



# Striding Along

December 2006/ January 2007

Issue #122



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# Editor's Column

by William Farina

An interesting article from [www.advaneweb.com](http://www.advaneweb.com)

Retro locomotion—or running backward—has benefits for fitness and rehabilitation  
By Stefanie Carter

As children many of us would spend time amusing ourselves by walking backward from place to place, or maybe even racing a friend short distances backward. For most of us backward running was left behind as a game, like many things from childhood. But maybe we were onto something.

Retro locomotion, or backward running, has spent most of its history—at least here in the U.S.—in the margins of competitive athletics and fitness. However, retro locomotion can play a big part in fitness, wellness and rehabilitation if it is done correctly.

## The Mechanics

Since he was first introduced to the activity in the late 1970s, Barry T. Bates, PhD, professor emeritus at University of Oregon, has studied the biomechanical aspects of retro locomotion. "Actually, my first introduction to it was in an article in Runner's World. The article talked about a fellow who had been injured. He was a fanatic runner and he discovered he could run backward pain-free. Our whole area of research was running injury so we took it seriously," explained Dr. Bates. Running backward is a challenge to the traditional runner. It is difficult to simply adjust to the different perspective, but it can also be a challenge physically. The backward runner is engaging different muscles and changing the points of impact from traditional running. "It's harder [for one] to run backward at the same speed [as one would run forward]. If you consider forward as the standard, backward running will achieve the same results at 80 percent of the speed," said Dr. Bates. "When you go forward and you strike the ground, your knee flexes in an eccentric contraction. When you go backward, you actually start in the flexed position and you never go through that eccentric phase. You start out with a slightly deeper knee bend and your knee basically stays in a fixed, or isometric position for a brief period of time rather than flexing more, and then you extend. You get all the benefits of knee extension from a rehabilitative point of view without the damaging eccentric contractions," he added. In forward running, the footstrike is a heel-toe sequence, while footstrike in backward running is toe-heel. "You basically take out the impact aspect of forward running. Impact has always been considered a major aspect of running injuries," Dr. Bates explained. In their studies of the activity, Dr. Bates and his colleagues found that retro locomotion allowed for a more stabilizing movement for the ankle joint. Also, anecdotally, they found that many baseball pitchers, a position which often suffers hamstring injury, felt that retro locomotion helped with preventing these injuries. "You get a little more hamstring stretch and activation. The end of your stride is where your hip is flexed. Then you have to bring your leg back to the ground which is extending the hip. That then gives you more activation of the hamstring which strengthens the hamstring," Dr. Bates said.

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**Cover Photo: PAL and Flash Runners at Junior Olympic Cross Country .  
Courtesy of Bill Spencer**

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If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders  
PO Box 3692  
Nashua, NH 03061.

Visit our Web Site  
[www.GateCity.org](http://www.GateCity.org)

USA Track & Field Club # 157

## Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

## Membership meetings

Merrimack YMCA  
3rd Wednesday of month.

## Track workouts

Wednesday nights, Nashua High School South, April thru October.  
Weekly runs at Pennichuck JH starting the end of October



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# The President's Journal

by Skip Cleaver

## The President's Journal

### Striding Along—December-January

What a terrific year we have had! We captured the New Hampshire Grand Prix, did well in several USATF Grand Prix races, won two national championships, welcomed many new members, logged hundreds of miles in Mine Falls Park, enjoyed some great parties, and had our share of individuals win many individual honors in a variety of races.

We introduced some new concepts and activities this year, and brought back some older traditional activities such as the Hash Run. We enjoyed many trips to cities all across the country, showing the Gate City colors in many states and many races. We were well represented and competitive in our just-concluded Mill Cities Relay. Yes, by all accounts and any standard it was a very good, very exciting year.

Can you believe there are only three weeks left in 2006?

Thanks to all members who supported our events and activities; thanks to our terrific Executive Board, and to our Competition Coordinator, Michael Wade, and to our Webmaster and Membership Director, Steve Moland. Thanks to every member who ran for the club and/or volunteered at our races, activities, and functions. What a Great Year it has been!

But guess what, fellow Striders? WE are going to have an even greater year in 2007—a banner year. With our growing membership, our ambitious and innovative Board, our fantastic volunteers, and our core members, we are going to have one great time. We will be expanding and taking our club to another level of competition, just like in past years. We will increase our presence in the USATF Grand Prix at a competitive level, we will have more



members in the USATF Mountain Circuit, and we will have additional runners in national contests, including USATF Track and Field, and National Cross Country. And we will once again win the coveted Mill Cities Relay Trophy.

We will increase our social activities in both number and quality. And we will help many beginners get their running career off and, well, running.

We will establish a training program to bring all members to a higher level—walkers, beginning runners, mid pack runners, and runners that excel. We will support our practices and programs and bring everyone to where they want to be in competition. We will help many, many members achieve their goals.

Some of our recent changes and introductions are obvious, such as our recent meeting at Martha's, indoor winter track, the GCS Scholarship Program, our Ice Cream night at the track, increased levels of coaching, and more. Some changes will take longer to implement, but we are dedicated and determined.

Please explore the opportunity to join our winter indoor track program. If you can't make those sessions in Milford, the weekly Wednesday runs at Pennichuck Junior High will continue.

Your Executive Board is working to make Gate City one of the top clubs in New England. Gate City must truly be, "an athletic and social organization dedicated to the promotion of running and fitness at all levels." WE hope everyone can attend the Annual Awards Dinner in January. And we wish everyone good luck in achieving their running goals for 2007. With the support of fellow members, our individual members and the club as a whole can really have a banner year.

See you on the track, roads, and trails.

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## Club News & Events

### Gate City has Ten Guaranteed Entries for the BAA Boston Marathon

The Gate City Striders have received ten guaranteed entries for the BAA Boston Marathon, the 111<sup>th</sup> running, to be held at 10:00 a.m. on Monday, April 16, 2007. These numbers will be awarded to club members only. Awards will be based on the criteria below, as determined by our seven-person selection committee. The deadline for submitting requests is 5:00 p.m., January 10, 2007.

