

Striding Along



A Publication of the Gate City Striders

February 2000 / March 2000



In This Issue

President's column.....	p. 4	NH Ranking in 1999	p. 15
Membership	p. 6	NH State Records in 1999.....	p. 15
Upcoming Events.....	p. 7	NH RRCA Gran Prix Standing	p. 16
Preparing for National XCcountry	p. 8	GCS Youth Web Page.....	p. 16
Jack Kick Named NE Runner of Year ...	p. 9	Can We Talk?	p. 16
JR Olympic Strider Youths.....	p. 10	NovemberFest Photos	p. 17
Striders 3rd at Mill Cities Relay.....	p. 12	RESULTS (Back by popular demand).....	p. 18
Millennium Down Under	p. 14	February – March Calendar	p. 27

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

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Bill Spencer
Michael Amarello
Shaun McMahon
Bill Engle
Traci Swanbon

Cover Photos: **on right – Jack Kick**
On left – USATF JR Olympic Bantan Boys Champion Team (10 & under)
Coaches: Mark Fraser, Nancy Peabody, PAL Director Mike Soucy
Matt Marino, Michael Peabody(Capt)*, Michael Weitz, Patrick McCabe*
Ben Roberts, Ryan Stewart, Craig Pelletier(Capt)*, Chris Merra* *=GCS



Editor's Column



Hello Fellow Striders,

There is a glaring omission in this issue as I could not locate a decent printable picture of the BANTAM GIRLS Junior Olympic Team. I apologize to these deserving youngsters and their parent. Please help me remedy this for the next issue.

I really hate running on my treadmill but the 3rd week of the new millennium has shown me that attitude adjustments are possible even for this opinionated senior runner. It's not that I now dislike treadmill running any less, it's that running alone outside at night takes on a different perspective when the temperature gets below 15F. I can endure and even enjoy the cold Wednesday nights at Pennichuck JR High because of the warm friendly smiles of the large regular crowd. The only conflict there is who will get out of their warm vehicle first. **Traci Swanbon** seems to have made a similar observation in "Can We Talk?".

A recurring subject of mine has been harping about showing up at races, finishing and also giving a good effort even you're not having your best day. In **Bill Spencer's** very exciting article "USATF National Junior Olympic Cross Country Championship" you'll read about some tremendous efforts and the rewards of moving up even a few positions in a race. As an additional example of stick-to-ativity, in the Boston Prep 16 miler, **Shu Minami** persevered during the worse race he's had in years and garnered 4 points for the club in the NH RRCA Gran Prix series. In another article Bill tells us about a new emphasis on Cross Country training for young runners from New Hampshire.

Bill Engle asked me before he and Kathy travelled to New Zealand, what he needed to do to submit an article with pictures. I told him the details and I awaited his return. The running part of his trip went pretty and you can read the details in "Millennium Down Under". Bill tells me he had some photos too, but he left them in Fiji (he thinks). Any volunteers to go look for them?

An lastly, **Wednesday FEBRUARY 16 is the annual election of officers at our club meeting at the Merrimack YMCA at 7:00PM.** There are other important matters to be discussed and voted on, please note the time on schedule.

So until the next issue, see you at our FYB races in Litchfield or Wednesday nights at 6:00pm at Pennichuck Jr high in Nashua.

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:

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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.

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

Hello fellow Striders, and welcome to the other side of winter !

I gotta tell 'ya, it was so great to be able to look outside at five o'clock last week and notice that the sun was still visible.

For those of you who were unable to attend this year's Annual Club Party, I thought it would be appropriate to summarize the speech which I delivered during the evening.

In the past, not only has the annual event served as an opportunity for members of the club to get together and have some fun, but it has also served as the venue for recognizing some outstanding volunteers among the organization. Although each and everyone of us contribute in our own way, there still remain some people who seem to stand out. These individuals have for the most part, continued to offer their time and effort whether they were asked or not, and excel far beyond what was expected of them.

The club puts together a committee each year to review the Volunteer Sign-up sheets submitted by Race Directors, or Directors of various club sponsored events. The lists are reviewed to assess those individuals who consistently volunteer, in order to recognize them for their efforts at the club party. This year, the election committee consisted of: Beth Phelan, Lori Lambert, and Traci Swanbon. These three Striders got together and consolidated all the lists to arrive at the following result.

New Volunteer Award

The recipient of this year's award goes to an individual who has been tireless in his efforts to expand the club's exposure, to make it a presence outside of the "Gate City" area. He has single-handedly recruited an enormous amount of new members for our organization. No matter where he goes, he always has a stack of membership applications with him ready to hand out to anyone looking for a club to join.

Last year he undertook the responsibility of establishing the club's WebSite (www.gatecity.org), and continues to add to it's success on a weekly basis. This man can be seen at almost every Gate City event, supporting our club through his volunteer efforts, and yet he still finds the time to get in a run here and there. The club owes this man a tremendous amount of gratitude for the hours of volunteerism which he has contributed over the past year which has had a positive impact on the perception of this club from members of the community, as well as other running clubs in the area.

This year, we graciously present the New Volunteer of the Year Award to Mr. Michael Amarello.

Volunteer of the Year Award

This member can be seen at just as many events as Michael. Not only does he provide his services weeks in advance of a race, he is at each event from the start, to the finish, no matter the distance of the race, and he never gets a moments rest. While providing all of the timing services for the Gate City races, he has also hosted training sessions to educate other Striders on the intricacies of race timing. In addition to the countless hours that race timing involves, he has also been actively involved in the club as a member of the E-Board. When you add up all of the time that both of these commitments involve, you wonder how it's possible that he still managed to have the time to train for his first marathon.

With many thanks for all of his efforts, this year's Volunteer of the Year Award is presented to Damian Rowe, the Vice President of the Gate City Striders

Lifetime Volunteer Award

The member to receive this award has consistently shown a tremendous amount of loyalty and dedication to the Strid-

(Continued on page 5)



(Continued from page 4)

ers not only for a race here and there, or for a year or two, but time and time again. This year's recipient has continually been an asset to the Club not only through his volunteer efforts, and his time spent as a member of the E-Board, but through his support to all members of our organization. He can be seen at each and every event volunteering his time setting up the race, running in the race (typically at the head of the pack), cleaning up after the race, and still managing to get everyone together for a cool down run before calling it a day. After all this, he still has the tenacity to get up the next day, and do it all over again. We are very fortunate to have such a member with this organization. If you are every looking for a role model who clearly exemplifies what it means to be a participating member in a club, look no further than this Strider.

It is the pleasure of the Election Committee, as well as the Executive Board to present this year's Lifetime Volunteer Award to no other than "Iron" Mike Hagerty

This past year has been an exciting time for the Gate City Striders organization, as well as its members. With the celebration of the Tenth Anniversary of the incorporation of the Gate City Striders, let's take a quick look back at some of the highlights. The accomplishments of some of our fellow Striders are spread across a broad spectrum.

Having returned from South Carolina only a few months ago, ten year old Nicole Slane was among five other Strider youth to bring back the title of All American at the USATF Nationals. As a member of the Striders, Nicole continues to destroy state records with her intensity on the open road, and as a result has earned herself the title of being among the top 5 runners in the United States, within her age group.

Kate Jackson, an accomplished runner and triathlete represented the Striders, her family, and the State of New Hampshire this past summer in Hawaii, in which she earned the opportunity to participate in the Iron Man Triathlon. Kate's finish alone was an accomplishment so few of us actually get to experience in our lifetime, and she did so with great honor and dignity. It is said that just to finish, one must be prepared to endure the most intense and physi-

cally demanding event in the world today, and Kate did just that.

And at the opposite side of the spectrum is none other than Jack Kick. Jack is one of the club's Masters, and sets a pace among the pack that is challenging, to say the least. Jack was recently named by New England Runner magazine as the top 65-69 runner in New England. In addition, Running Times magazine just hailed him as one of the top 10 runners in the world, in his age group.

The club has seen tremendous growth over the past two years, increasing its membership in February of '98 from 325 members, to well over 575 members to date. With the numbers increasing, I'm sure we can expect the amount of talent represented in its growth, to contribute to the Striders' reputation as a contender among the point gathering within the Grand Prix Series. I'm sure our club's Coach; Dave Camire, will begin setting the bar a little higher, as the days begin to grow even longer. I guess we'll just have to wait and see at the track in April.

In closing, I'd like to take a moment to thank the members of the Gate City Striders for having me as their President. This February's General Membership meeting at the Merrimack YMCA, will include the election of two new E-Board members, and my term in office as your President will have come to fruition. I have truly enjoyed working with an organization whose members range in such diversity, from those who take pleasure in walking in the trails at Mine Falls, or establishing a respectable pace on the Nashua High track, to those who aspire to participate in future Olympic games. I'd also like to note that because of the unselfish dedication of the Executive Board, we as a club are a better and stronger organization. Over the past two years I can honestly say that the E-Board worked together as a team, and no matter what the issue, we always stopped to think about the consequences for our decisions and actions, and for that I am proud to have been a part of such a team.

I sincerely hope I have made a difference.

As always have a good run, and a great time.

Shaun

Jo

Fra

Scot

Obe

John

Ste

Br

Pa

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 Stan Klem at

Sklem@drc.com

Ask him to add you to the list.

Upcoming Events

Year 2000 Veteran Competition Schedule

By Bill Spencer

As we enter the year 2000, the ranks of Veteran runners in the club continues to grow. Last year we were quite successful in the NH Gran Prix series, as well in those NE Gran Prix series races that we entered as a team. And of course, we continued our domination at the Mill Cities Relay. For the year 2000, I would like to focus on again winning the Veteran Division in the NH Gran Prix and at Mill Cities. In addition, if we want, we can win the Veteran Division of the NE Gran Prix series. Lastly, the National 10k Cross-Country championship will be held in Boston this year, and I would like to take a shot at winning that Championship. Last, but not least, the NH Gran Prix Series will have a 70+ division this year. So here's the schedule:

NH RRCA Gran Prix Series

Jan 23, Boston Prep 16 mile.

