

# Striding Along



**A Publication of the Gate City Striders**

**October 1999 / November 1999**



## **In This Issue**

**Upcoming Events.....p. 4**  
**Nashua PAL & Junior Olympics .....p. 5**  
**Marathon Des Deux Rives.....p. 5**  
**Seacoast Century Ride (part 1).....p. 6**  
**Friend or Sherpa (Vermont City Marathon) .....p. 7**  
**Changes to Mill Cities Relay.....p. 8**

**Hood to Coast Relay.....p. 8**  
**Book review – HRM Training.....p. 9**  
**GCS Triathlon Results .....p. 10**  
**Membership.....p. 11**  
**Randumb Thoughts .....p. 12**  
**October – November Calendar .....p. 15**

# Club Directory

		<u>Night Phone</u>	<u>Day Phone</u>	<u>Email</u>
<b><u>GCS Executive Board</u></b>				
President	Shaun McMahon	924-4967		shaun.mcmahon@spke.net
Vice President	Damian Rowe	673-2270		drowe19@idt.net
Secretary	Beth Phelan	888-0118		
Treasurer	Lori Lambert	883-7990		Lori_Lambert@phl.com
Membership	Stan Klem	883-8750		Sklem@drc.com
Social	Jerry Rocha	598-8852		J27Rocha@aol.com
Competition	Bill Spencer	882-4859		Bspence1@ix.netcom.com
<b><u>Team Captains</u></b>				
<b>Men Open</b>	Michael Amarello	429-8879		Webmaster@gatecity.org
	Kevin Gagnon	881-8093		PPnter@aol.com
<b>Men Masters</b>	Walter Swanbon	895-3466		Tracis@keyfile.com
<b>Men Seniors</b>	Skip Cleaver	437-2057		TJCleaver@aol.com
	Brian Sanborn	673-6363		
	Steve Moland	882-2067	624-5630	steve@accessp.com
<b>Men Veterans</b>	Bill Spencer	882-4859		bspence1@ix.netcom.com
<b>Women Open</b>	Kathy Kirby	594-9295		Kathleen_M_Kirby@hartehanks.com.
<b>Women Masters</b>	Pat Mikulis	595-1870		Pengu1954@aol.com
<b>Women Seniors</b>	Heidi McGaffigan	672-6381		
<b><u>Coach</u></b>	Dave Camire	978-957-4230		dave@coolrunning.com
<b><u>Newsletter &amp; Web Site contacts</u></b>				
Newsletter Editor	Steve Moland	882-2067	624-5630	steve@accessp.com
Web Master	Michael Amarello	429-8879		Webmaster@gatecity.org
Web Master	Julie Hanover	889-7014		HanoverJ@Netscout.com
Web Editor	Chuck Rossier	424-9939		ed.rossier@worldnet.att.net
Picture Digitizing	Steve Moland	882-2067	624-5630	steve@accessp.com
Mailing Coordinators	Gail/Gerry Duval	880-4672		
Race App. Inserts	Carl Hefflefinger	672-9446	882-6476	heff@ma.ultranet.com
<b><u>Other contacts</u></b>				
StriderWear	Sandy Machell	465-2814		sandyson@aol.com
Event Calendar	Bill Spencer	882-4859		bspence1@ix.netcom.com
Result Compiling	Tom Conley	595-1538		Tconley917@aol.com
BBS Questions	Alan Rube`			arube@run.mv.com
Hot Line Mgr	Ann Cavey	4229-9807		
<b><u>Bulletin Board access number</u></b>		888-5477		
<b><u>Voice Hot Line access number</u></b>		880-9479		

All Area Codes are 603 unless noted otherwise

The next deadline for submitting articles for the newsletter is  
November 20, 1999.

**Cover Photo: Parker's Run – Spring 1999**  
Standing: Damian Rowe, Ann Cavey, Kevin Gagnon, Warren Church,  
 Dave Williams, Kevin Klasman, Deb Stellato, Anneka Paelinck, Seated:  
 Harry Lambert, Peter Paelinck, Traci Swanbon, Lisa Klasman, Laura Bianco

### Contributing Authors

Bob Pelletier  
 Bob Thompson  
 Damian Rowe  
 Bill Spencer  
 Andrea Pierce  
 Mark Fraser  
 Ed Diechler  
 Ann Cavey  
 Dave Camire  
 Brian Bigelow



## Editor's Column

With only 2 races left to go our club is only 9 points ahead of the **Granite State Racing team (GSRT)** in the NH Gran Prix series. By the time you read this, the Applefest race will have been run which leaves the **Jingle Bell Run for Arthritis Portsmouth, NH Saturday, November 20 ,10am** as our last chance to score enough point to win.

Gate City has enough competitive runners to do this even though GSRT caters to race runners only. We score well when we show up, and showing up quite often makes a difference. At the Bristol 10K, **Pat Mikulis** was not up for a hard run, yet she showed up, walked most of the race, finished and scores 3 important points for Gate City. GSRT gained 42 point in the last race bringing the standings to Gate City 288, GSRT 279, Athletic Alliance 146, Rochester Runners 138 and Greater Derry with 109.

And speaking of team competition, *What part of last issue's article on filling out Race Applications didn't some of you understand?* As a collective club activity this is a very important thing to remember. At the recent Around Cape Anne race Gate City came in 5th in the team competition, not because our members didn't run and place well, but because a surprising number of regular race attending members failed to put down Gate City as a club affiliation. If all members had put down Gate City we would have come in a very strong SECOND place. Come-on folks even if it's not important to you, give the rest of us a chance, put down Gate City Striders as your club affiliation on race applications even when there is no place for team designations.

An important date to remember is October 30 which is the qualifying race for the **Nashua PAL** Junior Olympic team. The **Nashua PAL** cross country program has consistently produced some national ranked runners and teams. This year PAL has opened up the opportunity for any youth runner in NH to joined a winning program. See details in this issue.

We've got some great articles for you this month. **Andrea Pierce** traveled to Quebec City to run the Marathon Des Deux Rives and she shares her experience in this issue. "I think every runner feels the blues when injuries hit from time to time." says **Ed Diechler** as he goes cycling in "Seacoast Century Ride (Part 1)" Support during a marathon can be so important. Follow **Ann Cavey** in "Friend or Sherpa? In a Marathon you just can't tell". **Dave Camire** explains the "Changes in Store for Mill Cities 99". **Bill Spencer** tells of his travels to Oregon in "Hood to Coast Relay". This is Bill's second trip and he makes it mighty temping for next year. **Brian Bigelow's** book review heartily recommends John L Parker Jr's book on heart monitor training.