Please note that these applications are not free entries. In fact non-qualified invitational runners must pay a premium to BAA to enter, which is \$200 this year. And runners applying through this method must abide by the following:

1. They must be able to complete the course within 4 hours, 30 minutes.
2. They may not begin the race prior to official start time (10:00 a.m. this year).
3. They may not transfer the entry or bib number under any circumstances.
4. (The number must be used by the member winning Gate City's lottery/selection, and any change will have to be initiated by the GCS Executive Board before application submission is made to the BAA.)
5. Entries will only be accepted by BAA until the maximum field size of 22,500 is reached.
6. Those entering as non-qualified are not eligible for a deferment.
7. Requests to enter must be received by the Executive Board by 5:00 p.m. on January 10, 2007. The announcement of those qualifying will be made on January 17, or at the GCS Annual Awards Dinner.

#### Selection Criteria:

1. Volunteer activities in Gate City events.
2. Number of races run in the USATF Grand Prix, the NH Grand Prix, or the USATF Mountain Circuit.
3. Key positions held within the club, or in club events and races.
4. Previous marathons run (attempts to qualify for Boston).
5. Years as a member of Gate City.

6. Attendance at Gate City activities.

Please mail requests to:

Gate City Striders  
BAA Applications  
P O Box 3692  
Nashua, NH 03061

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### Join the Gate City Indoor Track Program

The Gate City Striders will be sponsoring winter indoor track training sessions for the first time in many years. It will be held at the Hampshire Dome in Milford, NH on Wednesday evenings beginning December 6, 2006 and running through February 28, 2007 (please note there will be no training on Wednesday, December 27). There will be 12 Coached Sessions at the Hampshire Dome's 1/5 mile banked, soft surface track. They will begin at 6:00 p.m. with a warm-up, and intervals will start at 6:15. The primary session will run for one hour, with a 15-minute cool-down at 7:15. The evening will be complete at 7:30.

There is a minimal Cost to each member. Space is limited, so please return the enclosed application and also the waiver along with your check, made out Gate City Striders, Inc. Please mail the application and waiver to GCS, P O Box 3692, Nashua, NH 03061. These sessions are very inexpensive compared with some other indoor track sessions in the region. And the facility is first rate with one of the longest indoor tracks in New England. Friends and relatives are welcome to these sessions—just have them fill out the application and indicate “non member”. The price for all will be \$75.00.

Get a start on your spring season, or add to your distance training. These sessions will be multi level—that is, they will be for beginners right up to elite. We hope you can join us for this innovative program in this beautiful new facility. Additional applications and waivers can be found on our Website.

The link to the Hampshire Dome for your information is <http://www.hampshirehills.com/dome/dome.html>.

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## November Meeting with Dave Dunham at Martha's Exchange

*Skip Cleaver*

We were privileged to have guest speaker Dave Dunham attend our monthly meeting on Wednesday, November 15, 2007 at Martha's Exchange Restaurant and Brew Pub on Main Street in Nashua. Dave is an elite runner and author of Only One Hill, a History of the Mount Washington Road Race. The attendance for this event was very high, and all enjoyed the presentation.

Food and some of Martha's special brews were served, making for an outstanding evening. Dave's terrific presentation followed a very brief business meeting as he related many of the highlights in his 22 years at the top of New England Running. He spent a lot of time discussing his accomplishments within the world of Mountain Running, with a fascinating review of the history of the Mount Washington Road Race.

Dave Dunham is the race record holder and three-time winner of our Applefest Half Marathon. He personally created the USATF-New England Mountain Running Circuit in 1995, including our own Pack Monadnock 10 Miler. He most recently won the Jack London Trail Race in Mine Falls Park on November 4<sup>th</sup>.

Dave is a three-time winner and former course record holder at the Mount Washington Road Race, and has completed that race 17 times. He has more top five finishes at Mount Washington than anyone in the history of the event. He is a Silver Medalist at the World Mountain Running Championships, Olympic Trials qualifier in the Marathon, and has been an elite runner in a wide variety of races—every distance and every surface. He made the USA International Mountain Running Team seven times, and is a current manager of the team. He is one of the most versatile athletes in our sport.

Dunham has won marathons, ultra marathons, mountain races, trail races, road races of every distance, snow shoe races, orienteering contests, and more. He was several times the winner of the USATF Mountain Circuit, as well as a winner in the USATF Grand

Prix, Winnepesaukee Relay, along with many other accolades. Despite his many achievements at the highest levels (he has won 356 out of 1037 races entered) he remains humble and very down to earth.

He also related his struggle with eating disorders which has plagued him for many years, and he gave a very sobering account of the dangers and difficulties this disease holds for runners of every age group.

Dave had copies of his excellent and entertaining book, which he sold out. However, for those who still want a copy you can go to [www.buybooksontheweb.com/description.asp?ISBN=0-7414-3159-9](http://www.buybooksontheweb.com/description.asp?ISBN=0-7414-3159-9).

Thanks Dave and to our attending Gate City teammates for helping to make this a very special evening. And thank you to Michelle Poublon of our Executive Board for putting the evening together.

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## Gate City Veterans Win USATF National Cross Country Crown

*Skip Cleaver*

The Gate City Veterans Men's Team sent eight runners to the USATF Masters Cross Country Championships at Saratoga Springs, New York on October 15, 2007. They competed in two age divisions, with the 70-and-over men winning the national team championship and two individual medals. The 60-69 team took 5<sup>th</sup> place only a few points out of 4<sup>th</sup>, and came home with one individual medal.

It was a beautiful fall day at the famous Saratoga State Spa with temperatures in the upper 40's and a slight breeze. The park was near peak foliage, and the course was tough, but fair and beautiful with grass fields, bridged streams, gravel roads, and forest trails.

Bill Spencer led the charge for the 70+ group, winning the division in 21:11. Gate City outscored second place Shore Athletic Club of New Jersey by 9 to 20, and out kicked them in cumulative time by nearly four minutes. George Bisson finished second for Gate City and captured second place overall with 21:52. Dr. Jack Kick was third for GCS and finished

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sixth in the division with 23:31. Congratulations to these three national team champions; and hats off to Bill and George for their individual medals.

were only 6 points out of fourth (Nike Central Park), and 11 points out of third (taken by PR Moose Milers). The PR Moose Milers were only one point and cumulative 6 seconds out of second place.

Bill Springer led the 60-69 team with an outstanding 20:35 and captured third place in the individual race (65-69), Denny LeBlanc (21:00) and Steve Moland (21:01) ran neck and neck for much of the contest and pushed the scoring. Bob Ludwig sped to 21:28, and Skip Cleaver toured the park in 24:58. They

It was the second national championship this year for Gate City—the Veteran team of Ludwig, Moland, and Cleaver won the USATF National Mountain Running Championship 60-69 in June at Mount Washington.

