

## How the Winter Months Can Improve Fitness

by Mike Sarro, Athletes Den



As we wind down the season (can't believe it has gone by so fast) I wanted to thank you all for making my first season of coaching a great one. I look forward to another great season next year. I have seen all of you improve week after week. You are all great students and as a result should continue to improve over the next year. Just be patient this off season. In this edition of *Coach's Corner* I want to reiterate how important taking some down time is and how the winter months can really be a chance to learn and con-

tinue to improve not just gain weight and loose fitness as most of us would believe. I am going to touch on some new concepts for some as well as bring back a paragraph or two from some earlier articles that are important this time of year.

### Should I take some time off?

Yes, it is okay to take 2 weeks off of running at the end of every season. In the first week do nothing. Read, spend time with the family etc... In week two exercise alternatively. Spin class, swim or hike. If you have any nagging aches and pain please deal with it professionally if you can during this time. Visit a chiropractor, massage therapist or Physical Therapist. Then ease back into running with no intensity and a minimum of 3 days a week. Even elite athletes do this so please give it a try. If you are doing a fall marathon it will take about 4 – 6 weeks to fully recover so take it easy for 2 weeks as above and ease back with alternative workouts and easy trail running for the next 4 weeks.

### How important is a Heart Rate Monitor?

**Extremely!** It has been said that that a HRM will allow you to go **Easy** on the easy days and **Hard** on the hard days. It is a very important must have device and they are finally affordable. Shameless plug coming, we Athletes Den are a master distributor and can put together great pricing so you can get a HRM for \$99 or less. More on this later! Until you can get to a lab to get a Cardio Test (we do this inexpensively, shameless plug 2) use the following method to truly build your aerobic system and burn fat. The following was invented by my mentor Dr. Phil Maffetone through years of research and used by world class athletes. It works! The MAF

(Maximum Aerobic Function) test and the 180 formula are brilliant.

The **MAF Test** is done on a track (best) or a measured mile and flat course (use this same course and conditions each test). Warm up well as we do in track and slowly rise your HR to the HR below. Proceed to run 2-3 continuous miles holding your HR steady at your Max Aerobic HR. Note your time per mile and get an average. You will do this about every 3-4 weeks over the winter months. The idea is to find your aerobic pace at your true aerobic HR and by training properly you will increase your speed at the same effort. Wouldn't you like to run 30 seconds to 1 minute faster per mile without an increase in your effort or HR? Not only will your aerobic pace quicken but you will get faster at all your paces especially race pace.

### The 180 Formula

To find your maximum aerobic heart rate:

1. Subtract your age from 180 (180 - age).
2. Modify this number by selecting one of the following categories:
  - A. If you have or are recovering from a major illness (heart disease, any operation, any hospital stay) or on any regular medication, subtract 10.
  - B. If you have not exercised before, you have exercised but have been injured or are regressing in your running, or you often get colds or flu or have allergies, subtract 5.
  - C. If you have been exercising for up to two years with no real problems and have not had colds or flu more than once or twice a year, subtract 0.
  - D. If you have been exercising for more than two years without any problems, making progress in competition without injury, add 5.

For example, if you are 30 years old and fit into category B:  $180 - 30 = 150$ , and  $150 - 5 = 145$ . This is your maximum aerobic heart rate. For efficient base building, you should train at or below this level throughout your base period.

**Note:** I have used this for years and when I first was a patient of Dr. Maffetone I was burned out and my MAF test was 9:20. After using his method I lowered it to almost 6:45. It works. One caveat, you will feel slow at first and you won't believe that it will work for you. You may have to walk some hills and run unrealistically slow but stay with it for a couple of months and you will see the difference. Resist trying to cheat and run fast. Your HR must never go beyond your max.

This is done in the off-season when we want to experiment. To keep your turnover sharp you can run down hill runs and 6-8 20-30s strides through out the week. Don't worry you won't get slow. Resist your usual anaerobic runs while doing this. I will guarantee this; all your running ailments will disappear when you run aerobically. Your long run should be at the lower end of your MAF HR and other runs can be at the higher end. This is called aerobic tempo and it will allow for development of this pace. At first you may have to spend a lot of time at the high end but it will get better over time. Worth the price of admission!

### Build your base in the off-season

Now that we know what kind of pacing to keep it is time to build your base. If you are newer to running work up to a 4 run/week program. If you do more than that cut back to 4 and add other workouts instead of junk miles. The addition of a 4<sup>th</sup> run (from 3) is more significant than going from 4 to 7 days week. Take the time to get rid of any nagging aches and pains (pre-injury) be patient, build your base and don't try to do every workout at high intensity. Try to keep your workouts moderate in intensity and duration with the exception of one long run every other week (or 3 weeks) should be sufficient over the winter until it is time to get ready for your goal race (see "Building the Long Run"). So enjoy the winter and try new activities such as Pilates, Yoga, Reebok Core Training, Spin class and different strength training protocols, plyometrics, stretch cords and medicine balls. These will get you to the start line with a new stronger leaner and injury free body. Make sure one of your runs per week has at least 4 -8 strides or form drills within them to facilitate neuromuscular

adaptation of your fast twitch muscles.

