANKS FOR A DECADE OF FUN

By Skip Cleaver

The upcoming season will bring the eleventh annual Fitness University for Kids, and Gate City President Shaun McMahon has taken on the position of Director of Fitness University. It is my hope that he enjoys the post as much as I have in the past six years, and all of us from the Fitness University Committee wish Shaun well in continuing this tremendous tradition and community service event.

I would like to take this opportunity to thank all the hard working volunteers who have made Fitness University possible for ten years running. You have all done a great job, and collectively have made the Club both famous and proud by your accomplishments. I would also like to thank the hundreds and hundreds of kids who have participated in this great event. I hope they take from it some lasting positive memories from those experiences. Thanks also to the parents, who see the value in fitness for their youngsters, and worked to get them involved.

As Director for six of the ten years, I have had the opportunity to work with some really great people in support of this event. Special thanks goes to our dear friend Tim Dean of Healthsource who has sponsored this event from the beginning,

making the event completely free and first class for every one of those 10 years. Special thanks also go to Alec’s Shoes and the Brookdale Fruit Farm in Hollis, as they have been with us every year from the beginning. Recognition and thanks goes to Dave Sargent and Alan Sears for founding the event in 1990. Dave directed this event and built it into a major club happening in the first four years. His direction was always first class and terrific. He developed this event and gave it its identity in many ways. Lastly, really special appreciation goes to Shaun Scanlon. Shaun has directed field operations for Fitness University for ten years in a row. He has taken on more and more responsibility for direction and coordination every year. He has been the driving force in many ways, and has been the constant through all the years. And he will continue into the future. Thank you Shaun on behalf of the entire club, and on behalf of all those kids who experienced this great program.

As we see the kids of our area making a name for themselves regionally and nationally in the PAL cross-country program, it seems reasonable that our Fitness University program has contributed to the area kids’ interest in running. I hope that’s true. Thanks to you all. •



**Door
Prizes**

Gate City Strider Winter Party



**\$15.00
per**

**Saturday January 29, 2000
5:30 to 11:00 p.m.
Richard's Catering
222 Central
Hudson NH**

SEMI-FORMAL

**Family Style Dinner: Choice of:
Roast Turkey w/Dressing or
Round of Beef w/mushroom sauce**

**Includes: Vegetable & Cheese Platter, Red Bliss Mashed Potatoes,
Green Beans Almondine, Dessert Buffet & Coffee Service**



Music provided by DJ Frank Senna



**Cocktails 5:30 p.m. (Cash Bar)
Dinner 6:30 p.m.**

**Bring hygiene items or Diapers
for the Nashua Soup Kitchen**

Gate City Strider Winter Party @ \$15.00 per person (Cash Bar)

Yes, I will attend:
 Roast Turkey
 Round of Beef
\$ Enclosed

Name _____
Address: _____
Phone # _____

Make checks payable to : Gate City Striders and mail by January 15th to :

Jerry Rocha
15 Kessler Farm Dr # 282
Nashua NH 03062

For more information contact: Jerry Rocha at 603 598-8852 or Andy Cotreau at 603 881-9770

Upcoming Events

**Support your local runner OR
Support your local running club OR
Support you neighboring running club
(Call for volunteers)**

By Steve Moland

Boston Prep 16 Mile Race
January 23, 2000 10:00 am
West Running Brook Middle School Derry NH
(This is a new location with plenty of parking)

Gate City is managing the 3 water stops for a share of the race proceeds.

This race has become so popular in recent years that it attracts lots of runners, many belonging to the Gate City Striders. The host club, the Greater Derry Track Club has asked for some assistance in handling the water stops. This is a good deal for all involved as Striders help out with this race anyway and many more spouses, significant others and family members of runners go and watch the race. (Additional income beyond your dues is very important to help us continue to provide all the benefits of your Gate City Membership. Your dues are just about used up preparing and sending you this newsletter.)

We plan to have a fun morning on January 23 and will be providing coffee, juice, hot chocolate and pastries for our three crews. Many families have already signed up to help out. The Moland's all worked the 3rd stop last year and enjoyed it because there are so many familiar faces going by.

Gate City will not be scheduling any events that day, so come on out and help fellow Striders and other New Hampshire runners stay well hydrated.

Please call Judi or me to offer your assistance at 882-2067 or Email me at steve@accessp.com

ATTENTION:

**Anyone who will be running the
Boston Prep 16 Mile Race**

The race is now part of the New Hampshire RRCA Grand Prix Series but that designation came after the race applications were printed. The race director, Jeff Litchfield asks that you:
**put your NH Running club affiliation
on the race application**

**3rd annual Somerville
Winter Invitational Indoor
Track Meet**

February 13, 2000 10-2PM

Adult and children's
running and field events
Running Club fixed rates
For additional info call 508-775-0143 or
email Paul Collyer at
BostonClyde@aol.com

Upcoming Events

NE Clydesdale & Filly Racing Federation Recognition

Breakfast & Run

(aka Aurelio Polci Memorial Run)

January 16, 2000 10:00am

VFW Logan Post
1194 Broadway
Somerville MA

Paul Collyer of the Somerville Road Runners is putting on another fun event.