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## Gate City Strider Scholarship Fund

The Gate City Striders are pleased to announce the introduction of the “Strider Scholarship Fund” for high school or post graduate athletes who are either Striders or are family members of a Strider. Two (2) \$500 scholarships will be awarded in the first year with hopes we can continue for many years and for larger amounts.

### Scholarship Information

- The Striders Scholarship is a \$500 non-renewable award
- Applicant must have applied and been accepted at a college, university or vocational school of his or her choice at the time the scholarship is awarded.
- Receiving the award does not preclude the applicant from applying for and accepting other scholarships, loans, grants or other aid.
- Applicant need not participate in college athletics.
- A five-member committee consisting of Gate City Striders will screen the applications. Recipient(s) will be notified by letter no later than May 4th.
- All other things being equal, scholastic achievement will be the deciding factor.
- Application forms can be obtained from the Striders web site ([gatecity.org](http://gatecity.org)).

### Eligibility

- Must be either a Strider or a family member of a Strider in good standing.
- Must have been accepted at a college, university or vocational school.

### Requirements

- Completed and signed [Application](#) form.
- High school transcript through seven semesters or recent graduate transcript.
- Counselor's recommendation.
- Essay (typed, one page maximum) on the role running has played in the applicant's accomplishments.

### Submission

Send all requirements to:  
Gate City Striders Scholarship Committee  
P.O. Box 3692  
Nashua, NH 03061

### Additional Contact Information

e-mail Dan Dugan at [daniel.dugan@ey.com](mailto:daniel.dugan@ey.com)



***All requirements must be received by the first Friday in April to be considered***

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## Spotlight Event

### The 2007 New England Grand Prix

Next Year it's Live and Local

By Michael Wade

The 2007 New England Grand Prix will have a distinct Merrimack/Nashoba Valley flavor to it as 4 of the 7 races selected to comprise next year's series will take place within a 20 mile radius of Nashua. The Bedford (NH) 12k, Westford (MA) 5k, Groton (MA) 10k & Harvard (MA) 10 mile were all recently selected to be a part of New England's greatest collection of road races. The Ollie 5 mile in Boston (MA), New Bedford (MA) Half Marathon & Cape Cod Marathon in Falmouth (MA) round out the 7 race series. The New England Grand Prix was founded in 1986 and next year is celebrating its 21<sup>st</sup> year. This road race championship series is run on certified courses that range in distance from 5k to the Marathon. Prizes and points are awarded to individual runners in all divisions as well as to local running clubs. A perpetual award is loaned for a one-year display to the club who has the highest overall point total, with the name of this club added to the plaque. Recent club winners include: The PR Moose Milers, The Central Mass Striders, The Merrimack Valley Striders and The Greater Lowell Road Runners. Recent individual winners with ties to New Hampshire include Casey & Patrick Moulton (Pelham), John Mortimer (Millennium Mile), Craig Fram (Plaistow), Kara Haas (local NH teacher), and Dave Dunham (formerly of Londonderry). "Iron runners", or those who compete in all 7 races, receive commemorative USATF Grand Prix jackets. The last Gate City Strider to complete the series and be awarded the jacket was Mike Thatcher in 2003.

In 2007 the USATF New England Grand Prix Series visits some familiar locations. First off is the New Bedford Half-Marathon on March 18 in New Bedford, MA. It is the 30<sup>th</sup> annual running of this classic race and features a fast loop through a historic seaport city that embraces the race and welcomes the runners as friends. The race has been rated in the top 25 Half-Marathons in United States by *Runner's World* magazine and the top Half-Marathon in New England by *New England Runner* magazine. The women's world record of 1:08:32 was set on this course in 1989 by Ingrid Kristiansen of Norway. The men's course record of 1:02:05 is also world class and set in 1986 by Geoff Smith.

The Groton 10K on April 29 in Groton, MA is next on the list of races. Located only 15 miles from Nashua, this event represents the first of 4 races in our neck of the woods. This race is celebrating its 16<sup>th</sup> year and first as a New England

Grand Prix race winning in a close contest (by one vote) over the James Joyce Ramble. The course offers 360 degrees of scenic vistas and rolling hills in a picturesque New England town while being completely closed to traffic. The race organizers are offering a \$2 discount to all USATF team entries as well as free pre & post race massages. However, there will be no race day registration. So, be sure to get your applications in on time! The course records are 30:49 by Dave Dunham & 36:02 by Mary Lynne Carrier. Next up is the Westford 5k on May 6 in Westford, MA which at only 14 miles from downtown Nashua may prove to be faster to drive to than to run. The 8<sup>th</sup> edition of this local race starts at The Abbott School, runs up Depot Road past the Town Common, down and around Hildreth Road and Flagg Road before heading back up Main Street to the finish at the Town Common in front of the Library. The high quality t-shirts are designed by local graphic artists and are always a great addition to any Tee Collection. The course records are 15:45 by Wilson Perez & 18:11 by Christy Carrera.

The 33<sup>rd</sup> annual Bedford 12k on May 19 in Bedford, NH comes next. This race is New Hampshire's only entry in the New England Grand Prix and at only 18 miles from Nashua will be a real "backyard" race for most of us. Many Striders run this race annually anyway, so this year they should have plenty of Gate City company. The course winds through the tree-lined back roads of Bedford and was voted as one of the top 100 races in New England by *New England Runner* magazine. The organizers of this race are working in conjunction with the Millennium Mile and Union Leader 8k. Any runner completing all three of these races will receive an "Open Roads Challenge" sweatshirt. The course records are 36:36 by John Mortimer & 43:38 by Diana Bowser.

After a 3 month break for the summer, the series then cruises on into fall with the Ollie 5 Miler on September 8 in South Boston, MA. This race is one of the oldest in the country. It was founded in 1941 as an event that brought together the community and its families to support the mission of the South Boston Neighborhood House or the "Ollie" named after one of its founders Olivia Buckminster James. The course starts at The Bank of America Pavilion and winds through South Boston and the adjacent waterfront area. The course records are 23:55 by Mark Carroll and 26:41 by Amy Mortimer.

The 15<sup>th</sup> annual Apple Harvest 10 Miler on September 23 in Harvard, MA is next and is following up its successful

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debut in the series last year. The starting line for this race is a mere 20 miles from downtown Nashua and is run at the beginning of the fall foliage and the peak of the apple-picking season. The course is somewhat challenging as it runs around Bare Hill Pond and by some of the most magnificent views in the Nashua River Valley. The course records are 49:38 by Joshua Kemei and 58:58 by Amy Nadeau.

