

Upcoming Events

2001 Team Competition Preliminary Schedule

Races in Boldface are Top Priority

August 8: Heat Wave 5K in Lawrence, MA - Women's Tetrad

August 11: Belmont 10 Miler - NH RRCA Gran Prix

September 8: Union Leader 8k in Manchester - NH RRCA Gran Prix

September 16: CVS Pharmacy 5K in Providence, RI - USATF NE Gran Prix

September 23: Lake Winnepesaukee Relay

September 30: Rojack's 5 Miler in Attleboro (MA) - USATF NE Gran Prix

October 28: Shirt Factory 5 Miler in Salem - NH RRCA Gran Prix

November 11: Jingle Bell 10K in Portsmouth - NH RRCA Gran Prix

November: Mayor's Cup 8K Cross Country in Boston

November: USATF NE Cross Country Championship in Boston

December: Mill Cities Relay

GCS Golf Outing

The 4th almost Annual Gate City Strider golf outing will be held on Sunday August 26 at Buckmeadow Golf Course in Amherst NH. A scramble format will be played and players have the option of 18 holes or 9 holes. Tee times will begin at approximately 10am for those playing 18 holes and at approximately 12pm for those playing 9 holes.

The cost is \$20 for 9 holes or \$30 for 18

holes. The traditional 19th hole cookout will be held at Rich MacDonald's home in Milford. The post golf refreshments are included in the entry fee. Each golfer must have their own set of clubs and the cost of golf carts is extra. To sign up contact Tom "Tiger" Raiche at 594-2416 or Bob "Hacker" Thompson at 595-8932.

Lake Winnepesaukee Relay

Every September dozens of Striders team up to run the beautiful (and hilly) 65.8 mile Lake Winnepesaukee Rela. This year will be no exception!

The September 23 race date is coming up soon and if you want to run contact your team captains right away. Teams are already starting to be formed. We will have teams in each division (Open, Masters, Seniors, Veterans) for both men and women. The sooner you contact your team captain the easier it will be for us to ensure that every Strider will be on a team.

WHITE MTN HIKES

We have a good group committed to a tough one-day hike over the Tripyramids on Sunday, August 12, leaving 99 Restaurant in Nashua at 7 a.m., and Trailhead above Waterville Valley at 9 a.m. for one of the most difficult single day hikes in the Whites. We will go over all three peaks (only 2 of which count as 4000 footers) after going up one rock slide,

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Human Performance Laboratory

An invitation from Rita
Shann MS
Fellow Athletes,

Would you leave your driveway without directions or a map to lead you to a place you have never been? If you are like me, you wouldn't dare do something so scary—what if I get lost, make a wrong turn, go miles in the wrong directions, run out of fuel, get stuck in a dangerous neighborhood? I am a woman—at least I'd stop for directions, but ye gads men, at least bring your map!!! A training plan is much like a map. It's concrete, visual, and can be discussed with someone who's been there so that you can be sure you are moving in the right direction. Fail to plan, plan to fail! How many runners get lost, burned out, or worse, injured due to over training in the course of a season? Of course we're all type A, right? There's nothing that will screw up our lives more than having to sit out waiting for the body to take its own sweet time to heal. Overuse injuries, peaking too early or too late, burn out, failing to meet your potential—these are all issues which

stem from not having a well planned, personalized training program.

Excitingly, the Elliot Hospital has opened the doors of its *new Human Performance Laboratory*—a facility dedicated to helping athletes realize their potential. For the New England runner, there has been no better time than the present to take advantage of technology that will help create a unique roadmap for competitive success.

A Human Performance Lab is a safe, controlled environment in which the capabilities and limitations of the human body, including cardiovascular, pulmonary, and metabolic systems are directly measured. Direct measurement of physiologic variables eliminates the error of estimation and takes much of the guesswork out of designing a quality program. A full work up at the Human Performance Lab includes the accurate assessment of VO₂ Max, maximal heart rate, blood lactate levels, body composition, and basal metabolic rate. Knowledge of your unique physiology is *potential* power. Judiciously applied, knowledge is power. Information from fitness testing will provide the cornerstone of your training

plan.

