

Race Results

??? Missing Results ???

Have you run a race recently that has not appeared in the newsletter or on the Strider web site?

We try our best to keep up with the results, but if it is outside of NH, MA, ME, and VT or has not been posted on Cool Running or New England Runner, than we can't find it.

Send your results to
webmaster@gatecity.org

New Hampshire Gran Prix Total Team Scoring at 5 or 6 races

	Men					Women			Total
	Open	Mastr	Senr	60s	70+	Open	Mastr	Senr	
Athletic Allian	89	12	12	25	-	21	7	-	166
Coastal Athl A	12	46	-	7	-	17	13	-	95
Club Northeast	3	3	6	-	-	-	-	-	12
Gate City Strdr	48	94	44	78	-	86	36	49	435
Greatr Derry TC	4	13	8	10	17	10	45	-	107
Granite Stat RT	75	78	75	32	-	89	83	22	454
Lake Sunapee RC	-	2	-	-	-	-	-	-	2
Rochester Runrs	43	26	128	41	13	36	28	22	337
White Mtn Miler	-	-	1	4	4	-	9	-	18
	274	274	274	197	34	259	221	93	1626

FINAL race of the series

Sunday Oct 29 11 AM Salem NH Shirt Factory 8k

Great Bay 5K

Stratham, NH 9/23/00

Bob Lemay 1st Place Veteran
Bob Lemay 22:39
Daniel Mitton 23:36
Michael Amarello 23:37
Walter Shyska 23:59
Mary Ulinski 26:07

Cross Country Tri-Meet 3 Miles Dracut, MA 9/21/00

Chris Camire 19:24

Ks For Caring 5K

Boston, MA 9/20/00

Maurice Noonan 28:28
Julianne Noonan 31:39

Sanborn Invitational 5K CC Kingston, NH 9/18/00

Patrick Moulton 1st Male
Patrick Moulton 15:32
Steven Kennedy 19:59

Global Fitness 5K

Leominster, MA 9/17/00

Jim Quadros 1st Place Male
Carol Robichaud 1st Master
Jim Quadros 15:27
Carol Robichaud 20:13

Pisgah Trail 23K

Chesterfield, NH 9/17/00

Thomas Parker 2:05:17

Break A Leg 5.6 Mile Trail Run Stoneham, MA 9/17/00

Keith O'Brien 50:11

Vietnam Veterans 4 Miler

Lawrence, MA 9/17/00

Lynn Lutz 32:00

Colonial Gas Dash 5K

Lowell, MA 9/17/00

Dave Camire 1st Place Master
Elizabeth Noftle 1st Junior
Dave Camire 16:56
Elizabeth Noftle 21:28
Paula Kienert 30:44
Nancy Meadows 31:09

Colonial Gas Dash 10K

Lowell, MA 9/17/00

Donna Edwards 1st SubMaster
Bill Juris 41:24
Doug Miville 41:45
Donna Edwards 46:52
Brian Withers 48:58
Karen Zendzian 51:31
Jeannie Ferreira 51:37

Bar Harbor Half Marathon

Bar Harbor, ME 9/17/00

Bill Freeman 1st Place Open
Bill Freeman 1:23:40
Marty Tower 1:28:14
Kathy Johnson 1:43:49

CVS Pharmacy 5K

Providence, RI 9/17/00

Maurice Noonan 29:28

Doc Linskey 5 Miler

Cambridge, MA 9/17/00

Paul MacDougall 32:42

HiTech Challenge 5K

Waltham, MA 9/17/00

Ryan Heden 32:30
Karen Schmidt 32:31

HiTech Challenge 10K

Waltham, MA 9/17/00

John Heden 39:44
Dave Contrada 42:34
Chet Kalish 49:30
Sherri Kalish 55:21

Carrabbas Classic 5K

Raleigh, NC 9/16/00

Michael Amarello 25:59

U-Mass Dartmouth Invite

5M North Dartmouth, MA 9/16/00

Darryl Whitney 26:49

CMC Challenge 5K

Manchester, NH 9/16/00

Jennifer Bush 1st Female
James Henmueller 1st Master
Nicole Slane 1st Place Junior
Eldon Burkinshaw 1st Veteran
Donna Lemay 1st Place Senior

James Henmueller 17:27

Thomas Astolfi 17:43

Dave Birse 18:11

Eric Stepick-Ayers 18:47

Walter Swanbon 18:57

Tom Kolb 18:58

Stephen Ulicny 19:14

Peter Venditoui 19:15

Jennifer Bush 19:54

Nicole Slane 20:31

Allan Rube 20:47

Michael Dodge 20:58

Fran Dwyer 21:32

Eldon Burkinshaw 21:36

Andrew Najberg 21:59

Deborah Smith 22:09

Charles Gianotti 23:09

Shu Minami 23:19

Kevin Slattery 23:23

Donna Lemay 23:48

Daniel Mitton 24:22

Bob Lemay 24:28

Lisa Richards 25:07

Jacob Rube 25:23

Jack Noyes 25:27

Judy Slane 26:33

Susan Rube 27:16

Mary Minami 28:15

Robert Welts 28:56

North Medford Club 5 Miler

Hamilton, MA 9/16/00

Louise Rosetti 63:50

(Continued on page 16)

Race Results

(Continued from page 15)