The 7<sup>th</sup> and final race of the series is the **Cape Cod Marathon** on October 28 in Falmouth, MA. *Runner's World* called this race one of the ten most scenic marathons in America and *New England Runner* magazine designated this event the 1996 Road Race of the Year. This challenging course is typical for New England as it is relatively flat for the first half with rolling hills in the second. The Cape Cod Marathon takes its participants on a twenty-six mile loop beginning in the historic [Falmouth Village Green](#) then running along the breathtaking Nantucket Sound, through the rustic wooded areas of Davisville and across the legendary Cranberry bogs of Hatchville. The race then turns west

towards the Buzzards Bay winding through Woods Hole before returning to the beaches of the Sound with a stunning turn around [Nobska Point](#). The course goes past the lighthouse, along [Surf Drive](#) and then finally back through the streets of Falmouth to finish at the Green. The marathon's route gives participants a unique view of almost every section of Falmouth, its neighborhoods and people.

These seven races represent the best road racing New England has to offer. All the best running clubs in the region have been well represented in the series except for ours. Next year is our year to make a real series splash. With the majority of the races being so close to home, there's no reason why Gate City shouldn't be able to field scoring teams of 5 runners in each division. We're already gearing up to be competitive in next year's series. If you're interested in joining us, drop me a line at [mwade@ganekarchitects.com](mailto:mwade@ganekarchitects.com), then come run with us indoors at the Hampshire Dome in Milford, on Wednesday nights and get yourself ready for the first race of the series at New Bedford in March. The 2007 USATF New England Grand Prix - next year we're bringing it all on home!

## Reports From the Road

### Falmouth Road Race

By Jim Henson

#### History

The Falmouth Road Race began in the year 1973 as a 7 mile run from Woods Hole to Falmouth. Less than 100 runners participated and although I did not run I was aware of the race as Falmouth is my hometown. Just a few weeks after the first Falmouth Road Race I joined the Falmouth High School Cross-Country team and started my own running career. I didn't run the Road Race until the third edition. in 1975 but I have run it just about every year since so I have grown up with the Falmouth Road Race and continue to do battle with it to this day.

This years race was to be a special race not for me but for my family as my son Andrew would be running the race, at 16 years old he is the same age I was when I first ran Falmouth, and most remarkably my wife, Sarah, would also be running her first ever road race.

#### Pre-race

If you are running Falmouth you need to show up a day or two early. Andy and I arrived Friday night and went to the Road Race spaghetti dinner. We took my dad and went to the Lawrence School off of Main Street and found out they were not even serving spaghetti this year.

Instead they had clam chowder and sandwiches. This native Cape Codder decided to be adventurous and had his first clam chowder ever! On the way out of the school we went back to our car parked near the tennis courts. My dad is an avid tennis player and still plays in leagues and tournaments despite undergoing cancer treatment last year at 75. We used to play on these courts often when I was a kid. Missing though, from the present scene is the old hardtop outdoor track. that used to be next to the courts. It was 7 or 8 laps to a mile and had severe banking in the turns. One day back when I was in about sixth grade my dad took my brother and sisters and me to play tennis at these courts. After that we raced a lap. I lost so I kept going and going and going. I ended up running 2 miles just to save myself from the embarrassment of being slowest in the family. My dad told me I would make a good cross-country runner. I really didn't want to run across the county but I guess that is what you do if you don't have any speed.

Saturday night I took my whole family to see the Falmouth Mile at the High School Track. They are currently renovating the high school but when I entered 9<sup>th</sup> grade it was a brand new school and this track (although it has been beautifully resurfaced) was the track I began my cross-county and track running career running around.

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The road race tries to bring in top milers to the track and I have observed a few sub 4 minutes miles run here. The last time my kids came to the track my daughter Emily ran a short race alongside Colleen De Reuk's daughter and we sat on the track beforehand with Alan and Shayne Culpepper getting ready for the mile race but that was 6 of 7 years ago. For some reason there is no men's race and only a women's mile this year. Emily is happy to see Carrie Tollefson running as she has her autographed poster on her wall. As expected Tiffany McWilliams takes the lead for most of the race. She is from Mississippi State University, where my brother is a professor, so we cheer her on. Carrie Tollofson wins in 4:27:96 and Tiffany McWilliams finishes 3rd also under 4:30. Then it is back home from the race as I have two nervous first time racers to get ready for Sunday's big 7 miler.

### The Start

We go to get on the buses early to transport us to Woods Hole. I used to run to the start, a few miles from my parents home, but the roads are real dangerous with all the buses so now I get bused in. At Woods Hole I say my good byes and give best wishes to Andy and Sarah and head out to the seeded section of the start. I am number 198 and get to start in the elite- sub elite corral. This holds a great fascination to me as I have been privileged to see and warm up with some of the greatest runners ever. We also get our own port-a-johns. I have stood in the line next to many elites through the years. One year I stood in line and talked with Steve Scott. Last year I did the same with Falmouth Mile winner Jason Lunn. A few years year I stretched and talked with Khalid Kannouchie before he won the race. This was before he was a marathon world record holder. When I first ran Falmouth in 1975. the race was on its way to legendary world class status. This was because the race directors had a double coup of getting the reigning Olympic Champion, Frank Shorter, and Bill Rodgers fresh off his surprise first Boston win both in the race. This was sort of the unofficial start of mass start road racing and the running boom joining together with the idea of world class runners entering and running alongside the mere mortals. As a high school runner I was more than excited to see these two superstars on my home turf. The only athlete I would have loved to meet more at that time in my life would have been Carl Yastrzemski ! I usually see Bill and Frank often in the starting corral. They now start behind me as they jog the race as ambassadors of the golden age of road running. Through the years I have met many Olympians and World Class runners at Falmouth. I have still never met Yaz.

The wheelchair racers go off along with the Hoyts. I get in about 10 rows back from the starting line and await the fun.

Andy and Sarah will have to wait a bit more as Falmouth now has wave starts and they will start many crowded minutes after me. As I wait I cannot help but remember the summer I worked as a janitor in the world famous Marine Biology Labs where the runners further back are standing awaiting there start. Most days I would run most of the road race course back home after work as my parents then lived in Falmouth Heights near the finish.