**HELP WANTED:** One of the large income sources for the club is derived from the race applications which you receive with this newsletter. **Carl Hefflefinger** has done a really great job handling this for some time and is stepping down after this issue. We hope one of our readers will step forward to take Carl's place. Carl handle the process so well and with such a low profile that I had to ask him to write up what he did. Carl conveys that the search feature on the CoolRunning Web site now makes the job much easier than it might otherwise be. The process requires that you do an on-line search with a 50 mile radius parameter to locate races within a date window of this newsletter's publication date, then send the race director a solicitation to insert a race application in the next issue. Here's a chance to help the club in big way without a major time commitment.

Sorry for the missing race results but some technical glitches will delay them until the next issue.

Steve Moland

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.



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:

Gate City Striders  
PO Box 3692  
Nashua NH 03061.

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.



# Upcoming Events

## Salmon Brook Scramble III

By Bob Pelletier

Applications for the Salmon Brook Scramble III can be found in this edition of STRIDING ALONG. The Scramble is now backed by the primary sponsorship of CIMLOGIC which has stepped up to replace Time Warner Cable. TWC was acquired earlier in the year by Media One.

The Scramble is set for Saturday, November 27 at 10:00 in its traditional Thanksgiving Weekend slot. For those of you that frequent the race course area, you may have noticed that New Searles Road is closed for bridge reconstruction.

The project is scheduled for completion by November 15. I have been assured by the City of Nashua Engineer that the bridge will be passable on race day.

We have set lofty standards for our 5K which have been well received by the club and other local walkers and runners. Expect the precision of some of the better managed race events in the area. Great late November weather has helped to build the field from 167 finishers in 1997 to 228 finishers last year. I expect over 250 finishers this year if the weather cooperates once again. We keep the entry fees low

and the extras high in quality, thanks in large part, to our key sponsors at CIMLOGIC. Please refer to the race application for more detail. We will probably approach the 300 registrant limit for this year so please try to get your application in



Kevin Gagnon considers the meal at Parker's Maple Barn

prior to race day. The Scramble gives 100% of its food/personal care donations and proceeds back to the Greater Nashua area community. In two years, our participant contributions have resulted in over 1000 pounds of food/personal care and

\$3000 in race proceeds getting distributed back into the community. We are directing all proceeds and food/personal care donations to the newly established Corpus Christi Food Pantry of Nashua for 1999.

The Scramble cannot be pulled off without the support of about 30 volunteers. Please give me a call (889-3632) or drop me an E-mail (rapellet@roc.mobil.com) if you can pitch in. A few of the positions allow you to volunteer and also participate. . •

## 4<sup>th</sup> 3<sup>rd</sup> Annual Novemberfest Trail Run and Party

By Bob Thompson

The 4<sup>th</sup> 3<sup>rd</sup> Annual Novemberfest Trail Run and Party will be held on Sunday November 21, beginning promptly at 11:33am at the Nashua High School track. The event is graciously hosted by the Wednesday Evening Church Group with timing and results provided by Pizza-Box Racing Services.

This one-of-a-kind race does not include the frills and high-tech equipment of some of today's races. You won't find Chip-timing and you won't get a free message at the finish. What you will find is a beautiful course through Mine Falls Park, lots of fun, hot food, cold drinks and a few surprises. And for the first time ever (and maybe the last) we are even providing t-shirts to the first 100 entrants. All this and more and the entry fee is only \$9.33 if you register before November 14. After November 14, the entry fee is only \$12.33. Entries are not accepted on November 14 as the WECG offices are closed that day. Their should be an entry form included in this issue of Striding Along.. See you at Novemberfest!•

## A Stroll in the Woods!

By Damian Rowe

The American Lung Association is sponsoring a great fall walk this year at 9AM on October 16. The Fall Foliage Walk at Franconia Notch walk is a fund raiser to support and implement children's asthma and smoking prevention programs including: Camp Super Kids, Open Airways for Schools, No Buts About It, and Tobacco Free Teens. The walk is a 7 mile paved trail course starting from Peabody Base Lodge at Cannon Mountain to the parking lot at Flume Gorge. You can choose to be driven back to the start, or double your walk to 14 miles. If you plan to walk this event or wish to volunteer you can obtain further information by contacting Dee Martin or Barbara Gardner at 603 669-2411 or mail to Fall Foliage Walk , American Lung Association of NH, 456 Beech St PO box 1014, Manchester, NH 03105 or at their web site of [www.nhlung.org](http://www.nhlung.org).

## Remaining Gran Prix Races

By Bill Spencer

The following NH Gran Prix races remain. Granite State Racing Team will have a strong turnout at these races. We need just a strong turnout to maintain our lead. Great job at Lake Winni, so now lets refocus on these races.

Bristol 10k	Oct 2nd
Applefest	Oct 9th
Portsmouth 10k	Nov 20th

---

## Nashua PAL and the USATF Junior Olympics

*By Mark Fraser*

October	16	Nashua City Elementary and Junior High XC Championships (Nashua HS)
October	23	NH State Junior High XC Championships in Londonderry Top Nashua runners entered in elementary races
October	30	Junior Olympic Team Qualifying Races (Nashua HS)
November	6	PAL Junior Olympic Tune-up Race (Nashua HS)
November	14	USATF New England Junior Olympic Cross Country Championships Bryant College, Smithfield RI, 10 a.m.
November	21	USATF Junior Olympic Region I meet, Van Cortland Park, New York City
December	11	National Championships, Spartanburg SC

Junior Olympic Qualifying Race Info:

### **The Nashua PAL program is open to everyone.**

To earn a spot on the Junior Olympic teams, all runners must run the qualifying race. All team members must also provide proof of birth before the Nov 15 race (required by USATF). The qualifying race will be on Saturday October 30. The course begins and ends beside the track behind Nashua High School. The course is mostly grass and paths through wooded areas. About 20% is pavement.

9:00 AM	Course walk-through
10:00 AM	Bantam girls (3k distance, girls born 1989+)
10:30 AM	Bantam boys (3k distance, boys born 1989+)
11:00 AM	Midget girls (3k distance, girls born 1987-1988)
11:30 AM	Midget boys (3k distance, boys born 1987-1988)
12:00 PM	Youth girls (4k distance, girls born 1985-1986)
12:30 PM	Youth boys (4k distance, boys born 1985-1986)

These times are approximate only. Please show up early. We may accelerate the schedule in the event of inclement weather

.Note that USATF uses two year groups based on birth years. Thus, a runner born 20 Dec 1988, although currently 10 years old like many other bantam runners, falls in the midget category.

