

# Race Results

## Freeze Your Buns 5 Miler Litchfield, NH 1/28/01

*Rich Stockdale 1<sup>st</sup> Overall*  
*Robin Bryant 1<sup>st</sup> Overall*  
*Carl Hefflefinger 1<sup>st</sup> Master*  
*Peter Venditoui 1<sup>st</sup> Open*  
*Allan Rube 1<sup>st</sup> Senior*  
*Bill Spencer 1<sup>st</sup> Veteran*  
*Hattie Bernstein 1<sup>st</sup> Senior*

Rich Stockdale	31:00
Carl Hefflefinger	31:25
Peter Venditoui	32:00
Joseph Rush	32:12
Michael Dodge	34:17
Allan Rube	34:28
Fran Dwyer	34:51
Bill Spencer	35:28
Mike Hagerty	35:59
Bill Juris	36:05
Damian Rowe	36:16
Walter Swanbon	36:31
Eldon Burkinshaw	36:33
David Salvas	37:31
Robin Bryant	37:42
Julie Hanover	40:19
Shaun Scanlon	41:04
Shu Minami	41:04
Traci Swanbon	43:25
Hattie Bernstein	44:08
John Wagner	44:59

## Freeze Your Buns 5K Litchfield, NH 1/28/01

*Nicole Slane 1<sup>st</sup> Overall*  
*Chantal Croteau 1<sup>st</sup> Under 11*  
*Dave Breedan 1<sup>st</sup> Senior*  
*Michelle Weysham 1<sup>st</sup> Junior*  
*Judy Slane 1<sup>st</sup> Master*  
*Cheryl Yoos 1<sup>st</sup> Open*  
*Sachiko Burkinshaw 1<sup>st</sup> Senior*  
*Stephen Bryant 1<sup>st</sup> Under 11*

Nicole Slane	20:21
Chantal Croteau	21:07
Jim Ecke	21:56
Dave Breedan	23:31
Wayne Hilson	23:31
Michelle Weysham	24:27
Julie Marcum	25:21
Brittaney Plante	25:25
Judy Slane	25:42
Robin Hickey	25:54
Cheryl Yoos	25:56
Linda Madden	26:27
Bernard Plante	27:43
Sachiko Burkinshaw	29:02
Patricia Smith	29:36
Teanna Croteau	29:59
Elaine Rush	30:03
Stephen Bryant	30:31
Chris Yoos	31:28
Debra Anctil	32:30

## Boston Prep 16 Miler Derry, NH 1/21/01

*Pam Hall 1st Master*

BJ Bottomley	1:43:55
Ed Sheldon	1:50:33
Patrick Scott	1:55:19
Jim Belanger	1:59:12
Chris Howard	2:00:33
Jack Noyes	2:01:29
Joseph Blouin	2:02:11
Brian Bigelow	2:03:45
James Henmueller	2:07:11
Ron Kita	2:08:24
Mike Hagerty	2:09:32
Pam Hall	2:15:42
Kate Jackson	2:17:58
Brenda Bolan	2:22:45
Richard Doyle	2:23:36
John Heden	2:25:36
Thomas Parker	2:25:44
Andrew Prolman	2:29:36
Lee Dickey	2:34:20
Annette Marchand	2:41:00
Dave Breedan	2:52:42
Ken Robichaud	3:34:28

## Freeze Your Buns 5 Miler Litchfield, NH 1/14/01

*Jim Belanger 1st Overall*  
*Hattie Bernstein 1st Overall*  
*Peter Venditoui 1st Open*  
*Allan Rube 1st Senior*  
*Shaun Scanlon 1st Veteran*

Jim Belanger	30:05
Peter Venditoui	31:23
Rich Stockdale	31:35
Carl Hefflefinger	31:44
Joseph Rush	32:13
Bob Veilleux	32:55
Allan Rube	33:58
Michael Dodge	34:35
David Salvas	38:09
Tom Conley	39:09
Shu Minami	39:57
Stan Klem	40:30
Shaun Scanlon	41:22
Hattie Bernstein	44:06
Susan Rube	44:23
John Wagner	44:30

## Freeze Your Buns 5K Litchfield, NH 1/14/01

*Damian Rowe 1st Overall*  
*Chantal Croteau 1st Overall*  
*Bill Spencer 1st Veteran*  
*Robin Bryant 1st Open*  
*Dana Breedan 1st Junior*  
*Dave Breedan 1st Senior*  
*Linda Madden 1st Master*  
*Patricia Smith 1st Veteran*