After the F-15s fly overhead the gun goes off. Quickly we run over the grated draw bridge. It is only crowded for less than ¼ mile and then I can start running free. We head up a slight uphill around Woods Hole Harbor and take a sharp right and go over a wooden bridge. I love the spring as we go over that bridge and then it is slightly downhill. I notice that no spectators are on the grass on the left hand side of the road and I move over onto it for a bit. This reminds me of how I used to run the course in the earlier years. In 1975 I remember getting off the grass and then back onto the road and hearing shouts behind me, "On your Left!" I looked back and saw a wheelchair barreling down on me, I quickly moved aside in time as wheelchair racing pioneer Bob Hall went rolling past in what looked like an ordinary wheelchair. Now wheel chair racers get their own start and Bob Hall makes those technological chairs that they use. The course takes a left and the ocean opens up in front of us. Yes, this is Falmouth. I look up and see the Nobska Lighthouse ahead and the lead runners already running up the hill around the light. It is the last sightseeing I do. I realize that for the past few years I never look at the scenery anymore as I run this race. I know every step of the course and concentrate on the job at hand which is following the road. My wife tells me she enjoyed the views the whole race during this her first Falmouth and I know she will think fondly of the lighthouse because this is where I proposed to her.

### Mile 1

The mark is on the road and a clock tells me I ran a 6:10 mile. My hips are tight and I wanted to go much faster. That is not a good sign for the day. Gosh I remember hitting the mile over a minute faster years ago. My favorite Falmouth memory is here at mile one. OK so it wasn't really in the Falmouth Road Race but in the "Falmouth in the Fall Road Race", a smaller version of the race run on the same course with only about 500 runners. It was 10 years ago in 1996, I had just completed 3 marathons in the 3:05 range and finally broke 1:20 at the Hollis Half Marathon, all in the 5 weekends before the Falmouth in the Fall race. Having just run the Cape Cod Marathon the week before on the same roads I expected to be a bit worn out but ambled down to Falmouth one more time to run the road

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race course. I was in the lead pack before the first mile mark and as we headed up the hill around Nobska Light I decided to take the lead before we crested the hill, once there I lengthened my stride on the downhill side and ended up with a 40-50 yard lead. How many times had I dreamed of being good enough to lead the Falmouth Road Race and here I was, well in its little brother, in that same spot. I had a lead vehicle in front of me and I was staring back at the race directors in the back of a pickup looking at me in front of the race. I haven't had many lead vehicles to run with in my day and it was fun and unnerving. After a mile more of racing I got passed once and then after another mile got passed again. But I held off a group of runners that were breathing down my neck for the rest of the race and finished third overall. Then I had even more fun after the race at the awards ceremony. I recognized a face I hadn't seen since high school. He was the kid who lived across the street from me when I was a kid and used to pick on me quite a bit. I introduced myself and asked how his race went. It was very rewarding to let him know about my place and time. I bet he just wanted to throw rocks at me again for old times sake!

### Mile 2

The second mile of the race takes you through shaded winding roads. I like this section of the course. It is usually cooler. I remember running with Joan Benoit at this section of the race for a while before she passed me one year and that was years before she became an Olympic Marathon Champion.

### Mile 3

At this point in the race you leave the trees and head towards Surf Drive. On a hot day it can get steamy here. This years race had absolutely beautiful weather. It is in the low 70's with no wind and a blue sky. I know the ocean is on my right and beyond the crowds on either side of the road is a pond. In 9<sup>th</sup> grade I would ride my bike the 5 miles to school and then leave school sometime in the afternoon, often before school was over, to ride bikes with a buddy. We'd head to his house. We'd get his 2 seater kayak and go out on the pond near his house, the very one we are running by now and then take it out on the ocean where we'd tip it over and swim all along Surf Drive with no one else in sight. That would be the last year I attended Falmouth High School. It would be off to a College Preparatory School on Long Island the next three years where I would have to get a bit more serious. I also think this play helped out with the triathlon bug I acquired just a few years later.

### Miles 4 -5

After the four mile mark on Surf Drive the course leaves the ocean as it starts making its way towards Falmouth Harbor. I

remember visualizing a hand pushing me from behind back when I was younger and just coasting along the course. I can not visualize anything that can get my hips working right this year. I feel good and not tired but my hips just don't work right and I am fighting my body this year. In 1997 at the 25<sup>th</sup> running of the Falmouth Road Race Frank Shorter caught up to me at this point. We ran together and hit the 5 mile mark at exactly 29 minutes flat. Hearing a voice behind him Frank Shorter turned around to talk with a guy catching up. I look. It is former winner Rod Dixon. My goodness where are the cameras when you really need a picture taken? They would both go on to finish ahead of me but what I thrill running with such superstars. Now we are entering the part of the course where I used to deliver the daily newspaper when I was in junior high and we head up alongside Falmouth Harbor. I realize the race is going swiftly. I wonder how Andy and Sarah are doing. The course is not crowded for me and there are runners 30 yards in front and 30 yards in back. I am on my own, a feeling that I am sure those two will not get today!

### Miles 6 and 7

We go around the harbor. I like the little downhill and the quick corners here. Soon we'll be heading up Falmouth Heights Road. Across from the Island Queen Ferry terminal on the Harbor is the back entrance to the church that I grew up in and that my father was the minister of for over 40 years. I used to get a lot of cheers here but the last few years I go unrecognized. However as I approach the spot I hear "Go Jim!" Ten or twenty people pick up the chant. I look to see if I recognize anyone and notice no one is looking at me. They are looking at and cheering a runner 10 yards behind me. I used to run a 3 mile loop on this road sometimes 3 or 4 times in a row when I lived at home so I could keep running by the harbor and later by the beach. I pass 10k and head straight towards the ocean. As we reach it we turn left and head towards the finish line. The crowds grow deep and vocal, but we have a bit of a hill to climb up. I am home free now and scamper up the hill because I know there is a long downhill to the finish. Boy I love these roads. The finish line hill appears and it is all downhill to the end. I finish in 189<sup>th</sup> with a time of 44:18, a typical finish for me. Definitely not the top 100 performance I keep striving for. I cross the chip mat and stop. Taking the chip off my foot, I throw it in a bucket. It is a remarkable change from the 1975. I still have the typewritten 3 by 5 card with 350 written on it given to me to mark my initial placing that year. I also have the typewritten and photocopied results from 1975. Actually two sets of results as I finished 188<sup>th</sup> in the field for runners that had joined the AAU. There is another set of results for those who did not join. These results are called the Falmouth "Run for Fun". I

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guess they didn't want the non AAU runners contaminating the true AAU runners, or maybe they just figured out a way to get money out of this new road racing fad trying to get runners to pony up some money! A 67 year old runner named Johnny Kelly beat me that year 32 Falmouths ago by 4 minutes! And Frank Shorter beat Bill Rodgers in what would become the first of many intriguing duals!