Crackerbarrel 5K

Wrentham, MA 9/16/00

Susan McIlvane 24:22
Maurice Noonan 31:13

Stoneham YMCA 5K

Stoneham, MA 9/16/00

Jim Rhoades 17:22

Essex Invitational 5K

Essex, VT 9/16/00

David Posnick 17:06

Essex Invitational CC 5K

Girls Var Essex, VT 9/16/00

Samantha Moland 20:25
Laura Aloisi 20:53

Essex Invitational CC 5K

Girls JV Essex, VT 9/16/00

Emily Angel 22:06
Caitlyn Southmayd 22:07

Applefest 5K

Northborough, MA 9/16/00

Ken Birse 18:22
Lillemor Hamnqvist 24:43

Quad Meet 5K

Durham, NH 9/16/00

John Kennedy 16:36
Christian Urrutia 18:37

Red Broderick 5K

Lynn, MA 9/15/00

BJ Bottomley 16:43

Quad Meet 5K

Bristol, NH 9/12/00

Steve Kennedy 21:19

Tri Meet 5K

Keene, NH 9/12/00

John Kennedy 17:26

Tri Meet 5K

Nashua, NH 9/12/00

David Posnick 17:21
Matt Harkins 19:23

Tri Meet 5K

Nashua, NH 9/12/00

Anna Castner 21:31
Emily Angel 23:07

Quad Meet 5K

Hollis, NH 9/12/00

Zach Emerson 1st Place Overall
Zach Emerson 17:55

Cross Country Tri-Meet 1.9

Miles Derry, NH 9/12/00

Casey Darasz 1st Place Girl
Casey Darasz 11:42

Cross Country Quint-Meet

5K Hollis, NH 9/12/00

Tessa Kelley 23:17

Lahey Sports Clinic 5K

Burlington, MA 9/10/00

Keith O'Brien 1st SubMaster
Helen Ferrigno 1st Veteran
Keith O'Brien 18:11
Helen Ferrigno 39:41

Focus On Women 5K

Worcester, MA 9/10/00

Patti Laliberte 23:15

Coop Challenge 5K

Plymouth, NH 9/10/00

Kaitlin Burnett 1st Place 0-12
Elizabeth Nofle 1st Place Junior
Deborah Smith 22:33
Kaitlin Burnett 23:49
Gordon Burnett 23:51
Elizabeth Nofle 23:57

Cheshire County Sheriff's 5K

Keene, NH 9/10/00

Mark Crowley 1st Place Master

Mark Crowley 16:25

Brewery Exchange Classic 5K

Lowell, MA 9/10/00

Male Open Team 13th Place
Male Masters Team 11th Place
Male Seniors Team 7th Place
Male Veterans Team 1st Place
Female Open Team 7th Place

Male
Tom Doody 15:07
Kevin Beck 16:00
Adrien Grise 16:49
Stephen Pickett 17:21
John Donovan 18:23
Peter Venditoui 18:56

Bill Springer 19:35

Bill Spencer 19:44

David Wendt 20:16

Jack Kick 20:42

Steve Moland 20:42

Damian Rowe 20:47

Richard Doyle 20:57

Bill Juris 21:17

Eldon Burkinshaw 21:28

Andrew McQuaid 21:45

Scot Chaput 21:55

Marc Pinal 22:50

Kevin Reynolds 23:19

Ken Robichaud 23:32

John McQuaid 24:41

Michael Amarello 24:56

Wayne Hilson 25:55

Jerry Rocha 27:08

Maurice Noonan 30:27

Nick Anastasi 31:37

Female

Michelle Weysham 1st < 13

Patricia Smith 1st Veteran

Louise Rosetti 1st Place 70+

Liane Pancoast 20:38

Michelle Weysham 20:53

Kimberley McCauliffe 21:16

Allison Pinal 21:56

Yuki Minami 22:08

Stephanie Pinal 22:17

Sharon McCauliffe 25:40

Robin Hickey 26:05

Stephanie Pancoast 26:31

Danielle Cormier 28:17

Patricia Smith 29:31

Julianne Noonan 32:31

Louise Rosetti 35:40

Race For The Cure 5K

Boston, MA 9/10/00

Bob Lemay 1st Place Veteran

Jim Quadros 16:01

Donna Lemay 22:52

Bob Lemay 24:44

Carol Kernich 31:22

Lahey Sports Clinic 10K

Burlington, MA 9/10/00

Maurice Ferrigno 1st Veteran

Maurice Ferrigno 50:51

Maple Leaf Half Marathon

Manchester, VT 9/10/00

Kathy Engle 2:22:13

Franconia Scramble 10K

Franconia, NH 9/9/00

Male Masters Team 2nd Place

Male Seniors Team 3rd Place

Male Veterans Team 1st Place

Female Open Team 2nd Place

Female Seniors Team 1st Place

Nicole Slane 1st Place Junior

Bill Engle 1st Place Veteran

Heidi McGaffigan 1st Senior

Ronald Johnston 38:34

Tom Kolb 39:05

Mike Hagerty 40:32

Nicole Slane 42:14

David Wendt 43:29

Damian Rowe 44:30

Bill Engle 45:28

Bob Peretti 45:43

Heidi McGaffigan 45:51

Rich MacDonald 46:01

Traci Swanbon 47:50

Shu Minami 48:30

Jane Levesque 50:08

Aline Kenney 50:21

Genia Sanborn 54:27

Robert Johnson 54:52

Michael Amarello 71:38

Bishop Guertin Invitational

5K Nashua, NH 9/9/00

John Kennedy 16:39

Christian Urrutia 17:31

Matt Harkins 18:10

Bishop Guertin Inv. CC 5K

Boys JV Nashua, NH 9/9/00

Steven Kennedy 20:08

Jeff Kobs 21:14

Bishop Guertin Inv. CC 2.5M

Boys Frosh Nashua NH 9/9/00

Aaron Beers 12:56

Bishop Guertin Inv. CC 5K

Girls Varsity Nashua 9/9/00

Anna Castner 20:55

Tessa Kelley 24:22

Bishop Guertin Inv. CC 5K

Girls JV Nashua, NH 9/9/00

Emily Angel 24:12

Bishop Guertin Inv. CC 2.5M

Girls Frosh Nashua 9/9/00

(Continued on page 17)

Race Results

(Continued from page 16)