May 28, Red Hook 5k

July 15, Bill Luti 8k

Aug 12, Belmont 10 mile

Sept 9, Franconia Scramble 10k

Oct 29, Shirt Factory 8k

NE USATF Gran Prix Series

Mar 12, Melrose Ma 1/2 Marathon

May 20, Bedford NH 12k

June 10, Market Sq 10k

June 25, Bedford NH 20K

Sept 10, Brewery Exchange 5k

Oct 1, Ro Jacks 8k

Oct 29, Cape Cod Marathon

USATF Indoor Track

Mar 24/25 National Masters Championship, Boston

USATF Cross Country

Nov 12 NEUSATF Championship

Nov 25, National USATF Masters 10k Championship

Relays

Sept 23, Lake Winnepesaukee

Dec 3, Mill Cities Relay

I will try to make sure that the Gran Prix and Cross Country races are covered, but I want someone else to assume responsibility for organizing the Relay Teams. Any takers?

Events of interest to Striders

Freeze Your Buns races Feb 6 and 20 March 5 and 19 9:00AM Darrah Pond Rec Hall, Litchfield NH

Annual Meeting includes election of officers February 16, 7:00PM Merrimack YMCA

USATF-NE Gran Prix series March 12 is the Law Enforcement 1/2 Marathon in Melrose Mass.

National Masters Indoor Track Championships in Boston on the 24th and 25th of March.

Weekly Wednesday night adult track workouts will start on April 5th at 6:00 at the Nashua High School

Weekly Thursday night kids workouts will start April 20 at 6:00 PM Nashua High School

(See Bill Spencer's article about this. The program is changed this year.)

International Heartbreak Hill kids races April 16

Boston Marathon on the April 17

Parker's Run 12:00 Noon April 30 at Parker's Maple Barn, Mason NH

Major enhancements to Youth running in New Hampshire

Preparing for National Cross Country Championships

By Bill Spencer

This year's National Junior Olympic Cross-Country Championship will be held in Reno Nevada on Dec 9th. Last year's Nashua PAL Teams, coached predominately by Gate City Striders, and composed of many Gate City Strider youths achieved outstanding success by winning the boy's and girl's Bantam divisions and placing second in the girl's Midget division. The girl's Midget and Youth teams and the boys Midget team have the potential to win their divisions. The Bantam boys and girls teams will be rebuilding and their potential is not clear at this time. Much of the success last year was due to the Youth Striders who tend to run and race throughout the year. Other team members start they're training as part of the Elementary and Junior High programs and are just rounding into shape by the time of the Nationals. The competition at the National level is such that those runners who run year round have a distinct advantage in at the Nationals. The Strider Youth program is designed to assist any members who wish to prepare to compete at the National level, either now or in the future.

Starting in April, Thursday night workouts of a fun nature will be held at Mine Falls and the Nashua High School Track. They

will be low key and will depend upon the abilities of children. Parental assistance is always welcome.

When the Fitness University schedule is firmed up, clinics will be held for beginning runners at various area locations, and Tuesday night cross-country clinics will be added to the Mine Falls schedule. These Clinics will conclude with both track and cross-country races at Fitness University.

A specific cross-country training program directed towards the Nationals will begin on July 10th. It will be broken into four phases, each of which has a primary goal, with specific workouts. The first phase of six weeks is meant to develop an endurance base. It has two key workouts each week. A weekly run of up to 5 miles, and gradual threshold workouts of 1600 meter intervals either on the track or in the woods. Starting on July 10th at 9:00am, the distance workouts will be held in Mine Falls and on July 13th at 6:00pm. track workouts will be held at the Nashua High School track. ***These training sessions will be for anyone who want's to try out for the PAL Cross-Country teams.*** The second phase of six weeks is designed to develop strength and power. The key work-

outs of this phase will be hill workouts on Mondays and 1600 meter track workouts on Thursdays. When school opens, the twice a week workouts will be held at 3:30pm. The third six-week phase of the program will develop stamina. The key workouts in this phase are intervals of 200 to 1600 meters on the track or in the woods as well as a continuation of easy 30 to 35 minute runs on the trails. The fourth and last phase is a taper and peaking four-week session. Workout distance and intensity is reduced, and speed workouts of 40 to 60 second intervals will be the norm.

The end of phase two and the beginning of phase three overlaps the period of the Elementary School program. Workouts at Nashua High will continue for those runners who wish them. In mid October, optional daily workouts will be available. At the conclusion of the PAL tryouts, the respective team coaches will schedule daily workouts. Throughout this program, races will be identified that can be used as training runs by the youths if they so desire. More specific times and details will be posted on the Gate City Striders Web page.

Beauley and Jackson Lead Striders in Boston Prep 16 Miler

By Michael Amarello

Defending runner-up Dave Beauley of Nashua, NH and Sunnyvale, CA, hoped to take advantage of defending champion Dave Dunham's injury, to take the title at the 5th Annual Boston Prep 16 Miler in Derry, NH on January 23, 2000. Dave's hopes of victory as the pre-race favorite were dashed by a strong post-entry that took 4 of the top 5 spots.

Dave still ran a very strong 1:32:49 over the snowy and slippery hills of East Derry to take 4th place overall, leading the Gate City Striders to the team victory in the opener of the 2000 New Hampshire RRCA Gran Prix.

Kate Jackson of Windham, NH powered over the hills to take 10th overall and lead the Strider women with a time of 1:56:49. Diane Quinlan of Merrimack, NH and Brenda Baxter of Groton, MA followed Kate in 12th and 19th place, respectively.

George Darden of Amherst, NH, running his first race as A Strider took 12th overall in an even 6-minute-per-mile pace at 1:36:01.

In the team scoring, the Striders scored a 102-60 point win over the host Greater Derry Track Club. Last year's runner-up, Granite State Racing Team took third with 47 points. Our Male Masters, Female Open, and Female Seniors Teams took 1st place; our Male Open and Female Masters Teams took 2nd place; and our Male Seniors and Male Veterans Teams took 3rd place.

Jack Kick Named New England Runner of the Year In 65-69 Year Age Group

By Michael Amerello

Jack Kick of Dunstable, MA, was recently named the New England Runner Magazine Runner of the Year in the 65-69 Age Group. Jack's performances in the New England Mountain Running series, the New Hampshire RRCA Gran Prix series, and the New England USATF Gran Prix series earned him the honor.

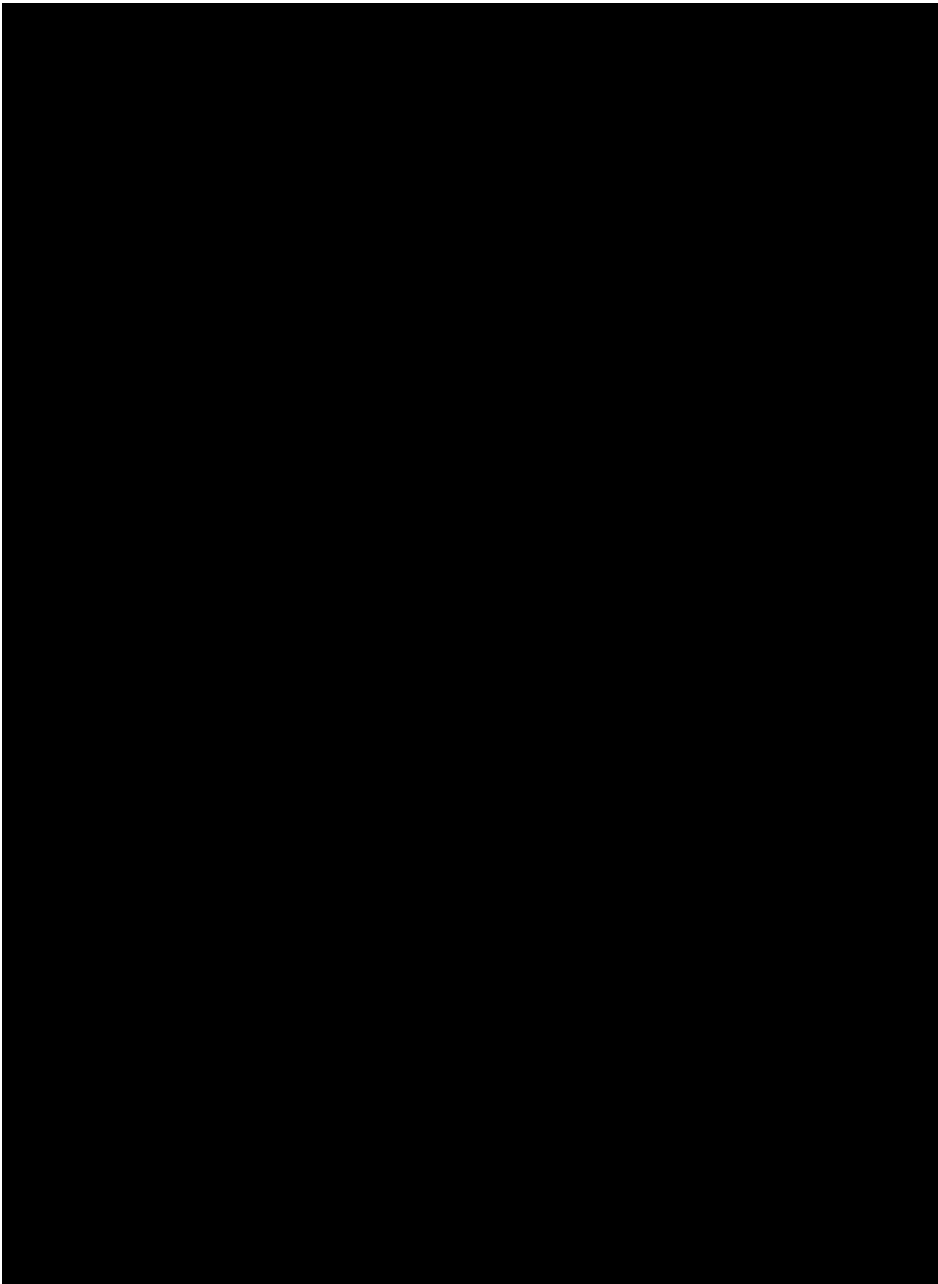
Jack also won an Honorable Mention in the 65-69 Age Group in *Running Times* World Rankings for 1999. This translates into a top 10 ranking in the world!!!

Other Striders named in New England Runner's Runner-of-the-Year awards for 1999 are: top NH Female Senior; **Louise Rossetti** of Saugus, MA, Top NE Female 75-79 and top MA Female 70+; and **Bill Spencer** of Litchfield, NH, top NH Male 60-69.

