

StriderWear

The Gate City Striders offer a wide variety of athletic clothing



Kathy Kirby

and accessories so that everyone will

know you are a proud Strider. Striderware will be available for purchase at most Wednesday Night Workouts in Nashua, at our monthly meetings, and at selected Gate City Strider races. Kathy may also be reached at home at 465-3868 or by email. Print out the Order Form from <http://www.gatecity.org> and bring it to the track. •

Strider Discount Program

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

turned to the club treasury to support various club activities.

FitSense: manufacturer of the FitSense FS-1 Training Watch. The FS-1 is a combination of a chronometer (stopwatch) and pedometer. The chronometer is far more powerful than most and the pedometer far more accurate than conventional pedometers, which require precise calibration. Data from the FS-1 can be loaded into your computer for storage and analysis. An optional heart rate monitor is also available. Coach Dave Camire currently has a highly favorable review of the FS-1 posted on his Cool Running web site: www.coolrunning.com. FitSense will give Striders a 20% discount on the FS-1 and accessories plus return 10% back to the Striders treasury.

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

RUNNERS ALLEY

Runner's Alley, NH's Only Running Only Store, has recently opened a second location on Hanover Street in the heart of downtown Manchester. Runner's Alley has been offering knowledgeable, personalized service and quality products to the Portsmouth area for over four years and is now offering the same for Manchester and surrounding communities.

Shoes lines currently carried include Brooks, New Balance, Adidas, Asics, Mizuno, and Saucony. Clothing lines include Sporthill, Sugoi, Hind, Pearl Izumi, and much more. Fall store hours are Mon – Wed, and Fri, 10 AM to 6 PM, Thurs 10 AM to 8 PM and Sat 10 AM to 5 PM. You can reach Runner's Alley by logging on to www.runnersalley.com or calling 603.606.6949. Keep an eye out for group runs to start in the spring. Gate City Strider members are entitled to a 10% discount on all merchandise! Stop by and welcome Jeanine, Scott and Jim to the area.

(Continued from page 10)

mountain series races to participate in. Sure you'll walk parts of the races but so won't many others. It's a different experience. The Strider Club triathlon in August is something that you don't have to be overly experienced at swimming, biking or running to have a good time at the club TRI. The whole point is that you can have more fun involving running than just putting in your weekly mileage, and there's lots of opportunities to raise your fun level. Come join your fellow Striders on a road trip. If you'd like any information about the events I've mentioned or the logistics involved, call me at 603 882-2067 or email me at steve@accessp.com