Laura Aloisi 1st Place Girl
Laura Aloisi 12:41

**Hubbardston Library 5K
Hubbardston, MA 9/9/00**

Ralph Borseth 18:22

**Mount Wash Cross Country
5K Berlin, NH 9/9/00**

Samantha Moland 21:07

Caitlyn Southmayd 24:05

NETT Sprint Triathlon

**1/4M Swim - 10M Bike - 3.4M
Run Hyannis, MA 9/9/00**

Lisa Christie 1:25:40

**Union Leader Millyard Clas-
sic 5K Manchester, NH 9/9/00**

Age Graded Team 2nd Overall

Katie Parodi 1st Place Junior

Susan Rube 1st Place Senior

Sachiko Burkinshaw 1st Vet

James Henmueller 17:00

Rich Stockdale 17:53

Eric Moreau 17:56

Jim Hansen 18:04

Bill Springer 19:11

Carl Hefflefinger 19:55

Colleen Gilbert 19:58

Katie Parodi 20:10

Jason Farr 20:37

Allan Rube 20:39

Eldon Burkinshaw 21:13

Candido Ferreira 22:31

Charles Gianotti 23:01

Kevin Reynolds 23:09

Dan Mitton 23:58

Julie Marcum 24:39

Lillemor Hamnqvist 24:59

Jacob Rube 25:50

Susan Rube 25:53

Neil Lewis 26:04

Sachiko Burkinshaw 26:18

Mark Roy 26:57

Brenda Conlin 27:42

Steve Flynn 28:07

Sandy Flynn 28:11

Mary Minami 28:20

Ken Beach 28:40

Maurice Noonan 29:39

Debra Spencer 36:35

Bill Spencer 36:41

Sally Sargent 37:11

Pat Spencer 49:17

Suzanne Parodi 49:17

**Founder's Day 4 Miler
Saugus, MA 9/9/00**

Dave Birse 1st Place Master

Louise Rosetti 1st Place 70+

Dave Birse 23:58

Nick Anastasi 43:04

Louise Rosetti 48:43

L-A Bridge 5K

Auburn, ME 9/9/00

Michael Dodge 21:47

**Early Bird Invitational CC
5K Gilford, NH 9/8/00**

Patrick Moulton 1st Place Male

Patrick Moulton 16:29

Atkinson 5K

Atkinson, NH 9/7/00

Doug Miville 20:14

Joey Rizzo 21:39

Maurice Noonan 28:17

Louise Rosetti 34:02

**Hood vs Timberlane CC 3K
Derry, NH 9/7/00**

Casey Darasz 1st Overall

Casey Darasz 12:10

**Cross Country Quad Meet 5K
Belmont, NH 9/5/00**

Tessa Kelley 25:24

Bread & Roses 5K

Lawrence, MA 9/4/00

Linda Madden 1st Place Master

Patricia Smith 1st Place Vet-

eran 17:08

Jim Rhoades 17:35

Dave Camire 17:35

Kassie Rubico 21:07

Linda Madden 24:30

Michael Amarello 24:39

Patricia Smith 28:22

Debra Anctil 29:38

Irish American 10K

Malden, MA 9/4/00

Louise Rosetti 77:16

Irish American 5K

Malden, MA 9/4/00

Rich Cardin 22:13

**Around Cape Ann 25K
Gloucester, MA 9/4/00**

Male Open Team 5th Place

Male Masters Team 2nd Place

Demale Open Team 6th Place

Female Masters Team 3rd Place

James Henmueller 1:32:09

James Belanger 1:40:39

Jim Hansen 1:42:45

David Lapierre 1:49:41

Dave Tyler 1:49:58

Tom Conley 1:51:30

Pamela Hall 1:56:57

Richard Doyle 2:01:57

Bob Peretti 2:07:00

Shu Minami 2:12:08

Pam Ubillos 2:14:27

Annette Marchand 2:17:35

Ken Robichaud 2:24:18

Jeannie Ferreira 2:41:28

Francestown Five Miler

Francestown, NH 9/4/00

Heidi Havron 1st Place Overall

Patrick Scott 1st Place Open

Bill Engle 1st Place Senior

Jane Levesque 1st Place Senior

Patrick Scott 28:29

Mike Ward 30:47

Dave Birse 30:57

Jim Roche 31:47

Peter Venditouli 32:27

Heidi Havron 33:02

Damian Rowe 34:48

Michael Dodge 34:52

Jason Farr 35:35

Yuki Minami 36:12

Andrew Najberg 37:09

Bill Engle 37:21

John Lewicke 38:14

Brian Sanborn 39:43

Terrence Kenney 40:21

Jane Levesque 40:31

Aline Kenney 41:17

Kathleen Calvert 41:33

Brian Withers 42:01

Genia Sanborn 43:46

David Cormier 44:23

Rick Schnabble 44:54

Marie Mullins 45:47

Thersa Kirouac 46:39

Kathy Engle 46:40

Gretchen Garfinkle 49:24

Shaun McMahon 52:32

Francestown 2.6 Miler

Francestown, NH 9/4/00

Dave Birse 1st Place Overall

Dave Birse 15:42

Barbara Joy 22:36

Linda Roche 28:03

**St Charles Childrens Home
5K Rochester, NH 9/4/00**

Nicole Slane 1st Under 12

Bill Spencer 1st Place Veteran

Colleen Law 1st Place 12-15

Anthony Merra 18:55

Nicole Slane 19:01

Bill Spencer 20:02

Steve Moland 20:09

Chris Merra 20:51

Mike Merra 20:52

Colleen Law 21:31

Andrew McQuaid 21:49

Kirsten Green 21:57

Allison Pinal 22:23

Katie Ryan 22:36

Suzanne Pinal 22:45

Charles Gianotti 22:53

Donna Lemay 22:57

Marc Pinal 23:23

Bob Lemay 23:45

Cathy Merra 23:45

Robin Bryant 23:48

Noelle Horelik 24:06

Judi Moland 24:48

Julie Marcum 25:06

Judy Slane 25:25

Cheryl Yoos 25:45

Suzanne Pinal 26:32

Maurice Noonan 29:54

Julianne Noonan 31:41

Teresa Kolb 45:15

Ellen Kolb 45:15

**Wapack Trail Run 17.5 Miles
West Chesterfield, NH 9/3/00**

Thomas Parker 3:26:36

**Bruegger's Bagel 5 Miler
Woburn, MA 9/2/00**

Louise Rosetti 1st Place 70+

Allan Rube 34:13

Fran Dwyer 35:36

Shu Minami 38:59

Susan Rube 43:11

Mary Minami 45:41

Jacob Rube 48:11

Louise Rosetti 58:18

(Continued on page 18)