.....and while were on the subject of remarkable accomplishments, Louise Rossetti ran a total of 167 races in 1999. She'll celebrate her 79th birthday in this coming June.....Then, last and certainly not "least" is Nick Anastasi who will be celebrating his 65 birthday this July. Nick completed 304 races in 1999.....editor

rts

USATF National Junior Olympic Cross Country Championship
By Bill Spencer



February 2000

(Continued from page 10)

ber 1 Pal, Moria McCabe having the race of her life. Then about 80 meters behind her was fellow Strider Michelle Weysham, also having a career day. The next PAL runner was Casey Darasz of the Greater Derry Track Club. She would break her old PR by 54 seconds. Our fourth runner was Samantha, who had finished out of the top 5 in the previous races but had been improving in leaps and bounds. When she finished, she had knocked 40 seconds off her previous best. Our next four runners would decide where the team would finish. Caitlin was next runner past me and she was working as hard as she could. Then came team captain and Gate City Strider, Sydney Moland, who had gotten off to a slow start. She would eventually shift into high gear and just pass Caitlin for the 5th place spot. Stephanie Pintal was our 7th runner, only 6 seconds behind Sydney and Caitlin and 37 second faster than her previous best. Our 8th runner was Julie Marcum, who was unlucky enough to have a bad day at the Nationals. Julie was our solid 3rd place runner in the other two races. Fortunately, the team was so solid; it could afford one bad day.

When the results were posted, the girls let out a big cheer, " we got third, we got third" followed by Samantha saying " they don't have me listed". Needless to say, we appealed. When we had checked in on Friday, her assigned number was missing and they issued her a new one. I suspected that had caused the problem. After about an hour, the Officials told us that they had looked at the videotape of the finish line and couldn't pick her out, nor could they find her pull tag. So Shaun and I then reviewed the tape and picked out whom we thought was Samantha. At the same time, another Official was listening to the audiotape of the numbers being read off at the finish line.

While this was going on, I was looking at the side view freeze frame pictures of the finishers. I spotted who I thought was her and then looked at the top of the screen and there was her name and original number. At the same time, they heard her new race number

being called on the tape. After about an other hour wait, they came out with the new results. We were in second place by one point, even though the third place team (Silver Striders) had a cumulative time that was 7 seconds faster than ours. We won because our first 5 runners ran outstanding races, and even more importantly, our 6th and 7th runners beat the Silver Strider's 5th runner. The average time for the team was 16:16, an improvement of over 40 seconds. Moria's time of 15:22 was 12th overall and 2nd in the team competition, while Michelle's time of 15:42 was 24th overall and 8th in the team competition. As a result, they both earned All-American status.

Lastly, although Kaley had only trained with us for several weeks, we considered her part of our team. She had finished 10th in the Regional meet and 7 of the runners who beat her were in the race. When it was over, she had improved her time by 59 seconds and was 4th among the Region 1 runners, and 12th overall to earn All American. The message to our team was clear, every runner counts, and don't forget to go to Friendly's.



PAL Midget Girls

Back Row

Moria McCabe*, Sydney Moland*, Michelle Weysham*
Casey Darasz**, Stephanie Pintal*

Front Row

Caitlin LaBonte, Julie Marcum*, Samantha Buechner*

* Gate City Strider

** Greater Derry Track Club

Event Reports

Striders Take 3rd at Mill Cities Relay 99

By Michael Amarello

Gate Cities Striders coach Dave Camire of Dracut set a goal of 3rd place for the Striders in the 1999 Mill Cities Relay after last year's 3rd Place finish (4th actually - 2 teams were tied for 1st.)

The Striders didn't disappoint Dave, as we sped to a legitimate 3rd place finish behind the Merrimack Valley Striders and the Winner's Circle Running Club. We even defeated the Greater Lowell Road Runners, one of last year's co-champions. MVS, last year's other co-champ, won outright this year with 52 points. WCRC followed in 2nd place with 49 points, just 3 points ahead of the Gate City Striders with 46 points.

The Mill Cities Relay is followed every year by a great party that includes chili, pasta, salad, beer, music, and lots of camaraderie with fellow runners. This year was no exception as the 128 Striders who partici-

pated were treated like champions.

Champions we were, as the Striders A teams finished no lower than 5th in any of the 9 divisions we competed in. (We did not field a 60+ Womens team, but will next

year.) We even fielded a Mens Junior team that came in 15th overall. (There is no official Junior division).

The Striders also continued their reign as the winner of the Participation Brick, fielding 26 out of the 112 teams (23%). Warren Church of Dunstable and Jane Levesque of Nashua kept their streaks alive, as they ran in their 16th consecutive Mill Cities Relay. Our Male Veterans Team (Bill Spencer of Litchfield, Jack Kick of Dunstable, and Bill Engle of Dublin) and our Womens Senior Team (Donna Lemay of Hudson, Jane Levesque of Nashua, and Heidi McGaffigan of Milford) both



After the feed at the Mill Cities Relay

Kathy Johnson, Yuki Minami (standing)
Mary Minami, Peg Turcotte, Michael Amarello
Barbara Joy, Sue Rube, Pat Smith, Jerry Rocha, Robin Hickey
Jeanie Ferreira, Allan Rube
Bill Spencer, Judi Moland, Donna LeMay, Heidi McGaffigan
George Miller, Shu Minami, Dick Doyle, Rich MacDonald

repeated as champions of their respective divisions. Our Mixed Masters and Female Masters teams took 2nd place; our Male Seniors, Male Masters, and Mixed Open teams took 4th place; and our Male Open and Female Open teams took 5th place in their respective divisions.

Thanks to Marty Tower of Manchester and Joe Wheatley of Nashua who filled in for missing teammates by running two legs.

The results below include each team Place In Division - Division - Time - Points, the team's name, and each runner on the team. Teams with no names, or names like GCSOTH3 have been changed for no apparent reason other than the webmaster's like for silly puns. The times are generally a little longer than last year, as the course was extended from 28.2 to 28.8 miles to avoid the traffic problems last year near the Tyngsboro Bridge and the National Guard in Methuen.

Hefflefinger Advertisement

At the end of the Tour in the Mill Cities Relay December 1999



Pat Smith



Mark Cockroft



Mark Fraser



Mike Hagerty



Joe Wheatley



Judi Moland



Sandy Machell



George Miller



Bob Peretti



Diane Quinlan

ADRIAN J. LEVESQUE, JR., D.D.S.



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Event Reports

MILLENNIUM DOWN UNDER

By Bill Engle

When Kathy and I signed up for the Millennium Marathon to be run in Hamilton, New Zealand, we envisioned standing at the start on a hillside watching as the sun first appeared on land at about 6am on Jan 1, 2000. The start was indeed at 6am on Jan 1, but we weren't on a hillside and the sun was nowhere to be seen. In fact it was very overcast and there was light drizzle with the temperature of about 45 degrees. The start was in a fairly busy part of the small city near a racetrack. But there was a fairly large field (almost 2000) of very enthusiastic runners from all over the world waiting for the starter's gun.

It was reported in the NZ press that New Zealanders (Kiwis) and Aussies did not enthusiastically embrace the marathon—although a Kiwi was first overall. Apparently they felt that they had better ways to usher in the new Millennium. As a result the field was predominately made up of Americans, Europeans (mostly German it seemed) and Japanese. Marathon Tours of Boston brought us and most of the other Americans to the race. In addition our trip included visits to other parts of New Zealand, Sydney and the Barrier Reef in Australia, and Fiji.

The marathon course was basically a two-loop course through mostly residential sections of Hamilton. The first lap was on the east side of the Waikato River and the second lap on the west side including a run down the main street and a part loop around Lake Rotoroa, the prettiest part of the course. The finish was in front of the main grandstand on the Te Rapa Racecourse. The early starting time and the light drizzle reduced the number of spectators somewhat but those that were there were very enthusiastic, particularly on the main street. The rain stopped in mid race,

the sun started peeking out and the temperature rose to about 70 at the finish. There was an elaborate buffet lunch for all runners on the race-course infield after the race.

After finishing 28 previous marathons I finally learned the right way to run a marathon: Take it easy in the first half and have negative splits. This is the first marathon that I've run the second half faster than the first! I followed Jeff Galloway's approach to walk for one minute at the end of each mile. I missed the first two mile splits and was surprised when I hit the third in only 17 minutes. Then it dawned on me that the splits were in km—NZ being a metric country. I modified my approach to walk at the end of each 2km starting at 8km. The approach worked like a charm. I maintained an almost even pace the whole way. My fastest km split was the 36th (about 22 miles). I clocked 3:55:14 at the finish with a chip time of 3:53:59, and felt the best of all my marathons at the finish. I was thinking of giving up marathons, but after this good experience I'll probably run one once in awhile.

Kathy's plan was to run conservatively, have a good time and to finish in less than 5 hours. She finished feeling pretty good in 5:04. We stayed up the night before to usher in the New Year watching the fireworks in Auckland on television and sipping a little champagne. Add to that an early rise for the 6am start so we arrived at the start a little tired. Also, Kathy had to make three major pit stops.

Our trip down under started with a non-stop flight from LA to Auckland. We spent two days seeing the city including the site of the America's Cup sailing competition, which is now in the challenger determination stage. Then we were bused to

Hamilton for the race spending two days of partying. There is not much to see around Hamilton. The day after the race we flew to Queenstown on the southern island of NZ. This city is a charming resort town in an alpine setting situated on a huge lake. Cruises and water sports are prevalent although bungee jumping seems to be the rage here. We didn't participate in the latter. We did paddle down a river in inflatable kayaks. After spending three days in this great recreational area we flew to Sydney, Australia—quite a change of pace. We visited the Olympic village, much of the harbor, and took a train ride to the Blue Mountains west of Sydney. The area is a miniature Grand Canyon with scenery to match (almost).

In three days we packed up again and flew to Hamilton Island off the coast of NE Australia near the Great Barrier Reef. We spent three days in this resort with the emphasis on water activities. The highlight for us was snorkeling around the reef—fabulous! Then we flew to Fiji, arriving at 3am feeling like zombies. The island was a little disappointing. We expected a tropical paradise. Instead it is a very poor country (but the people were warm and friendly) and not too clean. The highlights here were snorkeling at an uninhabited island; a visit to a native village complete with Fijian food and entertainment; and a superb dinner at the best restaurant in the area.

