

Randumb Thoughts

By Bob Thompson



Can you believe that summer is nearly over? The weather has been much better for running this summer as compared to last summer when it was hazy hot and humid for days on end. And much better than last winter when it was sub-freezing with snow and ice everywhere. How quickly things change. 2004 is just around the corner while the whole Y2K scare seems like just yesterday. Nashua Celebrated its 150th anniversary with a huge parade and the largest fireworks display that I have ever seen. I don't normally care to see fireworks but these were truly amazing..... The Strider workouts moved to the new Nashua North High School on June 11. The new red rubber track at Nashua North High School is getting rave reviews from runners. The surface is very forgiving and provides excellent traction when wet or dry. I've noticed that I'm not nearly as stiff the day after a workout on the new surface as compared to Pennichuck Junior High or the old track at Nashua South High School. These other two tracks are due to receive a much needed re-surfacing. By next spring, I would expect that we would be back running at the track at Nashua South High School with it's easy access to beautiful Mine Falls Park.....Long time Nashuans need to change their nomenclature. Since 1976, the old Nashua High on

Riverside Drive has been called the "new" High School. The "old" High School has been Elm Street Junior High School, home of the Eagles. How many of you Striders remember dual sessions at Nashua High in the 70's? As high school juniors and seniors at the old, old, Nashua High School on Elm Street the school day ended before noon-time, which allowed time for a part-time job or frequent afternoon spring road-trips to the beach, or other ways to find trouble. As freshmen and sophomores we looked forward to cross-country and track meets for reasons other than running. Being on the team meant you'd be out of school by 2-3 pm on days that meets were held instead of the normal 5:15pm school ending time. In the 60's and early 70's Nashua High dominated state track without having a track at the school. Athletes would need to get from Nashua High on Elm Street to the track at Fairgrounds Junior High for practice each day. That in itself was often a workoutFormer GCS President, and retired Nashua Police lieutenant Steve Doyle was in town to see his son, Ben, follow in his dad's footsteps and graduate from the Police Academy. Ben will be working for the Derry Police Department. You'll probably see him on patrol at one of the many races held in Derry by the Greater Derry Track Club..... Carl "laugh track" Chartier made a rare appearance at Church on June 25th. Carl was a regular at all of the workouts and races in the mid 90's but had to stop running due to back problems.....Speaking of being back in town, another former GCS President, Skip Cleaver, has moved back to the area after a couple of years in Connecticut. If you read Skip in the Sunday Telegraph you would think that he never left. If you see him at Wednesday evening workouts, you might have thought he never left. Skip has been known for his long drives to attend Strider events. He is a two time winner of the GCS Golf Outing Longest Drive.....Coach Sharon Yu has won the women's senior division 15 consecutive weeks at the Good Times Race Series in Lowell. Its one thing to show up at every race of a series, it another thing to win every one of them. Outstanding running by Coach Yu!.....Thanks to everyone who has donated their used running shoes to the Milford Share Program. Thus far we have donated over 70 pairs of running shoes to needy folks in the area. While a 6-month old pair of running shoes may have lost their cushion for regular running, they make for great daily shoes for many of the areas needy families. I'll continue to bring the white shoe basket to the track each Wednesday as long as you keep bringing your shoes.....Jack "Be Nimble Jack Be" Kick has been winning his share of races and is one of the top ranked 70+ runners in the country. Jack has also been consistently winning his division at the Good Times series as well as other area races. On July 19th he won his division at the Bill Luti 5-miler in Concord NH with an outstanding time of 35:27. Jack along with Bill Spencer and Rich Stockdale won their respective divisions at this race (which is named after the long-time Concord High School track coach) helping the Striders maintain our lead in the NH Grand Prix Series. (The next race in the NH Grand Prix is the 11th Sandown Old Home Days 5 Miler on Saturday August 9th.) Looking at Jack you wouldn't think so, but the nimble one has shown recently that he can eat pizza with some of the top Clydesdales in that event. Displayed at a recent "church" meeting was a 30 year old 15-20 foot long topographical map of Utah's Little Cottonwood Canyon, home of Snowbird Ski Resort. Jack had used the map years ago doing geological work for the development of this world renowned ski resort and spa. If you love skiing, Snowbird is the one place you must ski! Great job, Jack!Speaking of fast old men, Bill Spencer set another NH age group record for 5 miles for age 67 with an outstanding time of 34:38 at the Luti 5-miler. Bill can't wait until he turns 68 so that he can break some more records. When he's not setting records he can be found coaching Strider youths, as they also continue to break state records. In his other spare time, Bill puts in a lot of work preparing Striding Along for publication and organizing Strider teams to battle in out on the roads. Bill, keep up the good work!.....The Annual GCS Golf Outing is scheduled