Race Results

(Continued from page 17)

**Fresh Pond 2.5 miler
Cambridge, MA 9/2/00**

Ken Birse 12:56

**Northfield Savings Bank 5K
Northfield, VT 9/2/00**

Keith O'Brien 18:02
Dan Licata 18:13
Dave Birse 18:14

**Magnolia 5 Miler
Magnolia, MA 8/31/00**

Louise Rosetti 1st Place 70+
BJ Bottomley 27:19
Maurice Noonan 51:08
Louise Rosetti 60:01

**Londonderry CC Jamboree
2.5 Miles Boys A
Londonderry, NH 8/31/00**

Patrick Moulton 1st Place
Patrick Moulton 12:29

**Londonderry CC Jamboree
2.5 Miles Girls A
Londonderry, NH 8/31/00**

Samantha Moland 1st Place
Samantha Moland 16:13
Caitlyn Southmayd 18:25
Tessa Kelley 19:07

**Londonderry CC Jamboree
2.5 Miles Boys B
Londonderry, NH 8/31/00**

Steven Kennedy 17:12

**Log Cabin 10K
Fitchburg, MA 8/29/00**

Carol Robichaud 1st Master
Dave Birse 39:28
Carol Robichaud 43:48
Louise Rosetti 79:18

**Waterfront 6K
Portland, ME 8/27/00**

Andrew Najberg 27:10

**Pike's Peak Marathon
Pike's Peak, CO 8/27/00**

John Genet 5:54:27

**Mack's Apple 5K Cross
Country Londonderry, NH
8/27/00**

Art Demers 1st Place Overall
Nicole Slane 1st Place Overall
Paul Ahern 1st Place Junior
Colleen Gilbert 1st Place Sub-Master

Art Demers 17:08
Paul Ahern 18:03
Nicole Slane 19:24
Michael Peabody 20:05
Colleen Gilbert 20:14
Robert Desmarais 20:21
Dawn Desmarais 22:19
Joey Rizzo 24:40
Michael Amarello 25:00
Heather Devereaux 33:32
Brianna Devereaux 33:33
Janessa Rizzo 33:37

**Twin Cities 5 Miler
Leominster, MA 8/27/00**

Jane Levesque 1st Place Senior
Jane Levesque 41:08

**Reach For The Top Triathlon
1/2M Swim + 21M Cycle + 5K
Run Greenfield, NH 8/27/00**

Lindsey Burkhardt 1st Junior
Dave Tyler 44:48
Lindsey Burkhardt 1:51:21
Howard Sevey 1:59:23
John Jarzombek 2:10:24

**St. Vincent's 7 Mile Trail Run
Topsfield, MA 8/26/00**

Thomas Parker 51:55

**Old Home Days 5K
Barnstead, NH 8/26/00**

Charles Gianotti 22:29

**James Gang 10K
Gorham, NH 8/26/00**

Dave Birse 34:38
Ron Johnston 37:06
Chet Rogers 48:00

**Showcase 5 Miler
Reading, MA 8/26/00**

Joseph Rush 33:56
Dawn Desmarais 36:54
Louise Rosetti 59:45

**Rindge Classic 5K
Rindge, NH 8/26/00**

Kathy Engle 1st Place Senior

Mark Crowley 17:20
Zach Emerson 17:42
Marty Tower 19:25
Bill Engle 22:53
Kathy Engle 28:46
Gretchen Garfinkle 31:47

**Sons Of Italy 5 Miler
Lawrence, MA 8/25/00**

Heidi McGaffigan 1st Senior
Dave Camire 30:33
Allan Rube 34:07
Richard MacDonald 37:34
Heidi McGaffigan 37:46
Shu Minami 39:57
Ken Robichaud 40:15
Pat Kiesselbach 42:13
Susan Rube 43:38
Mary Minami 50:47
Maurice Noonan 51:38
Nick Anastasi 59:54
Louise Rosetti 60:27
Julianne Noonan 70:53

**Khoury's Thursday Night
4.13 Miler Somerville, MA
8/24/00**

Louise Rosetti 52:48

**State Police DARE 5K
Loudon, NH 8/23/00**

Benjamin Read 1st Place Open
Eldon Burkinshaw 1st Veteran
Sydney Moland 1st Place 0-12
Pat Kiesselbach 1st Senior
Kevin Beck 16:18
Benjamin Read 16:43
Eldon Burkinshaw 21:30
Sydney Moland 21:31
Casey Darasz 22:25
Katie Ryan 22:27
Steven Kennedy 22:31
Candido Ferreira 22:43
Peter Darasz 22:45
Charles Gianotti 23:35
Pat Kiesselbach 25:33
Walter Shyska 25:41
Patti Clifford 27:33
Maurice Noonan 31:15
Julianne Noonan 34:12

**Savoy Mountain 20 Mile Trail
Run Florida, MA 8/20/00**

Thomas Parker 3:37:17

**Marathon By The Sea
St. John's NB, Canada 8/20/00**

Helen Bradler 1st Place Master
Helen Bradler 3:17:37
Pete Hebert 3:23:53

**Falmouth 7.1 Mile Road Race
Falmouth, MA 8/20/00**

Steve Pickett 41:19
Jim Hansen 42:37
Kevin Burns 50:14
Maurice Noonan 73:44
Julianne Noonan 80:09