Here's part of Paul's description

.....we plan to run the Dee Zuccaro 5Km course in Somerville, it's actually a little over 5 Km but who's measuring. It will be at 10:00 AM...we'll run then sit down for a "FULL" breakfast...the event will cost ya \$10.00...there will be awards but not your standard type...no age or weight divisions...but you could win the "Nicest Heinie Award", or the "Most Snot Running Out Of Your Nose Award" or better yet..."the Hairiest Leg's Award"...Clark and I will decide what the awards will be and you won't know you won till we decide during the breakfast, and the winners will be at our discretion.....

For additional info call 508-775-0143 or email Paul at BostonClyde@aol.com

Pack Monadnock 10 Miler – Year 2000

By Skip Cleaver

The upcoming year will be a terrific one for Gate City races. And it will be a tremendous growth year for the USATF-NE Mountain Running Circuit. Numbers of athletes participating in the circuit this coming year are expected to increase dramatically, and consequently the Pack Monadnock 10 Miler will likely see a record field. Planning is now underway for the first major Gate City race on the New Year, the Pack Monadnock 10 Miler, scheduled for Sunday, June 11, 2000, beginning at 10 AM.

Yes, ten miles at ten, and 2000 feet in the year 2000. This will be one exciting event to participate in. We are looking to complete the Race Committee as soon as possible so that preparations will be completed early and easily, and so we can put on a truly great event for the USATF. Pack will be the third and crowning event in the Circuit, following the Mount Kearsarge 8.5 on Saturday, May 6, and the Mount Wachusett 4.3-mile climb on Saturday, May 27. The final Circuit awards will be handed out at Pack Monadnock, in addition to the individual and team race awards. This race will be THE tune-up for the Mount Washington Road Race. We are looking for good folks to fill key posts on

the committee. Race Committee positions available are: (1) Registration Coordinator, (2) Food/Refreshments Manager, (3) Start Line Set Up Coordinator, (4) Course Manager, (5) Law Enforcement/Transportation Commissioner, (6) Parking and Signs Manager, (7) Finish Line Manager, (8) Timing Manager, (9) Awards and Shirts Coordinator, (10) and Volunteer Coordinator. If you have interest in these positions, please contact Skip Cleaver at (603) 437-2057, (800) 325-1090 (Ext. 7), or tjcleaver@aol.com.

Additional volunteers will also be needed, and this will be a great opportunity for some of the newer members of the Striders to get involved with an enjoyable group to help put on a great event. No previous experience is necessary, and the rewards are two: A great T-shirt and tremendous satisfaction. There is, of course, great satisfaction in giving back to the sport we all love. Whether helping or running, or both, we hope everyone in the Gate City community will become involved in this race. This is the one and only USATF event we host, and it will be a terrific one. Join us in supporting a unique and extraordinary event. •

Gate City Striders Sunday River Ski Weekend!

WHEN: . Bus will leave Nashua at 5:00 pm on Friday and leave Sunday River at 4:30 pm on Sunday.

PRICE: 3 to a room = \$216 OR 2 to a room \$266. Rates are per person. Tips/Taxes included.

INCLUDES:

- § 2 full days of downhill skiing at Sunday River
- § Slopeside condominium accommodations
- § Either a heated outdoor pool or indoor pool, sauna, hot tubs
- § Roundtrip Spartans motor coach transportation with video and bathroom on bus provided
- § Munchies and beer provided on bus ride up
- § Both breakfasts and Saturday night group spaghetti feed (cooked by all) included. Asking skiers to bring desserts &/or snacks to share

YOU CAN'T FIND A BETTER DEAL!!!!

We will fill up the bus. Bus capacity is limited to 47 individuals. Reservations taken beginning immediately on a first-come; first-served basis. We ask that you try to triple or double up when making reservations. If you do not do so, we will assign you to a room as best we can. Sorry, no refunds.

We will depart Friday night at 5:00 pm from the Exit 8 Park & Ride parking lot. This is a lighted, large parking area, suitable for several cars. Please allow time to load. Pack your dinner to eat on the bus. The ride will be approximately 3.5 – 4 hours long.

If you don't want to downhill ski BOTH days, you have the option of taking \$25.00 in Sunday River Money to use towards snowshoeing, cross-country skiing or other Sunday River amenities. You can decide when you get to the mountain. Equipment rental is available for an extra fee. Call Kathy Kirby at (603) 594-9295 for further details. Make checks payable to and send full payment check to:

Kathy Kirby, 42 Lochmere Lane, Nashua, NH 03063