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for August 10th at Buckmeadow Golf Course. As of this writing, we have 5 foursomes ready to square off in an 18-hole scramble. Golf is a beautiful thing and I've found that it's much easier on your body than running. Walking 18-holes on a full-length golf course can be a very tiring experience, especially if you hit them the way I do. Sometimes golf can seem so easy as you hit the ball as pictured on TV with a smooth straight drive, a lofty iron onto the green, and a short putt for an easy birdie "3". The next hole can make you want to pull your hair out and toss your clubs into the pond, as you hit a slice followed by a skull, a heavy, a top, a whiff, a hook, a chunk and a knife, followed by a 3-putt for a solid "11". Next hole, please! In the next issue I'll provide the scores, highlights and lowlights of the upcoming GCS Golf Outing and 19th Hole BBQ.....New Hampshire's largest road race the CIGNA 5k will be held in Manchester on August 14. Dave Delay has organized a large group of Strider volunteers for this race of over 4,000 runners. This is a large fund raiser for the Striders each year. If you haven't volunteered for at least one race this year, you owe it to your fellow runners to volunteer. With the cooler weather and the full racing schedule ahead of us there will be plenty of opportunities to help out. Look no further than the Applefest Half Marathon on October 4th. Volunteers are always needed to ensure the top notch quality of this event..... See you at the track!

How to be a Great Volunteer

By Steve Moland

I want thank all those that helped at the Pack Monadnock race on Sunday June 1. We had 40 members help and though I might have guessed ahead of time that we could do with fewer volunteers, the number we had was just about right. Since the race I've had a number of people who said, "I mentioned at track [church, supermarket, another event] that I would volunteer, but you didn't get back to me". I wish I could totally eliminate the embarrassment of hearing that and the misuse or no-use of the potential volunteer service lost.

Perhaps what is not said or understood is how the role of being a volunteer can be improved. Beyond the specific tasks that a volunteer is assigned, THE next best task any volunteer can do is to be proactive in contacting an event director about detailed contact information about themselves (their phone number and email address) and then in the week prior to the event, contacting the event director to obtain the "WHERE", "WHEN" and "HOW" details of the volunteers specific assignment on event day.

An event director should get all that information to the volunteers but sometimes details on specific assignments are not known until race day. Volunteers who don't show up really put a strain on sticking to an assignment list. Most often, though, people don't volunteer until the last minute. Thank goodness they do, but seldom does that leave time to get timely information to them given the pressures of a busy pre-event week.

You might imagine that there are lots of details about an event that take lots of time to research, determine, decide and put in place. Researching phone numbers and email addresses of 50 to 100 people so that 10 to 40 volunteers can be found for an event is a daunting task. There is a better way.

Instead of the event director having to make a zillion calls, wouldn't it be more efficient and effective if the volunteer made the effort to contact the event director.

Remembering to find people who tell you things in a parking lot is problematical. HOWEVER, please don't stop volunteer in the parking lot, we'll take em any where and how we can get em, just try to help a bit further by contacting the event director from your direction. This is particularly true if it gets close in to the event and you haven't been contacted. Non-contact doesn't mean we don't need you, it means the RD dropped one of the balls they have to juggle.

JP Morgan Chase volunteers

Skip Cleaver, Dave Delay, Dick Doyle, Ed Kelly, Rich MacDonald, Mary Minami, Kevin Reynolds, Brian Sanborn, Genia Sanborn, Rich Stockdale

Mt Washington Volunteers

Dick Bersani, Mary Ellen Bersani, Steve Moland, Judy Moland, John Heden, Damian Rowe, Kathy Kirby, Jerry Rocha, Robin Rocha, Brian Coates, Peg Turcotte

Activities

Fitness University Thank You

On behalf of the entire E-Board I would like to extend a huge thank you to all who contributed their time and energies to the nine Fitness University clinics and Finals Day held on July 12 at Alvirne High School in Hudson. Registrations surpassed 400 with actual attendance at about 300 children for Finals Day. An estimated 650-700 children attended the nine clinics for an average of about 75 students per clinic.

