

1998 National Rankings

By Bill Spencer

The 1999 edition of the 1998 National Rankings book has just been published. Thirteen Club members were Nationally ranked. They are as follows:

Nicole Slane 5k, 3rd (age 8), 4th (age 9); 8k, 22nd (age 9); 10k, 4th (age 9)
 Juline McGuirk 5k, 10th (age 9)
 Sydney Moland 5k, 20th (age 10)
 Heidi McGaffigan 5k, 30th; 10k, 52nd; 12k, 9th (age 50-54)
 Jane Levesque 8k, 43rd; 10k, 25th; 10m, 16th; 1/2 mar, 35th (age 55-59)
 Donna Lemay 5k, 42nd; 10k 39th (age group 55-59)
 Michael Peabody 5k, 7th (age 8), 5th (age 9); 8k, 6th (age 9)
 Anthony Merra 5k, 9th (age 10)
 Patrick Rush 5k, 20th (age 10); 8k, 4th (age 10)
 Chris Merra 8k, 6th (age 8)
 Matt Kalish 5k, 27th (age 16)
 Tom Doody 10m, 30th (age 35-39)
 Bill Spencer 5k, 17th; 8k, 11th; 10k, 17th; 12k, 3rd; 10m, 26th (age 60-64)

RRCA NH Gran Prix Scoring

By Tom Kolb

RRCA NHGP Individual Age-Graded Scoring, 2000					
Club	Individual	Female	Age	Total	Bost
				Points	Prep
16 Mile					
GDTC	Peg	Donovan	45	10	789
GCS	Pam	Hall	46	9	710
GCS	Jane	Levesque	58	8	702
GCS	Kate	Jackson	24	7	696
GDTC	Nancy	Jacovina	44	6	695
GCS	Diane	Quinlan	36	5	682
GCS	Brenda	Baxter	37	4	670
GDTC	Suzann	Heron	44	3	664
GSRT	Virginia	Nichols	40	2	664
WMM	Donna	Cormier	46	1	647

RRCA NHGP Individual Age-Graded Scoring, 2000					
Club	Individual	Male	Age	Total	Bost
				Points	Prep
16 Mile					
GCS	Dave	Beauley	33	10	814
AA	Kieth	Kelly	37	9	776
AA	G Scott	Hine	30	8	770
GCS	George	Darden	25	7	770
GSRT	Ernest	Brake	38	6	764
GCS	Dave	Camire	44	5	757
RR	Dan	Beauley	33	4	755
CAA	Todd	Hanson	41	3	750
AA	Steven	Nicholls	30	2	746
CAA	Steven	Bedsole	40	1	738

Strider Vets Take USATF New England 12K Title

Continuing the dominance of the Gate City Striders at both ends of the age spectrum, our Veterans (60+) team won their third straight USATF New England championship at the Bedford Rotary 12K on May 20.

Bill Spencer led the way for the Strider Vets with a 7th place time of 50:29. He was closely followed by Edlon Burkinshaw in 8th (51:23) and Jack Kick in 9th (51:29). Shu Minami followed in 61:40.

The Strider Vets have now won 3 New England titles in their last three tries, as they won the Law Enforcement Half Marathon in Melrose, MA in March and the Brewery Exchange 5K last September in Lowell. They currently have a 10-6 point lead over CMS and NMC in the 2000 Gran Prix standings.

The Strider Seniors, led by an 8th place finish from Donna Lemay took 3rd place. Jane Levesque, Aline Kenney, Pat Kiesselbach, and Marie Mullins also scored for the ladies who moved up to 3rd place in the 2000 Gran Prix.

Shortly after the 12K, Nicole Slane and Michael Peabody both set New Hampshire State records in the 5K. Both recorded times of 19:12, with Slane ahead of Peabody by a nose. •



Bedford 12K & 5K

Front: Shu Minami, Donna Lemay,
Steve Moland, Mary Minami,

Rear: Terri Kenney, Damian Rowe, Pam Hall, Aline
Kenney, Pat Kiesselbach, Sandy Machell

Perseverance

By Steve Moland

For me races are more than just the running part. I enjoy the people and the pre/post race activities and all that creates lots of memories. Most of the races I've been to have been so much fun that singling out special ones is tough. I've many images that come to mind in races but the most recurring image I have is one of someone else's perseverance.