### Post Race

1975 would be my slowest Falmouth ever, so far. My fastest was in 1980. I was getting ready for my senior year of cross-country season at Wheaton College in Illinois. I had run over 1000 miles in the 12 weeks leading up to Falmouth and I finally broke the 40 minute barrier by finishing 184<sup>th</sup> in 39:58 seconds. The official results did not come out for a few weeks (no internet back then!) and it was at college that I saw they had given the top Falmouth Resident Award to a kid who had finished just 13 seconds in front of me. I was real disappointed as I would have really liked to have won an award at my home town race. It came out that this runner was from one of the fastest running families in Massachusetts history. He was just moving to town, maybe arriving a day before the race, maybe not. He also had suffered heat exhaustion and may have been moved to a different finishing corral. At the very least he got to start in the elite start and I had to wait lined up behind a barrier in Woods Hole for over an hour just to be near the front. I was told that I would be put in the elite start the next year and by the way "College kids aren't true residents anyhow." It was sour news to me and as you can see from my writing, Falmouth is truly indeed my hometown! This boy and his siblings would go on to win many big championships in their high school and college careers, and it was nice they wanted to make him and his family feel welcome in a new town. But personally, I felt I was the first true Falmouth resident that year and as someone who could never win anything at that point in my running career I really did want the award!

I have business now that the race is over. I head over to the massage tables and am one of the first there. I get the knot in my hip worked on then head back up the road race course. The runners keep coming wave after wave and it is very dizzying. Where's Andy? Where's Sarah? Andy started running cross-country for Nashua South last year. He is slowly growing into the sport. I refuse to push my kids into running as they need to make it their own sport. He had raced the July fourth kids race in Nashua about 10 years ago or so and the Brookline race for kids that went with the extinct and missed Brookline 5 miler, but had steered away from running until last year. Wow, I almost

missed him. He runs by in a huge pack and I see him at the last moment in front of me. He looks strong and finishes in 59:57.

Then I wait for Sarah. She has never run this far before. She was a faithful fan before we were married. She came to cheer me on at Falmouth and in the triathlons I was doing in the 1980's. She even came to cheer me on and be my support in 3 of the 5 Ironman distance triathlons I did on Cape Cod. Now that was a long day of support and I do think my antics back then kept her away from desiring to do any sort of race or even attempt the training involved. However a year and half ago the kids and I all wanted to run the Millennium Mile. The youngest, Hannah was only 4 at the time and so she couldn't run it alone. Sarah figured she could walk and jog with Hannah but found she couldn't keep up. That opened her eyes and she started walking on the treadmill and eating healthy. For over a year the treadmill walks went from difficult to easy to longer to part running to lots of running. In over a years time she only missed 2 days of on that treadmill. This year she ran the Millennium Mile with Hannah until I finished and came back on the course to meet them. Then she easily ran ahead of our 5 year old to the finish.

After a year of treadmill running and as Spring rolled around she started running outdoors. Then one day during the Spring I offered Andy and Sarah an option to run Falmouth. They really weren't too enthused but thought they wouldn't get in through the lottery anyhow so they amused me and let me send in the entries.

Now Sarah was actually running and with a sore leg wasn't sure what she was doing out there. As I waited I thought she would see me and either slap me or tell me how much fun she was having. Soon she trotted into view and I had my best ever Falmouth Road Race moment. I jumped on to the course ran beside her a bit then let her finish it on her own. Who would have thought she would ever run this race! Sarah finished in 1:24:29. Oh she was having fun for which my face is very happy. Falmouth is still my favorite road race. I have done it just about every year since 1975. I missed a few due to triathlons back in the 1980's and also a few other times due to broken bones or injuries. I can still run the course over 6 minutes faster than 31 years ago and only less than 4 ½ minutes slower than my best time 26 years ago. I think that is a record that most runners from the past cannot achieve anymore. As I look at the results. I can only count 10 men older than my 47 years who finished in front of me out of the 8000 runners this year.

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After finding Sarah and Andy on the Heights ball field amidst thousands of runners we get some food and head for our car. I see an older friend who knew me since I was a kid. He tells Sarah and Andy that everyone that knew me long ago knew that I was not very fast but that I did have a lot of endurance. That is a pretty good summary as I have lasted a long time at the running game and it all started in Falmouth!

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## **Junior Olympic Cross Country**

*By Bill Spencer*

Club members may have seen a lot of young kids running in the trails of Mine Falls for the past months. Much of that activity was associated with the USATF Junior Olympic Cross Country program. I have been particularly active with a very talented group of 10 year old girls for the last eight months. The USATF Junior Olympic youth Cross Country program had its qualifying races for the National Championships in December. The Gate City Striders provide much of the coaching for the Granite State Flash, the Manchester based team and Nashua PAL, the Nashua based team. The first of three meets was held at the Freestyle Farm in Amherst. In the Bantam Girls (age 10 and under) race the PAL team, my girls, won the division and was paced by Strider Molly McCabe in first place. Fellow Striders Chelsea Shoemaker and Brette Chmura supported her. The Flash Bantam Girls, coached by Strider Leigh McLeod finished third to advance to the Regional meet. The Flash Bantam boys, coached by Strider Jan Platt, finished second to the PAL boys. In the Midget Division (ages 11 to 12), the Flash teams took first place in both the boys (coached by Strider's Mike Merra and Wayne McLeod) and girls divisions to advance. The Youth Division (ages 13 to 14) saw the two clubs finishing in the top two places. In the Youth girls, Strider Cathy Merra's Flash team beat Strider Mike Wright's PAL team by 8 points. The positions were reversed in the boy's race where former Strider Art Demers boys beat the Flash boys by 8 points.