**Scoring** - There will be individual scoring for the first 20 finishers only. There will be no team scoring. Medals will be awarded to the top three in each age category. **Team Selection** - Each team is composed of eight (8) individuals. The first five finishers in the qualifying races are automatically chosen for their respective team. The remaining three members are chosen by the coaches (here, times from the city meet and ability to make the practices may be factored in). Any additional team members to comprise a developmental team to be eligible for the New England Championship race is also up to the coaches decision. **Training** - This has yet to be determined and will be up to the individual coaches. Meeting at Nashua High immediately after school to train together with the rest of the PAL teams is what we did last year. The training will be aimed at improving times but will be kept light and fun. **Uniforms** - Everyone making the team will receive a PAL Junior Olympic long-sleeve running shirt which will be worn at all the races. **Directions** - Take exit 5W from the FE Everett Turnpike (Route 3) in Nashua. Follow the signs for Nashua High School and turn right in front of the Nashua Police Department. Take the left in front of the high school and follow the road to the rear parking lot.

**For more information contact Mark Fraser at 888-5742 or Mike Soucy at 881-5009**

---

## Running the Marathon Des Deux Rives (Quebec City) C'est Bon!

*By Andrea Pierce*

On August 29<sup>th</sup>, I had the unique experience to travel to Quebec City for the running of the second edition of the Quebec City marathon or the Marathon of two rivers. As the name implies, the St-Lawrence River that gives this city exposure to major shipping routes in the north-east flanks Quebec City. My husband Bill and I had arrived Friday evening, Aug. 27<sup>th</sup> in Quebec City after about a 6+ hour drive from Hollis. We were lucky enough to snag a reservation in the most famous hotel inside the "Old Quebec" part of the city that is a section inside the fortified walls. We stayed at Le Chateau Frontenac in a

room that overlooked the terrace/boardwalk area and the St. Lawrence.

What a neat city old Quebec is! I'm glad we arrived two nights before the race, since we had the entire first evening to stroll around old Quebec, and dine at a very elegant French restaurant. The city has a very European feel to it, especially since the street signs etc. are all in French. Not being fluent in French wasn't a problem, since the city is geared to tourism and the waiters, hotel staff, and shopkeepers also speak English.

As I mentioned, the Old City is enclosed by walls, and Le Chateau is the cen-

tral focal point located right on the St. Lawrence. All along Le Chateau's border on the river, is a beautiful boardwalk area, with a terrace area and many benches to sit and observe the St. Lawrence. During the day and also at Nighttime, this terrace area is very lively with mimes and various one-man bands and acts to entertain the crowd. You never know who or what will show up next!

Sat. morning, the day before the marathon, we dined at a great buffet brunch in Le Chateau, before going to pick up my number for the marathon. The home base

*(Continued on page 14)*

---

# Event Reports

## Seacoast Century Ride (Part 1)

By Ed Diechler

I think every runner feels the blues when injuries hit from time to time. Usually, it's just a short-lived annoyance and its back to the roads and trails. Sometimes, however, injuries never quite go away and just nag one into a cycle of frustrating inactivity and restarts. I have spent most of this year in this mode being shutdown repeatedly with muscle pulls and Achilles problems.

Faced with the prospect of a season of intermittent running and no racing, I began thinking of distance cycling and swimming. I used to distance swimming for years but I no longer had easy access to a pool during the day and swimming at either end of the day was not practical. Distance cycling looked like the best alternative, especially after the Leukemia Society of America gave a presentation at one of the Striders club meetings. I became intrigued with the idea of a 100-mile (century) bike ride for a good cause. The first opportunity was the Lake Tahoe Century scheduled for early June. This left less than 2 months to get trained from zero cycling at the time. I have been to Lake Tahoe and it is incredibly beautiful – and full of UGLY hills!

The next shot was the Seacoast Century Ride to be held along the NH/ME coastline – a very FLAT coastline – in late September. As I mulled over the event, two thoughts surfaced to give me the motivation: (1) training and participating in a 100-mile bike ride would be like doing a marathon; and (2) my son's best friend died of the disease when he was 10 years old. The last possible obstacle dissolved when I bought a good road-racing bike in late May.

I started riding shortly after the Memorial Day weekend. Not having been on a bike since last summer, I took it easy the first weekend or so, averaging about 15 miles each day. Riding during the weekdays meant going out early in the morning or late at night neither of which I like to do running let alone on a bike. I tried to make up for this by using the stationary bikes at the health center at work but it's about the same as running on a

treadmill.

As July rolled around, I started lengthening my rides to an hour then 2. I got up to about 35-40 miles in a 2-1/2 hour period. I rode through Milford, down to Brookline, over to Hollis, and back up to Merrimack. I've always been one to run too fast and cycling was no different. I ended up walking like C3PO the next morning as my quads let me know I went too hard and, more humiliating, I was reminded what Preparation H is for. Oh well, this will soon pass once I get "broken in".

About this time I received some training information for group rides from the Team in Training (TNT) cycling coach, Harvey Serreze. (Some Striders who have run marathons for the Leukemia Society, notably the Dublin Marathon, are familiar with the Society's TNT infrastructure to help experienced and novice athletes.) The training rides would be held every 2 weeks until a week before the Seacoast ride with each ride adding 10-15 miles and different loops. I met up with other riders in Boxboro, MA on a Saturday morning for a group ride with 10 members. Harvey is a veteran cyclist with a lot of road and mountain bike miles under his butt. A tall, lean fellow in his fifties (good age), he is patient and understanding with folks who have rarely ridden more than 20 miles.

Our first ride was a 25-mile loop through the Boxboro, Concord, and Carlisle area. I found the course to be more forgiving than the NH hills I had to contend with. I picked out a couple of experienced riders to stay with so I could learn how to keep my stroke cadence constant and when to shift. One of the first things I noticed was that the most of the riders had clipless pedals and cleats on their shoes. (Why are they called "clipless" when you have to clip your foot into the pedal?) I was using stirrups (clips?) on my pedals because they came with the bike and I was used to them. I found the ride much more relaxing than what I had been doing, meaning that I had been going too hard. (Sound familiar? How many times have you found a group run much easier than

training alone?)