Damian Rowe	20:41
Chantal Croteau	20:57

Nicole Slane	21:07
Bill Spencer	21:37
Eldon Burkinshaw	21:53
Michelle Weysham	22:02
Jim Ecke	22:38
Robin Bryant	22:50
Wayne Hilson	23:59
Dana Breedan	24:11
Dave Breedan	24:20
Cheryl Yoos	24:34
Julie Marcum	25:15
Linda Madden	25:27
Judy Slane	25:48
Katie Ryan	26:31
Rosalie McQuaid	26:34
Michael Ryan	26:58
Patricia Smith	28:22
Susan Picard	28:45
Sachiko Burkinshaw	29:27
Joyce Oberholtzer	29:38
Teanna Croteau	30:15
Elaine Rush	31:16
Nancy Ryan	37:14

## BU All Comers Track Meet Boston, MA 1/13/01

3K Jim Rhoades	10:05.2
3K Tom Kolb	10:29.1
1M Tom Kolb	5:18.7

## Bob Hersey Memorial 5 Miler Fitchburg, MA 1/7/01

Ken Robichaud	60:06
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## Walt Disney Marathon Orlando, FL 1/7/01

Gary McCoy	4:14:26
Peg Turcotte	4:27:08

## Walt Disney Half Marathon Orlando, FL 1/7/01

Maurice Ferrigno	1:49:53
Maurice Noonan	2:21:47
Julianne Noonan	2:41:45
Helen Ferrigno	3:16:13

## Weary Traveler 5 Miler

### Bourne, MA 1/6/01

Ken Robichaud	44:29
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## BU All Comers Track Meet 4 x 1600 Meter Relay 60+ Men Boston, MA 1/6/01

*New US & World Record 24:55.7*

Bill Engle	6:38.2
Eldon Burkinshaw	6:16.3
Jack Kick	6:08.9
Bill Spencer	5:52.3

**BU All Comers Track Meet****Boston, MA 1/6/01**

3K Patrick Moulton	8:39.0
3K Keith O'Brien	9:32.0
1M Patrick Moulton	4:45.4

**St Thomas New Year 5K****Derry, NH 1/1/01***Paul Ahern 1st 13-19**Nicole Slane 1st Under 13**Eldon Burkinshaw 1st Veteran**Susan Rube 1st Senior*

Paul Ahern	18:57
Nicole Slane	20:16
Allan Rube	20:25
Fran Dwyer	20:38
Eldon Burkinshaw	21:45
Bob Peretti	21:52
Peter Darasz	22:33
Joey Rizzo	23:11
Dave Breedan	24:39
Dana Breedan	25:08
Judy Slane	25:50
Susan Rube	26:19
Marylu Klum	26:22
Lisa Richards	26:38

**Freezer Five Miler****Sterling, MA 1/1/01**

Dick Miller	35:08
Lee Dickey	37:03

**Hangover Classic 5K****Salisbury, MA 1/1/01***Jim Quadros 1st Overall*

Jim Quadros	16:25
Sean Donnelly	17:34
Dave Camire	18:17
Rick Dupuis	18:43
MaryBeth Donnelly	20:54
Kassie Rubico	21:43
Jim Ecke	21:47
Pat Mikulis	26:17
Maurice Noonan	30:02

**Hangover Classic 10K****Salisbury, MA 1/1/01***Jim Belanger 1st 45-49**Liane Pancoast 1st 40-44**Pam Hall 1st 45-49**Louise Rosetti 1st 70+*

Jim Rhoades	37:01
Jim Belanger	38:01
Dave Contrada	42:17
Liane Pancoast	42:42
Pam Hall	42:54
Brenda Bolan	43:34
David Wendt	44:04
Bill Juris	44:30
Annette Marchand	49:05
Tom Raiche	50:56
Louise Rosetti	90:55

**Peanut Butter Chip Chase 5K****Temple, NH 1/1/01***Kevin Beck 1st Overall**Chantal Croteau 1st Overall**Silas Little 1st Senior**Bill Spencer 1st Veteran**Heidi McGaffigan 1st Senior*