We arrived back at Logan Airport late Sunday afternoon, January 16th. What a shock when it snowed a little and the temperature dropped the next day to below zero. This after over three weeks of temperatures in the 60-80 area!

Racing Statistics

By Bill Spencer

1999 NH Rankings

AGE 12 and under:

At 5k were: Nicole Slane (2), Moira McCabe (3), Michelle Weysham (4), Samantha Buechner (5), Sydney Moland (5).

Michael Peabody (2), Anthony Merra (3), Geof McGuirk (7).

At 8k were: Nicole Slane (1), Michelle Weysham (2), Anthony Merra (2), Michael Peabody (3), Patrick Rush (4), Chris Merra (7).

At 10k was: Nicole Slane (1)

AGE 19 to 39:

At 8k were: Diane Quinlan (6), Lori Lambert (8).

AGE 40 to 44:

At 8k were: Dean Kimball (2), Tom Astolfi (11), Jim Belanger (13), Tom Kolb (16).

AGE 45 to 49:

At 5k were: Pam Hall (3), Carol Robichaud (4), Richard Stockdale (5).

At 8k were: Pam Hall (3).

Walt Rider (4), Richard Stockdale (6)

At 10k were: Pam Hall (2).

Richard Stockdale (7).

AGE 50 to 54:

At 5k were: Heidy McGaffigan (2), Judi Moland (7).

At 8k were: Heidy McGaffigan (3), Sue Rube (5), Aline Kenney (6), Judi Moland (8), Allan Rube (5).

At 10k were: Heidy McGaffigan (1), Aline Kenney (3), Pat Kiesselbach (5).

AGE 55 to 59:

At 5k were: Donna LeMay (2), Jane Levesque (3), Kathy Engle (6).

At 8k was: Donna LeMay (1).

At 10k were: Donna LeMay (1), Jane Levesque (2).

AGE 60 to 64:

At 5k were: Sachiko Burkinshaw (3).

Bill Spencer (2), Eldon Burkinshaw (4).

At 8k were: Sachiko Burkinshaw (3).

Bill Spencer (2), Eldon Burkinshaw (3).

At 10k were: Bill Spencer (2), Eldon Burkinshaw (3).

AGE 65 to 69:

At 5k was: Bill Engle (2).

At 8k was: Bill Engle (3).

At 10k was: Bill Engle (1).

AGE 70 to 74:

At 5k was: Herb Hardman (5).

At 10k was: Herb Hardman (4).

New State Record Holders

These Striders set new State age records in 1999

At 5k, they were:

Nicole Slane 19:50 (age 10)

Donna LeMay 23:21 (age 57)

Mattie Rider 23:46 (age 7)

Anthony Merra 19:58 (age 10)

Michael Peabody 19:24 (age 10)

Bill Spencer 19:22 (age 63)

At 8k they were:

Nicole Slane 34:33 (age 10)

Michelle Weysham 35:49 (age 11)

Donna LeMay 37:09 (age 57)

Mattie Rider 42:23 (age 7)

Bill Spencer 32:18 (age 63)

At 10k it was:

Bill Engle 47:42 (age 67)

Bill Engle 44:57 (age 68)

At 12k they were:

Aline Kenney 58:25 (age 50)

Kathy Engle 71:06 (age 56)

Jane Levesque 60:03 (age 57)

Tom Kolb 44:34 (age 43)

At 10 mile it was:

Bill Springer 67:11 (age 60)

At 1/2 Marathon they were:

Carol Robichaud 1:38:01 (age 43)

Bill Spencer 1:32:42 (age 63)

Bill Engle 1:41:13 (age 68)

2000 RRCA New Hampshire Grand Prix Team Scoring after the Boston Prep 16 mile, Derry NH, Sunday January 23, 2000

	Men					Women					Club
	Open	Mastr	Senr	60s	70+	Open	Mastr	Senr	Vetrn	Total	
Athletic Allian	21	1	-	6	-	3	2	-	-	-	33
Coastal Athl A	2	19	-	-	-	-	-	-	-	-	21
Gate City Strdr	18	20	10	4	-	27	14	9	-	-	102
Greatr Derry TC	3	13	6	-	4	10	24	-	-	-	60
Granite Stat RT	6	2	14	5	-	13	7	-	-	-	47
Lake Sunapee RC	-	-	-	-	-	-	-	-	-	-	0
Rochester Runrs	5	-	25	-	-	2	3	-	-	-	35
White Mtn Miler	-	-	-	-	-	-	5	-	-	-	5
	55	55	55	15	4	55	55	9	0	-	303

The 2000 RRCA New Hampshire Grand Prix schedule

Sun	Jan 23, 10 AM	Derry NH	Boston Prep 16 Miler	Jeff Litchfield
Sun	May 28	Newmarket	Red Hook / Runner's Alley 5k	CAA
Sat	July 15, 9 AM	Concord NH	Bill Luti 8k	Bob Teschek
Sat	Aug 12	Belmont NH	Belmont 10 Miler	Heidi Crockett
Sat	Sept 9	Franconia NH	Franconia Scramble 10k	Kim Cowels
Sun	Oct 29	Salem NH	Shirt Factory 8k	Dave Camire



Happy Parents In South Carolina

Why Do I Run?

Why do I run?
 'Tain't no mystery -----
 Wanna have a good
 Medical history.
 Doctor told me
 Runnin' is great -----
 Helps them blood cells
 Circulate,
 Great for the lungs,
 Great for the ticker,
 Can't nothin' getcha
 In better shape quicker.
 Feels so healthy,
 Feels so sweet,
 Pumpin' my arms
 And flappin' my feet,
 Molding my muscles,
 Firming my form,
 Pantin' like a pack mule,
 Sweatin up a storm.
 Keeps me youthful,
 Keeps me loose,
 Tightens my tummy
 And shrinks my caboose,
 Beats bein' sluggish
 Beats bein' lazy--
 Why do I run?
 Maybe I'm crazy!

by Ed Cunningham
 Submitted by Donna LeMay

Can We Talk?!

(Traci Swanbon's version of Random Thoughts)

GCS Youth Web Pages By Bill Spencer

The Youth page on the Club Web Site has just been revised. I will be maintaining these pages, with particular emphasis on our younger members and club youth activities. The intent is to tie together the various programs from Fitness University to Nashua PAL, that we Striders support. If anyone has items that they want to have posted, e-mail them to me. As always, any suggestions regarding these pages would be appreciated.

I'm sitting in the cold and dark night, huddled in my car – rubbing my hands in front of the little heater. As I look out the window, one by one, other people emerge from the warm cocoon of their cars. It must be Wednesday Night at 6:00! We all meet at Pennichuck, Jr. High and run in the neighborhoods. It's so much more fun to run with a group of people on these dark and cold nights. We even had someone from Peterborough come just to run with other people! Feel free to join us. Sometimes we even play Follow the Leader – it's harder than a track work out.

I heard quite the funny story. A runner, who shall remain nameless, has been doing treadmill work outs at home. This individual was truly confused by the slow pace

caused by using the treadmill. This went on for over a year, when he/she realized that the treadmill was set for uphill!

We are going to have our annual Parker's Run on April 30th (waiting for confirmation from Parker's because they are closed until Feb 11th). This is an ongoing tradition for many years and is lots of fun! We start at Parker's Maple Barn parking lot at noon and run for 5 to 10 miles on really nice roads. The reason we start so late is that as soon as we finish, Parker's seats us. They are so busy in the morning that they prefer us to come late. It's a fun run that's hard to beat. Parker's is the best place to get breakfast this side of the Mississippi

See ya on the roads!

Event Reports

Fun times at NovermberFest



**Half
a six-pack of
normal people
at the
Shirt Factory
5K**



Race Results

Nute Ridge Half Marathon Farmington, NH 10/17/99

Tom Kolb 1:27:14
Bill Engle 1:45:01
1st Age
Kathy Engle 2:14:11
1st Age

Very Fine 5.2 Miler Littleton, MA 10/17/99

1st Male
Julianne Noonan 53:41

Very Fine 2.4 Miler Littleton, MA 10/17/99

Maurice Noonan 21:11

Run For Shelter 5K Manchester, NH 10/17/99

Anthony Merra 20:45
Eldon Burkinshaw 21:10
1st Age
Michael Dodge 21:48
Robin Martell 23:10
Anne Cavey 23:14
Chris Merra 24:44
Cathy Merra 26:39
Lisa Christie 27:31
Lisa Farr 34:40
Jason Farr 34:41

Boston Firefighter's 10K Dorchester, MA 10/17/99

Louise Rosetti 1:12:23
1st Age

Londonderry Elementray School Cross Country Championship 1 Mile

Londonderry, NH 11/20/99
Michael Peabody 5:43
1st Male
John Geisler 17:22

Khoury's Thursday Night 4.13 Miler Somerville, MA 10/21/99

Louise Rosetti 50:48
1st Age

Community Race/Walk 5K Manchester, NH 10/23/99

Allan Rube 20:18
1st Age
Fran Dwyer 21:09
Donna Lemay 23:04
1st Age
Robin Martell 23:22
1st Age
Michael Amarello 23:34
Susan Rube 26:52
Chris Amarello 55:39
Virginia Amarello 56:02

Run For The Mystics 5 Miler Medford, MA 10/23/99

Dave Birse 29:51
1st Age

Fresh Pond 2.5 Miler Cambridge, MA 10/23/99

Louise Rosetti 25:58

New Hampshire Jr High School L Cross Country Championship 3.2K Londonderry, NH 10/23/99

Geoff McGuirk 11:46
Sydney Moland 13:08
Nicole Terrenzoni 14:35
Melaney Hodge 14:36
Danielle Cormier 15:54

New Hampshire Jr High School S Cross Country Championship 3.2K Londonderry, NH 10/23/99

Steven Kennedy 12:21
Amanda Pelletier 14:38

New Hampshire Grades 5&6 Cross Country Championship 3K Londonderry, NH 10/23/99

Anthony Merra 11:41
1st Place
Michael Peabody 11:53
Patrick Rush 12:02
Mark Fraser 12:03
Patrick McCabe 12:57
Joey Rizzo 13:20

New Hampshire Grades 5&6 Cross Country Championship 1.8K Londonderry, NH 10/23/99