### Cross Training

It has been proven that adding alternative exercise can enhance running fitness. One such exercise is cycling, something we all have access to and learned at childhood. All runners could benefit from cycling a minimum of once a week (two would be better) in lieu of junk miles. Cycling builds the opposing muscle groups resulting in well balanced Quadriceps and Hamstrings and strengthens the calf muscles. The high cadence (RPM) of cycling assists in leg turnover (*run cadence*) for more efficient running at any speed. You should keep the rhythm at about 95 – 100 RPM and when you run try to keep a rhythm of 86 – 92. To perform a cadence check for bike/run, count how many time your right foot passes the bottom of the pedal stroke (6:00 position) or count your right foot strikes for 30 seconds and multiply by 2 (cadence per minute) for the run.

**Athletes Den** is a sports training facility in Auburn NH catering to athletes of all ages, discipline and abilities. They specialize in exercise consultation, assessment and prescription in the areas of Nutrition, Weight loss, Cardiovascular Conditioning and Strength training and Personal Coaching. Contact them at 603-624-8348 or [www.athletesden.com](http://www.athletesden.com).



## StriderWear

by Kathy Kirby

Greetings fellow Striders!

Fall is here and it is time to change your running wardrobe. We have what you need. See the box for a sample of the items in stock now.

I am available via phone (603) 465-3868 and email: [KATKIRBY@AOL.COM](mailto:KATKIRBY@AOL.COM). Pick-ups can always be arranged. Cash and checks accepted.

C-ya on the roads!



- Best of Times Pocket Pants: \$35
- Sport Hill long sleeve shirts: \$27
- Sport Hill "bike" style compression shorts: \$26
- Some men's odd ball tight and pant items (one of a kind) are still in stock so if you need those, see and call me to see what is available.
- We still have large jog bras left for the ladies with the GCS logo for only \$10.00 – DEAL!
- For the holiday gift giving season: Ultimate gym bags with the GCS logo = \$40



# Randumb Thoughts

by Bob Thompson

The Gate City Striders lead in the NH Grand Prix was extended to an insurmountable 282 points at the Frankestown 5-Miler on Labor Day, September 6<sup>th</sup>. Heidi McGaffigan, Raelyn Coates and Pam Hall led the way for the women with 9, 8 and 7 points, respectively. The GCS men were led by the nimble one, Jack Kick, with 7 points, followed by, Denny LeBlanc and Rich Stockdale with 6 and 5 points, respectively. The last Grand Prix race of the year is the Run for Shelter 5k in Manchester on October 24. With one race to go, Heidi is in second place overall in the women's individual standings while the ageless Bill Spencer is in second place in the individual men's standings. Go to Manchester on October 24<sup>th</sup> and cheer them on to an overall first place standing. Best of luck, Heidi and Bill.....

The 22<sup>nd</sup> Annual Applefest Half Marathon reached it's entry limit by September 1<sup>st</sup> this year. For those of you who don't like numbers, here are some 2004 Applefest stats that you are probably not interested in. 1237 individual runners from 20 different states are registered for New Hampshire's finest race. Massachusetts had the highest number of entrants with 691 runners, or 56% of the entrants. New Hampshire is second with 421 runners, or 34% of the field. Runners are coming from near and far for this spectacular race, with 5 runners from California, 2 from Georgia, 3 from Chicago, Illinois, and 1 each from the states of Washington, Nevada, Tennessee and North Carolina, not to mention local runners from Pennsylvania, Ohio, Maryland, New York, Ontario and Quebec. Nashua had the largest number of entrants with 53, followed by Cambridge with 43, Boston with 42, and Hollis with 35. The oldest entrant is 82 years young, while the youngest entrants are two 15 year olds, while the average age of 34. In addition, there are 100 teams of 2 running the second annual Applefest Relay....

The 9<sup>th</sup> 3<sup>rd</sup> Annual Novemberfest Trail Run and Party will be held on Sunday November 21<sup>st</sup> at Mine Falls Park beginning promptly at 11:33 am. We are expecting 133 runners from 3 states, with 33% of the field being members of the Gate City Striders, not to mention the 3 kegs of beer. Bring 3 friends and come join in the festivities! Entry forms can be found elsewhere in this newsletter.....The Striders Annual Last Supper will be held at Church (The Club National on Pine Street in Nashua) on Wednesday October 27<sup>th</sup> and is sponsored by the Wednesday Evening Church Group (WECG). This traditional Spaghetti feast follows the last Wednesday evening workouts of the year at Nashua High and is a celebration of another successful year of running for the Gate City Striders and individual runners. The dinner is free of charge to all GCS members. This is one of the biggest Social events of the year with 70-80 Striders generally attending. Come join in on the celebration.