The most common calls we have received since opening the lab have been people asking—“which package will provide me with the most useful information?” Our answer: “It depends on your goals.” Most runners would benefit greatly from our Basic Cardiopulmonary Exercise Test (CPX) Package. Priced at an amount substantially less than what an average runner pays for a years supply of shoes, the CPX test provides a runner with the knowledge of his or her true maximal heart rate, anaerobic/lactate threshold heart rate, and VO₂Max—a number which quantifies aerobic capacity.

The most important aspect of our packages is a one-on-one consult with a highly educated exercise physiologist who has competed and coached at a high level of athletic competition. Our clients also receive a personalized 30-40 page report including specific training recommendations. “Unless we provide our clients with results that are useful and understandable, the laboratory data collection is merely an academic exercise,” says Dr. Rob Confessore, Ph.D, Director. In the field of athlet-

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ANOTHER KIND OF HERO

By Zach Emerson

A cold wind blew the golden leaves across the hard ground. They made a rasping sound, like a death rattle. It was a sound that matched his breathing, harsh and grating and painful. The sweat was frozen in crystal crusts at the end of his hair that flopped each time he took another stride. His feet fell heavily, jarringly, on the ground. He wore sneakers that were tattered and shredded from the millions of small pebbles which he had run through. His sweatpants were gray. It was a color that matched his complexion. His arms flopped with exhaustion, like the flowers that sway when giving in to a cold winter wind. He was what most would consider a lost, hopeless cause. For there is no winner or loser, it is not even a game. To others it looks as if he is doing something for no reason. No one can see him. He could break a world record that no one would see. Pointless. His legs screamed at him to stop. His scorched lungs pleaded for rest. Even his socks seemed to fly at half-mast around his ankles-soiled flags of surrender. Still, he ran. In the autumn of our dreams, we are all quarterbacks. We are cunning and graceful and when we step into the huddle everyone bends forward eagerly. The crowd rises expectantly because they know we will deliver the victory just as the clock blinks down to zero. Ah, but that is in the autumn of our dreams, not in the winter of our real-

ity. You want to know about reality? Then go watch the other autumn



sport. It is called cross-country. Watch it and you will know what they mean when they speak of the loneliness of the long distance runner. Cross-country runners don't get championship rings, MVP trophies or offers to endorse deodorant or fancy cars. Cross-country runners get shin splints, blisters on their feet, runny noses, watery eyes and painful cramps. They do get a special kind of self-satisfaction that few of us are ever privileged to experience. It is not from winning, it is merely from finishing. It is going out there on a chilly dark afternoon to stand on a starting line. It is running through puddles and muddy spots. It is up hills and down hills, all the while telling lies to your legs. It is the ability to run when others pass you, sometimes right before the end. Don't they have a chest that's on fire? Don't they ever get the dry heaves? Aren't their minds also saying the whole way "why don't I just stop and walk for a

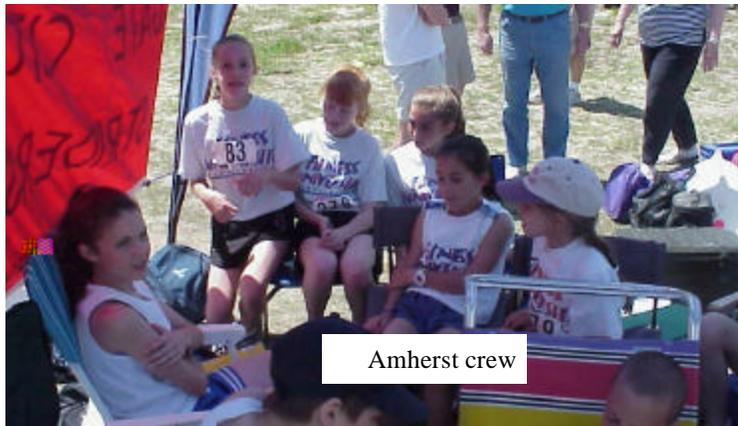
little ways?" Who cares anyway? There's no crowd, no cheerleaders, just hard ground and ugly ol' trees with no leaves. Some guy driving by in a car, honking his horn, grinning like a clueless idiot. The ability to keep running is having the guts deep inside to still give it your all. That, my friends, is reality. People get all caught up in flash, slam-dunks, power-play goals and home runs. Sometimes they get the notion that what happens to some over the hill, drug addicted, millionaire baseball legend, ranks right up there in importance of the Dead Sea Scrolls. So they tend to dismiss things like cross-country as a "minor" sport. Besides, who the hell knows how to read a stopwatch past the 4-minute mark anyway? The only time they care about running is once every 4 years at the Olympics. So in our fantasies, the hero is the guy who scores the winning touchdown. But that is not reality. Reality is the kid you'll see when you're driving through an abandoned park or past a snowy track. He's the kid with the stocking cap and the sweat-stained shirt, loping along with no apparent reason. His eyelids flickering wildly, in a hypnotic trance of pain and determination that can be seen contorting his face. Maybe he will not be able to put into words exactly why he runs. Maybe he will mention something about "gutting it out" or pushing through the pain barrier or running on because he has this internal drive to discover just how much he is capable of (or not