The next session with the TNT I had the chance to meet up with the mentor assigned to me. After a week of playing telephone tag, my mentor, Dave Johnson, and I finally met up at the group's start base. Dave is a shaggy-haired blond guy probably half my age who is a medical technician by day, a jazz drummer by night, and a rabid mountain biker the rest of the time. He is a fun-loving, free spirit sort who sounds like he just traded in his surfboard from Southern California. Dave also impressed me as the sort of guy who, at the 49<sup>th</sup> mile of a 50-mile race, would yell, "You're mine, dude!" to the hapless soul he just blew away. I noticed he had that awkward, pogo-legged walk of an expert cyclist. The walk is attributed to the radical toe clips on the bottoms of his riding flats; they look like he stepped on a couple of saber-toothed chipmunks. To complete the ensemble, Dave sported a lightening bolt tattoo and the word "Specialize" on one calf. At first I thought it was a kind of psyche to the rider behind him; however, I soon learned that Dave is a devotee of the Specialize racing bike maker. (Yep, California all the way, dude.)

Our ride for the day was a 35-mile loop that included a NH-ugly hill at about 32 miles. During the ride, I noticed Dave deftly slipping in and out of the toe clips almost as easily as he kept his tongue going. I asked him what the advantage was to using the clipless pedals over the stirrups I was using. He explained that the clipless pedals allowed a rider to work the stroke with both the quads and hamstrings for a more uniform workload on the leg. They are especially helpful on hills when a rider is tempted to stand and push but can use the hamstrings to pull instead in kind of a vertical hamstring curl. Needless to say, I had clipless pedals by the next weekend.

The following weekend found me doing a 40-mile loop on Saturday and about 30 miles on Sunday in the heat and humidity. I noticed that I felt as drained

*(Continued on page 13)*

# Event Reports

## Friend or Sherpa? In a Marathon You Just Can't Tell.

By Ann Cavey

As I sit (being injured I have been doing a lot of that lately) and think, about the fall marathon that I had high hopes of running, I begin to come to grips with the fact that it is out of reach, as is qualifying for Boston. I have to admit, that I am doing much better mentally than I thought I would. That is definitely do to the support of my Strider friends. I also have the memories of my best marathon (so far) last Memorial Day. I've been meaning to capture those moments and share them with the rest of the Striders. Its a little late, but what better time than right before Chicago, Bay State, Ocean State and all of those other marathons that you all are planning on running. So here it goes...

I wasn't really planning on running a marathon this past spring. I knew that I wanted to qualify for Boston and for that I was banking on a fast fall marathon. I was running with the Hollis ladies on Tuesday and Saturday mornings as they prepared for Boston and I just kind of caught the bug. So, which one to do?

Well, May was a good time frame and I had never been to Burling-

ton, Vermont, so Vermont City became the one for me. I was a little concerned that the weather on Memorial Day weekend may not cooperate, but how hot can it get in Vermont in May, right? My training went really well all spring so I started to think that maybe I could qualify in this Marathon and the fall would be icing on the cake.

The next preparations to make was a place to stay and good friends to come along. These both ended up being easier than I thought. Traci and Walter Swanbon, despite not being able to get on a relay team (maybe we should enter some teams

for next year right now) agreed to come and be a cheering section/sherpa for myself and the other Striders running the marathon. I have to say though, I hogged most of their attention. We all drove up together, including Barney, and stayed in an available motel. It wasn't the plushest place I have ever stayed, but I was pleased for three reasons. They allowed dogs because it just wouldn't be the same without Barney. The pool was filled the day before we got there. That was good for icing down the legs. Finally, my room was on the first floor, key after the marathon.

ners can attest to, when you are bombarded with spectators too much. Just ask Sandy Machell about following the giraffe in Boston this past spring. The course is also really well supported and entertainment is provided along the way including drummers which are key to getting you up the hill at the 16 mile mark.

So, how did I do? Well, as I began to check the five day forecast, I reset my goal from qualifying to finishing when the forecast got past 85 degrees. I ran conservatively and it paid off with a PR of 3:44:54. I missed Boston by four minutes, but was-

n't disappointed at all. I placed 12<sup>th</sup> out of 144 women in my age group when 25% of the field didn't even finish. Kind of wish that I had made it now that I can't run a fall marathon, but I wouldn't have run it any different if I had it to do all over again. The key to my having a great day was definitely the support of Walter and Traci. Walter ran with me for a



Michael Peabody and Nicole Slane  
At the Brewery Exchange Race

If you have never run Burlington, I highly recommend it. The clover leaf course is great for spectators and runners alike. Spectators enjoy it because they can easily see the runners at the start and three other times without moving. Runners like it because you know that you'll be getting a healthy dose of the crowd a few times along the way which really keeps the spirits up, but you also get to get away from them. It can be a little overwhelming, as I am sure many of the veteran Boston run-

ners can attest to, when you are bombarded with spectators too much. Just ask Sandy Machell about following the giraffe in Boston this past spring. The course is also really well supported and entertainment is provided along the way including drummers which are key to getting you up the hill at the 16 mile mark. So, how did I do? Well, as I began to check the five day forecast, I reset my goal from qualifying to finishing when the forecast got past 85 degrees. I ran conservatively and it paid off with a PR of 3:44:54. I missed Boston by four minutes, but was-

(Continued on page 13)

## Changes in Store for Mill Cities '99

By Dave Camire

This year's Mill Cities Relay will feature the first course change in over ten years. To avoid the traffic congestion around the Tyngsboro Bridge, runners will be routed off of Frost Road (Rte 3A) in Tyngsboro to Sherburne Ave and then to Varnum Ave in Lowell. Runners will then enter the Greater Lowell Technical High School from the rear entrance. The second exchange point will be moved onto the high school grounds rather than on the Rte 113. Another minor route change will take place at the fourth exchange zone. Last year this exchange took place at the National Guard Armory on Rte 113

Lots of spectators were gathered at this point probably because of the unusually warm weather. This caused a minor traffic snarl. This year, the exchange will be moved about a quarter mile up the road to an industrial park. The exchange area will be within the park moving it away from the highway. There will be ample parking within the park. Hopefully this will eliminate the problems that occurred last year. The reconstruction to the Lawrence Elks Hall is completed and the facilities are quite luxurious. The Hall has been expanded so we should have no problem accommodating everyone. Last year, as you may remember is was quite cramped due to the construction that was underway. We encourage all clubs to fly their banner at the awards ceremony.