Moirra McCabe 7:06
1st Place
Nicole Slane 7:09
Juline McGuirk 7:25
Michelle Weysham 7:25
Audra Chaput 8:54

Halloween Costume 5K Keene, NH 10/23/99

Silas Little 20:38
1st Age
Pam Hall 21:53
1st Age
Shu Minami 24:42
1st Age
Jeannie Ferreira 26:40
Mary Minami 28:01
1st Age

Raytheon 5K Andover, MA 10/24/99

Dave Contrada 20:01

Boston Mayor's Cup 5K Boston, MA 10/24/99

Liane Pancoast 20:35

Chicago Marathon 5K Chicago, IL 10/24/99

Kathi Bigelow 26:56

Chicago Marathon Chicago, IL 10/24/99

James Henmueller 2:42:57
Brian Bigelow 2:49:05
Jack Noyes 2:51:15
Kevin Gagnon 2:54:46
Tom Conley 3:37:16
Beth Phelan 3:39:37
Yuki Minami 3:42:17
Dick Harmon 3:42:30
Steve Birnbaum 3:44:24
Kevin Hodge 3:51:09
Rich Cardin 4:13:11
Julie Hanover 4:15:32
Debra Ladner 4:16:06
Jeffrey Brown 4:53:53
Rick Gagnon 5:23:04

Medford Miles 1 Miler Medford, MA 10/24/99

Louise Rosetti 10:42

Medford Miles 5K Medford, MA 10/24/99

Louise Rosetti 34:50
1st Age

Old Nancy 5 Miler Georgetown, MA 10/24/99

Maurice Noonan 39:46
Julianne Noonan 53:18

Community Center 5K Marblehead, MA 10/24/99

Louise Rosetti 33:59

Marine Corps Marathon Washington, DC 10/24/99

John Genet 3:12:18
Sandy Colvin 3:29:53
Brian Kane 3:46:33

Groton Forest Trail Run 10 Miles Groton, MA 10/24/99

Thomas Parker 1:10:05
Brenda Baxter 1:16:27
Jack Kick 1:20:30
1st Age
Warren Church 1:31:14
Jean Brinkema 1:59:27
Bruce Brinkema 1:59:27

Groton Forest Trail Run 3 Miles Groton, MA 10/24/99

Ed Deichler 26:35
1st Age

Khoury's Thursday Night 4.13 Miler Somerville, MA 10/28/99

Louise Rosetti 54:49

Halloween Hustle 5K Newton, MA 10/30/99

Maurice Noonan 29:00

Wachusett Reservoir 5Miler

Race Results

Deer Run Cross Country Race Boylston, MA 10/30/99

Bill Freeman 30:34
Thomas Parker 33:49

Fresh Pond 2.5 Miler Cambridge, MA 10/30/99

Louise Rosetti 25:47

Nashua PAL JR Olympic Qualifier Nashua, NH 10/30/99

Bantam 3K Girls
Nicole Slane 11:51
1st Place
Juline McGuirk 12:10
Kendra Lapierre 14:29
Lindsey Panny 14:44

Bantam 3K Boys
Michael Peabody 11:20
1st Place
Chris Merra 12:01
Patrick McCabe 12:04
Craig Pelletier 12:20
Mark Posnick 13:09

Midget Girls 3K
Michelle Weysham 12:04
1st Place
Sydney Moland 13:05

Midget Boys 3K
Anthony Merra 11:17
Mark Fraser 12:01
Patrick Rush 12:10

Girls Youth 4K
Amanda Pelletier 19:26

Boys Youth 4K
Geoff McGuirk 15:22

New Hampshire High School LCross Country Championship 5K Manchester, NH 10/30/99

Samantha Moland 20:51
Matt Kalish 16:05
Matt Harkins 18:19
David Posnick 18:23
Christian Urrutia 19:55

UNH Homecoming 5K Durham, NH 10/30/99

Pamela Hall 21:46
Michael Amarello 22:56
Roger Hall 23:16
Walter Shyska 23:57
Mary Ulinski 25:55
Brian Withers 25:56

Trick Or Treat Trot 5K Newburyport, MA 10/31/99

Louise Rosetti 35:35
1st Age

Beat The Tide 5K

Nahant Beach, MA 10/31/99

Louise Rosetti 39:30

Cape Cod Marathon Falmouth, MA 10/31/99

Brenda Baxter 3:27:48
Tom Kolb 3:30:15
Carol Robichaud 3:38:23
Bill Engle 3:52:31
Kathy Engle 4:50:46
Sheila Blunt 5:15:21

Shirt Factory 5 Miler Salem, MA 10/31/99

Dean Kimball 26:49
1st Age
David Posnick 30:05
1st Age
Mike Ward 30:38
Allan Rube 31:49
Michael Tessier 32:16
Bill Spencer 32:24
1st Age
Jim Burke 33:05
Eldon Burkinshaw 33:43
Kassie Rubico 34:31
Nicole Slane 34:33
1st Age
Rich MacDonald 34:47
Jason Farr 34:56
Steve Moland 35:02
Pamela Hall 35:45
Lora Woodward 35:49
Skip Cleaver 36:33
Donna Lemay 37:09
1st Age
Tom Conley 37:18
Heidi McGaffigan 38:18
Shu Minami 39:16
Sandy Geisler 39:27
Susan Rube 40:04
Gary McCoy 40:27
Jeannie Ferreira 41:27
Judi Moland 41:53
Mary Minami 44:22
Judy Slane 4:39
Karen Collinge 47:08

Shirt Factory 1/2 K Fun Run Salem, NH 10/31/99

Mark Posnick 2:06
1st Age
Corey Farr 2:49
Meredith Peabody 2:50
Ellen Woodward 3:27
Everett Woodward 3:42
Alex Farr 4:10

Troubador Trot 5K Newton, MA 10/31/99

Bill Juris 21:00

White Mountain Milers Half Marathon North Conway, NH 10/31/99

Dave Sargent 1:29:24
Bill Gray 1:33:43
Bob Pelletier 1:34:01

Jane Levesque 1:46:26
1st Age
Melanie Kalafatis 1:47:12
Chris Treggiari 1:49:59
Chet Rogers 1:52:19
Laurie Kofstad 1:54:17
Susan McIlvane 1:54:35
Paul Fiori 1:59:36
Deborah O'Leary 2:00:13
Claudia Dufresne 2:01:48
Edward West 2:05:17
David Haworth 2:06:35
Phyllis Ware 2:07:27
Lisa Christie 2:15:46
Kathy Treggiari 2:16:22

Genesis Battlegreen 10K Lexington, MA 10/31/99

Ralph Borseth 39:08
Nancy Meadows 63:29

Silicon Valley Marathon San Jose, CA 10/31/99

Dave Beaulay 2:49:02

Khoury's Thursday Night 4.13 Miler Somerville, MA 11/4/99

Louise Rosetti 52:53

Falmouth In The Fall 7.1 Miles Falmouth, MA 11/6/99

Jim Hansen 43:16

Bruce Ellis Memorial 5K Exeter, NH 11/6/99

Maurice Noonan 29:45
Julianne Noonan 33:38
Louise Rosetti 36:41
1st Age

NH HS Meet of Champions 5K Manchester, NH 11/6/99

Matt Kalish 16:09

Weekend Before Hunting Season Trail Run 10M Sandown, NH 11/7/99

Dean Kimball 1:16:16
1st Age
Thomas Parker 1:19:28
Brenda Baxter 1:25:04
1st Female
Walter Swanbon 1:28:14
Mike Hagerty 1:28:25
Jason Farr 1:32:59
Eldon Burkinshaw 1:33:59
1st Age
Robert Thompson 1:36:29
Kristina Lenahan 1:37:48
Lora Woodward 1:38:45
Bill Juris 1:40:23
Kassie Rubico 1:41:54
Dave Camire 1:41:55
Skip Cleaver 1:45:57
Warren Church 1:47:32
Joey Rizzo 1:55:45
Bill Gray 1:57:50

Race Results

Debra Stellato 1:59:44
James Treggiari 2:17:39
Lisa Christie 2:21:50
Kathleen Treggiari 2:22:57

Somersworth DARE 10K Somersworth, NH 11/7/99

Walter Shyska 50:29
Mary Ulinski 55:12
1st Age

Chief Robert Lloyd 5 Miler Melrose, MA 11/7/99

Louise Rosetti 57:47
1st Age

Country Club 5K Classic Methuen, MA 11/7/99

Dave Tyler 19:21
Liane Pancoast 21:38
1st Age
Maurice Noonan 31:04
Julianne Noonan 34:52

Donnelly's Fast Five Miler Fitchburg, MA 11/7/99

Skip Donnelly 35:55
Yuki Minami 36:55
Jane Levesque 38:33
1st Age
Mary Minami 45:12
Shu Minami 45:13
Nancy Meadows 50:49
Kevin Burns 62:49

Willard Brook Ramble 8 Miles Ashby, MA 11/7/99

Silas Little 63:15
1st Age

New York City Marathon New York, NY 11/7/99

John Heden 3:09:38
Christ McMullen 3:46:25
Peggy Labrosse 4:31:01

Santa Fund 5K Nashua, NH 11/7/99

Male Team 1st Place
Female Team 1st Place
Mixed Team 1st Place
Tom Astolfi 17:05
1st Male
Christian Urrutia 18:30
James Belanger 18:54
Carl Murphy 19:11
Kevin Halloran 19:12
Paul Ahern 19:21
Patrick Rush 19:25
Rich Cardin 19:27
Allan Rube 19:36
1st Age
Brian Gill 19:40
Donald Burns 19:58
Joseph Rush 20:08
Michael Peabody 20:17
Anthony Merra 20:20

Michael Dodge 20:47
Eliot Paisner 20:49
Mark Fraser Jr 20:52
Fran Dwyer 20:54
Steve Moland 21:05
Moirra McCabe 21:06
Patrick McCabe 21:08
Geoffrey McGuirk 21:09
Michelle Weysham 21:15
Sydney Moland 21:42
Mark Fraser Sr 22:05
Emily Angel 22:06
Richard Doyle 22:29
Chris Merra 22:40
Callie Schneider 22:41
Donna Lemay 22:49
1st Age

Michael Amarello 22:58
Joey Rizzo 23:00
Peter Donohue 23:12
Robin Martell 23:13
1st Age