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capable of). That can be the harshest kind of reality. Anyone who is willing to confront it, then he is, in the truest, purest sense, not just an athlete but another kind of hero. •

Youth Track Meets



Amherst crew

This was the first year that the club has provided support to the youths of our club to allow them to compete as a team in the USATF JO Track program. Practices started at

The first meet was in Amherst on June 9th. Twenty eight Striders participated and took home 22 first place, 16 second place, 7 third place, 5 fourth place, 4 fifth place and 3 sixth place ribbons. Multiple first place winners were Dana Breeden with three, and Lindsay Panny, Nicole Slane, Amanda Pelletier, Katie Ryan, and Nick Karwoski

with two a piece. The next meet on the schedule was the NE Association meet in Providence RI. Twenty one Striders and their parents spent a long hot day at the RI. College track..

When it was over, seventeen of them had qualified to advance to the Region one meet by placing in the top six of their event. Lindsay Panny

was the top award winner, with two first and one third place finishes. Multiple first place winners were Nicole Slane, Alex Karwoski, and Dana Breeden, while Casey Darasz won her single event. Nicole Wheeler, Chantal Croteau, Ashley Morgenstern, Michelle Weysham

and Amanda Pelletier all had at least

one second place finish.. The Region 1 meet was held the next weekend at the University of Maine at Orono. Fifteen of our seventeen qualifiers entered the meet and twelve participated. Our 4 x 800 meter relay team, consisting of Brittany Plante, Mindy Adams, Nicole Wheeler and Chantal Croteau took home a first place medal. Runners that placed in the top three positions in their event could move on to the Nationals in California. Four athletes qualified, Nicole Slane with two second places, Dana Breeden with a second and third in the field events, Chantal Croteau with a third in the 3000 meters and Lindsay Panny with a third in the 1500. In addition to these runners, other top six performers were Juline McGuirk (4th in 1500), Kaitlin Burnett (4th in 3000) and Amanda Pelletier (5th in the 800 and 1500). All in all it was a very successful debut by the Gate City Strider Youths. •

CROSS-COUNTRY WORKOUTS

The weekly track workouts for our youth members concluded with their highly successful participation the USATF Junior Olympic Championship meets. The workouts have not stopped however. We still meet on Mondays and Thursdays nights, but the training program has shifted to a cross-country program. The intent of this program is to prepare our youths to be highly successful in the various

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RI Team

the end of April, in preparation for the summer meets.

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Fall cross-country programs. Some will be running for their Middle School teams, others for their Elementary school teams and some will be running as individuals. At the conclusion of their school programs, they will have the opportunity to continue by participating in the USATF Junior Olympic Cross-country program that concludes with the National Championships in Lincoln Nebraska in December. Most of our youths will be running for Nashua PAL, while several other will run on other teams. Nashua PAL has made some changes in their procedures this year that will encourage greater participation at the National level. They will allow any team that meets the USATF rules on advancement to proceed to the next level. In past years, only first place teams were allowed to advance. Given this change, financial team support by PAL should be minimal. They are also working on guidelines to allow more than one team in a division, as long as there are adequate coaches and they feel that they can handle multiple teams. That means, that unlike last year with the Midget girls, if PAL were to have two teams in the same