The annual GCS golf outing was held on Monday September 6<sup>th</sup> at the Crotched Mountain Golf Course following the Frankestown 5-miler. Fran "long ball" Dwyer had the low score of the day with an outstanding 86 on this difficult course. Fran also won the traditional longest drive award, as he drove his son back to college at UMASS following the golf outing. Fran also had the longest tee-shot of the day with a 300-yarder on hole number 4. Dave "backspin" Cormier won the closest to the pin competition on the downhill par 3 18<sup>th</sup> hole. I thought I had the shot of the day until Roger Hall holed out from 120 yards for a birdie on number 10, soon after swigging back his first can of "swing oil". This was Roger's second birdie of the year, but this one lived to tell the story. My best shot of the day was a 50 yard screamer that hit off a golf cart and returned directly back to the exact spot that it started. Pam Hall won the consistency award as she scored a 12 on 12 of the 18 holes. While most of us were dragging by 17<sup>th</sup> hole, Pam had enough energy (Red Bull) to run up the ski-slope like fairway. Craig Pelletier, of the NHS golf team, topped all juniors and nearly all seniors with a 92 on the challenging Crotched Mountain layout. Skip (now known as Spike) Cleaver was kicked off the course for wearing metal spiked golf shoes. Spike has been away from the game so long he didn't realize that metal spikes went out of style about the same time as the \$10 road race. Golf is a simple game where the only thing harder than a 3-foot putt for par is a 2-foot putt for birdie.....

Did you see the Olympic men's marathon, when defrocked priest Cornelius Horan tackled fading leader Vanderlei Lima of Brazil with only a few miles to go? It appeared that Lima was slowing and not going to win, but Horan had no idea of that at the time of his attack. Lima ended up with the bronze medal. We will never know if Lima could have held on for gold, or if he would have even faded out of the medals, if not for the rude interruption. Lima must have gotten a huge adrenalin rush after being extricated from the tangle and back on course. In a strange way, the intruder may have helped Lima win the bronze medal....

Speaking of TV, since when is Poker a sport? All of a sudden, this "sport" is taking up valuable air time on ESPN, ESPN2, and FoxSports. Poker also shows up on the Travel Channel far too often. This is just a card game and not even some Celebrity Strip Poker version of the game. Has our country become so sedate that TV poker has become a sport and has a larger viewing audience than those interested in seeing a marathon or track meet involving world class athletes?.....Sox fans, this is our year. We are overdue. That's all for now. See you at Novemberfest!

# Youth Running

by Bill Spencer



My first article on Youth Running was the Feb 1998 issue. In that issue, I noted that a lot of Club members had children that were running in Road Races and wondered if there was any interest in the Club conducting weekly workouts for them. The response back was yes, and with E-board approval, Shaun Scanlon and myself organized Tuesday night workouts for the summer of 1998. The turnout was excellent, and we had the help of other striders to work with the kids. The following year, we moved the workouts to Thursday nights and focused the kids on the various road races that the kids might enjoy. Many of the youths, carried their summer fitness over to the Fall Cross Country season where over 20 of them ran on the PAL Cross Country teams. That year, at the Nationals, the Bantam Girls with seven strider youths and Bantam boys with four strider youths took first place, while the Midget Girls with seven strider youths took second place. In 2000, Shaun and I organized a Youth training program that had its focus on the USATF JO Cross Country Championships that are held every year in December with the objective of developing those youths that were serious about running in the PAL program. We averaged about 25 kids at twice a week workouts and had the active support from many parent-runners. During that year, one could regularly look at the various 5K races in the area and see many Strider youths listed as running Nationally Ranked times. One of the highlights of that summer was when the kids had a chance to take a Mine Falls workout with Jackie Gareau, the winner of the 1980 Boston Marathon and Mt Washington record holder. That Fall, over 40 Strider youths ran for PAL, with 25 of them running in the National Championship.

The June 2001 issue had the first of several articles written by youth striders. Brittany Plante had that honor as she described what running meant to her. I quote her, "It makes me feel really good about myself. When I get sad or have trouble with schoolwork, I will go for a little run and feel much better. The Gate City Striders are always around and when I am running a road race I always see someone who encourages me to do my best." Brittany was 10 when she wrote this and is now a freshman at Proctor Academy where she is already a top runner on their team. I should add that her thoughts about what running did for her, echo my own thoughts about running.

The Spring of 2001 was the first year that the Strider

... this will be my last regular [article]. It has been very satisfying and enjoyable working with the Strider kids of all abilities ...

Youths participated in the Youth track meets. We had 21 youths go to the USATF JO Association meet and 17 of them qualified for the Region one meet in Maine, where 4 of them qualified for the National Championship. That Fall, the Granite State Flash team was formed and our youths ran for both the Flash and PAL teams. Over 50 of our youths ran for these teams in the JO Cross country meets that year. The Spring of 2002, we once again sent youths to the JO track meets with 13 going to the Region 1 meet in NY. The kids also had a chance to go one on one with Regina Jacobs at a Youth cookout.