Skip Cleaver 23:15
Kevin Reynolds 23:17
Mike Merra 23:55
Gary Nelson 24:02
Kathleen Terenzoni 24:07
Bob Beers 24:09
Amanda Pelletier 24:12
Bob Pelletier 24:20
Nancy Peabody 24:27
Paul Tobin 24:29
Morris Nicholson 24:30
Judi Moland 25:18
Rick Schnabble 25:23
Cathy Merra 25:24
Claudia Dufresne 25:26
Julie McGuirk 25:34
Louis Weysham 25:45
Katherine Roy 26:01
Robert Johnson 26:08
1st Age

Mark Roy 26:21
Pam Matviya 26:37
Jeannie Ferreira 26:41
Linda Madden 26:44
Lindsey Panny 27:01
Neil Lewis 27:08
Megan Flynn 27:35
Priscilla Flynn 27:39
Annie Schneider 27:40
Patricia Smith 28:07
Robert Welts 28:22
Danielle Cormier 28:55
Christine Cormier 29:34
John Gill Sr 29:38
John Gill Jr 29:41
Mary Brown 29:58
Terri Beiter 30:09
Kyle Beiter 30:13
Sandra Gilmore 30:15
1st Age
Andy Cotreau 30:46
Debra Fraser 32:24
Cherie Gaudette 32:34
Janessa Rizzo 32:43
Allison Astolfi 32:43
Michael Astolfi 32:57

John Panny 33:09
Jan Cline 34:17
Joyce Rose 34:25
Austin Brown 36:58
Jeffrey Brown 37:07
Carli Gaudette 41:17
Teresa Kolb 45:00
Ryan Flynn 50:21
Debbie Beaulieu 51:42
Gregory Kolb 53:21
Ellen Kolb 53:26

Khoury's Thursday Night 4.13 Miler Somerville, MA 11/11/99

Louise Rosetti 56:53

CMS 52 Week 5K #47 Worcester, MA 11/13/99

Dave Birse 18:58
1st Male

New England High School Cross Country Championship 5K Fairfield, CT 11/13/99

Matt Kalish 16:16
David Posnick 17:45
Samantha Moland 19:55
Emily Angel 22:31

Run Your Turkey Off 1K Tewksbury, MA 11/14/99

Joshua Panny 3:52
1st Male
Lindsey Panny 4:11
1st Female
Chris Amarello 7:32
Danielle Lapierre 9:32
Brenda Lapierre 9:46

Run Your Turkey Off 5K Tewksbury, MA 11/14/99

Male Team 2nd Place
Brian Bigelow 17:07
1st Age
Dave Camire 17:28
David Lapierre 18:32
Carl Hefflefinger 19:38
Kassie Rubico 20:18
Donna Lemay 22:16
1st Age
Joey Rizzo 22:49
Michael Amarello 23:07
Jean Laverdure 24:02
Sachiko Burkinshaw 26:52
1st Age
Eric Olsen 27:46
Maurice Noonan 29:15
Nicole Terenzoni 30:27
Nick Anastasi 30:31
Janessa Rizzo 30:55
John Panny 31:28

Run Your Turkey Off 15K Tewksbury, MA 11/14/99

Male Team 4th Place
Female Team 2nd Place

Race Results

Allan Rube 1:02:29
Gerry Duval 1:03:49
Brenda Baxter 1:05:24
Eldon Burkinshaw 1:06:00
1st Age
Dave Contrada 1:07:42
Tom Conley 1:09:07
Michael Levesque 1:10:50
Colleen Gilbert 1:10:59
Andrea Pierce 1:11:09
Skip Cleaver 1:12:20
Yuki Minami 1:12:37
Sandy Machall 1:12:59
Jane Levesque 1:13:13
Pam Ubillos 1:21:35
Susan Rube 1:21:36
Karen Zielinski 1:22:30
Janice Olsen 1:24:27
Mary Brown 1:34:54
Nancy Meadows 1:35:58
Jane Wilson 1:38:54

**Mario Sinatra Memorial 5K
East Boston, MA 11/14/99**
Louise Rosetti 37:00
1st Age

**USATF NE Junior Olympics
Smithfield, RI 11/14/99**
Bantam Girls 3K 1st Place
Nicole Slane 11:31
1st Place
Juline McGuirk 11:39

Bantam Boys 3K 1st Place
Michael Peabody 11:03
1st Place
Chris Merra 11:38
Craig Pelletier 11:42
Patrick McCabe 11:51

Midget Girls 4K 1st Place
Moir McCabe 16:46
Sydney Moland 17:28
Michelle Weysham 17:34
Nadine Quadros 17:54

Midget Boys 4K 1st Place
Anthony Merra 15:34
1st Place
Patrick Rush 16:12
Mark Fraser 16:26

Youth Girls 4K 1st Place
Samantha Moland 16:22
Amanda Pelletier 19:36

Youth Boys 4K 2nd Place
Paul Ahern 15:04
Geoff McGuirk 15:31

Intermediate Boys 5K 1st Place
David Posnick 17:39

**USATF NE CC
6K Championship
Boston, MA 11/14/99**
Liane Pancoast 25:20

**Ocean State Marathon
Providence, RI 11/14/99**
James Belanger 2:57:52
Ralph Borseth 3:02:01
Bruce Lutz 3:11:08
Damien Rowe 3:27:59
Harry Ward 3:45:06
Shu Minami 3:47:16
Kevin Halloran 3:48:49
Marylu Klum 4:05:03
Bob Peretti 4:05:09
Kevin Reynolds 4:09:38
Byron Telage 4:34:19
Lee Brucks 4:49:49

**Nashua Elementary School
Cross Country
Championship 3K
Nashua, NH 11/16/99**
Moir McCabe 12:13
1st Place
Michelle Weysham 12:32
Juline McGuirk 12:47
Meghan Rocha 15:23
Megan Flynn 15:29
Kendra Lapierre 15:30
Lauren Rush 16:28
Allison Astolfi 17:35
Mark Fraser 11:43
1st Place
Patrick Rush 11:53
Patrick McCabe 12:22
Craig Pelletier 12:37
Mark Posnick 13:16
Patrick Guiney 14:22
Matt Fischer 17:06
Chris Parise 17:07

**Nashua Junior High School
Cross Country
Championship 4K
Nashua, NH 11/16/99**
Amanda Pelletier 20:20
Danielle Cormier 22:19
Geoff McGuirk 20:48

**Khoury's
Thursday Night 4.13 Miler
Somerville, MA 11/18/99**
Louise Rosetti 56:53

**Shop & Save Turkey Trot 5K
Portland, ME 11/20/99**
Michael Amarello 22:44

**Jingle Bell Run 10K
Portsmouth, NH 11/20/99**
Overall Team 1st Place
Male Masters 3rd Place
Male Seniors 3rd Place
Male Veterans 1st Place
Female Open 3rd Place
Female Masters 2nd Place
Female Seniors 1st Place
Mike Ward 37:23
Tom Kolb 39:02
Jack Kick 40:41

1st Age
Bill Spencer 41:17
Damian Rowe 42:03
Brenda Baxter 42:42
Bob Peretti 42:54
Tom Conley 43:00
Eldon Burkinshaw 43:16
James Woodward 43:36
Pamela Hall 43:42
Colleen Gilbert 44:52
Michael Levesque 45:17
Bill Engle 45:59
Skip Cleaver 46:03
Kathy Johnson 46:13
Donna Lemay 46:22
1st Age
Terrence Kenney 46:47
Peter Donohue 47:15
Andrew Najberg 47:27
Traci Swanbon 47:48
Jane Levesque 48:08
Walter Shyska 49:16
Aline Kenney 49:26
Peg Turcotte 51:24
Shu Minami 51:35
Mary Ulinski 54:21
Linda Madden 54:29
Kathy Engle 56:07
Patricia Smith 56:48
Mary Minami 59:28
Julie Hanover 60:33

**Nifty Fifty Mile
NE Championship
Coventry, RI 11/20/99**
Lee Dickey 8:09:07

**Slattery's Turkey Trot 5M
Fitchburg, MA 11/21/99**
Carol Robichaud 34:53
Sara Lewicke 35:15
John Lewicke 37:42
John Paul Lewicke 40:51
Mary Brown 46:20

**Little Rhody Runaround
7.8 Miles
Charlestown, RI 11/21/99**
Thomas Parker 55:15

**Essex Turkey Trot 8K
Essex, MA 11/21/99**
Maurice Noonan 50:01
Nick Anastasi 52:19
Julianne Noonan 52:26
Louise Rosetti 59:50
1st Age

**USATF Region 1
Junior Olympics
Bronx, NY 11/21/99**
Bantam Boys 3K 1st Place
Michael Peabody 11:40
Patrick McCabe 12:06
Chris Merra 12:19
Craig Pelletier 12:29

Race Results

Bantam Girls 3K 1st Place
Nicole Slane 11:49
Juline McGuirk 12:27

Midget Boys 4K 2nd Place
Anthony Merra 15:29
Patrick Rush 16:21
Mark Fraser 16:36

Midget Girls 4K 1st Place
Moira McCabe 16:35
Michelle Weysham 16:38
Sydney Moland 17:31
Nadine Quadros 18:33

Youth Boys 4K 2nd Place
Paul Ahern 14:57
Geoff McGuirk 15:52

Youth Girls 4K 3rd Place
Samantha Moland 16:37
Amanda Pelletier 19:00

Intermediate Boys 5K 3rd Place
David Posnick 18:13
Jeffrey Kobs 20:02

Feaster Five 8K

Andover, MA 11/25/99

Dave Tyler 29:01
Brenda Baxter 32:56
Mike Hagerty 32:57
Bob Peretti 33:58
Dave Contrada 34:21
Fran Dwyer 36:03
Joey Rizzo 37:51
Jane Levesque 38:48
Joe Suslovitch 39:15
Robert Johnson 43:33
Pam Ubillos 48:12
Joseph Brooks 51:00
Gail Suslovitch 53:19
Nancy Meadows 55:22

Feaster Five 5K

Andover, MA 11/25/99

BJ Bottomley 18:41
Nathan Burns 20:23
Donald Burns 20:23
John Kennedy 21:26
Steven Kennedy 25:11
Robin Hickey 34:13
Jerry Rocha 34:14