This year's giveaway prize will be a custom Mill Cities Relay glass. You'll have an opportunity to use it at our gala celebration following the race. We also will be selling Mill Cities Relay logo clothing. This will include embroidered golf shirts, hats and sweatshirts. These items will be available for sale sometime in October. Watch the Mill Cities Relay web site for details ([www.coolrunning.com/mcr](http://www.coolrunning.com/mcr)). Complete rules and course maps will also be available soon at this site. •

## Hood to Coast Relay

By Bill Spencer

The Hood to Coast Relay is 195-mile race from the top of MT Hood to the Pacific Ocean. Teams start as early as 8:00 on Friday morning, with a set starting every 15 minutes until 8:00 PM Friday night. Also on the same course is a 125-mile high school relay (Max of 50 Teams) and a walking relay (400 teams). For the HTC, Teams consist of 12 runners, each of whom run three legs of 4.4 to 8 miles. Each runner averages about 16 miles total. Ron Kita, Bill Springer, and myself ran for the Aged to Perfection team, which started at 3:45 PM. Also on the team were 4 runners from Oregon, 3 from Florida, 1 from Colo-

runner and runs across the beach to the finish line. Although teams started at various times on Friday and at one point there were over 17,000 people participating (half running/walking at any point in time), I still met Jim Agnwin (a runner from Concord), Tom Wright (a runner from Marshfield Ma), and Mike Dionne (race director for the RTB relay) at various points along the race. I got the following comments from Ron after the relay. "I found the HTC to be a very fun experience.

The race was very well organized and the number of teams was very impressive. I was surprised at the large number of all women and mixed teams. It appeared as if there were at least as many teams made up of younger women as that of younger men (there were very few senior teams period). I enjoyed the other team members immensely. We had a great time. Given our ages (50-63), it was surprising how well our current racing times correlated to our running history. At least 6 of the runners had a similar number of years running (over 20), 10k and marathon times very similar (32 min 10k and 2:32 to 2:38 marathon), and a lifestyle and



Bill Spencer takes on a hill in the Hood to Coast Relay

rado, and 1 from Georgia. We finished in 2nd place in the super master (seniors) division and 61st of 1000 overall. Total time was 22:43:54 for a 7:01 pace per mile. The NH splits were Ron with a 6:36 pace, myself with a 6:38 pace and Bill with a 6:46 pace (he also had two mid leg pit stops). The only other sub 7 split was by a Florida runner who ran 6:41 on a very difficult set of legs.

The format is interesting, with two sets of runners. The first set runs their legs and then goes to the exchange point where the second van will finish. At that point you eat something and throw a sleeping bag on the ground for an hours sleep and then hit the road again. Run your next set and repeat the process. At the end, the whole team joins the last

set of experiences that was remarkably similar. Most of us ran the 3rd leg faster than the first two legs. The first leg was run tentatively as we did not know what to expect later. The second leg was by far the hardest (independent of distance, terrain) as it was run in the middle of the night with little or no sleep and travel fatigue. Personally, I ran it half-asleep. I had a tough time as my flashlight burned out so I could not see my road, which consisted of heavily, rutted gravel. At least my second leg was flat to downhill. The poor soul before me had the same roadbed but 7.5 miles of steep uphill. All in all, it was the best experience I ever had racing on a team. •

---

## Book review

### Title: **Heart Monitor Training for the Complete Idiot** Author: **John L. Parker, Jr. 2nd Edition 1998**

By *Brian Bigelow*

### Strider Veterans Win USATF NE 5K Championship

You are probably overtraining right now and you don't even know it. But I feel fine you say. Well when was your last pr or when did you go a year or more without an injury? The answer is more than likely contained in this book. This book, along with a heart rate monitor, will turn your training and racing program upside down inside out and you'll come out a better runner for your efforts. And it's guaranteed by the author of the book. He says give me a month or preferably two of following his plan and he guarantees drastic improvements in performance or he'll send you your money back and a certificate of apology suitable for framing. If that doesn't catch your attention then you are either asleep at the wheel or one order of fries short of a happy meal.

Basically this book tells you how to find your real heart rate max (using a formula at first and then using a carefully planned workout or hill workout session) and your resting pulse rate (first thing in the morning) to determine a proper heart rate training chart workout. For example my max heart rate from the formula was  $205 - 1/2 \text{ age} = 185$ . My max heart rate on a 5 repetition hill workout with progressing effort was 192. only a 7 beat difference (not a bad formula). My morning resting pulse using the heart rate monitor was 40 bpm. Your training chart is figured out by any percentage = max heart rate - resting heart rate x say 70% + resting pulse rate. For example, 70% or your max is your recovery threshold or the level of

effort where you maximize aerobic function and minimize anaerobic work hence sparing valuable glycogen stores. Mine was determined as follows  $192 (\text{max heart rate}) - 40 (\text{resting rate}) = 152$ . This is called your range.  $152 \times 70\% = 106.4 + 40 (\text{resting rate}) = 146.4$  This is the number I must stay below on my easy days to improve my overall aerobic capacity. You follow this rate on all easy days and always alternate one hard day with at least one or two easy days. The author explains that most (even some elite) runners train to hard on their easy days and hence risk overtraining, mental burnout, injury or all of the above. Then on your two or three hard days per week you can do intervals/hills or pace runs or a long run (considered a hard workout because of duration and that it can be run at 75% of heart range.

The book is very enjoyable and easy to follow and implement. The second edition is vastly improved from the first by adding more chapters and sample workouts for all levels and is in larger print. For the price of one average race it is well worth the information contained in it. I give it two thumbs up. And remember this, a heart rate monitor is by far the most valuable piece of running equipment you will ever purchase (get one with a target zone beeper to help keep you on track). It can give you objective information that no coach in the world could give on a day to day basis. Well good luck and happy reading. See you on the winner's podium. •

The Gate City Striders Male Veterans Team, led by **Jack Kick** of Dunstable, won the Striders first ever USATF New England Championship at the Brewery Exchange Classic 5K in Lowell, MA on September 12, 1999. The Striders victory was even more remarkable considering that all five on the winning team had won the NH RRCA 5K Championship the day before at the Union Leader Millyard Classic. Kick's time of 19:45, a nationally ranked time for 66 year-olds, was good enough to earn him a place on the Striders 7th place Seniors Team, 11th place Masters Team, and 13th place Open team.

Joining Kick on the championship team were **Bill Spencer** of Litchfield (20:08), **Eldon Burkinshaw** of Londonderry (20:57), **Bill Engle** of Dublin (21:28), and **Shu Minami** of Nashua (22:16). **Nicole Slane** of Milford led the Strider Open women to 10th place. The Strider Masters took 7th and the Seniors 4th. •

## Race Scoring

By *Damian Rowe*

This year the club has provided race scoring at six races with only the Santa Fun 5K remaining. To date the club has seven members who are trained on operating the Run Score program. My thanks to Julie Hanover, Anne Cavey, Robin Hickey, Ed Diechler, Stan Klem, and Jerry Rocha for learning and helping with the race results responsibilities. My plan for next year is to have each trained person provide scoring for one or two races per year. This should help with the 'burn-out factor'. Many races, especially the short ones, require two people to handle the recording and results.