**Twilite 5 Miler
Brookline, NH 9/19/00**

Chris Merra 1st Place Under 15
Nicole Slane 1st Under 15
Daryl Whitney 1st Place Junior
Sara Lewicke 1st Place Junior
Yuki Minami 1st Place Open
Jim Quadros 1st SubMaster
Bill Spencer 1st Place Veteran
Jim Quadros 26:04
Daryl Whitney 28:05
James Henmueller 28:19
Owen Speer 28:51
Rich Stockdale 29:42
Chris Howard 31:10
Mike Hagerty 31:45
Tim Clark 32:04
Nicole Slane 32:27
Kevin Halloran 32:44
Bill Spencer 32:45
Tom Conley 32:47
Damian Rowe 33:58
Pamela Hall 34:27
Michelle Weysham 35:26
Beth Stevens 35:27
Yuki Minami 35:35
Sara Lewicke 36:15
Candido Ferreira 36:25
David Delay 36:33
John Lewicke 36:43
Steve Moland 36:50
Joselyn Hall 37:18
Chris Merra 37:22
Mike Merra 37:23
Claudette Stone 37:55
Julie Marcum 38:58
Tom Raiche 39:01
Sandy Machall 39:27
Gary Nelson 39:38
Ken Robichaud 39:50

(Continued on page 19)

Race Results

(Continued from page 18)

Annette Marchand 40:02
 Robin Bryant 40:24
 Joey Rizzo 40:41
 Peg Turcotte 41:04
 Emily Strong 42:32
 Robin Hickey 44:38
 Cheryl Yoos 44:50
 Judy Slane 45:22
 Shu Minami 45:24
 Peter Dolloff 46:50
 Amy DeFazio 47:47
 Eileen Halloran 50:51
 Mary Minami 50:51
 Michael Whelton 52:21
 Patricia Rollman 54:15
 Eileen Kolb 74:33

**Old Home Days 5K
 Londonderry, NH 8/19/00**

Tom Doody 1st SubMaster
 Mackenzie Kilpatrick 1st Jr
 Michael Peabody 1st 0-12
 Eldon Burkinshaw 1st Veteran
 Kirsten Green 1st Place 0-12
 Sachiko Burkinshaw 1st Vet
 Tom Doody 15:57
 Mackenzie Kilpatrick 16:17
 John Kennedy 17:03
 Christian Urrutia 17:28
 Brian Bigelow 17:32
 Paul Ahern 18:35
 Ron Johnston 18:53
 Michael Peabody 19:48
 Allan Rube 20:22
 Eldon Burkinshaw 21:03
 Kirsten Green 21:52
 Bill Spencer 21:53
 Julie Hanover 22:26
 Samantha Moland 22:28
 Jennifer Ryan 22:29
 Nancy Peabody 22:38
 Joey Rizzo 22:55
 Katie Ryan 24:08
 Sydney Moland 24:41
 David Cormier 24:50
 Jacob Rube 26:18
 Susan Rube 26:23
 Sachiko Burkinshaw 26:46
 Peter Dolloff 27:25
 Danielle Cormier 28:27
 Patricia Smith 28:57
 Bob Welts 29:34
 Colleen Gilbert 29:51
 Brianna Devereaux 32:41
 Heather Devereaux 32:42

Janessa Rizzo 33:30

**Granite Man Triathlon
 3/4M Swim + 15M Bike +
 3.7M Run Wolfeboro, NH
 8/19/00**

Debra Stellato 1:48:38

**Old Home Days 5K
 Hooksett, NH 8/19/00**

Ken Birse 18:28
 Lisa Richards 24:55
 Michael Amarello 25:20

**Westford Academy 3.6 Miler
 #11 Westford, MA 8/17/00**

Keith O'Brien 20:47
 Jim Rhoades 21:18
 Mike Hagerty 22:25
 Bill Clark 24:45

**Saunders 10k
 Rye Harbor, NH 8/17/00**

Rich Stockdale 37:09
 Jim Belanger 37:39
 Tom Kolb 38:36
 Carl Hefflefinger 41:32
 Lee Dickey 42:38
 Pamela Hall 43:06
 Kathy Johnson 44:33
 Doug Miville 44:34
 Michael Levesque 45:07
 Stan Klem 45:16
 Jason Farr 45:45
 Joselyn Hall 46:00
 Shu Minami 46:05
 Heidi McGaffigan 46:06
 Joe Suslovitch 46:59
 Chet Kalish 47:45
 Garry Gauthier 48:01
 Warren Hunter 48:50
 Walter Shyska 52:11
 Jeannie Ferreira 52:31
 Genia Sanborn 52:50
 Mary Ulinski 57:01
 Mary Minami 57:30
 Maurice Noonan 62:50
 Keri Suslovitch 68:52
 Gail Suslovitch 68:53
 Louise Rosetti 75:45

**NMC 4.75 Miler
 Derry, NH 8/15/00**

Dave Birse 1st Place Overall
 Dave Birse 28:31

**Old Home Days 5 Miler
 Sandown, NH 8/13/00**

Paul Ahern 1st Place Junior
 Chris Howard 32:02
 Paul Ahern 33:08
 Charles Gianotti 38:51
 Patti Ahern 39:25
 Joey Rizzo 42:33

**NE Clydesdale & Filly
 Games 1M Boston, MA
 8/12/00**

Joshua Graffam 1st Overall
 Joshua Graffam 4:48.0

**NE Clydesdale & Filly
 Games 800M
 Boston, MA 8/12/00**

Joshua Graffam 1st Overall
 Joshua Graffam 2:09.3

**Belmont 10 Miler
 Belmont, NH 8/12/00**

Bill Springer 1st Place Veteran
 Gate City Striders 3rd Overall
 Male Open Team 4th Place
 Female Open Team 3rd Place
 Male Masters Team 1st Place
 Female Masters Team 2nd
 Male Seniors Team 4th Place
 Female Seniors Team 3rd Place
 Male Veterans 1st Place
 Kevin Gagnon 1:06:02
 Jim Hansen 1:06:31
 Ron Johnston 1:06:35
 Tom Kolb 1:07:19
 Bill Springer 1:10:56
 Paul Weeman 1:12:41
 Tom Conley 1:13:10
 Damian Rowe 1:14:42
 David Wendt 1:16:03
 Bill Engle 1:18:33
 Kathy Kirby 1:19:20
 Andrea Pierce 1:22:41
 Ken Robichaud 1:23:23
 Traci Swanbon 1:25:06
 Jeannie Ferreira 1:37:38
 Kathy Engle 1:44:52