At the Region 1 meet in Queensbury, NY the following weekend, the clubs raced against teams from Connecticut, Maine and New York. The meet started off with the Bantam Girls race where Molly again won, setting a new Bantam record of 10:58.63 for the 3k course. That's a mile pace of 5:53. The PAL team just missed a perfect score of 15 points when a Waltham runner broke the team up. They finished with 18 points and the Flash team was third with 86 points. The Bantam Boys race was as close as it can get, with the PAL team winning the race and beating the Flash by just 1 point. In the Midget Girls race, the Flash beat the Fairfield Connecticut team by 1 point to place second in the race. The Flash Midget Boys scored a low of 27 points to easily win the division. The Youth Girls race saw a reversal from the previous weeks race with PAL coming in first (44 points) and Flash second (59 points). Striders Mari Littleton, Peggy Lai, Hannah Moriarty, Kaitlin Dresser, Amanda Clark and Sandra Van Den Hueval paced the PAL team. The Youth Boys race was not as tight as it was the previous week. The PAL team placed first with

31 points and the Flash boys second with 62 points. As a result of finishing in the top three places, those teams are advancing to the National Championship in Spokane, Washington on Dec 9<sup>th</sup>. The Gate City Striders will be well represented by both the coaches Strider Youths.

## **The 2006 Reach The Beach Relay**

*"The Legend of the Mine Falls Milers"*

By Michael Wade & Team

### **The Race:**

The Reach the Beach Relay is the longest running relay race in the United States. RTB takes place along the picturesque NH roads during the start of the New England foliage season. The relay consists of 300 12-person teams that rotate through 36 transition areas as they cover the approximate 210 mile distance of the race. Each relay team member runs 3 legs of varying lengths and difficulty and covers an average total distance of 17 miles. The event starts at the [Bretton Woods Ski Area](#) in Bretton Woods, NH. From there, the course takes the teams through the White Mountains, past fields, lakes, mountain top vistas, and the occasional covered bridge, ultimately finishing along the Atlantic coastline in Hampton Beach, NH.

This relay was one that I had read about and very much wanted to be a part of. So, in the early morning hours of September 15<sup>th</sup> "The Mine Falls Milers" (a team of 12 local runners mainly consisting of Gate City Striders with some Moose Milers mixed in) set off on the road, heading north, in two 15-passenger vans to see what we were made of.

### **The Team:**

**Mark Wimmer** started things off for our team by running the first 3.1 mile leg in 21:05, a time which most of us would be quite happy with for a typical 5k. But, leg one of RTB is no typical 5k! It's a loop up and over the ski slopes on Mt. Oscar with an elevation gain (and loss) of 1500 ft. To make matters more difficult, Mark had to race against former "Mountain Runner of the Year" and "3-Time Mount Washington Road Race Champion" Dave Dunham. Mark stayed close to Dave on the ascent but lost a little time to him on the way back down. Later in the race, Mark exacted his revenge on Mr. Dunham by passing Dave (and 34 other runners) on his 8.9 mile final leg in Deerfield before hopping into his car and driving 5 hrs to New Jersey for a wedding.

**Gayle Lavoie** was one of two brave women on this "Men's Open" team. Gayle gamely legged out 2 race segments (including a tough 7.7 miler on the hills of Sandwich) be-

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fore succumbing to a nagging IT band injury. Afterwards, Gayle took over the driving duties for Van #1. She showed that her competitive juices were still flowing during one particularly harrowing drive down an unfamiliar, fog-covered, country road at 3:00 in the morning. As a result, her teammates, who were relieved to just get through the ride in one piece, took to calling her “Gayle Earnhardt”!

**Steve Wolfe** was the de-facto captain of this team. Long before race day Steve had put together an intricate spreadsheet that, based on recent half-marathon times, and taking into account the leg lengths and perceived difficulty, worked out the most efficient running order. The spreadsheet even predicted how long each team member would take to complete each leg and what time of day each leg would start. Well, needless to say, we focused so hard on beating the spreadsheet that we didn’t notice that we were beating almost every other team out there, as well. Steve’s contributions to the team didn’t stop at the computer, however. He not only logged the most miles (filling in for Gayle’s missing leg) but ran the fastest average pace at 6:33 min/mile including blistering a 6:00 pace on his 1<sup>st</sup> leg through Crawford Notch. Steve also managed to pick up 4 minutes on Team Loco (Dave Dunham’s team) during his 4 mile, 4<sup>th</sup> leg along Hampton Beach!

**Raelyn Crowell** was our undisputed Team MVP. After all the dust settled on the last minute leg switching, Raelyn ended up with the toughest overall race position. She took on the three toughest cumulative legs and ran them in a stunning 6:34 min/mile pace (22 sec/mile faster than predicted) including a phenomenal run through the hills of Candia on her 8.6 mile 3<sup>rd</sup> leg where she took over 4 minutes off her predicted time! But, Rae’s stellar showing almost didn’t happen. Hours earlier, at the Van Rental Agency, Rae’s teammates were extremely concerned about her having an aneurysm, pulling a nutty and choking the Rental Lady when our vans (that she arraigned for) were nowhere to be found. Luckily, for everyone involved, replacement vans were delivered and we were on our merry way!

**Brian Coates** was in trouble twice before we even started running. The first time was when he aggressively grabbed the clipboard from the rental attendant during a hurried damage inspection. The second time was when he got pinched by the fuzz while going 79 up 93. Brian’s teammates decided to graciously split the cost for Brian’s speeding ticket only AFTER they found he had gotten off with a warning. Of course, Brian saved his best performance for his 3<sup>rd</sup> leg of the day. He ran so fast that he ended up beating his van to the transition at the Sandown Town Hall by

at least 4 minutes. I guess they should have taken after their leader and tried speeding!

**Trevor Ward** was the one runner on the team who, hands down, appeared to be having the most fun during the race. He was always smiling everytime we saw him while he calmly hammered away on his legs at well below his predicted pace. Trevor even managed to maintain his cool during a head to head duel with a Team Loco runner on his 3<sup>rd</sup> leg through the town of Danville. And, due to the use of his lavender moist wipes, was the unsung reason that the “female infiltrated” Van#1 smelled fresher and more “flowery” than the boys over in Van #2

**Denis Tranchemontage** was in the unfortunate position of being the first runner on the road from Van #2. So, while his teammates chowed down on some very tasty pizza at the Flatbread Café in North Conway, Denis selflessly consuming only cup after cup of pre-race coffee. Denis was also forced to suffer through a race-long ribbing by his teammates as he sheepishly confessed to being “out of shape” and “needing to train more”, all while ably cranking out sub 6:50 miles!

**Michael Wade** was unofficially voted the “comeback runner” of the race. He looked like death warmed over at mile 5 of his 7.5 mile 3<sup>rd</sup> leg through Exeter, but came flying into the finish like the cops were after him. Of course, we all know the cops were really after Brian. Mike attributes his quick turn around to the Pondwater/Gatorade mixture his team gave him to drink during that leg!