Region 1 race who finish in the top three, both would be allowed to advance to the Nationals. A third change is that once the members of the eight person teams are named no changes will be allowed, unless there is an injury or dropout by a member. Runners not named to teams may compete for PAL as individuals in as many meets as they qualify for. As in the past, PAL will have boys and girls teams in the Bantam (born 1991 and later), Midget (1989-90), and Youth (1987-88). Club members coach most of these teams. In addition to the PAL teams, some of our youths will be running for a new Youth boy's team, coached by Striders Cathy Merra and Don McCarty. Adult Club members are welcome to join us for the workouts and share in the satisfaction of helping •

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and then down another. My US Army nephew who is currently en route from Alaska to the States is supposed to be joining us, along with a number of "regulars"(Parise/Cline family, Paul Shanahan, Emily Strong, Ken Beach, Deb and Peter Paelinck, etc.). •

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ics, world records are broken every year and the status quo of performance is continuously elevated. Modern athletes have a distinct advantage over their predecessors since sports scientists are continuously finding ways of improving the human machine. As sports scientists, we are dedicated to helping people become their *healthful* best, regardless of whether they are a novice or an elite athlete.

(603) 663-5750 for a brochure or to schedule an appointment

www.elliethospital.org/services/hpl

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want to know dept: What is that other kind of fat that they won't tell us about in the nutrition facts on products? They tell us how many grams of Saturated fat, how many grams of polyunsaturated fat and how many grams of mono-unsaturated fat, but the total of these doesn't add up to the total number of grams of fat in the product. What is that other fat they they won't tell us about? Ponder that one on your next long run. •

StriderWear

The Gate City Striders offer a wide variety of athletic clothing and



Sandy

accessories so that everyone will know you are a proud Strider. Striderware will be available for purchase at most Wednesday Night Workouts in Nashua, at our monthly meetings, and at selected Gate City Strider races. Sandy may also be reached at home at 465-2814 or by email. Print out the Order Form from <http://www.gatecity.org> and bring it to the track. •

Long Sleeve T-Shirts	\$15
Kids T-Shirts	\$10
Kids SweatShirts	\$10
Kids SweatPants	\$10
Reflective Emergency Identification Tags	\$3

Strider Discount Program

An important new benefit for all Striders is getting off the ground - the Strider Discount Program. This program enables Striders to purchase many running related items, such as shoes, clothing, stop watches, and even trips to far-off races at a discount over regular prices. In addition, a percentage of each sale will be returned to the club treasury to support various club activities.

The first three companies to participate in the Strider Discount Program are:

FitSense: manufacturer of the FitSense FS-1 Training Watch. The FS-1 is a combination of a chronometer (stopwatch) and pedometer. The chronometer is far more powerful than most and the pedometer far more accurate than conventional pedometers, which require precise calibration. Data from the FS-1 can be loaded into your computer for storage and analysis. An optional heart rate monitor is also available. Coach Dave Camire currently has a highly

favorable review of the FS-1 posted on his Cool Running web site: www.coolrunning.com. FitSense will give Striders a 20% discount on the FS-1 and accessories, plus return 10% back to the Striders treasury.

Go to their web site at www.fitsense.com and use the promotional code 'gcs507' to get your 20% discount on any order. You can also order by calling toll free 1-800-419-3667. Remember that you must use the promotional code to get the discount!

GHSports: an internet retailer of running and sports clothing. They will give Striders a 20% discount on all purchases while returning 7.5% back to the Striders treasury.

Go to their web site at www.ghsports.com/ghsports/StoreFront.bok?affiliate_no=26 to get your 20% discount on any order. (If you just go directly to www.ghsports.com, without entering the remained of the link above you will not receive the discount.)

Passport To Adventure: PTA is a travel agency specializing in sports-related events. They provide running vacations for events such as the Berlin Marathon, Alaska Marathon, Disney Marathon, Mardi Gras Marathon, Antarctica Marathon, etc. Discount rates are currently being negotiated and full info will be published in the next newsletter and on the Strider web site (www.gatecity.org) as soon as negotiations are complete. { www.passporttoadventure.net }

Description	Price
Team Jacket	\$50
Running Shorts	\$20
Racing Singlets	\$20
Lycra Shorts	\$20
Jog Bras	\$20
Golf Shirts	\$10
Sports Bags	\$30
Hardman Sport Bag	\$40