

Lake Winnepesaukee Relay

The club had six teams running in the Lake Winnepesaukee relay, one of which was the New Hampshire Grand Prix team. The winning Grand Prix team was determined by age and gender adjusting each runner's time using the appropriate WAVA factors. The club's team was put together with this in mind and was made up of runners of all ages, who are at the top of their age groups. Rich Stockdale (age 52) led off and put the team in the lead on both an actual and age graded basis. Steve Hunt (age 46) had the second leg, and after cruising through the first part of the leg at pace slightly over 6 minutes, developed severe leg cramps. Rather than stopping, he had to back way down in order to keep the team in the race. His last few miles were barely a jog and he is still recovering from it. That put the team in third place, 14 age graded minutes behind Rochester. Lori Lambert (39) was next, hitting Bay Hill just as the humid air rolled in. Even though she had a bad time with the heat and was not happy with her time, her age graded time was just a minute behind the Rochester Runner, putting us 15 minutes behind. Granite State Racing team, meanwhile, got a great leg from Ernie Brake to put them in the lead by 1 minute. Kelsey Hunt (12) ran leg 4 and made up 2 minutes on Rochester and lost just 30 seconds to Granite State. She handed off to Pam Hall (50) who ran right on her predicted pace. Even though she was racing against two of the best male masters in the state, she more than held her own. Granite State picked up a minute and Rochester, 2 minutes, leaving us still 15 minutes behind Rochester. Bill Spencer (67) had the sixth leg and picked up 2 minutes on Rochester and 4 minutes on Granite State. He passed off to Jack Kick (70). Jack was just

coming back from a leg injury and wasn't sure how hard he could push



over his 8.5 mile leg. When he finished, his graded time was a minute faster than Rochester's and a minute slower than Granite States. The team was now 12 minutes behind Rochester and 15 behind Granite State. Nicole Slane (14) had the impossible task of

coming behind for the win. She started strong, but was misdirected off course before she hit the center of town. By the time she realized what had happened, she had run about a half mile off course and had to back track, losing at least six minutes in the process. Despite that, her graded time was within 40 seconds of the Rochester runner and ahead of the Granite State runner. The final result was Granite State first with an age graded time of 6:22:47, Rochester second in 6:24:01, and ourselves third in 6:36:42. With a little better luck (perhaps we should have practiced our handoffs :-)), we would have won. The team did win a set of Lake Winnie glasses placing 6th in the mixed open division.

Other club teams to win glasses were the men's Veterans for third place and the women's Seniors for first place.

At the conclusion of the relay we all got together for the cookout.



The New Hampshire Grand Prix Series

Team Standings after 6 races

Gate City Striders	559
Rochester Runners	518
Granite State Racing Team	414
Monadnock Regional Milers	293
Greater Derry Track Club	234
Athletic Alliance	140
Coastal Athletic Assoc	46
Sandown Rouge Runners	20
White Mountain Milers	18

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 import 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 over-all 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

Richard Stockdale	49 points	\$128	Tom Kolb	6 points	\$12
Bill Gray	24 points	\$68	Kathy Kirby	7 points	\$14
Yuki Minami	35 points	\$90	Marie Mullins	5 points	\$10
Jack Kick	16 points	\$32	Peter Shajenko	5 points	\$10
Pat Kiesselback	26 points	\$72	Bill Springer	5 points	\$10
Heidy McGaffigan	30 points	\$80	Steve Hunt	5 points	\$10
Pam Hall	19 points	\$38	Carl Hefflefinger	7 points	\$14
Kristen Ewing	19 points	\$58	Linda Madden	4 points	\$8
Geina Sanborn	12 points	\$54	Aline Kenny	4 points	\$8
Shu Minami	21 points	\$62	Lisa Christie	4 points	\$8
Trevor Ward	10 points	\$20	Thomas Parker	4 points	\$8
Wayne McLeod	16 points	\$32	Andrea Pierce	4 points	\$8
Bill Spencer	19 points	\$38	Terry Kenny	10 points	\$20
Heidi Haveron	9 points	\$18	Lisa Klasman	3 points	\$6
Lori Lambert	18 points	\$36	Bill Sturgen	3 points	\$6
Jane Levesque	11 points	\$22	John Lewicke	2 points	\$4
Raelyn Crowell	10 points	\$20	George Miller	2 points	\$4
Steve Moland	10 points	\$20	Jonathan Green	1 point	\$2
Diane Quinlan	8 points	\$16	Brian Coates	2 points	\$4
Julie Hanover	7 points	\$14	Peter Vendituoli	7 points	\$14
Brian Stevens	7 points	\$14	Traci Swanbon	2 points	\$34
Denis Tranchemontagne	15 points	\$30	Walter Swanbon	1 points	\$22
Pat Smith	6 points	\$12			