**Lamprey HealthCare 5K
 Newmarket, NH 8/12/00**

Mary Ulinski 1st Place 55-59
 Mark Crowley 17:11
 Yuki Minami 21:16
 Shu Minami 22:39
 Charles Gianotti 22:47

Mary Ulinski 27:00
 Mary Minami 27:53

**Bridge of Flowers 10k
 Shelburne, MA 8/12/00**

Kevin Beck 34:59

**Brew Run 5.2 miles
 Brewster, MA 8/12/00**

Jim Rhoades 30:37
 Kevin Burns 60:29

**Old Home Days 2 Miler
 Merrimac, MA 8/11/00**

Jim Quadros 1st SubMaster
 Louise Rosetti 1st Place 70+
 Jim Quadros 9:51
 Dave Birse 11:15
 Louise Rosetti 21:41

**CIGNA HealthCare 5K
 Manchester, NH 8/10/00**

Nicole Slane 1st Place 0-12
 Bill Spencer 1st Place 60-64
 Lori Lambert 1st Place 35-39
 Pat Kiesselbach 1st 50-54
 Louise Rosetti 1st Place 70+
 Tom Doody 15:35
 Matt Kalish 15:59
 Mackenzie Kilpatrick 16:18
 Patrick Scott 16:36
 John McGrath 16:39
 Daryl Whitney 16:40
 Joshua Graffam 16:57
 David Lapierre 17:00
 Eric Moreau 17:07
 Benjamin Read 17:11
 Tim Burke 17:18
 Ruben Gutierrez 17:18
 Owen Speer 17:20
 Joseph Blouin 17:27
 Stephen Pickett 17:37
 James Henmueller 17:40
 Jack Noyes 17:42
 Brian Stevens 17:43
 Steve Ulicny 17:48
 Jim Hansen 17:53
 Rich Stockdale 17:57
 Bruce Lutz 18:07
 Dave Camire 18:24
 Tim Clark 18:27
 Paul Egbert 18:43
 Marty Tower 18:46
 Anthony Merra 18:47
 Peter Venditoui 19:00

(Continued on page 20)

Race Results

(Continued from page 19)

Nicole Slane	19:03	Katie Ryan	24:31			Dave Fish	1:32:23
Jennifer Bush	19:11	Ken Poulin	24:38	Westford Academy 3.6 Miler		Lindsey Burkhardt	1:36:35
Bill Spencer	19:16	Peg Turcotte	24:39	#10 Westford, MA 8/10/00		Amy Morss	1:47:53
Paul Ahern	19:17	Linda Madden	24:39	Jim Rhoades	21:13		
Gerry Duval	19:17	David Cormier	24:42	Dave Williams	28:00	Beach To Beacon 10K	
James Garrett	19:21	Sue Marrer-Strassen	24:43			Portland, ME 8/5/00	
Tom Conley	19:24	Kathie Roy	24:45	Balloon Festival 5K		Bill Springer 1st Place	60-64
Carl Hefflefinger	19:27	Laurie Kofstad	24:59	Pittsfield, NH 8/6/00		Bill Engle 1st Place	65-69
Kevin Halloran	19:28	Robin Bryant	24:59	Zach Emerson 1st Overall		Bill Freeman	37:55
Mike Merra	19:37	Lillemor Hamnqvist	25:29	Michelle Weysham 1st Overall		Bill Springer	39:34
Richard Bagley	19:37	Walter Shyska	25:42	Zach Emerson	17:49	Pamela Hall	43:32
Ron Kita	19:44	Katherine Allen	25:44	Michelle Weysham	21:03	Steve Moland	44:26
Dana Merrill	19:47	Pat Kiesselbach	25:45			Andrew Najberg	44:56
Lori Lambert	19:50	Karen Zenzian	25:45	York Days 5K		Bill Engle	45:15
Heidi Havron	19:53	Marjorie Morse	25:57	York, ME 8/6/00		Stan Klem	46:53
Bill Gray	20:01	Emily Strong	26:06	George Miller 1st Place Senior		Shu Minami	48:04
Liane Pancoast	20:02	Deborah O'Leary	26:07	George Miller	21:17	Donna Lemay	48:59
Michael Peabody	20:13	Sharon McCauliffe	26:36	Walter Shyska	25:46	Kevin Reynolds	49:01
Rich Cardin	20:13	Susan Rist	26:55	Maurice Noonan	30:40	John Gill	51:11
Michael Dodge	20:14	Neil Lewis	26:56	Julianne Noonan	33:49	Andrew McQuaid	52:37
Warren Hunter	20:22	Marie Mullins	26:57			Judi Moland	53:07
James Woodward	20:26	John Jarzombek	27:01	Big Man Run 5.5 Miles		Pat Kiesselbach	54:01
Kevin Hodge	20:28	Jerry Rocha	27:03	+ 3 Beers + 3 Hot Dogs		John McQuaid	56:27
Michelle Weysham	20:42	Robin Hickey	27:04	Somerville, MA 8/5/00		Kathy Engle	58:17
Erik Stepick-Ayers	20:44	Michael Amarello	27:13	Joshua Graffam 1st Overall		Mary Minami	60:34
Corey Ahern	20:46	Mark Roy	27:13	Joshua Graffam	42:32	Leni Hodgins	60:47
Jim Ecke	20:56	Don Griffith	27:14	Ernest Graffam	1:05:35	Rosalie McQuaid	61:11
Kathy Johnson	20:59	James Treggiari	27:18	Nick Anastasi	1:37:25	Maurice Noonan	65:14
Warren Church	21:01	Brenda Conlin	27:29	Kevin Burns	1:41:57	Julianne Noonan	68:00
Lisa Maynard	21:15	Mary Ulinski	27:31				
Joselyn Hall	21:20	Jerry Digrezio	28:00	Hampton Falls 5 Miler		Yankee Homecoming 5K	
Mick Konrad	21:24	Karen Collinge	28:01	Hampton Falls, NH 8/5/00		Beverly, MA 8/3/00	
Lisa Klasman	21:29	Stacie Buechner	28:25	Samantha Moland 1st 13-14		Amanda Pelletier 1st	9-14
Caitlyn Southmayd	21:29	Danielle Cormier	28:31	Samantha Moland	36:08	Peter Venditouli	19:18
Samantha Buechner	21:35	Cheryl Yoos	28:43	Garry Gauthier	37:41	Craig Pelletier	21:00
Kassie Rubico	21:39	Karl Patnode	29:09	Nick Anastasi	53:50	Amanda Pelletier	22:11
Kimberley McCauliffe	21:41	Carol Kernich	29:23	Louise Rosetti	59:08		
Andrew Najberg	21:44	Steve Flynn	29:25			Westford Academy 3.6 Miler	
Julie Hanover	22:03	Kathleen Treggiari	29:53	Hampton Falls 5K		#9 Westford, MA 8/3/00	
David Salvas	22:03	Michael Whelton	30:24	Hampton Falls, NH 8/5/00		Brenda Baxter 1st	SubMaster
Candido Ferreira	22:07	Patricia Smith	31:26	Ken Birse 1st Place Master		Jim Rhoades	21:57
Garry Gauthier	22:32	Debra Ancil	31:35	Kirsten Green 1st Place 0-12		Mike Hagerty	23:00
Colleen Gilbert	22:36	Julianne Noonan	31:38	Ken Birse	18:35	Brenda Baxter	24:42
Andrea Pierce	22:39	Maurice Noonan	31:38	Kirsten Green	22:25		
Traci Swanbon	22:40	Deborah Beaulieu	32:34	Sydney Moland	22:34	Thunder Chicken 5K	
Stephanie Charron	22:42	Ryan Heden	33:30	Charles Gianotti	23:11	Portsmouth, NH 8/3/00	
Skip Cleaver	22:51	John Heden	33:31			Anthony Merra 1st Place	0-12
Michael Watts	23:30	Patricia McGrath	33:58	Hampton Falls 1 Miler		Nicole Slane 1st Place	0-12
Todd Civin	23:35	Kevin Burns	35:05	Hampton Falls, NH 8/5/00		Louise Rosetti 1st Place	70+
Melanie Kalafatis	23:46	Sally Sargent	36:43	Kayla Green	7:22	Anthony Merra	19:20
John Gill	23:49	Louise Rosetti	36:54			Nicole Slane	19:27
Bob Lemay	23:55	Kareen Dunn	42:55	Top Notch Triathlon		Mike Merra	20:29
Brian Withers	24:12	Therrin Allen	43:22	1/2M Swim + 6.5M Mtn Bike		Michelle Weysham	21:17
Kaitlin Burnett	24:26	Corey Civin	43:45	+ 2.5M Run		Samantha Buechner	22:54
Gordon Burnett	24:31	Pamela Adams	45:51	Franconia, NH 8/5/00		Chris Merra	23:37
		Karen Burnett	49:33	Lindsey Burkhardt 1st Junior			