I started running in late summer 1997 and decided I liked it so much that I would train for some races. I didn't know what distances I'd prefer so I set my sights on the next years USATF-NE Ironrunner series because it had a mix of distances in its 7 races from a 5K to a marathon. These served as my goal for the next year. Training in the NH winter proved to be far harder than I figured, since, during the week, I could only run at night.

The first race of the series was a half marathon the day after the "An Ras Mor" 4.13 mile race down in Somerville MA that year near St Patrick's day. For obvious reasons, I didn't run that race in Somerville

but my wife and two granddaughters did and all won their age groups. While that was a thrill there was more to the day.

After the race started I went back in the Pub (race headquarters) since it was raining a real heavy mist and a pint of Guinness was calling. Someone announced that they needed a course monitor at the top of the last hill. I volunteered and was told to go backward on the course to a blind corner right at the top of the last hill and stop cars whenever runners crested the hill.

What I remember about that scene was something that inspires me to this day when things get tough in a race.

That hill climbs gradually to a final 100 yard stretch that is very steep. In the midst of the mist of runners came a wheelchair racer who could not just go straight up the final part of the hill. He had to go back and forth across the street countless times gaining only feet and sometimes only inches on each traverse. If that wasn't enough, it was difficult for him to turn at the end of each pass so he had to make the front wheel go

airborne so that he could pivot the racing chair. I'd never seen a wheel chair racer before that day and because the effort seemed like torture I had a strong urge to go over and help. I stayed back but had a very rough time watching that lengthy effort. My stomach was in knots by the time he crested the hill. Since then any problems I've had in races seem trivial.

The next day I ran my half marathon with the longest of my training runs being only a single 10 mile run. On the relatively short and steep hill at mile 10 I found my first wall and was ready to start walking. However, I realized I had a real long hill after that one and I'd be done if I gave in at that point. Just then the image of that wheelchair racer rushed into my head and saved the day. I still draw on that memorable image of perseverance from time to time. Though that image doesn't always pull me through, it does help me appreciate the lot in life that I've drawn. •

Youth Results

By Bill Spencer

The Bedford 5k on May 20th saw some amazing runs by the GCS Youths. Nicole Slane just missed catching Peg Donovan for 1st women in running a 19:12 for a new State record. She just nipped Michael Peabody at the tape. Michael's 19:12 in winning his age group was also a new State record. Right behind him was Anthony Merra in a Nationally ranked time of 19:43. Third women overall was Michelle Weysham in a Nationally ranked time of 20:47. Samantha Buechner completed the awards by winning her division in 21:41. Other finishers were Chris Merra (23:35) and Sydney Moland (23:46).

At the Run for Roses 5k on May 17th, Michelle Weysham (20:15) led the Gate City Women to a 5th place team finish. Samantha Buechner was the 4th Gate City woman in 21:10. The times for both eleven-year-olds were Nationally ranked. The GCS Youth girls swept the first three age group places at the Foot Health 5k on May 13th. Michelle Weysham (21:35), Sydney Moland (22:15), and Samantha Buechner (22:48) took home the trophies.

On the boy's side, Joey Rizzo ran 23:28.

On May 6th Nicole Slane set a new women's record of 20:35 in winning the Kicken Butts 5k cross-country race in Manchester. Michael Peabody was 24 seconds behind her to claim 1st place in the Youth Division. The next day, Strider youths had a field day at the Panther Classic 5k. Age group winners were Patrick Rush, Michelle Weysham (also third female) and Allison Pinal.

The Gate City Strider Youths were out in force at the Groton 5k on April 30th. Nicole Slane was second female, while Patrick Rush and Michelle Weysham won their Divisions. Their times were Nationally Ranked. Also running Nationally Ranked times were Juline McGuirk and Allison Pinal. April 16th saw many outstanding performances by the GCS youths. At the Red Shoe Barn 8k, Nicole Slane broke her age 10 State record by 2 minutes, running 32:17. While at the Heart Break Hill mile, trophies were awarded to Chris and Anthony Merra who won their divisions, and to Michael Peabody and Mi-

chelle Weysham who were second in their divisions. The Gate City Youths had many outstanding performances at the Alex Shoe 5k on April 2nd, with three of them achieving National Ranking (NR) times. Leading the boys was 10 year old Michael Peabody, while 10 year old Nicole Slane led the girls. Also gaining National Ranking was 10 year old Juline McGuirk.