Randumb Thoughts

By Bob Thompson



The Gate City Striders lead in the NH Grand Prix was extended to 51 points over the Rochester Runners at the Frankestown Five on Monday September 1st. Overall, 23 different Striders scored points for the team. Both Rich Stockdale and Raelyn Crowell placed first in their divisions to each gather 10 points for the GCS team. The last 2 races of the NH Grand Prix are the Run for Shelter 8k in Manchester on October 19th and the FreeFall 10K Classic in Rochester on October 26th. The Frankestown Five is an excellent race on a beautiful course with much of the course on dirt roads with a challenging uphill finish. This was my first race in two years and it felt good to be racing again, although I went into the race with absolutely no expectations other than finishing. After the race, refreshments, and awards I found my way to Tory Pines Golf Club just a few miles north of town. This is a challenging 18-hole course with many tight fairways, blind shots and scenic vistas. I'm not sure which took more out of me, the 5 mile race or the

18 holes of golf. The golf course is just across the road from the new Crotched Mountain Ski Area that is planned to open this winter. Longtime local skiers will recall the old Crotched Mountain and Bobcat ski areas that were once combined and then closed in the early 1980's. New lifts have been installed, lodges built and trails have been cut and graded. All that is needed now is some snow and that should be here soon. Crotched has plans to be open until 3am on weekends for night skiing. I love skiing as much as anyone but you won't see me there at 3am...

The 15th Annual Winnepesaukee Relay was held on Saturday September 20th under warm and sunny skies, as usual. The GCS women's senior team, S.O.S., finished first in their division and once again took home the coveted loons. The Rochester Runners gained 10 points back from the GCS in the NH Grand Prix at the relay. However, the Striders maintain a 41 point lead in the Grand Prix with 2 races remaining.....You've probably heard about the stereotypical male fantasy in jokes and on such TV shows as Seinfeld, Friends, King of Queens, etc... where the stereotypical male dreams of teaming up with 2 women. I went one better (actually five better) as I teamed up with 7 bodacious babes (Bubba's Babes) to run around the big lake on a women's open team. Since I'm slower than the stereotypical women runner we didn't even get disqualified. Hats off to Dave Ferris and Steve Moland for organizing a great cookout at Funspot at the end of the relay. Also, thanks to Mike Leary for flipping burgers over a very hot fire until everyone had plenty to eat. Thanks to my teammates for supporting me and sharing another relay experience.....

Dick Hoyt of Team Hoyt spoke at the GCS monthly meeting at Martha's Exchange on September 24th. Dick gave quite a motivational speech which included a video of him and Rick competing in the Hawaii Ironman Triathlon in 1999. Dick and Rick have running roots in NH as their first running chair was made at Crotched Mountain Rehab Center. I had always figured that Dick had started pushing Rick as a way to stay in shape and spend time with his son. Dick pointed out that it was Rick who got him started. Rick had asked Dick to run in a local 5-mile road race to help raise money for one of Rick's classmates. Dick and Rick finished second to last in that race but they were on their way to more amazing accomplishments. Dick and Rick first competed in the Boston Marathon in 1981. In spite of running 2:58 and 2:59 marathons while pushing Rick, they were not accepted as official entrants until 1983. Frustrated over not being a qualified Boston runner, Dick and Rick set their sights on the 1982 Marine Corps Marathon in Washington D.C. Dick and Rick ran a 2:40 marathon and have been accepted as official entrants at Boston ever since. Their streak of 22 consecutive Boston's ended after the 2002 marathon. A heart attack prevented them from running Boston in 2003. That didn't set them back long. In October, Dick and Rick will once again be competing in the Hawaii Ironman Triathlon. Rick, a Boston University graduate, is now age 41, lives in his own apartment and has a full-time job in the computer industry. To learn more about Rick and Dick you can read Sam Nall's book, "It's Only A Mountain, Dick

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and Rick Hoyt, Men of Iron". An amazing story about amazing people. Best of luck to Dick and Rick in their future endeavors!...