My December 02 article highlighted the many Strider youths that had participated in the workout programs and now were the backbone of their respective Junior High and High School teams. In 2003 I included several articles directed towards the Youths on training issues. That year was also the last year that the kids participated in the JO track meets under the Gate City singlet. We once again were able to have a

Youth cookout with the Fitness University Dean, Joan Benoit Samuelson. Ironically, we would run into her again in December at an airport where she was flying to Hawaii and the kids were flying to Albuquerque for the Nationals.

This year, a few of the Strider girls continued running in the indoor track meets, highlighted by a chance to run a 4x200 relay in the National Masters Indoor track meet. Although not sprinters they ran well and met many of the outstanding

American track athletes.

In recognition of the drop off in participation and help at the summer workouts, as well as the sharp drop off of youths participating in the road races, I did not organize weekly kids workouts this year. My focus became more directed towards my PAL team, the midget girls. In addition, PAL decided to hold weekly workouts for anyone that was interested, which filled much of that void.

So, for those of you that are still reading this article, this will be my last regular one. It has been very satisfying and enjoyable working with the Strider kids of all abilities and perhaps someone in the club might consider setting up a summer program next year if there is interest. For my part, I expect to continue working with my PAL team and any other youth runner of similar ability as the Midgets that wish to participate.

# Membership

## October Expirations

Scott Carrigan  
Jeremiah Fitzgibbon  
Leni Hodgins  
The Holland Family  
Lisa Lawrence  
The Randall Family  
Michael & Linda Thatcher

## November Expirations

Stephanie and Chris Adams  
Greg Anthony  
Dave Contrada  
Roy Dennehy  
Richard Doyle  
Jeremy Johnson  
Laurie & Kent Kofstad  
Michael LaBonte  
Jane Levesque  
Diana Mahoney  
Ryan McCluskey  
Robert Michaud  
The Moland Family  
Virginia Mills & Ken Morey  
Peter Paelinck & Debra Stellato  
Carol Pelletier  
Martin & Carol Sheil & Family  
Bill & Pat Spencer  
Peter Paelinck & Debra Stellato  
Richard Stockdale  
Walter & Traci Swanbon

## Birthdays This Issue

Scott Ordway	10/01/60
Louis Weysham	10/01/60
Kayla Randall	10/01/92
Haley Randall	10/01/95
Jessica Randall	10/01/00
Danielle Randall	10/01/01
Sheila Blunt	10/02/56
Byron Telage	10/02/62
Eric Liwanag	10/03/78
Samy El-Guebal	10/07/46
Laurie Kofstad	10/07/65
Aline Kenney	10/12/48
Todd Randall	10/12/54
Mark Fraser	10/12/57
Michelle Randall	10/12/61

## Welcome New and Returning Members!

Marcie Byrd  
Daniel Houston  
Deborah Miner  
Janice, Justin, Benjamin, and Ethan Platt  
Allison Richards  
Joseph Rogers  
Deborah and Richard Roy  
Mary Schmidt  
Noelle and David Taku

Debra Antcil	10/13/67	John Lewicke	11/11/47
Glenn Johnson	10/13/69	Robert McGuirk	11/11/56
Dick Bersani	10/16/51	Andrew Law	11/14/91
Allen Broggi	10/17/44	Sheryl Briggs	11/16/73
Pam Triest-Hallahan	10/17/60	Katie Lopez	11/16/89
Peter Paelinck	10/18/59	Kathy Engle	11/17/42
Shaun Scanlon	10/19/34	Kevin Klasman	11/17/51
Richard Cuvellier	10/19/62	Michael Wade	11/17/68
Spencer Moland	10/19/90	Samantha Moland	11/17/85
Patrick J. McCabe	10/20/59	David Pattelena	11/18/67
Erik Hamnqvist	10/22/91	Sue Carey	11/19/66
Jim Ecke	10/23/53	Michael Zipparo	11/20/73
Jeremiah Fitzgibbon	10/23/56	Bill Sturgeon	11/22/30
Noelle Taku	10/23/75	Ed Donovan	11/22/53
Bob Pelletier	10/24/57	Heather Silverstein	11/23/66
Steve Delahunty	10/26/62	Sara Lewicke	11/23/82
Peg Landry	10/27/59	Marc Courchesne	11/24/52
Peter Vendituoli	10/28/61	Katlin Burnett	11/24/88
Gary Lambert	10/29/59	Brian Sanborn	11/25/44
Peggy Longval	10/30/52	Cookie Gray	11/26/53
Scott Bartis	10/30/57	Justin Platt	11/27/65
Samatha Cormier	10/30/90	Marie Mullins	11/28/47
Judith Nicholson	10/31/45	Patricia Belanger	11/28/54
Joyce Askenaizer	10/31/52	Ryan McCluskey	11/28/80
Wayne McLeod	10/31/59	Sharon McAuliffe	11/29/60
Michael Hagerty	11/03/59	Elizabeth Kolb	11/29/78
Mary Schmidt	11/03/73	John Hennessy	11/30/58
Karen Burke	11/04/64		
Mary Dopp	11/05/64		
Booz Moise	11/05/75		
Sandra Gilmore	11/06/39		
Stephanie Pintal	11/07/87		
Terri Stanley	11/08/74		
Amanda Pelletier	11/08/86		
Gerry Davis	11/09/46		
Sara Klum	11/09/93		
Dottie Lopez	11/10/55		