Kevin Beck	17:10
David Lapierre	18:42
Frank Cadwell	19:42
Brian Bigelow	19:45
Peter Venditouli	20:02
Chris Howard	20:07
Bob Veilleux	20:57
Silas Little	21:04
Walt Swanbon	21:39
Anthony Merra	21:47
Damian Rowe	22:12
Chantal Croteau	22:19
Bill Spencer	22:22
John Lewicke	22:54
Kevin Hodge	23:04
Michael Levesque	23:34
David Salvas	23:53
Kathy Johnson	23:54
Heidi McGaffigan	24:02
Bill Engle	24:08
Chris Merra	24:10
Andrew Najberg	24:18
Elizabeth Nofle	24:33
Rich MacDonald	25:22
Tom Conley	25:23
Cathy Merra	25:28
Mike Merra	25:29
Barbara Joy	25:50
Shu Minami	25:50
Dan Johnson	26:34
Michael Amarello	26:54
Rick Schnable	27:31
Genia Sanborn	28:08
Brian Sanborn	28:09
Bob Thompson	28:24
Kristina Thompson	28:25
Robin Hickey	29:04
Gerald Rocha	29:05
Kathy Engle	29:32
Teanna Croteau	37:55
Caitlyn Hodge	44:51
Shelby Moland	45:56
Judi Moland	45:57
Steve Moland	45:58
Ellen Kolb	48:03

**Last Night 5K****Somerville, MA 12/31/00**

Jim Quadros	16:34
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**Main Street Mile****Worcester, MA 12/31/00**

Michael Amarello	6:51
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**BU All Comers Track Meet****Boston, MA 12/30/00**

3K Patrick Moulton	8:42.7
3K Kevin Beck	10:11.7
3K Tom Kolb	10:36.4
1M Kevin Beck	4:36.1
1M Keith O'Brien	4:45.6
1M Patrick Moulton	4:47.7

1M Art Demers	4:54.7
1M Tom Kolb	5:23.4

**Millennium Mile****Londonderry, NH 12/23/00***Keith O'Brien 1st Submaster**Nicole Slane 1st Junior**Eldon Burkinshaw 1st Veteran*

BJ Bottomley	4:15
Adrien Grise	4:23
Keith O'Brien	4:31
Paul Ahern	4:36
Matt Simpson	4:52
Nicole Slane	5:05
Damian Rowe	5:14
Colleen Law	5:20
David Wendt	5:27
Dana Breedan	5:34
Michael Neville	5:35
Amanda Pelletier	5:40
Eldon Burkinshaw	5:42
Ashley Neville	5:53
Dave Breedan	6:09
Michael Amarello	6:12

**BU All Comers Track Meet****Boston, MA 12/23/00**

3K Kevin Beck	8:44
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**Bob Marley's Trot For Tots 5K****Portland, ME 12/17/00**

Pamela Hall	22:14
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**BU All Comers Track Meet****Boston, MA 12/16/00**

3K BJ Bottomley	9:34.0
3K Tom Kolb	10:36.4
1M Keith O'Brien	4:45.9
1M BJ Bottomley	4:46.9
1M Tom Kolb	5:23.4

**Wintah Challenge 4.13 Miler****Somerville, MA 12/16/00***Louise Rosetti 1st 70+*

Louise Rosetti	52:14
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**Santa's Toy Trot 4 Miler****Merrimac, MA 12/10/00***Jim Quadros 1st Overall*

Jim Quadros	21:17
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**Santa's Toy Trot 2 Miler****Merrimac, MA 12/10/00**

Michael Amarello	14:59
John Armstrong	20:19
Ellie MacGuire	20:27
James Armstrong	23:18
David Armstrong	23:18
Robin MacGuire	34:41

**Camp Keleva 5 Miler****Lancaster, MA 12/10/00**

Carol Robichaud	42:13
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**Christmas Rush 8K (Continued on page 16)**

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**Madison, GA 12/9/00**  
George Darden 24:57

**Reindeer Run 5K**  
**New London, NH 12/9/00**  
Kevin Beck 16:04  
Dave Birse 18:53

**National Junior Olympics**  
**Cross Country Championships**  
**Midget Boys 4K**  
**Reno, NV 12/9/00**  
*2nd Place Team*  
*Anthony Merra All American*  
Anthony Merra 15:49  
Craig Pelletier 16:45  
Mark Fraser 16:47  
Michael Peabody 17:40