The Annual GCS Golf Classic was held on Sunday August 10th on the challenging links of Buckmeadow Golf Course in Amherst. A stellar field of 5 foursomes made some stellar and not so stellar shots on this hot and humid afternoon. Peter "Hook" Shajenko won the Longest Drive competition, driving all the way down from beautiful Lincoln NH for the event. He outdrove perennial long drive champion Skip Cleaver who has moved back to the area. Brian "Mulligan" Withers had the longest t-shot of the day with a 300 yard poke on number 15. Pete "Slice" Donahue went for the flagstick on number 11 and won the closest to the pin competition with a shot that was inches from the cup. The team competition was won by the fearless team of Skip "Long Drive" Cleaver, Rick "Lumber Yard" Smith, Eric "Wedge" Chorney and Brian "Mulligan" Withers at -1 with a birdie on number 18. After being on his feet for well over 4 hours in the hot sun, "Golf" Shu Minami said, "I'd rather run a marathon any day!". Rich "19th Hole" MacDonald and Tom "Tiger" Raiche put on a splendid feast at Rich's Milford home following the golf to help aid recovery after this grueling event. Pam "Lost Ball" Hall was the only strider to complete a quadrathlon that day as she completed the GCS Triathlon and followed that up with the GCS Golf Classic Pam Hall celebrated her 50th birthday on Saturday September 6th by competing in the Tri-Clough Triathlon at Clough State Park in Weare NH with her daughter Josie and good friend Annette Marchand. Following the triathlon, Pam literally made an ass of herself at the post triathlon celebration. I guess you had to be there or see the photos.....The Last Supper, hosted by the Wednesday Evening Church Group, will be held on Wednesday October 22nd at the Club National. All GCS members are welcome to attend this annual spaghetti feast and celebrate the end of another successful summer of GCS Wednesday evening workouts. The Club National on Pine Street has expanded its parking and plenty of on-site parking is now available. Show up around 7pm for a fun and filing time at this GCS tradition.....Congratulations to long-time Strider Reverend Dave Williams and his new wife, Pat. Dave and Pat were married in Moultonboro NH and enjoyed their honeymoon at Lake Sunapee and a trip to Minnesota. We hope to see Reverend Dave and Pat at the Last Supper.....The GCS Triathlon was held on Sunday August 10th. Tom Conley and the many volunteers did an outstanding job organizing this traditional event at Brookline's Lake Potanipo. Michael Collins led a group of 40 individual competitors and teams across the finish line..... Kevin Reynolds gets my vote for volunteer of the year. Kevin provided water to all Striders every Wednesday since the workouts began in the spring. Not only did Kevin deliver cold spring water to the track and set it up, he also filled cup after cup into trays to satisfy all of the thirsty runners every Wednesday. Kevin also delivered water and cups to Mine Falls Park for Striders who chose to do their workout on the trails. Outstanding job, Kevin!.....The new Conway Ice Center is a thing of beauty and much needed for the local hockey and skating enthusiasts. The previous ice center in Nashua closed over 20 years ago and is now the NH State Liquor Store on Coliseum Ave. It is nice to see that we were able to build a football stadium and a hockey arena without spoiling too much of the beauty of Mine Falls Park. Only one trail was eliminated through all of that construction. The trail eliminated was a trail of loose sand under the power lines that now cut across the parking lot of Stellos Stadium. Just recently, a new trail has been cut and a new bridge has been built in the southwest end of the park. The trail runs from the boat ramp above the falls to the trail that circles Stellos Stadium. A wooden bridge goes over a wetland along the river's edge on this trail. Another wooden bridge has been built in the park on the River Run trail across the river from the old Mohawk Tannery. Longtime Nashuans will remember the stench that used to hang over the north end of the city while the tannery was in operation back in the 1970's.....

Upcoming events dept: Here's a chance for a new PR. The 4th Annual North American Wife Carrying Championship will be held on October 11th at Sunday River, Maine. The course is a 278 yard obstacle course with disqualifications if the wife is dropped. Grand Prize is cash plus the weight of the wife in beer. Only in Maine!.....The 8th 3rd Annual Curly Goulet Novemberfest will be held on Sunday November 23rd at 11:33 am at the Gate House in Mine Falls Park. This festive event benefits the Nashua Children's home. See elsewhere in this newsletter for an entry form.....Get your team together for the 20th Annual Mill Cities Relay to be held on Sunday December 7. This 5 runner relay extends from Nashua to Lawrence MA. Being the 20th running of the relay, I would expect a festive crowd at the post-race party.....See you at the Last Supper and Novemberfest!