# Race Results

## Pictionary On The Run 2.5M Nashua, NH 9/20/04

2 Jim Hansen 15:36

## Halfway To St Paddys Day 5K Manchester, NH 9/19/04

3 Wayne McLeod 17:59  
12 Nicole Slane 19:16  
17 Bill Springer 20:02  
20 Mitchell McLeod 20:26  
24 Bill Juris 20:34  
26 Bill Spencer 20:43  
30 Brian Bigelow 20:50  
41 Cathy Merra 21:52  
57 Mike Merra 23:05  
67 Yuki Chorney 23:44  
118 Mary Minami 27:38  
119 Shu Minami 27:39  
141 Bob Welts 29:57  
145 Mary-Jo Cody 30:24  
154 Jeannie Ferreira 31:31

## Lowell Elks 10K Lowell, MA 9/19/04

13 Dave Contrada 42:05  
14 Denny Leblanc 42:08  
36 Stan Klem 48:24

## Fun Run For Justice 5K Concord, NH 9/18/04

36 Pat Kiesselbach 25:13

### Are your results missing from these pages?

Because compiling race results can be time-intensive, we automatically gather results only from New Hampshire and Northern Massachusetts races. Sometimes we inadvertently miss a Strider or two. To be sure your results appear in Striding Along, please post your results in the Strider forum!

Thanks for your understanding.

## Bill Kelley Memorial 10K Manchester, NH 9/16/04

1 Dave Birse 38:28  
29 Eldon Burkinshaw 49:06  
35 Brian Withers 50:03

## Trivia On The Trails 2.5M Nashua, NH 9/13/04

2 Jim Hansen 15:46  
7 Rick Roy 20:16  
8 Deb Roy 20:33

## Run To Fall 5k CC Northwood, NH 9/12/04

23 Kelsey Hunt 20:55

## Thorndike 5K Lowell, MA 9/12/04

1 David Hausherr 17:06

## Metric Marathon 26.2K Wolfeboro, NH 9/12/04

5 Mike Ward 1:53:39  
8 Dave Birse 1:56:57  
11 Thomas Parker 1:57:49  
52 Michael Thatcher 2:27:01  
78 Allan Sabiski 2:41:28

## Union Leader Classic 8K Manchester, NH 9/11/04

58 Eldon Burkinshaw 37:55  
68 Shu Minami 39:04  
76 Bill Engle 39:51  
118 Sachiko Burkinshaw 44:02  
124 Mary Minami 45:03  
139 Bill Sturgeon 46:31

## Old Home Day 5K Dracut, MA 9/11/04

32 Skip Cleaver 24:13

## Old Home Day 5K Pelham, NH 9/11/04

24 Emily Mastropiero 22:43  
55 Tahlor Marchi 26:31

## Fracestown Five 8K Fracestown, NH 9/6/04

6 Jonathan Alizio 29:22  
7 Joseph Rogers 29:56  
8 Wayne McLeod 29:58  
10 John Paul Lewicke 30:14  
17 RaeLyn Coates 31:02  
18 Mike Ward 31:27  
20 Richard Stockdale 31:58  
22 Walter Swanbon 32:14  
25 Tom Kolb 32:23  
27 Peter Venditouli 32:46  
29 Trevor Ward 32:52  
39 Carl Hefflefinger 33:57  
44 Dave Contrada 34:25  
45 Denny Leblanc 34:39  
52 Damian Rowe 35:15  
55 Pamela Hall 35:43  
62 Jim Ecke 36:21



65 Kristen Ewing 36:51  
68 Michelle Poublon 37:01  
71 Steve Moland 37:19  
72 Bob Pelletier 37:20  
78 Jack Kick 38:07  
87 Eldon Burkinshaw 38:31  
88 Leigh McLeod 38:31

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94 Brian Sanborn	38:59
95 Heidi McGaffigan	39:03
108 Traci Swanbon	40:04
110 Shu Minami	40:25
117 Rich MacDonald	41:48
121 Bob Thompson	41:59
129 Andrew Najberg	42:51
131 Pat Kiesselbach	42:57
135 Skip Cleaver	43:42
138 Terrence Kenney	44:05
142 Robin Rocha	44:38
144 Michael Whelton	44:59
160 Sachiko Burkinshaw	46:11
161 Genia Sanborn	46:14
162 Elizabeth Kolb	46:17
165 Chris Reinke	46:29
169 Judi Moland	46:59
171 Mary Minami	47:10
174 Aline Kenney	47:49
179 Bill Sturgeon	48:40
184 Mary Slocum	49:04
185 Madeleine LaRose	49:22