**National Junior Olympics**  
**Cross Country Championships**  
**Midget Girls 4K**  
**Reno, NV 12/9/00**  
*2nd Place Team*  
*Nicole Slane All American*  
*Michelle Weysham All American*  
*Juline McGuirk All American*  
Nicole Slane 16:39  
Michelle Weysham 16:43  
Juline McGuirk 16:54  
Julie Marcum 18:07  
Kim McAuliffe 18:11  
Samantha Buechner 18:13  
Kellie Oberholtzer 18:37  
Colleen Law 18:51

**National Junior Olympics**  
**Cross Country Championships**  
**Bantam Boys 3K**  
**Reno, NV 12/9/00**  
*1st Place Team*  
*Patrick McCabe All American*  
Patrick McCabe 12:16  
Chris Merra 12:52  
Mark Posnick 13:11

**National Junior Olympics**  
**Cross Country Championships**  
**Bantam Girls 3K**  
**Reno, NV 12/9/00**  
*2nd Place Team*  
*Caitlin Rush All American*  
*Allison Pinal All American*  
*Ashley Neville All American*  
Caitlin Rush 13:01  
Allison Pinal 13:03  
Ashley Neville 13:04  
Chantal Croteau 13:33  
Lindsey Panny 13:59

**National Junior Olympics**  
**Cross Country Championships**  
**Youth Girls 4K**  
**Reno, NV 12/9/00**  
Casey Darasz 17:23

**National Junior Olympics**  
**Cross Country Championships**  
**Intermediate Boys 5K**  
**Reno, NV 12/9/00**  
David Posnick 18:42

**Khoury's 4.13 Miler**  
**Somerville, MA 12/7/00**  
Louise Rosetti 56:36

**Mill Cities Relay 28.5 Miles**  
**Nashua, NH 12/3/00**  
**Mill Cities Relay Champions!**

**2 - Male Open - 2:40:03 - 10**  
*Elbow Grise*  
BJ Bottomley  
Adrien Grise  
John Kennedy  
Pablo Presedo  
Jim Quadros

**3 - Male Masters - 2:47:20 - 6**  
*Swan Song*  
Brian Reinhold  
Walter Swanbon  
Mike Hagerty  
James Henmueller  
Tom Astolfi

**1 - Mixed Open - 2:56:07 - 8**  
*Mini Me*  
Tim Burke  
Yuki Minami  
Liz Pollard  
Joseph Blouin  
Keith O'Brien

**8 - Male Open - 2:59:44**  
*Cast In Stone*  
Bruce Lutz  
Peter Venditouli  
Pat Maloney  
Matt Castner  
Steve Ulicny

**6 - Male Masters - 3:02:17**  
*Aging Masters*  
Dave Birse  
Dave Camire  
Jim Hansen  
Tom Kolb  
Brian Bigelow

**2 - Mixed Masters - 3:03:58 - 8**  
*No Names*  
Rich Stockdale  
Annette Marchand  
Mary Phillis  
Mike Ward  
Jim Belanger

**10 - Male Open - 3:04:07**  
*Chocolate Chips*  
Zach Emerson

Ross Acucena  
Erik Stepick-Ayers  
John Donovan  
Chip Pollard

**10 - Male Masters - 3:20:11**  
*Polar Bears*  
Damian Rowe  
Jim Ecke  
Bob Pelletier  
Mike Hagerty  
Fran Dwyer

**6 - Male Seniors - 3:23:13 - 5**  
*Side Burns*  
Donald Burns  
George Miller  
John Lewicke  
Allan Rube  
Dave Salvas

**7 - Male Seniors - 3:24:09**  
*Wendt That A Way*  
George Lecours  
Joe Wheatley  
Mike Levesque  
Dave Wendt  
Adrien Pike

**1 - Female Masters - 3:25:54 - 2**  
*Masterful Maidens*  
Helen Bradler  
Claudette Stone  
Andrea Pierce  
Pamela Hall  
Sandy Machall

**6 - Female Open - 3:32:21 - 3**  
*The Nomads*  
Kirsten Werne  
Katie Parodi  
Kassie Rubico  
Alice Walton  
Mary Beth Donnelly

**1 - Male Veterans - 3:33:30 - 2**  
*Kickin' Butt*  
Bill Engle  
Dave Williams  
Bill Spencer  
Jack Kick  
Shu Minami

