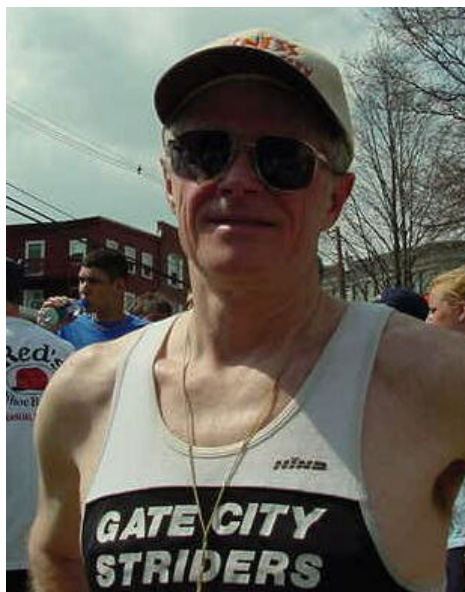


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## MEET THE E BOARD

### President

Steve Moland is the Strider President. Steve 58, lives in Litchfield with his wife Judi who is also a runner/volunteer. They moved to NH 26 years ago after growing up just outside of Boston. Steve started running in 1997 and was recruited as a club member at about the same time. Steve has a software consulting business with a partner in Londonderry, however as a Bentley graduate he was primed for his initial career in Accounting. Seems the habit of record keeping has extended to his running log which shows that in 4 1/2 years as of 3/28/2002 he's run 6104 miles, 867 training runs and 151 races. He enjoys training with friends for marathons but finds that it takes time away from other things. These other things include shorter distance races, grandchildren (he has 6), white-water canoeing, and fishing. He's



volunteered at a majority of club

events since joining the club. Since he appears to be fortunate to be in a unique position that his fastest times may be ahead of him, his running goals this year are PRs at 5K, 10k, half marathon and 10 miles. He got the half marathon PR by 11 minutes recently at New Bedford.

### Vice President

Dave Delay is Vice President



I've been running for about four years. The first two years I ran exclusively for fitness. My first race was the Pauline Albert Memorial 5K in June of 2000. I discovered the Gate City Striders club around the same time. Since joining the club, I have been a regular at the summer track workouts and the winter Wednesday night workouts at Pennichuck Jr. High. I'm no speed-demon, but Gate City has helped me improve my 5K time and given me the confidence to try longer races including 10Ks, a 10 miler, and a

half marathon. I guess my biggest racing accomplishment so far is completing all the races in the 2001 NH RRCA Gran Prix. This year my goal is to improve my times for longer distances up to the half marathon. If improving my running is what got me interested in Gate City, what really got me hooked is the way the club promotes running in southern New Hampshire. The Pack Monadnock 10 Miler, the Applefest Half, and Fitness University are all one-of-a-kind events. I'm proud to be associated with a club with such a strong tradition. As a member of the executive board, I'll do what I can to keep the tradition going.

### Treasurer

My name is Bill Farina and I have been with the GCS for a year. I have been active with the Wednesday track workouts as well as the Wednesday winter runs from Pennichuck. Recently I have been helping with this year's Fitness University and the



Medical Center's road race. I have been running off and on since high school. I have enjoyed everyone I have met in the club and am glad to be able to help out. My running goal this year is to participate in more races including Applefest. I live in Pepperell with my wife, Lynda, and our two children (and number three on the way!).

## Membership

.My name is Sandy Geisler and my husband and I have been active members of GCS for about 8 years. Running was the furthest

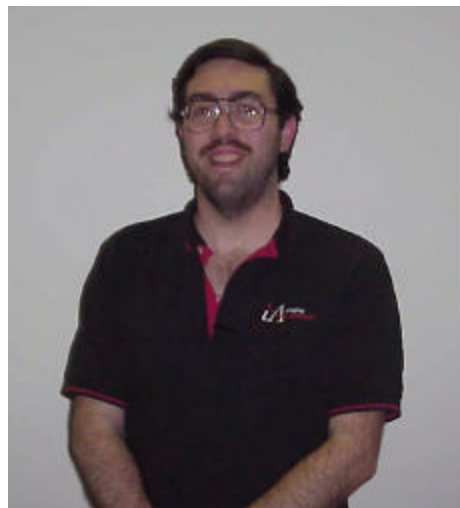


thing from my mind when we joined the club. Throughout junior high, high school and college, I swam competitively and played volleyball along with taking part in other sporting activities. Running was a part of our training—a part I wasn't too sure I was crazy about. A year after joining the club and after years of watching my husband run races, marathons, etc., I thought I'd give running a try. I discovered it wasn't so bad, have run numerous races and even ran a half marathon which I really en-

joyed. Even though I'm still not sure how I feel about running, I maintain about 20 miles a week. A nagging back problem prevents me from striving for more. Although, I do spend more time these days playing tennis and not running—now there is a sport I'm crazy about. I started playing about 3 years ago and can't get enough. My running has helped me chase down a lot of those little yellow balls.

## Competition

Our Competition Director is Michael Amarello. Michael joined the Striders in June 1998 as he began running again after 14 years, 2 knee operations and 65 pounds. Michael, who was called an iron-balled stud in the old days (1977-1984) by the Hockomock Swamp Rat (Dec 1999) for his bi-weekly 32 mile training runs and pr's of 16:47 for 5k and 33:52 for 10k, is now content to finish 5k's in the low 20's and has discovered the joys snowshoe running. Personal goals for 2002 are to run 22:00 or better for 5k, to run some longer



races, and to get down to 185 pounds.

## Social

Dave Ferris is our Social Director Dave, like several of our Board



members is a relatively newcomer to the club. He is a regular at the track workouts and looks forward to serving as the club's social director. He already has plans for pizza night and yogurt night at the track.

## Secretary

Due to the resignation of Denna Lee, the Board will be appointing a new secretary.

Is this your picture?