**Around Cape Ann 25K  
Glocester, MA 9/6/04**

25 James Belanger	1:41:50
54 Michael Wade	1:45:00

84 Thomas Parker	1:49:39
99 Bill Springer	1:51:09
174 Richard Doyle	1:59:54
208 Peter Donohue	2:02:30
300 Andrea Pierce	2:10:32
310 Tom Conley	2:11:18
316 Stan Klem	2:11:51
360 Jonathan Green	2:15:30
568 Kathy Engle	2:43:08
638 Pat Belanger	3:34:43

**St Charles Childrens Home 5K  
Portsmouth, NH 9/6/04**

59 Bill Spencer	20:15
78 Cathy Merra	21:17

**What's My Time? 2.5M  
Nashua, NH 9/6/04**

1 Jim Hansen	15:55
2 Mari Littleton	16:24
4 Kaitlyn Dresser	17:01
9 Alex Chmura	18:01
10 Rachel Picard	19:42
11 Allan Rube	19:44
14 Sarah Dresser	20:07
22 Brette Chmura	25:58
23 MaryAnn Picard	33:25

**Good Times Reunion 5K  
Lowell, MA 8/31/04**

47 Stan Klem	23:41
53 Skip Cleaver	25:44
57 Bob Welts	29:03

**Scrabble Scramble 2.5M  
Nashua, NH 8/30/04**

3 Jim Hansen	16:19
4 Kelsey Hunt	19:05
5 Emily Mastropiero	19:08
6 Kelsey Connors	19:12

**Macks Run For The Apples 5K  
Londonderry, NH 8/29/04**

22 Mike Merra	22:36
26 Melaney Hodge	23:17
32 Pam Priest-Hallahan	24:14
60 Chris Reinke	28:17
67 Bill Hallahan	29:57
71 Max Reinke	30:45
73 Judi Moland	30:55
79 Laurie Reinke	33:03



**Jack Kick**



**Brian Sanborn**



**Pat Kiesselbach**

Pictures from the Last Hill at Francestown courtesy of Karl Kiesselbach.

**Downtown Mile  
Lowell, MA 8/29/04**

22 Kelsey Hunt	5:54
28 Kaitlin Dresser	6:04
29 Emily Mastropiero	6:09
32 Rachel Notini	6:29
41 Emma Notini	8:17

**Moose On The Loose  
10 Mile Trail Relay  
Nashua, NH 8/29/04**

4 Moose Milers MM	1:01:45
--- Steve Delahunty ---	
--- John Saunders ---	

9 Gate City Striders MS	1:05:21
--- Walter Swanbon ---	
--- Trevor Ward ---	
--- Damian Rowe ---	
--- Richard Stockdale ---	

21 Moose Milers MV	1:17:48
--- Steve Moland ---	

**Raise The Bar 5K  
Lowell, MA 8/24/04**

24 Steve Moland	6:59
39 Stan Klem	23:20

**Moose Milers 5k Trail Run #16  
Nashua, NH 8/23/04**

1 David Hausherr	17:44
4 Jim Hansen	19:48
8 Kevin Bausha	22:03
11 Allan Rube	22:42
12 Cathy Merra	22:52
17 Mike Merra	24:11
35 Bill Sturgeon	29:42

**Lundgren 5K  
Londonderry, NH 8/21/04**

11 Denis Tranchemontagne	17:15
18 Jonathan Alizio	18:18
20 Michael Wade	18:46
29 Colleen Law	19:15
38 Walter Swanbon	19:29
41 Trevor Ward	19:34
46 Mike Peabody	19:44
48 Tom Kolb	19:50

54 Peter Venditouli	19:58
71 Rich Stockdale	20:38
75 Bill Spencer	20:46
78 Denny Leblanc	21:02
79 Kristen Ewing	21:04
81 Ed Kelly	21:13
94 Joe Rizzo	21:50
95 Tim Britt	21:52
105 Kathy Kirby	22:18
110 Steve Moland	22:22
125 Eldon Burkinshaw	22:50
131 Heidy McGaffigan	23:08
136 Brian Sanborn	23:16
145 Jack Kick	23:45
149 Traci Swanbon	23:54
177 Richard MacDonald	24:58
202 Mike Whelton	25:43
209 Robin Rocha	26:00
225 Sachiko Burkinshaw	26:29
232 Allan Sabiski	26:53
234 Genia Sanborn	26:57
245 Meredith Peabody	27:27
250 Leann Ward	27:38
254 Elizabeth Kolb	27:49
260 Chris Reinke	28:09
286 Nathan Peabody	29:28
300 Bob Welts	29:57