**20 - Male Open - 3:34:44**  
*Murphy's Law*  
Gordon Burnett  
Robin Hickey  
Bob Lemay  
Chris Howard  
Daniel Mitton

**9 - Mixed Open - 3:38:48**  
*Wares The Beers?*  
Aaron Beers  
Phyllis Ware  
Judy Nicholson

Dave Sargent  
Laurie Kofstad

**11 - Male Seniors - 3:40:57**  
*Karl's Krew*  
Terrence Kenney  
Brian Sanborn  
Karl Patnode  
Richard Doyle  
Mike Levesque

**10 - Mixed Open - 3:41:32**  
*Gray Ghosts*  
Paul Fiori  
Debra O'Leary  
Annette McRitchie  
Bill Gray  
Carol Pelletier

**12 - Male Seniors - 3:46:56**  
*Klemson Tigers*  
Peter Donohue  
Jerry Rocha  
Ken Beach  
Steve Moland  
Stan Klem

**27 - Male Open - 3:49:17**  
*Team Throck Morton*  
John Lysik  
David Cormier  
Paul Tobin  
Tom Raiche  
Brian Withers

**11 - Female Open - 3:52:15 You-GoGirlfriend**  
Beth Gagnon  
Janice Olsen  
Julie Hanover  
Kathy Johnson  
Traci Swanbon

**11 - Mixed Open - 3:54:16**  
*Kelley's Heroes*  
Sue Marrer-Strassen  
Dave Haworth  
Tessa Kelley  
Tim Kelley  
Sue McIlvane

**12 - Mixed Open - 4:00:10**  
*Nichol Beers*  
Morris Nicholson  
Claudia Dufresne  
Ben Cardinale  
Melanie Kalafatis  
Bob Beers

**9 - Mixed Masters - 4:03:41**  
*Wednesday Evening Church Group*  
Rich MacDonald  
Roger Hall  
Pat McMillan

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Skip Cleaver  
Jeannie Ferreira

**14 - Mixed Open - 4:23:21**

**Special K**

Ed West  
Chet Rogers  
Sally Sargent  
Kent Kofstad  
Anne Richardson

**1 - Female Seniors - 2:27:06 - 3**

*Heidi 'n' Seek*

Aline Kenney  
Heidi McGaffigan  
Emily Strong

**3 - Female Seniors - 2:40:20**

*Genia In A Bottle*

Genia Sanborn  
Jane Levesque  
Sandra Darling

**4 - Female Seniors - 2:50:47**

*Rub 'em Out*

Susan Rube  
Virginia Mills  
Sandy Gilmore

**5 - Female Seniors - 2:51:34**

*Flying Engle's*

Judi Moland  
Kathy Engle  
Mary Minami

**Ran For Other Clubs**

Dana Breedan  
Eldon Burkinshaw  
Warren Church  
Art Demers  
Tom Doody  
Jason Farr  
George Gagnon  
Bill Juris  
Keith Kelly

Michael Amarello ran leg 3 by himself after scrunching his 7 teams into 6 due to last-minute cancellations.

**Jingle Bell 5K**

**Concord, NH 12/2/00**

Kevin Beck 15:49  
Joseph Rush 19:41  
Chantal Croteau 20:36  
Michael Dodge 20:52  
Catie Dean 20:53  
Caitlin Rush 21:14  
Andrew Najberg 22:18  
Casey Darasz 22:31  
Ashley Neville 22:48  
Peter Darasz 24:39  
Mary Ulinski 26:31

Theresa McMahon 28:27  
Mary Jo Cody 29:53  
Shawn McMahon 30:03  
Gale Taylor 42:10

**Great Brook 6 Hour Run**

**Carlisle, MA 12/2/00**

Lee Dickey 35.2M

**Khoury's 4.13 Miler**

**Somerville, MA 11/30/00**

Louise Rosetti 54:07

**Andover 6K Cross Country**

**Andover, MA 11/26/00**

*Louise Rosetti 1st 70+*

Tom Doody 18:50  
Keith O'Brien 19:35  
Jim Rhoades 20:49  
Rick Dupuis 21:45  
Louise Rosetti 42:51