Panther Classic 5k 5/7

Patrick Rush 20:56 1st age
Michelle Weysham 21:29 1st age
Julie Marcum 22:06 2nd age
Craig Pelletier 22:08 2nd age
Samantha Buechner 22:23 3rd age
Allison Pinal 23:46 1st age
Brittaney Plante 24:06
Amanda Quattrucci 24:45
Lindsay Panny 26:19 2nd age

Groton 5k 4/30

Dave Posnick 17:57 2nd age
Patrick Rush 19:17
1st age, Natl Ranking

(Continued on page 18)

My First Time

by Stan Klem

Well it's been about twenty-four hours since I completed my first Boston marathon. This was my fourth marathon and best one so far. My goals in the first three were to finish, do it under four hours and run the whole way. I finished all three but that was about it.

If it hadn't been for the head wind the weather would have been perfect for Boston. Personally I don't do well in the heat and that was proven in two of my first three marathons. But the temperature was perfect for Boston. The gun went off (well I think it did because everyone was applauding) so I started my watch. After watching an endless stream of runners from the side street, we started moving. Crossed the starting line with 7:58 on my watch.

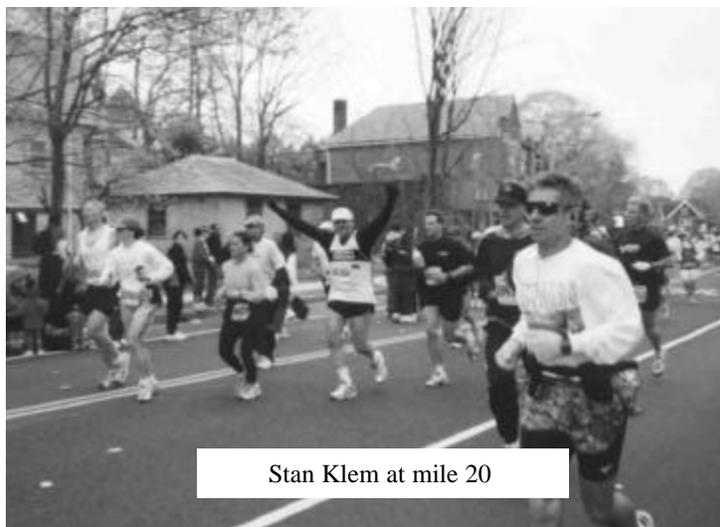
Shu, Kevin Reynolds, Mike Levesque and myself started out as a group. It was also Kevin and Mike's first Boston and we heeded the advice of our experienced sage and took it easy at the start. Besides it was so darn crowded I don't think we could've gone much faster if we wanted to. Due to heavy hydrating in the parking lot and waiting in the corral our group didn't stay together very long. Within the first mile two of the group had to make pit stops but Mike and I continued on. How's that for not naming names. First mile was 10:30. It was a little slower than anticipated but it was okay. Mike's plan was to take it easy so I gradually pulled ahead of him and was running by myself.

A little before mile two it looked like what was a motor cycle crowd in front of a bar decked out in their leathers. They were cheering us on. A little later on I caught up with Julie Hanover at a water stop. We ran together for awhile. At some points Julie would get ahead of me and I would lose track of her, then catch up again. I might add at this point that it's really great to have the Strider logo on the back of the singlets because it makes it easier to recognize fellow Striders in a crowd. Julie and I went back and forth

like this for a few miles but I lost track of her when she had to stop and tie her shoe.

The fans and entertainment along the route were great. I thought the band on top of the building in Framingham was a great idea. There also seemed to be another motor cycle gang in Framingham that was having a party. With all the grilling going on I can tell you this was one of the best smelling races I've ever run.

At mile nine I started to calculate what my pace was but decided to wait until mile ten when the math would be easier. Well I guess I was enjoying spec-



Stan Klem at mile 20

tators too much, giving all the kids high and low fives because the next mile marker I saw was eleven. Then the math was even harder so I didn't bother. I knew the next highlight coming up was Wellesley College. It was amazing. Maybe because of the head wind, I could hear them from about a half a mile away. Wow, I've never had so many women screaming for me. Did a lot of high fiving along that stretch too.

Hit the halfway point at 2:02 on the official clock so I figured with eight minutes less on the chip time I had a good chance at under four. Again thanks to Shu's advice I took it easy on that nice long down hill going into Lower Newton Falls. When I crossed Route 128 I was greeted by Bob Pellitier, Bill Spencer, Ron Kita and Adrian Pike. Thanks for being there guys. It helped a lot.