The Run Score program is DOS based program which records race en-

*(Continued on page 10)*

## Gate City Web Site

By *Damian Rowe*

If you haven't visited our site recently check it out! A few changes have been made including getting the red out. Thanks to numerous members for your feedback concerning issues like the red background. The best way we can improve this site is through members support and comments. My thanks to co-web masters Mike Amarrello and Julie Hanover, and editor Chuck Rossier for their continued support of the club's web site. More volunteers are needed. Specifically one person to update race results. If you're interested in helping out on the web team contact me for more details. •

**Gate City Club Triathlon - August 7, 1999**  
**Lake Pontanipo, Brookline NH**  
**Swim 1/4 mile + Bike 11 miles + Run 3 miles**

Participant	Bib	Swim		Bike		Run		OVERALL	
		Time	Place	Time	Place	Time	Place	Time	Place
O'Leary, Mahoney	290	0:04:19	1	0:34:30	1	0:21:16	6	1:00:05	1
Tom Kolb	825	0:07:20	16	0:36:01	2	0:19:36	2	1:02:57	2
Marty Tower	827	0:06:30	9	0:37:19	4	0:20:03	3	1:03:52	3
Carl Murphy	826	0:06:14	7	0:37:33	5	0:20:05	4	1:03:52	4
Kellar, Beers, Sargent	240	0:05:33	6	0:40:04	10	0:19:19	1	1:04:56	5
Bob Thompson	822	0:07:01	13	0:37:36	6	0:22:47	10	1:07:24	6
Jack Kramerczyk	828	0:04:54	2	0:36:53	3	0:26:19	15	1:08:06	7
John Dionne	819	0:05:17	5	0:37:59	7	0:25:27	14	1:08:43	8
John Heden	830	0:06:56	12	0:39:48	9	0:22:12	7	1:08:56	9
McMahon, Rowe	230	0:06:38	11	0:41:43	11	0:20:41	5	1:09:02	10
Ubillos, Welliver	280	0:06:32	10	0:39:45	8	0:23:59	12	1:10:16	11
Fraser, Heden, Fraser	285	0:06:20	8	0:41:54	12	0:22:37	9	1:10:51	12
Pierce, Clark, LeCours	250	0:05:10	4	0:45:10	15	0:22:31	8	1:12:51	13
O'Leary, O'Leary	288	0:05:06	3	0:42:51	13	0:26:44	16	1:14:41	14
Fran Dwyer	824	0:09:03	17	0:43:31	14	0:23:34	11	1:16:08	15
Paul Tobin	829	0:07:07	14	0:48:49	16	0:25:15	13	1:21:11	16



GCS Golf Outing Female Winners  
 Pat Mikulis, Jennie Ferreira, Pam Hall  
 (Roger Hall gets relief from caddying and a beer)



GCS Golf Outing Male Winners  
 Steve Doyle, Rich MacDonald  
 Tom Raiche, Tom Conley

## Hefflefinger Advertisement

*(Continued from page 9)*

tries, runners times and produces race results. I am currently looking to upgrade this program to a more user friendly Windows based program. Thanks to Steve Moland for developing an Excel spreadsheet which worked very well at this years club Triathlon.

We have repaired or upgraded much of our clubs race scoring equipment. Bill Spencer did a great job in acquiring three new stop watches. Volunteers for finish line assistance have done a great job this year. My thanks to all those who have helped out during these races. •

# Membership

## Welcome New Members

David Coarsey

Dick Harmon

Skip & Maryann  
Donnelley & Tim Votta

Lisa Maynard

Brenda Plasz

Terri Streeter

Mike Whelton

## October Birthdays

Louis Weysham	1
Sheila Blunt	2
Albee Budnitz	2
Byron Telage	2
Cheryl Burns	3
Barbara Sage	4
Michael Tessier	6
Laurie Kofstad	7
Susan Patz	7
Patrick Guiney	8
Evan Gaudette	11
Leo Gaudette	11
Mark Fraser	12
Aline Kenney	12
Gary Dietz	15
Terri Streeter	15
Dick Bersani	16
Brian Kane	16
Sharon Posnick	16
Allen Broggi	17
Timothy Clark	17
Bruce Lutz	17
James Taylor	17
Peter Paelinck	18
Shaun Scanlon	19
Patrick J. McCabe	20
Greg Bianco	22
Jim Ecke	23
Ron Matviya	24
Bob Pelletier	24
Simon Brown	25
Melissa Dietz	25
Joe Mona	27
Melanie Kalafatis	28
Matthew Kalish	29
Gary Lambert	29
Alexander Tessier	29
Daniel Brennan	30
Samatha Cormier	30
Kevin Slattery	30
Judith Nicholson	31
Julie Rocha	31

## November Birthdays

Silas Little	1
Colleen Gilbert	2
Marty Tower	2
Caroline Stone	3
Michael Hagerty	3
Michael Stone	3
Brian Robichaud	5
Jim Quadros	6
Peter Kelleher	6
Sandra Gilmore	6
Dick Quinn	7
Kevin Gagnon	7
Kurt Strasen	8
Gerry Davis	9
Ken Robichaud	9
Sandra Darling	10
Joey Rizzo	11
John Lewicke	11
Robert McGuirk	11
Lisa Mitsock	12
Mary Marsh	13
Beth Korn	14
Joseph Brooks	16
John Gingrich	17
Kathy Engle	17
Kevin Klasman	17
Mary Brown	17
Samantha Moland	17
Donald Wilson	18
Michael Yanow	20
Karen Zendzian	23
Sara Lewicke	23
Gary McCoy	24
Brian Sanborn	25
Tony Afonso	25
Cookie Gray	26
Marie Flowers	28
Patricia Mikulis	28
Joesph Kraetsch	29

## 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.

---

## Randumb Thoughts

By Bob Thompson

The cool weather is finally here! This is my favorite time of the year to run. Especially out on the trails where the smell of decaying leaves can make you feel like you could run forever...The first cool weather of the year arrived just in time for the Sixth Annual Brookline Twilight 5-miler on August 21<sup>st</sup>. The great weather for the runners, was not so good for the volunteers, but that didn't prevent a quality event as usual.