**Salmon Brook Scramble 5K**

**Nashua, NH 11/25/00**

*BJ Bottomley 1st Overall*

*Nicole Slane 1st Overall*

*Patrick McCabe 1st Under 11*

*Chantal Croteau 1st Under 11*

*Michelle Weysham 1st 11-13*

*Paul Ahern 1st 14-19*

*Jacob Rube 1st 20-29*

*Suzanne Pintal 1st 35-39*

*Nancy Peabody 1st 40-44*

*Tom Kolb 1st 45-49*

*Pamela Hall 1st 45-49*

*Allan Rube 1st 50-59*

*Donna Lemay 1st 50-59*

*Shu Minami 1st 60+*

*Pat Smith 1st 60+*

BJ Bottomley 16:26  
Dave Birse 18:24  
Tom Kolb 18:27  
Paul Ahern 18:39  
Peter Venditoui 18:47  
John Genet 18:56  
Nicole Slane 18:57  
Anthony Merra 19:07  
Joseph Rush 19:17  
Carl Hefflefinger 19:41  
Patrick Rush 19:50  
Michael Peabody 19:53  
Patrick McCabe 19:55  
Craig Pelletier 20:09  
Damian Rowe 20:20  
Fran Dwyer 20:24  
Chantal Croteau 20:27  
Michelle Weysham 20:38  
Allan Rube 20:38  
Allison Pintal 20:45  
Caitlin Rush 20:49  
Chris Merra 20:51  
Pamela Hall 21:02  
Bill Juris 21:03  
Mike Merra 21:12  
Amanda Pelletier 21:48  
Kellie Oberholtzer 21:53

Elizabeth Noftle 21:57  
Stephanie Pintal 21:58  
Nancy Peabody 22:15  
Ashley Neville 22:21  
Jim Ecke 22:23  
Emily Ange l 22:25  
Jack Harkins 22:27  
Julie Marcum 22:45  
Callie Schneider 22:50  
Brittany Plante 22:53  
Lindsey Panny 22:55  
Shu Minami 23:08  
Donna Lemay 23:28  
Michael Amarello 23:36  
Mark Fraser 23:38  
Jacob Rube 23:39  
Cathy Merra 23:52  
Bob Lemay 23:54  
Marc Pintal 24:04  
Terry Kenney 24:05  
Josh Panny 24:53  
Aline Kenney 24:55  
Susan Rube 25:13  
Linda Madden 25:14  
Judy Slane 25:43  
Rick Schnable 25:51  
Gordon Burnett 25:58  
Virginia Mills 26:07  
Adam Delia 26:22  
Krista Oberholtzer 26:43  
Robert Michaud 27:00  
Suzanne Pintal 27:12  
Ethan Dionne 27:12  
John Dionne 27:15  
Lauren Oberholtzer 27:20  
Jeannie Ferreira 27:22  
Diana Ward 27:24  
Mike Ward 27:26  
Susan Picard 27:34  
Patricia Smith 27:49  
Joyce Oberholtzer 28:07  
Mary Jo Cody 28:22  
Bob Welts 29:07  
John Panny 29:29  
Maurice Noonan 29:34  
Kaitlin Burnett 30:19  
Debra Anctil 33:07  
Michael Whelton 33:20  
Raymond Oberholtzer 34:08  
Robert Noftle 34:28  
Max Belanger 35:08  
Amy Picard 35:12  
Louise Rosetti 36:04  
Patti Schneider 36:57  
Teanna Croteau 37:21  
Daniel Croteau 37:40  
Derek Brown 42:29  
Jeffrey Brown 42:30  
Teresa Kolb 44:22  
Ellen Kolb 44:25  
Linda Panny 48:52

**York Turkey Trot 5K**

**York, ME 11/25/00**

John Armstrong 33:46  
Ellie MacGuire 33:50  
James Armstrong 36:54  
Dave Armstrong 36:54