Over 50 Striders volunteered on Finals Day and most of them also contributed to one or more clinics. Special thanks go out to Fitness University Director Shaun McMahon for the flawless Finals Day execution along with Clinic Directors Shaun Scanlon, Steve Moland, Cathy and Mike Merra, Dave Delay, Jim and Judy Slane, and Chet Rogers.

A very special thanks goes out to our tireless Equipment Manager Kevin Reynolds who logged numerous hours setting up, breaking down, and loading and unloading two trucks worth of equipment for Finals Day. Be sure to give Kevin a pat on the back when you see him.



I also wanted to acknowledge the extraordinary efforts of a number of GCS families and individuals who were able to help out at two or more clinics and again on Finals Day. They include Terri Beiter, Eric and Yuki Chorney, Andy Cotreau, Chantal and Teanna Croteau, Dave Delay, Pam Hall, Ed Kelly, Pat Kiesselbach, Rich MacDonald; Sharon, Kim, and Cara McAuliffe; Anthony, Chris, Cathy, and Mike Merra, Mary Minami, Joyce and Krista Oberholtzer, Lindsey Ostler, Abby and Susan Picard, Jerry and Robin Rocha, Shaun Scanlon, Helen Schultz, Judy and Nicole Slane, and Bill Spencer. Thank you all!

Additional thanks go out to the scores of other Striders and families who were able to contribute at least one night to the clinics and/or to Finals Day along with others who helped to secure permits for application drops and distribute applications in the various communities.

Fitness University is no small undertaking for our club and without your support it cannot become a reality each year. The E-board is already taking measures to ensure for the success of the event in 2004 beginning with the establishment of a Clinic Coordinator position that will oversee all Clinic Directors. We seek to have the Clinic Coordinator position filled no later than January 1 and all Clinic Directors in place by March 1. The E-board will first approach individuals targeted for Clinic Coordinator and Director positions followed by an open solicitation process. This will help relieve a large portion of the workload for Event Director Shaun McMahon who intends to return again next year. We also hope to receive the outstanding sponsorship support of Southern New Hampshire Medical Center for their Gen Fit lifestyle program. We cannot thank them enough for their commitment to this premiere Gate City Strider event and to the community.

Bob Pelletier
Club President

ATTENTION!!!! APPLEFEST 2003!!!! VOLUNTEERS WANTED!!!!

(Course, Facility, Event Management)

This year will be the *21st running of Applefest!!* We need the help of the Club members to make this a successful 21st. We are adding a new two-man relay this year and will need more volunteers than in the past! We still need pre-race help to distribute t-shirts, too! Sign-up sheets will be available at the track workouts for those of you who attend.

PLEASE SIGN UP!!

We will need people all during the day - early AM help through mid-afternoon Post Race pick-up. Even if you are a runner, we can use your help before the race!

Anyone who would like to volunteer and does not attend track workouts, please contact me at:

(603) 595-7149 Home (leave a message) or emily.strong@baesystems.com

Sign up and be a member of the 21st Applefest team!!!

Help us manage another successful **Applefest!!!! Applefest 21!!!!**

21st ANNUAL APPLEFEST, OCTOBER 4, 2003 BAKED GOODS AND VOLUNTEERS NEEDED

By Pat Kiesselbach

Applefest Food Coordinator

On Saturday, October 4, baked goods are needed for our famous Applefest food tent. With the addition of the relay, more runners will be participating this year, so we will need all the cookies, brownies, banana breads, muffins, etc. members can donate. Please drop off baked goods at the food tent before 10 am on race morning or at my house the day before. Volunteers are needed to help out in the food tent on race morning. If you can't bake or help out race day, how about volunteering for the phone committee? Be part of this great event, there are sign-up sheets at the weekly track meets and at the September monthly meeting. I can be reached by e-mail at mayener@netscape.net or by calling 881-5532.

Looking forward to seeing you at APPLEFEST 2003.