Coming around the fire station the DJ was playing Mombo #5, with a little bit of dah, dah, dah, oops I digress. What a great boost that was for starting the hills. I knew other Striders would be on the first hill, so I was looking for them. This helped to take my mind off the hill. Recognized Jane Levesque, Morris Nicholson, and Lori Lambert. I'm sure there were probably other Striders there too that I didn't see but thanks to all for being there.

Made the first hill feeling good. What really helped was a few weeks before a group of us ran some of the course. So I

knew what to expect and it gave me the confidence to know that I could handle the hills. I was looking forward to getting to the twenty mile marker because I knew Steve Moland and Mary Minami had volunteered to work that spot. I wasn't sure what side of the course they would be on, so I ran down the middle. Saw Steve on the left, but missed Mary. Those volunteer jackets sure don't stand out in crowd like the Strider jackets do.

Clock time at twenty was a little over three hours (under four still doable) with just one heartbreak hill to go. I put my head down and kept on pumping. Glanced up occasionally. Once I saw the top of the hill I knew this one was soon to be behind me. Around twenty-one or twenty-two the insides of my thighs started to ache. I was hoping it wouldn't get too bad. But the pain gradually increased and this is when I had to start talking to myself. Several times I thought it would feel so good to walk a little but I never gave in.

I remembered what someone told me once that with the crowds in the last six miles it's very hard to stop and walk. And it was. I just kept on pushing on. At the start of the race I was really enjoying the spectators. You know looking around and all, but in the last five miles there wasn't much looking around. I was just concentrating on getting it done. But the

(Continued on page 11)

Randumb Thoughts

by Bob Thompson

Another season of the Gate City Striders is upon us. For me and many others the first Wednesday night workout after the change to daylight savings time is like a family reunion. Members get a chance to see old friends that they loose contact with over the winter and are sure to make new friends each season. The Wednesday workouts in April and early May have been sparsely attended due to the rainy weather that has been a recurring theme on Wednesdays this spring. The thin crowds remind me of the old days of the Gate City Striders when 30 runners was a big crowd at the workouts. As soon as the sun shines, attendance will be back up near triple figures.

The Wednesday workouts are not only for those runners who want to hammer out repeat intervals on the track under the guidance of coach Dave Camire. There is also a beginners group, led by Brian Withers and also a fitness group led by that old snake charmer, Warren Church. The fitness group might also be called the fun group. On a recent workout, the fitness group ran an Indian fun run for several miles through Mine Falls Park. An Indian run is a sort of fartlek run, where the group runs in single file and the person at the back of the pack runs faster to get to the front of the pack. Once at the front, the next person at the back runs to the front and so on. You may ask, what makes this so much fun? Well, to make things more entertaining the runner who is running from the back of the pack to the front, was

asked to chant or sing as they forged to the front. We started out with Indian chants (or at least the stereotypical Indian chants that are portrayed in western movies). We then changed to the singing of TV commercial jingles, TV theme songs, Broadway musicals, and finally Christmas carols. One of the most interesting things about this fun run was the ages of the dozen or so participants, which ranged from 10 years old to nearly 70 years young. Running is definitely a sport for the ages

Changes are in store this summer at the Nashua High track when the track will be resurfaced. Let's hope that they do a better job than the last resurfacing 8 or 9 years ago. More changes will seen at the southwest end of Mine Falls Park with a new football stadium slated for the area between the Hitchcock Clinic and the boat launch just above the falls. In addition, new mayor Bernie Streeter is working with Senator Gregg to get funds appropriated to restore the gatehouse at the top of the canal. Fairgrounds Jr. High students have already been working to remove the graffiti form the gatehouse. Such changes are most likely going the change or destroy a few of my favorite sections of trail. Another future project that is sure to impact Mine Falls Park is the construction of the Broad Street Parkway. The parkway will take traffic from Broad Street, near route 3 to Pine Street in the downtown area. These projects will surely eventually change some comfortable dirt trails to pavement.

Speaking of changes, several years ago

wrote in this column that housing developments along Ridge Road were taking away some of the last country roads in the City of Nashua. Well it looks like they are just about all gone now. The last of the remaining country roads; Buckmeadow Road, outer Conant Road and Gilson Road are now being developed for residential and commercial use including a gas station, convenience store and office buildings. With Manchester Street developed along the Pennichuck ponds and Tinker Road being built out. There just aren't any country roads left. The old timers to the area will recall the old Eat Here and Get Gas landmark at what is now Pennichuck Square near the Nashua-Merrimack border. Do you remember the tree that grew in a circular pattern just up the road from that in front of NIMCOR on Amherst Street? The changes in the Nashua area in the last 25 years are incredible.