**Chelmsford HS Alumni 5K CC**

**Chelmsford, MA 11/24/00**

Keith O'Brien 17:58  
Tom Doody 22:25  
Jim Rhoades 24:11

**Turkey Trot 5K Cross Country**

**Newburyport, MA 11/23/00**

Darryl Whitney 17:25  
Louise Rosetti 37:14

**Whitin 5 Miler**

**Whitinsville, MA 12/23/00**

*Jim Quadros 1st Overall*

Jim Quadros 26:27

**Galloping Gobbler 5 Miler**

**Concord, NH 12/23/00**

Dave Williams 40:21

**Battleship NC Half Marathon**

**Charlotte, NC 11/19/00**

Christa Leprohon 2:21:31

**Jingle Bell 10K**

**Portsmouth, NH 11/19/00**

*Shu Minami 1st Veteran*

Ivan Gomez 42:30  
Pamela Hall 43:19  
Yuki Minami 45:01  
Joselyn Hall 45:04  
Richard Doyle 45:18  
Andrew Najberg 46:11  
Shu Minami 47:35  
Jane Levesque 48:36  
Roger Hall 48:51  
Peg Turcotte 51:05  
Linda Madden 52:48  
Mary Ulinski 55:54  
Mary Minami 57:26  
Karl Patnode 57:37  
Patricia Smith 60:03  
Susan Rist 60:24  
Debra Anctil 67:13  
Paula Kienert 70:49  
Derek McGann 70:51

**USATF National CC 10K**

**Boston, MA 11/25/00**

Tom Doody 32:12  
Jim Rhoades 35:36

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run, particularly indoors. The Gate City Striders were invited to participate in a special relay as part of an All-Comers meet at Boston University on Jan 6, to see if we could set a new record.

I was able to hold on after my fast start in the race, and even though I think I slowed on each succeeding lap I managed a 6:38 which was on track for the record. At the end of my leg I remember approaching Eldon Burkinshaw who ran the second lap. But I don't remember anything about the actual baton pass. I guess he got it OK because I remember him speeding away from me. I was pooped.

Little did we have to worry about breaking the record with Eldon running a 6:16, amazing Jack Kick with a 6:08 and the "chairman of the boards", Bill Spencer with a 5:52 for an overall time of 24:55.7.

(This race was timed down to the tenth of a second!) Now all we need is to have our results accepted as a world record by the powers in charge. Maybe it won't be recognized because we were not tested for banned substances!

Bill Spencer remarked in Skip Cleaver's column in the Telegraph (Sunday Jan 14) that the track is highly banked and is made for speed and not distance. He's not kidding. I didn't have much trouble with the banked turns on my first lap when I was running relatively fast. As I slowed I had a lot of trouble even staying on the track during the turns. I kept sliding toward the infield as I ran and had to keep forcing myself to run higher in the first lane. It would have been a bitch if I had fallen off the track. I guess our team would have been disqualified. My biggest worries before the race were the turns and dropping

the baton at the hand-offs. Fortunately, as lead runner I only had to worry about one baton pass. Before the race Eldon and I discussed how we would make the exchange. As I said I have no idea how we actually did it. I just wanted to stop running!

You remember the Women's Senior runner who made me look like a tortoise? After the race I saw their individual splits. She did something like 6:20 for her leg. The other three runners on the team were all over 7 minutes, I believe. They put their best runner against me to show me up--- Some nerve.

In spite of the "banking crisis" I really enjoyed the experience of running the relay. It was an honor to participate with three runners like Eldon, Jack and Bill. Thanks for asking me. •

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a torrent now. Time telescoped into a series of churning legs, robbing me of all sensation even in the awful cold. And I waited...

*There.* Andrew had fallen back a bit from his early standing, but his strategy proved sound as he hung on for 31<sup>st</sup>. A hundred yards behind, Mike and unheralded junior Jeff Samson closed fast as our fourth and fifth runners. The rest of it was, as always, a sea of colors and spit and heaving bodies lunging past one another in fools' errands that meant the world, half-naked on a day meant for curling up by the fire.

Rushing to the end of the chute, I collected our finish cards and gave congratulations and hugs all around. I didn't know where we stood, but there was no doubt the kids had left their last ragged breath somewhere in the final two hundred yards of the course. Whether our team total of 172 points would be good enough to place us in the top five was completely open to question: some years yea, others nay. All we could do was wait.

Meanwhile, the girls got ready to go. There was little chance of this senior-less team finishing better than tenth, but Alice and Ruby, if they finished in the top twenty-five, could advance to the Meet of Champions as individuals. Both had the resume and the stuff, but as we'd seen lots of times, nothing in this capricious sport was guaranteed.

Ruby, following my suggestions to the

letter, hung around the top ten for the first kilometer, then worked her way methodically through the thinning pack over the hills, where she was at her strongest. Alice, almost inconsolable in her nervous fits all week, was just out of the top twenty-five at the halfway point; it was going to be awfully close.

