

The Striders Surge to NHGP Lead at Pack Monadnock



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Competitive success is one of the ways by which people judge the excellence of a running club. On Sunday, June 1st at the Pack Monadnock 10 miler a sizeable contingent of striders took up the gauntlet thrown down by the Rochester Runners and the (the 2002 NHGP champs) the Granite State Racing Team, our primary rivals, to the north. Only the bravest and most adventurous runners will tackle a mountain race such as Pack Monadnock. This year Gate City really showed their mettle with an excellent showing and effort, that has put us in the lead (for now!) in the 10th annual running of the New Hampshire Grand Prix series. Until last year GCS had dominated in the NHGP, so this year we have set a goal to refocus and attempt to reclaim our road racing crown at the local level. This will not be an easy task as the competition this year is the toughest in the history of the series. Participation is the key (and the six races left are in our competitions own stomping grounds) to our success and as I've said before, you do not need to be one of the fastest runners to assist in our efforts. The Team aspect of running can be quite rewarding while also allowing one to achieve better individual results. Isn't there a large degree of satisfaction when you work hard (running as well as organizing) and allow that positive group energy to carry you toward your goals?

Our success at Pack was a direct result of the combined efforts of many. Most notably, Club President, Bob Pelletier for getting the message out and putting together a rewards points program with a nice participation incentive as well, Coach Dave Camire for constructing a better focused workout plan, and Mike Amarello for his continued organizational guidance (his insight into the local competitive running scene is nothing short of amazing). Team age/group captains also played a vital role in getting the troops out.

So Striders let's keep the ball rolling, come on down to the track on Wednesdays (6:00 p.m.) as much as you can. Put the remaining NHGP races listed on page 15 on your running calendar, please talk it up and spread the word to those who might be sitting on the fence and most importantly come to the races and PARTICIPATE!

Hello Club,

I could not be more pleased with the turnout and performance of GCS runners and volunteers for Pack Monadnock, held today in driving wind and rainy conditions. We had a superb turnout of over thirty runners for the very demanding course and twenty of you scored for the team in NHGP Race #2. Our runners were backed by a great volunteer support team. Thanks for an outstanding job by each of you!

Special thanks go to Director Steve Moland and his event team for putting this fine race together. I want to also thank Walter Swanbon and Michael Amarello for their efforts to actively engage many who wore the GCS colors today. Thanks also to Coach Dave and his staff as the hard work is paying dividends.

Great job to all!!

Bob Pelletier
Club President

Pack Volunteers

Michael Amarello	Samy El-Gubaley	Rich MacDonald	Jim Slane
Dick Bersani	Sandy Geisler	Shaun McMahon	Judy Slane
Mary Ellen Bersani	Mike Hagerty	Mary Minami	Marissa Slane
Eldon Burnkinshaw	Deb Hawkins	Steve Moland	Nicole Slane
Eric Chornoy	Tom Hawkins	Carolyn Morgenstern	Linda Thatcher
Tom Conley	Karl Kiesselbach	Kevin Reynolds	Mike Thatcher
Dave Contrada	Pat Kiesselbach	Jerry Rocha	Mike Welton
Dave Delay	Stan Klem	Robin Rocha	
Ed Diechler	Ellen Kolb	Dave Salvas	
Peter Donahue	Mike Levesque	Shaun Scanlon	
Dick Doyle	John Paul Lewicki	Brianne Slane	

The New Hampshire Grand Prix Series

Team Standings after 2 races

Gate City Striders	190
Rochester Runners	163
Granite State Racing Team	114
Monadnock Regional Milers	92
Athletic Alliance	55
Coastal Athletic Assoc	27
Greater Derry Track Club	25
White Mountain Milers	7
Club New England	0
Lake Sunapee Running Club	0

The scoring system is interesting in that it rewards both good performance and active participation, yet does limit (to a degree) a larger club from dominating by sheer weight of numbers. What is important to remember is that in many divisions a significant number of points are scored by second, third and fourth pack runners. This is particularly true in the senior and up divisions

Within any division only 3 runners from a club may score. These are called "Scoring Runners". If a division has 8 or more Scoring Runners, the points are awarded to the Scoring runners from the "Top Down" starting with 10 for first, 9 for second, etc.... down to 1 point for the tenth Scoring Runner. However, if a division has 7 or less Scoring runners then the points are awarded to the Scoring Runners from the "Bottom Up" starting at 3 points for races with a length of less than 12K and 4 points for longer races. This slight tweak is so that a disproportionate number of points are not given to the winner of a division with only a few finishers. Without the tweak, a lone 75 year old walker would get 10 points in an easy 5K which could be the same points earned by the overall winner of a hard 10 mile race in a very crowded division. Never the less, the lower points do recognize participation and very often those points can decide the seasonal championship, so ALL club runners can help their clubs.

GCS Scoring and Participation Pool:

\$2 per point scored for each GCS member per event to be awarded at season end by check or Striderwear credit. Participation pool shares to be distributed as follows: \$50 for 7-8 NHGP races, \$30 for 5-6 races, \$20 for 4 races. Pool shares to be awarded at season end. Scoring and participation pools are combinable.

The Grand Prix Bread Winners

After two races finished in the New Hampshire Grand Prix the Gate city striders have scored 190 points and earned \$380 in cash prizes. This is an awesome start to the racing season. Keep up the good work GCS.

Richard Stockdale	20 points	\$40	Jack Kick	5 points	\$10
Bill Gray	14 points	\$28	Kathy Kirby	5 points	\$10
Kristen Ewing	12 points	\$24	Shu Minami	5 points	\$10
Geina Sanborn	12 points	\$24	Marie Mullins	5 points	\$10
Pat Kiesselback	10 points	\$20	Peter Shajenko	5 points	\$10
Pam Hall	9 points	\$18	Bill Springer	5 points	\$10
Heidi Haveron	9 points	\$18	Trevor Ward	5 points	\$10
Lori Lambert	9 points	\$18	Lisa Christie	4 points	\$8
Heidy Mcaffigan	8 points	\$16	Thomas Parker	4 points	\$8
Yuki Minami	8 points	\$16	Andrea Pierce	4 points	\$8
Diane Quinlan	8 points	\$16	Brain Coates	2 points	\$4
Julie Hanover	7 points	\$14	Traci Swanbon	1 points	\$2
Brain Stevens	7 points	\$14	Walter Swanbon	1 points	\$2
Tom Kolb	6 points	\$12			