

# Upcoming Events

## Upcoming Team Events

### **April 15: Boston Marathon, Hopkinton, MA**

As always, a large contingent of GCS members will be running in this year's 106<sup>th</sup> edition of the Boston Marathon. If you are entered you will automatically be assigned to the appropriate GCS team unless you tell me (webmaster@gatecity.org) otherwise.

### **April 28: James Joyce Ramble 10K, Dedham, MA**

The James Joyce Ramble is the second event in the 2002 USATF New England Gran Prix. 25 Striders ventured down to New Bedford for the first race and finished in 13<sup>th</sup> place out of 22 teams. We need a strong turnout here to move up into the top 10. Remember you must put GCS on the race application AND register for the USATF-NE to score for the Striders in this event. This race is much closer (45 minute drive) than the New Bedford Half Marathon. Let's field full teams in all divisions, even the 70+ Men and 60+ Women for this event. Just by showing up our Male Ancients and Female Veterans should be able to claim their division titles, while scoring 5 points each for the Striders overall team effort.

Race applications and USATF-NE Registration Forms will be available at track starting on April 10 or I can email them to you if you contact me at webmaster@gatecity.org.

### **May 19: Bedford Rotary 12K, Bedford, NH**

Never fear – GCS will still be competing in the NH RRCA Gran Prix in 2002. While we might be concentrating more on the USATF NE Gran Prix, we still will not give up our NH RRCA Gran Prix title without a fight. See you there...

## **Annual Parker's Run on April 21st at Noon.**

Come join a fun group of runners ( or is it a group of runners for a fun run?) for a beautiful run mostly on dirt roads, and trails that can be a little tricky when wet! Just ask Ed Deichler, "Real men break their fall with their head" Walter will lead the 8 plus mile loop (more if requested). Traci will lead 6+ loop. The loops are essentially the same - Walter adds on at the end. The course has a few hills (but let's keep that a secret). We run to eat! If you haven't been to Parker's - come on down - it's New England at it's best. Pancakes Galore, waffles, omelets and they make their own Maple Syrup. This has been a Gate City Strider tradition for many years. Does anyone out there know when the first Parker's Run was??? It used to be a point to point starting at Brookdales in Hollis. It was also very early in the morning in February. Well the Swanbon's moved to Brookline and said - are you serious - Let's start at Noon in Parker's parking lot and do a loop. OK, that's not really true. Parker's asked us not to have the run during their busiest season and at their busiest time, sooo we changed the when and a little of the where (a 10 mile plus point to point fun run is hard to coordinate). Does anyone remember getting yelled at for parking at the Brookline store? But wait there's more. This is a family event. Everyone is welcome. Non-running significant others (is that PC or what) can join us - they can come at noon and walk, read the paper, play checkers on the porch or browse in the shops or they can also come around 1:00 and join us for Breakfast/Brunch. Directions: <http://www.parkersmaplebarn.com>. Please park in the parking Lot across the road from the restaurant. Please let us know if you will be joining us - so that reservations can be made.

Thank you,  
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## Fitness University - 2002

On behalf of the Fitness University 2002 Committee, I would like to report on the progress for this year's 12th Fitness University program. For any new Striders, you may have probably heard about this program from members of the Striders, or members of the community. Fitness University is an ideal way for kids to learn about fitness and running, while having fun. Over the past 12 years, the Striders have been very fortunate to have been permitted to use the athletic fields and facilities throughout the surrounding Nashua community for hosting the program's Running Clinics held throughout the summer.

In the past few years, Fitness University has experienced a slight downward trend in the number of participants. I am of the opinion that this decline is for the most part, attributed to the amount of exposure this program has had within the area schools and their communities. To that point, the committee has focused its attention on the most essential component; Publicity. When putting the plans together for the Eleventh Annual Fitness University, Bob Pelletier made the suggestion to allocate a portion of the budget for the purpose of producing a video taped production of the event. I have got to congratulate Bob for his idea. I have showed this video tape to so many people within the Nashua community, with positive comments from everyone who viewed it. The tape was also used during the initial presentation to our newest Sponsor of Fitness University; Southern New Hampshire Medical Center. Those in attendance enjoyed the presentation. The tape really does a great job in capturing the essence of Fitness University. In addition to the video tape production, letters of request have been sent to the SAU offices of the schools in which Fitness University Clinics have been hosted. The purpose of the letter was to formally ask permission from all the school districts to allow the Striders to bring the applications into the schools "officially" for distribution. I am very pleased to announce that of the eight SAU offices approached, five have already contacted me letting me know that they would be happy to assist us. I think it's safe to say that with the distribution of applications within the school system, the exposure element has been satisfied.

As the Fitness University Committee continues with its process of securing the locations for this year's scheduled Running Clinics, many other activities are underway. Preliminary plans have been discussed regarding some fun and exciting additions to the Clinics, as well as an exciting new inductee to the ranks of "Dean of Fitness".

Pending any unforeseen circumstances, Finals Day will be held at Pennichuck Jr. High School on Saturday, July 20<sup>th</sup>. This year the number of clinics has increased from past years to a new total of twelve. In addition to the second road trip to Dracut, Massachusetts, plans are also underway to bring a clinic to the western side of the Bay State; to North Middlesex Regional High School, in Townsend Massachusetts. Maybe someday Fitness University will be presented on a National basis?

One of the most important factors in this programs success is the Striders ability to offer it to the children of the community absolutely free. We have been successful in continuing to offer the program free of charge through the continuing generosity of past Corporate Sponsors such as Healthsource and Compuware. This year, we are proud to welcome the most recent member of our team, the Southern New Hampshire Medical Center. Why sponsor Fitness University? Tom Wilhelmsen, President and CEO of The Medical Center, believes the hospital's role is to help the next generation learn how to make healthy food and fitness choices. **"Our sponsorship of Fitness University, coupled with our new Fit & Healthy KID STYLE! program, will help to accomplish this goal and serve as a model for other communities"**. Keeping the next generation fit and healthy is an important part of The Medical Center's mission.

Having said that, the City of Nashua's been without a family road race for several years, and we thought now's the ideal time to bring one back as a demonstration of The Medical Center's commitment to promoting health and fitness as a *community* priority.

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