(Continued on page 21)

Race Results

Cathy Merra 25:27
 Robert Johnson 25:54
 Judy Slane 26:41
 Mary Ulinski 27:52
 Stacie Buechner 28:56
 Maurice Noonan 31:59
 Louise Rosetti 37:40

**Yankee Homecoming 5K
 Newburyport, MA 8/1/00**

Sydney Moland 1st 11-13
 Donna Lemay 1st Place Senior
 Louise Rosetti 1st Place 70+
 Samantha Moland 20:45
 Caitlyn Southmayd 21:22
 Sydney Moland 22:42
 Katie Ryan 22:45
 Donna Lemay 23:01
 Jennifer Ryan 23:23
 Bob Lemay 24:43
 Judi Moland 24:46
 Suzanne Pintal 27:16
 Mary Minami 27:43
 Pat Mikulis 27:59
 Maurice Noonan 31:59
 Julianne Noonan 32:39
 Louise Rosetti 36:50
 Helen Ferrigno 39:24

**Yankee Homecoming 10
 Miler**

Newburyport, MA 8/1/00
 Bill Springer 1st Place 60-69
 Male Open Team 3rd Place
 Male Masters Team 3rd Place
 Male Seniors Team 2nd Place
 Female Open Team 9th Place
 Female Masters Team 5th
 Place
 Patrick Moulton 54:24
 James Henmueller 57:35
 Rich Stockdale 61:40
 Jack Noyes 62:07
 Jim Hansen 62:15
 Dave Camire 62:21
 Jim Belanger 62:48
 Art Demers 62:51
 David Lapierre 63:20
 Ron Kita 66:31
 Bill Springer 67:44
 Steve Beaton 68:09
 Mike Hagerty 69:00
 Carl Hefflefinger 69:19
 Patrick Scott 70:12
 Brenda Bolan 71:35

Kevin Halloran 71:43
 Warren Hunter 72:49
 Steve Moland 74:08
 Kathy Johnson 74:43
 George Lecours 74:52
 Ralph Titone 75:42
 Heidi McGaffigan 77:27
 Bob Peretti 78:19
 Stan Klem 78:35
 Michael Levesque 78:36
 Lisa Maynard 78:46
 Claudette Stone 79:16
 Colleen Gilbert 79:33
 Yuki Minami 80:10
 Sandy Machall 81:09
 Shu Minami 81:28
 Kassie Rubico 81:29
 Maurice Ferrigno 81:38
 Chet Kalish 81:54
 Priscilla Flynn 84:11
 Ken Robichaud 84:20
 Kevin Reynolds 85:28
 Beth Gagnon 86:06
 Pam Ubillos 86:11
 Jeannie Ferreira 86:22
 Peg Turcotte 86:28
 Pat Kiesselbach 88:49
 David Cormier 89:24
 Peggy Labrosse 1:40:14
 Amy DeFazio 1:40:14
 Lisa Christie 1:46:20
 Kathleen Treggiari 1:46:

**Woodchuck Classic 5K
 Canterbury, NH 7/29/00**

Julie Marcum 24:55
 Jonathan Marcum 31:52

**Race For The Cure 5K
 Manchester, VT 7/30/00**

Lora Woodward 23:37
 Barbara Sage 28:23

**St. Anne's Lake 5 Miler
 Hampstead, NH 7/29/00**

Paul Ahern 1st Place Under 14
 Allan Rube 1st Place Senior
 Bill Engle 1st Place Senior
 Elizabeth Nofle 1st Under 14
 Kathy Engle 1st Place Senior
 Louise Rosetti 1st Place 70+
 Chris Howard 31:39
 Peter Venditouli 32:06
 Paul Ahern 33:22
 Allan Rube 33:34

Damian Rowe 34:33
 David Wendt 34:50
 Colleen Gilbert 36:15
 Bill Engle 36:52
 Jason Farr 37:00
 Charles Gianotti 38:49
 Elizabeth Nofle 40:20
 Kathy Engle 46:10
 Maurice Noonan 54:09
 Nick Anastasi 56:38
 Julianne Noonan 57:00
 Louise Rosetti 62:27

Peaks Island 5 Miler

Peaks Island, ME 7/29/00

Heidi McGaffigan 1st Place Veteran
 Shu Minami 1st Place Veteran
 Mike Hagerty 32:48
 Pamela Hall 34:53
 Steve Moland 35:16
 Roger Hall 37:21
 Heidi McGaffigan 37:38
 Michael Levesque 37:39
 Rich MacDonald 38:25
 Shu Minami 38:46
 Brian Sanborn 38:59
 Jane Levesque 39:15
 Tom Raiche 40:19
 Annette Marchand 40:47
 Peg Turcotte 41:35
 Judi Moland 41:45
 Genia Sanborn 41:50
 Pat Kiesselbach 42:23
 Mary Minami 47:02

Meetinghouse 5K

New Durham, NH 7/29/00

Zach Emerson 1st Place 13-15
 Zach Emerson 17:20
 Andrew McQuaid 24:32
 Rosalie McQuaid 28:57

Sheepfold 5.6 Mile Trail Run

Stoneham, MA 7/28/00

BJ Bottomley 40:36

**Heat Wave Women's 5K
 Lawrence, MA 7/26/00**

Open Team 5th Place
 Masters Team 2nd Place
 Seniors Team 1st Place
 Liane Pancoast 19:54
 Michelle Weysha 20:47
 Kassie Rubico 20:54
 Pamela Hall 20:57

Samantha Moland 21:17
 Sydney Moland 21:29
 Joselyn Hall 21:30
 Yuki Minami 21:32
 Kathy Johnson 21:43
 Julie Hanover 21:54
 Linda Madden 24:30
 Judi Moland 24:45
 Kimberley Humphreys 26:50
 Mary Minami 27:18
 Lisa Christie 28:40
 Kathleen Treggiari 29:02
 Debra Anctil 31:43
 Susan Rube 32:31
 Louise Rosetti 36:09

**Donnelly's Tavern 5 Miler
 Leominster, MA 7/25/00**

Carol Robichaud 1st Master
 Carol Robichaud 36:07

**Firefighters Memorial 5
 Miler**

Hamilton, MA 7/25/00

Louise Rosetti 1st Place 70+
 Ken Robichaud 39:52
 Maurice Noonan 49:37
 Nick Anastasi 51:04
 Julianne Noonan 55:42
 Louise Rosetti 59:11

December 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Mill Cities Relay	4	5	6	7	8	9 Natl Jr Olympic XC Reno Nev
GCS HOTLINE 880-9479						
10	11 E Board	12	13	14	15	16
17 FYB	18	19	20 Club Meeting	21	22	23
24	25	26	27	28	29	30
GCS WEB PAGE WWW.GATECITY.ORG						
31						

January 2001

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 E Board	9	10	11	12	13
14 FYB	15	16	17	18	19	20
21 Boston Prep 16 mile	22	23	24	25	26	27
28 FYB	29	30	31			

October 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Ro Jacks 8k NEGP GCS HOTLINE 880-9479	2 Pal Kids Workouts	3	4 6:00 PM Track Workouts	5 Pal Kids Workouts	6	7 Applefest
8 Great Island 5k New Castle	9 Pal Kids Workouts	10	11 6:00 PM Track Workouts	12 Pal Kids Workouts	13	14 Bridges 10k Portsmouth
15 Run For Shelter 5k Manchester	16 E Board Pal Kids Workouts	17	18 6:00 PM Track Workouts Club Meeting	19 Pal Kids Workouts	20	21
22	23 Pal Kids Workouts	24	25 6:00 PM Track Workouts	26 Pal Kids Workouts	27	28 PAL TRYOUTS GCS WEB PAGE WWW.GATECITY.ORG
29 Cape Cod Mar- athon NEGP Shirt Factory 8k NHGP	30 Pal Kids Workouts	31				

November 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Santa Fund 5k GCS HOTLINE 880-9479	6	7	8	9	10	11
12 NE Jr Olympics NE XC Championship	13 E Board	14	15 Club Meeting	16	17	18
19 Novemberfest REG 1 Jr Olympic XC GCS WEB PAGE WWW.GATECITY.ORG	20	21	22	23	24	25 Nat'l Masters 10k XC Salmon Brook 5k
26	27	28	29	30		



Gate City Striders Membership Application Form

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

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

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

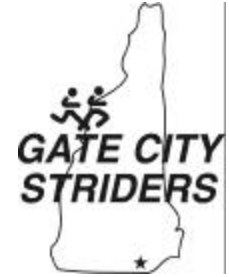
Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Address _____

City _____ State ____ Zip _____

Home Tel _____



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

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

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

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

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 _____

GATE CITY STRIDERS
PO Box 3692
Nashua NH 03061

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