Lori Lambert ran away from the field once again with a 2+ minute victory on this raw and rainy summer night. The runners t-shirts were beauties with their traditional colorful design on a black background. Dave Bealey arrived just in time to defend his title, but jet lag and an 8 mile run earlier in the day took its toll and Dave finished 4<sup>th</sup>. Dave ran a slow 27:11 for the rolling 5-mile loop. I wish I was that slow.....At it's height, around the turn of the century, the Amoskeag Mills in Manchester employed over 20,000 employees and was the largest textile mill in the world. On Saturday, September 11<sup>th</sup> nearly 500 runners ran two loops around the millyard at 17<sup>th</sup> Annual Millyard Classic 5k and second race in NH RRCA grand prix. Jack Kick, Herb Hardman, Heidi McGaffigan, and Matt Kalish all won their respective divisions.

Michelle Weysham and Bill Spencer took 2<sup>nd</sup> in their age groups..... Also on September 11, the St. Joe's on the Go 5k was held in Nashua finishing at the future site of St. Joseph's church on West Hollis St. The winning male and female times for this race were 24:24 and 35:23, respec-

tively. Wow! I could have won that race in my sleep. Maybe if I attended a different church I would have found out about this one....

Speaking of church, the Wednesday Evening Church Group's Novemberfest Trail Run and Party will be held on Sunday, November 21 beginning promptly at 11:33am. Don't miss this one-of-a-kind event. See elsewhere in this newsletter for more details and a race application.....The WECG will be hosting it's "last supper" on the last Wednesday prior to the setting back of the clocks. Come enjoy the last Wednesday track workout of the millennium and then enjoy a spaghetti dinner with fellow Striders at the Club National on Pine St., Nashua for a memorable evening.

As the track workout season comes to a close, a special thanks should be given to coach Dave Camire. Dave did a great job of organizing demanding and fun workouts for the racing, fitness and marathon groups throughout the spring, summer and fall. I'm sure that those who followed Dave's instruction will attain their goals and maybe even set a PR in the process.

Longtime club member and former Gate City Strider President, Steve Doyle and his wife Dorinda have moved to Ft. Myers, Florida. Steve's support of such races as the PAL 4<sup>th</sup> of July race, the Applefest Half Marathon, Pack Monadnock, Novemberfest and many other events will be missed. I will miss his positive outlook on life and can-do attitude. (Steve, you need to come back for Novemberfest, we can't do it with out you!)

Thirteen Striders and family members hiked up Mt. Tecumseh on August 15 under cloudy skies. Andy Cotreau led a blistering pace to the top of NH's lowest 4000 footer. Dave Williams did a great job organizing the event and made the right call when the weather looked dim in that morning. Special thanks to Lisa and Kevin Klasman for hosting the post-climb cookout. A good time was had by all.

Nine Strider teams will be competing at the Winnepesaukee Relay. If you missed out, sign up for the Mill Cities Relay to be held on Sunday December 5<sup>th</sup>. It's all the fun of Winnepesaukee without the hills. The 17<sup>th</sup> Annual Applefest Half Marathon will be held on Saturday, October 9 at Hollis-Brookline High School. This race has just about everything you would ever want in a road race. A Beautiful, challenging, and accurate, course; great looking t-shirts, lots of delicious post race food, and close to home. If you aren't running this one, volunteers are always needed for this race. Volunteering for a road race is one of the best ways to give back to the sport of running and it can be a lot of fun. If you're looking for a 5k to end the millennium, look no further than the 3rd Annual Salmon Brook Scramble on Saturday November 27. This well organized race starts and ends at the Immaculate Conception Church on East Dunstable Road in Nashua where bountiful refreshments await the finishers. Volunteers are needed for this race as well. See you on the roads. •

<b>ADRIAN J. LEVESQUE, JR., D.D.S.</b>	
	<b>61 Amherst Street Nashua, NH 03060 (603) 882-7578</b>

(Continued from page 6)

as I would after a 10-mile run in the heat. At least my quads stopped complaining and my hamstrings had that satisfying kind of tired feeling one experiences after a good workout. I knew I was getting there.

The next session with the TNT folks found me clacking around the parking lot waiting to snap in place and get rolling. This time our ride was 2 different loop each about 25 miles in length with one hillier than the other (wonderful). The heat was not quite as bad as the previous weekend but the sun was strong and I emptied both water bottles by the time I finished. Our average speed was almost 17 mph that included a number of stops for heading checks. By now, the young guys were wondering about this “old man” who kept attacking the hills without

falling over at the top. Yep, getting there.

The following weekend found me taking on my most challenging route yet – a 60+ mile trek from Merrimack, through Bedford, Goffstown, New Boston, Weare, Mont Vernon, Milford, Amherst, and back home. The route featured my ugliest hill yet in Weare that left me feeling like the kick at the end of a 10K. The only good things about the ride was that the day was cloudy and cool which kept me from dehydrating too much. I also used the opportunity to test whether I could handle eating an energy bar during the ride. One thing I’ve noticed with cycling is the bent-over position squeezes my stomach such that it’s hard to breathe if I’ve eaten an hour or so before riding. (Funny, but this is the same feeling I get when trying to run after eating.)

My final ride with the TNT group

came two weeks before the Century. This time the weather was perfect with low humidity and a sunny day in the 70s. The course was a modification of the double loop route of the previous ride to provide an overall distance of 70 miles. I knew things were coming together nicely, as 3 of us played breakaway on one hill after another. I didn’t mind the fact that the other guys were able to catch me before the top of the hill during the last 10 miles of the ride. After all, this was supposed to be a training ride and not a race. (Gee, I almost sound sensible for a change.) We finished the loop in about 4 ½ hours including a number of stops. The following weekend found me doing an easy 40-mile ride as a taper. Bring on the Century!•

(Continued from page 7)

lungs. Obviously, he was a relay runner. Traci does know all of the words to “No Body Gonna Brake My Stride” and never grows tired of telling you how awesome you are. She also has no problem accepting your hat, shirt, watch and whatever else you try to shed as the 88 degree heat starts to become a problem. She didn’t think the guys around me would mind if I ran it naked, but we decided against that.