Cranberry Run 5.2 Miler

Keene, NH 11/25/99

Mark Crowley 29:50
Silas Little 32:07
1st Age

Whitin 5 Miler

Whitinsville, MA 11/25/99

Jim Quadros 27:10
1st Age

Turkey Trot 5K

Derry, NH 11/25/99

Christian Urrutia 18:28

Michael Peabody 19:35
Steve Moland 20:42
Sydney Moland 21:54
Michael Levesque 22:09
Samantha Moland 22:57
Kevin Reynolds 23:19
Kevin Hodge 23:34
Michael Amarello 23:59
Mark Peabody 24:19
Judi Moland 25:31
1st Age
Melaney Hodge 26:24
Karen Hodge 39:37

Gallop Gobbler 5 Miler

Concord, NH 11/25/99

Eldon Burkinshaw 35:56
1st Age
Yukiko Minami 37:46
Shu Minami 40:03
Mary Ulinski 45:26
Walter Shyska 45:26
Mary Minami 49:07
Maurice Noonan 50:23
Julianne Noonan 54:25

Thanksgiving Day 4 Miler

Portland, ME 11/25/99

Bill Freeman 22:00

Thanksgiving Day 5 Miler

Gardner, MA 11/25/99

Marty Tower 30:41

Turkey Trot 5K Cross Country

Newburyport, MA 11/25/99

Nick Anastasi 32:12
Louise Rosetti 38:08
1st Age

Turkey Trot 5K

York, ME 11/27/99

George Miller 29:59
Mary Ulinski 26:58
1st Age

Salmon Brook Scramble 5K

Nashua, NH 11/27/99

Dave Camire 17:07
1st Male
Jim Hansen 18:33
Tom Kolb 18:35
Michael Peabody 19:24
1st Age
Anthony Merra 19:35
1st Age
Carl Hefflefinger 19:39
Allan Rube 19:44
Nicole Slane 19:50
1st Age
Moira McCabe 20:30
1st Age
Geoffrey McGuirk 20:40
Tom Conley 20:49
Eliot Paisner 20:56
Steve Moland 21:02
Pamela Hall 21:13
1st Age

Patrick McCabe 21:16
Chris Merra 21:20
Michelle Weysham 21:20
Mike Merra 21:31
Kevin Slattery 22:05
Craig Pelletier 22:19
Skip Cleaver 22:24
Callie Schneider 22:40
Bill Spencer 22:45
1st Age
Donna Lemay 22:46
1st Age
Chris Treggiari 23:15
Michael Amarello 23:17
Nancy Peabody 23:23
Sydney Moland 23:24
Jeffrey Brown 23:46
Emily Angel 23:56
Amanda Pelletier 24:29
Cathy Merra 25:01
Judi Moland 25:26
Rick Schnabble 25:28
Julie McGuirk 25:35
Lisa Schneider 25:42
Jeannie Ferriera 25:44
Kathie Roy 25:51
Peggy Labrosse 26:00
Louis Weysham 26:27
Raymond Nadeau 26:44
Marissa Slane 27:12
Al Jones 27:21
Linda Madden 27:28
Judy Slane 27:33
Pat McGranahan 27:41
Annie Schneider 28:45
Kathleen Treggiari 29:06
John Labrosse 29:42
Maurice Noonan 30:18
Susanna Hargreaves 30:36
Judy Merra 30:37
Louise Rosetti 34:26
Patti Schneider 37:37
Austin Brown 41:37
Derek Brown 42:27

Monty Mountain 5 Miler

Leominster, MA 11/27/99

Dave Lapierre 33:23
Brenda Baxter 36:51
Carol Robichaud 37:52
Terrence Kenney 40:32
Susan McIlvane 41:38
Aline Kenney 42:03
Ken Robichaud 46:06

Footlocker

Northeast Regional HS

5K Cross Country

Championship

Bronx, NY 11/27/99

Matt Kalish 16:39
David Posnick 18:25

Andover Country Club 6K

Andover, MA 11/28/99

Dave Tyler 22:16
Janessa Rizzo 25:17
Joey Rizzo 26:12

Race Results

Maurice Noonan 34:57
Nick Anastasi 36:00
Louise Rosetti 43:16
1st Age

Jingle Bell Run 5K Concord, NH 12/4/99

Mick Konrad 20:18
Fran Dwyer 21:04
Deborah Smith 22:16
Donna Lemay 22:38
1st Age
Peggy Labrosse 24:26
Skip Cleaver 25:13
Pat Kiesselbach 25:46
Al Jones 27:47
Leni Hodgins 28:14
John Labrosse 28:21
Gale Taylor 34:36

Mill Cities Relay 28.8 Miles Nashua, NH -> Lawrence, MA 12/5/99

Gate City Striders 3rd Place Overall

5 - Female pen - 3:14:25 - 5 Pts

First Klass Women

Alice Fried
Lisa Klasman
Lori Lambert
Yuki Minami
Diane Quinlan

10 - Female Open - 3:43:59

Five Fast Friends

Julie Hanover
Kathy Johnson
Janice Olsen
Traci Swanbon
Pam Ubillos

12 - Female Open - 3:59:05

Babes In The Road

Kathleen Calvert
Anne Cavey
Karen Collinge
Kathy Kirby
Robin Martell

4 - Mixed Open - 2:57:43 - 6 Pts

Rubico's Cube

Dan Fischer
Sara Lewicke
Kassie Rubico

5 - Male Open - 2:44:11 - 8 Pts

Kimballistic

Tim Burke
Bill Freeman
Dean Kimball
Jim Quadros

13 - Male Open - 3:06:59

Towering Inferno

Carl Murphy
Marty Tower

17 - Male Open - 3:14:14

Death Rowe

Carl Hefflefinger
Mike Merra
Shu Minami
Bob Pelletier
Damien Rowe

18 - Male Open - 3:14:22

Chocolate Chips

Michael Amarello
Mark Cockroft
Chip Geisler
John Gill

20 - Male Open - 3:17:41

Lord Byron

Kevin Halloran
John Heden
Jean Laverdure
Doug Miville
Byron Telage

24 - Male Open - 3:24:45

Beer Drinkers

Peter Donohue
Jim Ecke
James Henmueller
Michael Levesque
Ralph Titone

29 - Male Open - 3:42:43

Team WNCG

Dave Cormier
John Lysik
Tom Raiche
Paul Tobin
Brian Withers

1 - Male Juniors - 2:52:09

Queenan's Bees

John Kennedy
Andrew Paul

5 - Male Masters - 2:52:12 - 8 Pts

Master Blasters

Tom Astolfi
Dave Birse
Dave Camire
Jim Hansen
Walter Swanbon

9 - Male Masters - 3:09:32

Grey Ghosts

Bob Beers
Brian Bigelow
Fran Dwyer
Bill Grey
Mike Hagerty

15 - Male Masters - 3:19:43

Con Artists

Tom Conley
Mark Fraser
Kent Kofstad
George Lecours
Dave Sargent

2 - Mixed Masters - 3:04:47 - 3 Pts

Smoke 'n' Merras

Annette Annis
Tom Kolb
Cathy Merra
Rich Stockdale
Mike Ward

2 - Female Masters 3:31:45 - 4 Pts

SandStorm

Priscilla Flynn
Pamela Hall
Eliza Lecours
Sandy Machall
Andrea Pierce

5 - Female Masters - 4:04:04

Gate City Ladies

Jeannie Ferreira
Robin Hickey
Barbara Joy
Linda Madden
Peg Turcotte

4 - Male Seniors - 3:09:55 - 4 Pts

Flyin' Kitas

Donald Burns
Ron Kita
George Miller
Steve Moland
Allan Rube

10 - Male Seniors - 3:30:05

Hamburglars

Warren Church
Rich MacDonald
David Salvias
Joe Wheatley

11 - Male Seniors - 3:41:13

Hop, Skip, 'n' Jump

Skip Cleaver
Ed Deichler
Terrence Kenney
Ron Maynard
Bob Peretti

13 - Male Seniors - 3:47:37

Klemson Tigers

Richard Doyle
Stan Klem
Nick Nicholson
Jerry Rocha
Brian Sanborn

1 - Female Seniors - 2:19:14 - 4 Pts

Lem-ay At 'Em

Donna Lemay
Jane Levesque
Heidi McGaffigan

3 - Female Seniors - 2:35:07

Alias Smith &

Aline Kenney
Susan Rube
Patricia Smith

4 - Female Seniors - 2:41:55

Race Results

Wings Of An Engle

Kathy Engle
Mary Minami
Judi Moland

1 - Male Veterans - 2:07:46 - 4 Pts

Kickin' Butt

Bill Engle
Jack Kick
Bill Spencer

Yuletide Stride 5 Miles

Boston, MA 12/5/99

James Traggiari 44:40
Lisa Christie 44:53
Kathleen Treggiari 45:39
Maurice Noonan 45:42
Julianne Noonan 48:59
Louise Rosetti 56:55
1st Age

Khoury's

Thursday Night 4.13 Miler

Somerville, MA 12/9/99
Louise Rosetti 51:30

Tufts

Holiday Track Meet 600 Meters

Medford, MA 12/11/99

Ed Rossier 1:27.67

Kiawah Island Marathon

Kiawah Island, SC 12/11/99

Timothy Kelley 3:44:41
Sue Marrer-Strassen 3:57:17
Melanie Kalafatis 3:59:56
Carol Pelletier 4:00:14
Deborah O'Leary 4:05:01
Paul Fiori 4:14:00
Claudia Dufresne 4:20:01
David Haworth 4:29:53
Susan McIlvane 4:40:13

Kiawah Island Half Marathon

Kiawah Island, SC 12/11/99

Dave Sargent 1:27:07
Bill Gray 1:31:00
Mo Nicholson 1:52:14
Kurt Strassen 1:57:36
Judith Nicholson 2:11:26
Sally Sargent 2:32:14