One thing that hasn't changed over the years is the delivery of the 1590 Broadcaster to our mailboxes each Wednesday. Just as consistent as the delivery to my mailbox was my delivery of this newspaper directly into the recycling bin without even opening it up. It took a Boston Marathon photo of Shu and Yuki Minami on the cover for me to finally take a second look at the Broadcaster. Jim Belanger, as always, had some classic quotes in the article about this year's Boston. Congratulations to all finishers!

Last year I wrote about a former runner partner, Dave Dial, who had entered his 200,000th mile into his running log. Dave, a short-time GCS member, and one who would routinely put in 100+ mileage per week recently logged his first 200 mile week. Dave and Edison Eskeets recently ran 204 miles across central Colorado and northern New Mexico to raise money for the Native American Preparatory School in Rowe, New Mexico where Eskeets is headmaster. An injured knee to Eskeets on their eighth day on the road cut their run short of the intended 370 mile run from Mount Blanca, Colorado to Gallup, New Mexico. Eskeets, vowing to complete the remainder of the run this summer said, "I know I'll finish this. It's going to happen."

(Continued on page 11)



Brian S. Withers - Attorney at Law

Concentrating in the following areas:

Wills

Business Law

Trusts

Internet Law

Health Care Directives

Trademarks & Copyrights

Durable Powers of Attorney

Sports and Entertainment Law

66 Prospect Street
Manchester, NH

(T) 603-634-4353
(F) 603-634-4347

(Continued from page 9)

crowds were great because no matter how I felt I knew they were pulling for everyone. It's amazing how they could keep up that level of enthusiasm for the steady stream of runners.

Looking ahead I could see the Citgo sign. I knew that when I got there, there would be more Striders waiting and just a mile to go. Sure enough there was George LeCours in front of the hotel taking pictures. Sorry George I raised the wrong arm to wave so you probably got a great armpit shot. At this point I knew I would make it under four. As I was coming down Comm Ave I was looking ahead and saying to myself, show me the turn, show me the turn, where in the hell is that turn. I saw the Mass. Ave. sign and knew it was just a block away.

Made the turn, climbed the little incline and made the left turn. And there was, YES!!! The finish line. What a wonderful sight. Crossed the finish line with arms raised in a personal victory, clock time 3:57:30, chip time 3:49:02. Mission accomplished, under four and ran the whole way.

PS I want to give a special thanks to Jim Belanger, Kevin Gagnon, Pat Mikulis and all the others that I'm not aware of for your time and efforts in taking care of the bags on Saturday, organizing the bus, the room, food, and drinks. You made my experience that much more enjoyable. •



Governor Shaheen takes a low profile in this picture of the Nashua PAL Jr Olympic runners and some of their coaches.



This series was designed for just the runners in NH.



Participation has been great so far. Let's keep up the good work., Your efforts are paying off for Gate City. Remember, very often the last person to score in an age group determines whether we win or lose, so runners at all levels can help.

Doggy Details

"Devoted To Gently Enhancing The Natural Beauty Of Any Dog"

- ✂ Stylish Cuts
- ✂ All Natural Shampoos
- ✂ Flea & Tick Baths
- ✂ Nail Trimming

Call Today For An Appointment
(603) 579-9666

Gail Duval
27 Arlington Street
Nashua, NH 03060

Registered Member of National Dog Groomers Assoc. of America & New England Pet Grooming Prof. Inc.

(Continued from page 10)

Eskeets has run more than 50 marathons with a personal best of 2:17. Dial has a personal best marathon of 2:24, which was run at age 19 in 1981.