Back to the finish line. Ruby shot into view in sixth. Incredible! She held off a hard charge by a fellow frosh to finish higher than any Brady runner in the State Meet since eventual New England champion Beth Clark won in 1977. And Alice, that determined paragon of self-doubt and discipline, had willed her way into 20<sup>th</sup> by the time she collapsed into the chute. More smiles and more tears. Their teammates ran, almost without exception, their best races of the season.

The awards ceremony was nearly as nerve-wracking as the pre-race tableau. I stood among the bundled-up kids and their parents as the announcer began to announce the top five teams. The growling winds whipped a locust swarm of leaves in a meaningless swirl.

"...in fifth place, with 196 points, Oyster River..."

"We did it," I muttered savagely. In a low voice, but not quietly enough to escape notice. I hadn't yet told the boys their point total. "We did? We did?" They were on me, babbling like pre-schoolers. I said, "Just listen --"

"...in fourth, with 172 points, Bishop Brady High School of Concord..."

Under the foreboding gray skies, minor pandemonium. A team laughably devoid of self-respect a year ago, one whose flagship functions had been playing ultimate Frisbee and wrestling in lieu of running, had advanced to the Meet of Champions for the first time in history. Such was the power of the moment that the parents could only look at each other like slack-jawed yokels as their kids erupted. And erupted again.

I was glad to be wearing sunglasses.

When I took the job of cross-country coach at Bishop Brady, I envisioned a compelling but dry series of workouts, statistics, and race results – wins and losses. I should have known better. The real rewards for me have come from watching the people on the teams develop as human beings as well as athletes, fearing nothing and growing beyond the bounds of their former limitations, scoffing at the idea that the practices I give them are too difficult, the hills too steep, the competition too fierce.

There is little immediate gratification in distance running. In contemporary society, things move at ever more frantic speeds and distractions are legion. Too many adults would rather find the solution to their needs and desires in a pill, a new marriage, or other quick fix. It is small wonder that the values of sacrifice and faith seem to have evaporated from youths' worldview. Not, evidently, at Bishop Brady.

Some days, in fact, I wonder who's getting the more important lesson – them or me. •

**February 2001**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				GCS HOTLINE 880-9479		
4 Group Run Auburn 9:30 am	5	6	7 Group Run Penachuck JR	8	9	10
11 <b>FYB Litchfield</b> Group Run Auburn 9:30 am	12 E board Meeting	13	14 Group Run Penachuck JR	15	16	17
18 Group Run Auburn 9:30 am	19	20	21 <b>General Meeting</b> 7:00 Group Run Penachuck JR	22	23	24
				GCS WEB PAGE WWW.GATECITY.ORG		
25 <b>FYB Litchfield</b> Group Run Auburn 9:30 am	26	27	28 Group Run Penachuck JR			

**March 2001**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				GCS HOTLINE 880-9479		
4 Group Run Auburn 9:30 am	5	6	7 Group Run Penachuck JR	8	9	10
11 Group Run Auburn 9:30 am Indoor Track Smith College Melrose 1/2 Mar	12 E board Meeting	13	14 Group Run Penachuck JR	15	16	17
18 Group Run Auburn 9:30 am	19	20	21 <b>General Meeting</b> 7:00 Group Run Penachuck JR	22	23 <b>National Masters</b> <b>Indoor Track</b> <b>Boston</b>	24 <b>National Masters</b> <b>Indoor Track</b> <b>Boston</b>
25 Group Run Auburn 9:30 am	26	27	28 Group Run Penachuck JR	29	30	31 Boston Tuneup 15k
				GCS WEB PAGE WWW.GATECITY.ORG		



# Gate City Striders Membership Application Form

This is a (circle one) : New Membership      Membership renewal

Membership type (circle one) : Single(\$20)      Family(\$25)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Home Tel \_\_\_\_\_



Optional (we won't hold you to the next 2 items!)

I'd like to volunteer at GCS events(Yes/No): \_\_\_\_\_

I'd like to help with the newsletter(Yes/No): \_\_\_\_\_

I know that running, volunteering at club races and participating in Gate City Striders events are potentially hazardous activities. I should not enter and run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete the run or to take part in the event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gate City Striders Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please note that \$1.25 of the annual dues is for a subscription to the Road Running Club of America's quarterly magazine, FootNotes for one year.

Signature required for all persons on this application (Signature of parent or guardian if under age 18).

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**GATE CITY STRIDERS**  
**PO Box 3692**  
**Nashua NH 03061**

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