



General Meeting - Minutes

Date: Wednesday, April 16, 2003
Time: 7:30 PM
Location: YMCA, Merrimack, NH
Web Site: www.gatecity.org
Forum: groups.yahoo.com/group/gatecitystriders
Hot Line: 880-9479

Executive Board Officers

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New Business

- Wednesday Workout Update

We have started our weekly workouts at Pennichuck Jr High. We have learned the facility will be closed for reseeding near the end of May. At that time we expect to relocate to Nashua High School North for the rest of the season. We will post details on the web site when they are available.

- Road Runner Sports Partnership

We have entered into a partnership with Road Runner Sports. We will be adding a link from our web site to Road Runner's on-line catalog. If you follow the link and place an order, Gate City will get an 8% cut. This is true even if you are a Road Runner Sports member. Steve Moland will add the link soon.

- Fitness University Update

Finals Day is confirmed for Saturday, July 12. Regina Jacobs will return as Dean of Fitness. Because Pennichuck Jr. High will be unavailable for finals day, we are currently looking for alternative sites. Alvirne High School in Hudson is one possibility.

Shaun McMahon is currently firming up the clinic dates and locations.

- Freeze Your Buns Awards

Steve Moland presented awards from this year's Freeze Your Buns series. There were competitive awards (trophies) and participation awards (T-shirts). If you are expecting an award but you weren't at the general meeting, Steve will catch up with you at track or elsewhere.

- Letter from the Nashua Soup Kitchen

Bob read a very thoughtful letter from the Nashua Soup Kitchen thanking us for helping with the 5K race on April 6. Thanks to the Striders and others, the Soup Kitchen raised several thousand dollars.

- Upcoming Events

We summarized the many events scheduled for April, May and June. See the next page for details.

- Volunteer Needs

As always, volunteers are needed for key events including Pack Monadnock, Fitness University and Mt Washington. See the next page for a list of events and contact information.

Tonight's Guest Speaker

Michelle Holland, Physical Therapist and Owner of Performance Rehab Inc, www.performancerehab.com

Michelle's topic was training and specific exercises for reducing risk of injury. Michelle has worked as an athletic trainer for groups ranging from area high school teams to the US Olympic ski aerialists and bobsled teams. She explained the benefits and techniques of both static and dynamic stretching exercises. It was a very informative talk with plenty of opportunity for audience participation. Striders asked lots of good questions and got to try some of the exercises.

Upcoming Events

- April 21 (Mon) Boston Marathon Bus. Contact: Jim Belanger, jbelan1552@aol.com
Club Viewing Spots: Support our club runners at favorite viewing spots including mile 16 at Rt 128 overpass high side and mile 17 about 1/2 mile past the Fire House turn on the first hill.
- April 27 (Sun) Annual Parkers Maple Barn Fun Run and Brunch, Brookline, NH.
Contact: Traci & Walter Swanbon, healthnutz@ttlc.net
- May 3 (Sat) **Big Lake Half-Marathon, Alton, NH -- NH Gran Prix Race #1**
- May 4 (Sun) Pauline Albert Memorial 5K, Nashua North HS, Nashua
- May 11 (Sun) SNHMC 6K, Nashua. Contact: Damian Rowe, Race Director, drags@yahoo.com GCS managed race. Benefits Fitness University.
- May 21 (Wed) Final 02-03 Monthly Meeting @ Merrimack YMCA, 7:30
Our guest speaker will be a Merrimack Police Safety Officer. The topic will be Running Safety with a focus on running on roads and women's defense measures. As usual, complimentary pizza and drinks will be served.
- June 1 (Sun) **Pack Monadnock 10 Miler, Wilton, NH -- NHGP Race #2 Wilton**
Contact: Steve Moland, Race Director, steve@accessp.com seniorrunner@aol.com This is a club hosted event. Key volunteers needed for courtesy van, registration, and parking.
- June 3 (Tues) Fitness University clinics begin and continue through mid-July.
Strider help always welcome. Check the web site for dates and locations.
- June 5 (Thurs) JP Morgan Chase Corporate Challenge, Boston, MA. Volunteer Coordinator: TBD.
GCS gets reimbursed for volunteers.
- June 18 (Wed) 10th Annual Louise Rosetti 5K, Beverly, MA , www.northshorestriders.com
Women only. Louise is a GCS member and local running legend. Please support her race.
- June 21 (Sat) Mt. Washington Road Race. Coordinator: Dick Bersani, dick_bersani@waters.com See Dick soon if you want a bib number for Mt. Washington. Also volunteers needed to ensure for future reserved entries.