Kiawah Island 5K

Kiawah Island, SC 12/11/99

Aaron Beers 24:23
Laurie Kofstad 24:57

Santa's Toy Trot 4/10 Mile

Merrimac, MA 12/12/99

Joey Rizzo 2:43
1st Male

Santa's Toy Trot 2 Miles

Merrimac, MA 12/12/99

Michael Amarello 13:55
Joey Rizzo 14:58
Nick Anastasi 20:52

Santa's Toy Trot 4 Miles

Merrimac, MA 12/12/99

Louise Rosetti 45:01
1st Age

Santa's Toy Trot 6 Miles

Merrimac, MA 12/12/99

Silas Little 39:01
1st Age
Donna Lemay 43:54
1st Age

Khoury's Thursday Night 4.13M

Somerville, MA 12/16/99

Steve Moland 28:53
Louise Rosetti 51:38

Fresh Pond 2.5 Miles

Cambridge, MA 12/18/99

Louise Rosetti 25:09

Bob Marley's

Toys For Tots 3.4M

Portland, ME 12/19/99

Michael Amarello 24:07

Santa Scampa 5K

West Roxbury, MA 12/19/99

Donna Lemay 22:36
Louise Rosetti 34:27
1st Age

Khoury's Thursday Night 4.13M

Somerville, MA 12/23/99

Steve Moland 29:32
Richard Doyle 29:56
Louise Rosetti 54:55

Christmas Eve 7.9 Miler

Sterling, MA 12/24/99

Carol Robichaud 60:06
Mark Lorden 64:12
Ken Robichaud 74:15

Resolution Run 2K

Seattle, WA 12/31/99

Dave Beasley 6:18
1st Male

Resolution Run 5K

Seattle, WA 12/31/99

Dave Beasley 15:43

Millenium Mile

Londonderry, NH 12/31/99

John McGrath 4:07
BJ Bottomley 4:29
John Kennedy 4:41
Marty Tower 4:45
Jim Hansen 4:53
Damian Rowe 5:07
Michael Peabody 5:17
1st Age
Nicole Slane 5:19
1st Age
Eldon Burkinshaw 5:27
1st Age
Michael Amarello 5:46

Nancy Peabody 5:48

Kathy Johnson 5:55
Joey Rizzo 6:22
Dan Johnson 6:50
Marissa Slane 7:16

Run 4 New Years 4 Miler

Waltham, MA 1/1/00

Bill Freeman 28:53

Millennium 5K

Derry, NH 1/1/00

Allan Rube 19:34
Eldon Burkinshaw 20:42
1st Age
Peggy Labrosse 24:11
Joey Rizzo 25:11
Jacob Rube 27:00

Hangover 5K

Salisbury, MA 1/1/00

Dave Camire 17:18
Kassie Rubico 20:59
1st Age
Mattie Rider 25:31
1st Age
Louise Rosetti 44:04
1st Age

Hangover 10K

Salisbury, MA 1/1/00

Walt Rider 37:05
Dave Tyler 37:38
Liane Pancoast 42:31
1st Age
Brenda Baxter 43:10
Dave Contrada 43:36
Jim Ecke 45:24
Annette Annis 49:48
Tom Raiche 51:37
Janice Olsen 53:22
Shu Minami 53:23
Michelle Carpentier 57:30
Karen Collinge 60:44
Mary Minami 61:15
Maurice Noonan 62:05

Freezer Five Miler

Sterling, MA 1/1/00

Lee Dickey 34:24
Ken Robichaud 48:42

Millennium Marathon

Hamilton, New Zealand 1/1/00

Bill Engle 3:53:59
Kathy Engle 5:04:35

Peanut Butter Chip Chase 5K

Temple, NH 1/1/00

Tim Burke 17:55
Brian Bigelow 18:05
1st Age
David Posnick 18:55
1st Age
Walter Swanbon 19:09
Barney Swanbon 19:09
1st Dog
Silas Little 20:22

Race Results

1st Age	
Mike Hagerty	20:41
Kate Jackson	20:53
1st Female	
Damian Rowe	21:08
Kevin Hodge	21:12
Nicole Slane	21:22
1st Age	
Anthony Merra	21:26
Pamela Hall	22:24
1st Age	
David Salvas	22:49
Richard MacDonald	22:55
Chris Merra	23:17
Mark E Fraser	23:18
Donna Lemay	23:20
1st Age	
Kathy Johnson	23:36
1st Age	
Heidi McGaffigan	23:47
Mike Merra	23:49
Michael Amarello	24:14
Steve Moland	24:19
Roger Hall	24:28
Andrew Najberg	24:39
Sydney Moland	24:52
Mark C Fraser	25:07
Traci Swanbon	25:27
Cathy Merra	26:19
Jean Laverdure	26:35
Rick Schnabble	26:40
Herb Hardman	27:19
Jeannie Ferreira	28:24
Judi Moland	28:43
Judy Slane	28:59
Pat McGranaghan	29:30
Melaney Hodge	31:59
Kelly Morse	33:28
Allain Schnabble	36:34
Deborah Fraser	36:44
Karen Hodge	46:11

Bob Hersey 5.5 Miler
Fitchburg, MA 1/2/00
 Carol Robichaud 40:43
 1st Age

Khoury's Thursday Night 4.13M
Somerville, MA 1/6/00
 Louise Rosetti 52:00

Walt Disney Marathon
Orlando, FL 1/9/00
 Gary McCoy 4:56:25

Walt Disney Half Marathon
Orlando, FL 1/9/00
 Maurice Noonan 2:41:28

BU Winter Track Series #4
Boston, MA 1/9/00
 3K Patrick Moulton 9:04.2
 3K Tom Kolb 10:32.1
 1M Tom Kolb 5:21.5

GCS Freeze Your Buns #1
Litchfield NH, 1/16/00

Brian Bigelow	19:01
Michael Hagerty	21:10
Bill Spencer	21:25
Damian Rowe	21:27
Kassie Rubico	21:42
Allan Rube	21:56
Bill Morse	21:58
Ed Deichler	22:48
Nicole Slane	23:03
Jack Kick	23:08
Andrew Prolman	24:07
Samantha Moland	24:37
Julie Marcum	24:45
Shaun Scanlon	25:05
Mark Fraser	25:26
Mark Fraser	25:30
Sydney Moland	25:31
Michelle Weysham	25:32
Peter Donohue	26:00
Shu Minami	26:08
Frank Menard	27:25
Brittany Plante	28:33
Ray Bergeron	28:42
Robin Hickey	28:56
Jerry Rocha	28:56
Callie Schneider	29:09
Kathy Johnson	29:24
Kirsten Werne	29:24
Karen Collinge	30:00
Rosalie McQuaid	30:32
Leni Hodgins	30:32
Marissa Slane	31:07
Judy Slane	31:13
Mary Minami	33:12
Theresa Kirouac	34:12
Shaun McMahan	34:12
Deborah Fraser	37:45
Jim Horn	37:45

Boston Prep 16 Miler
Derry NH 1/23/00
 Dave Beauley 1:32:49
 Keith Kelly 1:35:27
 George Darden 1:36:01
 Dan Beauley 1:37:49
 Edward Shelton 1:41:02
 Dave Camire 1:42:51
 BJ Bottomley 1:43:34
 Jack Noyes 1:48:24
 Jim Belanger 1:48:34
 Dave Tyler 1:48:46
 Marty Tower 1:52:24
 Bruce Lutz 1:54:59
 Rich Stockdale 1:55:11
 Chip Geisler 1:56:43
 Kate Jackson 1:56:43
 Tom Kolb 1:58:03
 Diane Quinlan 1:59:23
 Brenda Baxter 2:02:29
 Mike Hagerty 2:03:28
 Pamela Hall 2:04:25
 Domenic D'Intino 2:05:19
 Eliot Paisner 2:06:35
 Damian Rowe 2:08:33
 Yuki Minami 2:11:43
 Kassie Rubico 2:12:12
 Richard Doyle 2:14:40

Robin Stone	2:16:42
Andrea Pierce	2:17:07
Jason Farr	2:17:31
Stan Klem	2:19:58
Jane Levesque	2:20:58
Thomas Raiche	2:22:45
Peter Donohue	2:24:18
Annette Annis	2:24:35
Aline Kenney	2:29:22
Pamela Ubillos	2:32:10
Beth Phelan	2:32:13
Terrence Kenney	2:35:26
Shu Minami	2:39:49
Robin Hickey	2:43:22
Karen D'Intino	2:52:59
Nancy Meadows	3:07:27



SKIP CLEAVER enjoying himself at NovemberFest.

TOM CONLEY RUNS THE BOSTON MARATHON TO RAISE FUNDS TO FIGHT LEUKEMIA!!!

Many of you who know me know that I run the Boston Marathon every year. I started running in 1984 and ran my first Boston in 1990. Running a marathon is a challenge and I am happy that I can meet this challenge each year.

However, there are many people less fortunate than me. I am sure that every one of us has known someone who has suffered from cancer. I have had a family member and friends suffer from this disease. That is why I choose to use my gift of being able to complete a marathon to help raise funds to fight leukemia.

My fundraising goal is \$500 but I'm sure the Leukemia Society will not complain if I raise more than \$500. Donations should be made out to the Leukemia Society of America and can be sent to me or directly to the Leukemia Society. Thank you in advance for your help and I will let you know how I made out.

**Tom Conley
4 Oliver Drive
Hudson, NH 03051**

**Leukemia Society of America
495 Old Connecticut Path
Suite 220**

Framingham, MA 01701-4567

(Please send a note telling them that you are sponsoring me.)

Instructions for gaining entry to the June 17, 2000 Mt. Washington Road Race

To receive an entry form for the Year 2000 Mount Washington Road Race, send a #10 (business sized) Self Addressed Stamped Envelope (SASE) in early February to:

Mount Washington Road Race
Granite State Race Services
P.O. Box 990
Newport, NH 03773

If you want more than 2 entries, add additional postage. For every two additional entries requested, add postage for an extra ounce. Clear, same-sized copies are O.K.

The entry forms go out by March 1st each year and contain full instructions on how to enter. Entries must be completed and returned quickly so that they are in hand for the March 20 lottery draw. 1000 will be selected and all others will receive their entry fee checks back. There has historically been approximately a 50-50 chance in the lottery in recent years Good luck!

The above information was extracted from the Granite State Racing Services Website <http://www.gsrs.com/mwrr/signup.htm>

Calendar replaces this page



Gate City Striders Membership Application Form

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

Membership type (circle one) : Single(\$17) Family(\$20)

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.

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

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

Make check payable to Gate City Striders, Inc. and mail to :
PO Box 3692 - Nashua, NH 03061

GATE CITY STRIDERS
PO Box 3692
Nashua, NH 03061

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