See you on the trails. •

Race Results

Irish Feet 5 Miler

Lowell, MA 3/12/00

Heidi Havron 33:12

St. Patrick's Day 10K

Holyoke, MA 3/18/00

Michael Dodge 45:06

Hibernians 5K

Peabody, MA 3/19/00

Maurice Noonan 30:06

Louise Rosetti 39:47

Merrimack River 10M Trail Run

Andover, MA 3/25/00

BJ Bottomley 1:04:40

Michael Mawn 1:08:01

Thomas Parker 1:12:30

Bob Veilleux 1:15:55

Brenda Bolan 1:18:28

Mike Hagerty 1:18:29

Claudette Stone 1:31:20

Anne Cavey 1:32:05

Lisa Maynard 1:32:36

Sandy Machall 1:33:32

Melanie Kalafatis 1:36:56

Kathy Johnson 1:41:59

Joey Rizzo 1:52:03

Ken Robichaud 1:57:19

Panther 5K Sap Run

Pittsfield, NH 3/25/00

Dave Birse 1st Place Overall

Dave Birse 16:49

USATF National Masters 5K

Carlsbad, CA 3/26/00

Bill Springer 18:44

Newton YMCA 3 Miler

Newton, MA 3/26/00

Maurice Noonan 29:10

Julianne Noonan 32:04

Run To The Border 10 Miler

Kittery, ME 3/26/00

Adrian Pike 1st Place Senior

Adrian Pike 1:09:17

Joe Wheatley 1:14:10

Steve Moland 1:17:47

Kristen MacWilliams 1:49:39

Eastern States 20 Miler

Kittery, ME 3/26/00

Eldon Burkinshaw 1st Place Veteran

Tim Burke 2:08:40

Jim Belanger 2:17:08

John Heden 2:27:38

Eliot Paisner 2:30:50

Eldon Burkinshaw 2:32:59

Mike Hagerty 2:33:35

Pamela Hall 2:35:43

Chip Geisler 2:37:28

Damian Rowe 2:37:47

Brenda Baxter 2:41:18

Richard Doyle 2:46:18

Stan Klem 2:49:59

Jason Farr 2:51:39

Kevin Reynolds 2:58:38

Shu Minami 3:01:36

Lee Dickey 3:02:08

Julie Hanover 3:09:16

Emily Strong 3:11:34

Pat Kiesselbach 3:19:04

Marie Flowers 3:35:04

Jeannie Ferreira 3:36:33

Khoury's Thursday Night 4.13 Miler

Somerville, MA 3/30/00

Louise Rosetti 58:00

State Employees 5K

Concord, NH 4/1/00

Age Graded Team 3rd Place

Dave Birse 1st Place Master

Deborah Smith 1st Place SubMaster

Dave Birse 17:55

Deborah Smith 20:37

Jason Farr 20:45

Eldon Burkinshaw 20:59

Joey Rizzo 23:24

Walter Shyska 24:08

Pat Kiesselbach 25:00

Mary Ulinski 27:23

Maurice Noonan 31:01

Cooper River Bridge Run 10K

Charlestown, SC 4/1/00

Bill Freeman 34:46

Gilmanton 5K

Gilmanton, NH 4/1/00

Tom Doody 17:03

Alec's Run For Food & Shelter 5K

Nashua, NH 4/2/00

Daryl Whitney 1st Place Overall

Jim Rhoades 1st Place SubMaster

Dave Camire 1st Place Master

Alan Rube 1st Place Senior

Michael Peabody 1st Place 0-10

Nicole Slane 1st Place 0-10

Julie Marcum 1st Place 11-13

Nancy Peabody 1st Place SubMaster

Donna Lemay 1st Place Senior

Darryl Whitney 16:51

Jim Rhoades 17:42

Dave Camire 17:49

Tom Kolb 18:39

Jim Hansen 18:54

Walter Swanbon 18:59

Jim Burke 19:10

Peter Venditouli 19:21

Michael Peabody 19:33

Tom Conley 19:42

Patrick Rush 19:44

Carl Hefflefinger 19:52

Allan Rube 19:59

Joseph Rush 19:59

Kevin Hodge 20:11

Nicole Slane 20:15

Adrian Pike 20:20

Joe Devereaux 20:22

Geoffrey McGurik 20:25

Anthony Merra 20:29

Donald Burns 20:29

James Woodward 20:36

Michael Dodge 20:54

Julie Marcum 21:27

Michelle Weysham 21:37

Ted Carey 21:44

Simon Brown 21:47

Juline McGuirk 21:51

Mary Phillis 22:15

Charles Gianotti 22:21

Dan Sicard 22:33

Craig Pelletier 22:36

Donna Lemay 22:39

Garry Gauthier 22:39

Chris Merra 22:41

Mike Merra 22:41

Mark Fraser 22:42

Jack Harkins 22:43

Rich Claar 22:44

Andy Prolman 22:51

Mark Fraser 22:55

Nancy Peabody 22:57

Claudette Stone 23:05

Skip Cleaver 23:06

Amanda Pelletier 23:07

Terrey Kenney 23:11

Bob Pelletier 23:12

Lisa Maynard 23:24

Gary Nelson 23:28

(Continued on page 13)