*(Continued on page 20)*



Mary Slocum, Robin Rocha and Maddy LaRose at the Police Chase 5K



(Continued from page 19)

**Moose Milers 5K Trail Run #15  
Nashua, NH 8/16/04**

8 Kevin Bausha	21:20
9 Peter de Bruyn Kops	21:32
11 Cathy Merra	22:21
13 Allan Rube	22:31
14 Emily Mastropiero	23:20
15 Britt Plante	23:21
18 Chris Merra	24:51
20 Mike Merra	25:19
22 Christina de Bruyn Kops	25:53
30 Bill Sturgeon	29:51

**Belmont 10 Miler  
Belmont, NH 8/14/04**

8 Dave Birse	1:04:59
19 Bill Springer	1:10:58
20 Thomas Parker	1:11:18
52 Eldon Burkinshaw	1:23:13
53 Andrea Pierce	1:24:00
58 Samy El-Guebaly	1:28:48

**CIGNA Corporate 5K  
Manchester, NH 8/12/04**

57 David O'Mear	16:52
63 David Hausherr	17:05
74 Dave Birse	17:20
78 Denis Tranchemontagne	17:31
105 Wayne McLeod	18:04
123 John Saunders	18:36
129 RaeLyn Crowell	18:46
157 Ashley Morgenstern	19:07
164 Rae Eastland	19:14

170 Trevor Ward	19:16
175 Jim Hansen	19:20
177 Rich Stockdale	19:24
190 Peter Venditouli	19:32
195 Bruce Lutz	19:37
212 James Garrett	19:49
264 Chris Merra	20:25
287 Bill Spencer	20:32
290 George Lavash	20:25
327 Liane Pancoast	20:50
338 Lisa Maynard	20:53
364 Thomas Conley	21:10
378 Denny Leblanc	21:17
411 Todd Dresser	21:18
422 Kaitlyn Dresser	21:38
455 Cathy Merra	21:45
458 James Woodward	21:56
482 Adam Delia	21:44
547 Luke Lavash	22:11
578 Michael Labonte	22:26
850 Leigh McLeod	23:34
890 Bill Engle	24:12
969 Sarah Dresser	24:04
1004 Skip Cleaver	25:10
1087 Diana Lavash	25:25
1126 Andrew Najberg	26:02
1146 David Salvat	25:58
1161 Tracy Micali	25:21
1236 Emily Strong	25:42
1240 Linda Madden	25:19
1267 Kathie Roy	25:50
1292 Robin Rocha	26:39
1387 Joshua Green	26:17
1415 Monica Venditouli	27:07
1419 Bill Gray	27:32
1427 Allan Sabiski	26:34
1467 Marie Mullins	27:17
1495 Peg Landry	27:09

1680 Julie Boilard	27:57
1847 Mary Slocum	29:03
1928 Bill Sturgeon	29:37
1951 Deborah Pelletier	29:27
2054 Nina Labonte	31:09
2065 Debra Stergion	30:28
2066 Jonathan Green	30:29
2068 Mary-Jo Cody	31:24
2109 Patricia Smith	30:44

**8 Kays A Week 8K  
Lowell, MA 8/10/04**

35 Steve Moland	37:42
41 Stan Klem	38:24
49 Skip Cleaver	45:58

**Moose Milers 5K Trail Run #14  
Nashua, NH 8/9/04**

1 David Hausherr	17:50
2 Jonathan Alizio	18:58
4 Jim Hansen	19:36
7 Kevin Bausha	20:35
13 Allan Rube	22:30
14 Cathy Merra	23:01
32 Mike Merra	28:31
35 Bill Sturgeon	30:18

**Crisman Memorial 5K  
Amherst, NH 8/7/04**

5 John Paul Lewicke	17:51
9 RaeLyn Crowell	18:42
11 Brian Coates	19:09
14 Peter Venditouli	19:31
16 Carl Hefflefinger	19:38
24 Damian Rowe	20:29



**William Kellar, M. Ac.**  
*Licensed Acupuncturist*

**Bigelow Chiropractic Wellness Center**

155 Main Dunstable Rd., Suite 135  
Nashua, NH 03060

**Phone: (603) 566-1842**

directly off exit 5E in Nashua



28 Chris Merra	20:48
34 Mike Merra	21:11
36 Kim McCauliffe	21:27
37 Cathy Merra	21:30
40 John Lewicke	21:52
42 Sharon McCauliffe	21:55
51 David Delay	22:50
54 Heidy McGaffigan	23:03
55 Brian Sanborn	23:16
65 Michelle Weysham	23:48
72 Richard MacDonald	24:38
97 Eric Chorney	26:16
103 Genia Sanborn	26:35
112 Hrb Hardman	28:28
115 Monica Venditouli	28:44
137 Mary-Jo Cody	30:39
174 Ellen Kolb	37:40