One of those memorable moments would have to be when we passed the clock at the 25 mile mark. Traci asked me what I had to do to get into Boston and mentally figured out that I didn’t have chance. This was impressive because math

is not Traci’s strength. All she said was, “Oh, forget it Anne. Just relax. No sense in killing yourself at this point.” Sound advice all things considered, but I told her that I was still going to PR that day. So, that became our new goal. The course officials were hard on her, but she stuck in there just the same. With about a half a mile to go, Walter joined us. Traci peeled off at the sign that said “No Bandits Beyond this Point.” Walter, in typical Wally fashion, ignored it and ran with me all the way to the finish. I think I reminded him not to cross it. With Walter leading the charge and reminding me to pump my arms, I actually picked it up again and passed a couple of relay runners. After the

race, they were there to celebrate with me, bring me food, massage my shoulders, and Traci even held my hand all the way back to the car. This helped me back up the hill and no one even looked at us funny in a town like Burlington. The next day we enjoyed a cruise on the lake and a lovely lunch. Traci and Walter drove home as Barney and I shared the back of my car and slept the whole way home.

So, if you are running a marathon this fall, best of luck to you and don’t forget to bring your friends along. They are what makes running really special.•



### Hood To Coast Relay Aged to Perfection Team

#### Front row

Bob Layton, Fla; **Ron Kita**; Mike Skells, Oregon

#### Back row

Victor Beltran, Fla; **Bill Springer**;  
Mike Kaiel, Oregon; George Baier, Oregon;  
Bob Martin, Georgia; **Bill Spencer**;  
Richard Van Scotter, Colorado

Missing are Daved Bowden, Fla; and Greg Jacob, Oregon

(Continued from page 5)

for the marathon was a 5-10 min walk down a steep hill from Le Chateau right along the port of Quebec. My number was there, and I got my T-shirt, champion chip, and also walked around to see where the finish line was. Bill took my picture under the finish line (arrivee), and I felt a little spooked to stand under the finish banner without having run the course yet. Since the marathon started on the other side of the river in a town called Levis (no relation to the jeans maker), we were advised to make it an early night since the ferry to Levis would be leaving starting at 6:00 am Sunday.

On marathon morning, we left the hotel at 6:00 am and walked down to the old Port area where the ferry docks. Everything was well organized for the runners, and the ferry was free for the runners and their guests. The weather that morning was perfect for running, in the lower 60's and a little bit cloudy. The St. Lawrence was a beautiful blue color and fairly calm. We were able to sit on the top deck of the ferry and had a great view of Le Chateau from the river, since the hotel is situated on a hill overlooking the old port. I felt a little apprehensive, since Bill (a non-runner) was not that enthusiastic about getting up at the crack of dawn for this running event! Once on the Levis side of the river, we were bussed to the local high school where we waited around from about 7:00 AM until the start at 8:30 am. I didn't have a chance to eat breakfast, so I had a piece of fruit and an energy bar along with a lot of water while waiting.

Finally we were asked to line up for the marathon according to our estimated finishing times. I got in the section for 3:30 to 3:45 or 4:00 hours, since my goal was 3:45 +/- 5 minutes. I would have to keep in mind during the first half of the marathon to keep the brakes on, since about half the field (1500-1600 runners) would be running a marathon relay race and the other 1500 are running the full marathon. The wheelchair runners were off first at 8:15, and finally we were off at 8:30am. I saw Bill in the crowd as I was waiting to start, but didn't see him again until after I finished. Once I started running, I didn't realize that we did a loop around the high school, so I wished that I told Bill to stick around. He had since headed back to the Ferry to go back across to the Old City.

As I vowed to myself, I ran very conservatively on the Levis side of the river. I

didn't feel particularly great the first 5-10 km, and I said to myself, this is going to be a very long marathon! The course itself took us all around Levis, and finally down along the river itself. I remember looking at the elevation map, and noticed there were one or two hills, one a pretty steep but short incline during the first half. Other than that, in my mind my goal was to reach the Pont de Quebec (the old Quebec Bridge) which was after the 25 km point. All along the course, people were cheering for us in French. "Bon, Madam, c'est bon", or "Allez". I later asked my daughter why they called me madam instead of mademoiselle, and she told me it was because I looked older. (Nothing like a child to speak the truth, hah hah).

Right before the half marathon point, I decided to take a power gel (I think it was around 20-22 km). I was averaging about



Andrea Pierce in Old Quebec

25 min/5 km or 5 min/km, so I was about 3-5 minutes behind my goal time. At the half marathon point, I was about 1:52 or 1:53 and I wanted to be closer to 1:50 or under. I was OK with that time, since I started to feel better as the marathon went along maybe due to the power gel. Anyway, I kept the view of the old Quebec bridge (an ugly green monster like the old Bridge Street bridge in Manchester). It was almost like watching the Citgo sign as you get closer to Kenmore square in Boston.

Finally, after the 27 or 28 km mark, we started the incline up to the bridge. Personally, I don't like to drive over bridges, never mind running over one. However, they had closed off the bridge to traffic on the right side where we were running, and before I knew it, we had finished crossing the St. Lawrence, thank God. We ran up and over a ramp on the Quebec City side, and then finally started a rather steep decline back down to the Boul. Champlain right along the river. Some man who was running along side of me commented on how strong I looked as we crossed the 30 km mark. I told him thanks, but the race still had a ways to go. As I approached the 32 km mark, I was also saw the 20 mile mark just past it. I was surprised, since I thought they would be exactly at the same spot but they weren't. My watch read around 2:51 or 2:52 at 32 km, and about 1 minute longer at 20 miles. I had taken a GU gel right after the bridge, so I really felt like I could do the last 10km under an hour, so that I could accomplish close to my goal time.

The last 10 km weren't too difficult since it was mainly flat along the St. Lawrence. I kept looking to see the outline of Le Chateau, but the topography of the coastline curved out so it was not visible until very near the end. At about 35 or 37 km or so, a fellow male runner asked me something in French. I said to him to speak English please and he wanted to know if I had run the whole marathon, or was on a relay team. I told him that I had run the whole course and he seemed impressed. For once, I was passing quite a few runners near the end of the marathon since I had run a very smart and conservative race.

Finally I saw the last water stop or "leau" as they say in French at 41 km. This was the only stop I didn't bother with, since I was so close and still running strong. As I made the right hand turn into the finish line area along the Old port there were tons of people behind the barricades cheering us on. They even announced my name and my town, and said GATE CITY STRIDERS too, since I had wore my singlet. I could see the clock had turned to 3:46 as I crossed the line, but I had predicted my chip time exactly: 3:45.45. Boston 2000, here I come!•

---

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 \_\_\_\_\_

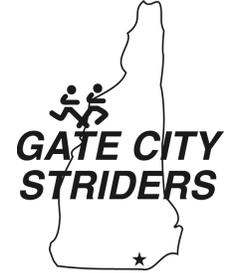
Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

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 \_\_\_\_\_

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

**BULK RATE  
U.S. POSTAGE  
PAID  
Nashua, NH  
Permit No. 1050**