**Old Home Day 5 Miler  
Sandown, NH 8/7/04**

7 Dave Birse	30:07
9 Richard Stockdale	31:22
38 Eldon Burkinshaw	38:05

**Yankee Homecoming 10 Miler  
Newburyport, MA 8/3/04**

100 James Belanger	1:05:47
162 Bill Springer	1:09:27
199 Jim Hansen	1:10:51
245 Lori Lambert	1:12:17
407 Peter Donohue	1:17:45
465 Richard Doyle	1:18:52
573 Thomas Conley	1:21:26
689 Brian Withers	1:23:54
691 Stan Klem	1:23:55
915 Lisa Lawrence	1:28:47

916 Julie Hanover	1:28:48
1123 Tracy Micali	1:35:15
1145 Ellen Pozzetta	1:36:06
1405 Lisa Christie	1:53:34
1410 Kathy Treggiari	1:53:47

**Pub Quiz 5k  
Lowell, MA 8/3/04**

23 Steve Moland	21:26
34 Dick Bersani	24:07
45 Skip Cleaver	25:58
49 Bob Welts	29:54

**Yankee Homecoming 5K  
Newburyport, MA 8/3/04**

333 Sherry Boyer	26:32
593 Shaun McMahon	30:03

**Moose Milers 5K Trail Run #13  
Nashua, NH 8/2/04**

1 David Hausherr	17:32
8 Don McCarty	20:00
13 Kevin Bausha	21:13
14 Damian Rowe	21:39
17 John Dionne	21:55
22 Cathy Merra	23:34
23 Emily Mastropiero	23:52
24 Chantal Croteau	23:59
26 Lindsay Panny	24:49
27 Steve Hunt	24:59
30 Allan Rube	25:34
39 Mike Merra	27:19
46 Bill Sturgeon	29:30
50 Deb Stergion	30:57

**Three's Company 5k  
Lowell, MA 7/27/04**

25 Denny LeBlanc	20:36
35 Steve Moland	21:26
52 Stan Klem	22:46
65 Skip Cleaver	24:45
71 Bob Welts	29:19

**Moose Milers 5K Trail Run #13  
Nashua, NH 7/26/04**

10 Donn McCarty	19:40
11 Jim Hansen	19:44
14 Mitch McLeod	20:37
17 Kevin Bausha	20:55
18 Bob Veilleux	20:58
24 Allan Rube	22:41
25 Leigh McLeod	22:52
26 Cathy Merra	22:54
28 Mike Merra	23:00
36 Christina de Bruyn Kops	26:53
42 Courtney Green	28:13
47 Bill Sturgeon	29:35
48 Deb Stergion	29:42



**Bigelow Chiropractic Center**  
*helping you achieve optimum health*  
**Dr. Brian T. Bigelow**  
*Doctor of Chiropractic*  
 155 Main Dunstable Road Suite 135  
 Nashua NH 03060 exit 5E  
 Convenient highway access  
 Phone: 603 883-8971  
 Fax: 603 883-0157  
 E-mail: brianb249@comcast.net  
 mobile phone 603 315-0283

**Strider Discounts**

Being a member of the Striders entitles you to various discounts. For example, Runners Alley in Manchester gives a 10% discount to members. Similarly, items purchased through Road Runners Sports results in a payment to the Club that reduces our expenses. See all the details at the Clubs Web Site.

# October 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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					3	4	5	6 Adult Track - Nashua South High School	7	8	9																																																																																													
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17	18	19	20 Adult Track - Nashua South High School <b>Club Meeting - Merrimack YMCA</b>	21	22	23																																																																																																		
24 <b>Run for Shelter (NHGP Race) - Manchester</b>	25	26	27 Adult Track - Nashua South High School <b>Last Supper at the Club National</b>	28	29	30																																																																																																		
31	<table border="1"> <thead> <tr> <th colspan="7">September</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>					September							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<table border="1"> <thead> <tr> <th colspan="7">November</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>	November							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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# Gate City Striders Membership Application Form

This is a (circle one) : New Membership    Membership renewal

Membership type (circle one) : One Year Youth 14 and under(\$10), Single(\$20), Family(\$25).  
Three year Single (\$50), Family (\$65)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Tel \_\_\_\_\_ E-Mail \_\_\_\_\_

I do not want the club newsletter mailed to my home.  
(Check this box if you prefer to download the newsletter from [www.gatecity.com](http://www.gatecity.com).)



I know that running, volunteering at club races and participating in Gate City Striders events are potentially hazardous activities. I should not enter and run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete the run or to take part in the event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the American Association of Running Clubs, the Gate City Striders Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature required for all persons on this application (Signature of parent or guardian if under age 18).

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Make check payable to Gate City Striders, Inc. and mail to :  
Memberships - PO Box 3692 - Nashua, NH 03061  
If at all possible, include a picture of yourself. It will help us recognize you !

**GATE CITY STRIDERS**  
**PO Box 3692**  
**Nashua NH 03061**

**Non Profit Organization**  
**U.S. POSTAGE PAID**  
**Nashua, NH**  
**Permit No. 1050**