**Ryan O’Hara** got the “extra effort” award by busting his butt to make it up to Echo Lake State Park (after putting in a full day at work) just in time to connect with his van before the sun set and we started our 1<sup>st</sup> runner. Of course, Ryan gave back any of his bonus points by getting lost on his 2<sup>nd</sup> leg in Barnstead, coining the term “Man-Stank” to describe Van#2 and proceeding to saw the roof off the van with his snoring during a brief stay at the Vo-Tech in Laco-nia. Needless to say, the rest of us chose to sleep outside.

**John Green** also known as John “I don’t need no stinking water” Green was the camel runner on the team. His selflessness in the face of dehydration allowed his van mates the time to move up the road and get our next runner ready. Unfortunately for John, he had a little too much time to contemplate his parched lips during his 3<sup>rd</sup> leg through North Hampton. John was forced to wait (and stew) for 2 minutes while the traffic cop at Route One waved the long line of cars past before allowing John to proceed. Of course, the unexpected rest allowed John to hammer the

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## Strider Wear



Hello Striders. The summer season has ended unfortunately and summer track with it. We hope that everybody enjoyed themselves and was satisfied with the clothing that we provided when requested. However running can be and is an all year round sport and hopefully you'll all be enjoying those winter runs and be comfortable. We have quite a bit of outerwear that will come in handy on those cold wintry days. We are also open to any of your suggestions for jackets, vests, hats etc. Any requests and questions--we can be reached at our e-mail [J27Rocha@Adelphia.net](mailto:J27Rocha@Adelphia.net). At some point that e-mail address will become a Comcast.net e-mail, but Comcast has promised to forward all current addresses until the end of 2007 so we're safe. We can also be reached by landline at 429-2849. Hope you all have a safe and happy Christmas and New Years and Happy Running!!!!!!! **Jerry and Robin**

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last mile of the run, finishing more than 1 minute better than his predicted pace.

**Tom Kolb** was our official Van#2 meteorologist with his ever-present thermometer giving us hourly temperature updates (whether we wanted them or not). Tom managed to keep his van mates guessing all race long. Once taking off in a vain search for a baked potato in North Conway to augment the carbohydrates in his pizza. Tom also was a big reason that our van absolutely cranked on our 2<sup>nd</sup> legs, in the dark, taking almost 12 whole minutes off our team's predicted time. Tom quietly ran his 6.2 mile 2<sup>nd</sup> leg through Pittsfield at 6:33 pace, or more that 30 sec/mile faster than predicted!

**Dick Bersani** received the "atta-boy" award (or, is that the sandbagger award) for running all of his legs at an average of 40 seconds per mile faster than his predicted pace! And, in one of the more memorable fashion statements of the day, Dick filled his cap with ice before heading off for his "extended" last leg. Then he calmly clicked off the miles, in the heat, along the ocean road in Rye. Of course, Dick summed up his amazing run with the following statement: "If I had known we were going to have such an outstanding team, I would have been too intimidated to join." Well Dick, on behalf of the rest of the squad, I can honestly say "It wouldn't have been a team without you"!

### The Results:

The Mine Falls Milers finished the 2006 Reach the Beach Relay in 24 hours, 8 minutes and 43 seconds. A time which put us in 8<sup>th</sup> place overall (out of 300 teams) and 4<sup>th</sup> place

in our Men's Open division (out of 50 teams)! We were over 23:00 minutes faster than our predicted time. And, averaged and astonishing 6:54 min/mile pace! And, other than Gayle (who was injured) the range of our average pace per runner was a tight 6:33 - 7:17. Just an amazing 24+ hours of TEAM racing.

### The Experience:

There are moments you can experience during the course of this race that you just won't find anywhere else. Whether is be cruising along a back road in the middle of nowhere at 3:30 in the morning with nothing to keep you company but the steady rhythm of your breathing and the continuous 4 foot segment of white road paint, brightly illuminated by your head lamp. Or, staring up in awe at the unbelievably star-lit night sky from the top of the hill at the Brass Heart Inn in Chocoura prior to the start of leg 11. Or, getting a two-bat escort like the one I received in the twilight hours of my first run by an old farm along Ridge Road, in Madison. Or, gleefully marking off the "road kills" (runners passed during the run) with scratch-n-sniff smiley face stickers on the side of your van while awaiting the arrival of your next race-exhausted teammate. "How many did you net"? Or, body surfing in the rejuvenating waters of Hampton Beach, after the conclusion of an extremely satisfying race, and contemplating another go at this thing again next year. The Reach the Beach Relay is a race unlike any other and I would personally recommend it to anyone who feels the need for a little adventure. Or, to anyone who just wants to have a great time while forming a lasting bond with 11 other like-minded, sleep-deprived, individuals. Our team thoroughly enjoyed the RTB experience this year and is already looking forward to 2007. Care to join us?

# The Competitive Edge

## Racing Ahead

A look at some upcoming races

By Michael Wade

**Saturday, December 30<sup>th</sup> - 1:00pm – BU Track Center - Boston , MA**

Now that Gate City has an indoor track program, what better way to finish off 2006 with a kick than by running in the Lou's 4x1 mile team relay? The HFC Striders host this fun event immediately following the Boston University All-Comers Meet at the BU Track Center. The race is USATF directed and sanctioned and costs \$10 per USATF Club pre-race, or \$20 on the day of the event. The relay is open to men, women, co-ed teams, open and masters. And, recently a team of Gate City Striders set a national age group best time of 24:55.7 in the Men's 60+ division!

This year we are trying to get teams of 4 together for each of the age groups. If you're interested please contact Michael Wade either by phone: 889-1208 or by e-mail: [mwade@ganekarchitects.com](mailto:mwade@ganekarchitects.com) Come on along and help bring your running year to a close on the fast track!

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## The Comeback Kids

The 2006 NH Grand Prix - A Year in Review

By Michael Wade

This 2006 edition of the New Hampshire Grand Prix was certainly no cake walk like it had been in so many previous years. This year we dug ourselves a pretty big early season hole and our "arch-rival" Greater Derry put up a terrific fight. They really stepped it up this year in their attempt to end our streak of first place finishes by consistently out showing us, race after race.

At the Jackson 10k in June, for example, they brought 23 runners, compared to our 8. And,

Greater Derry has only about 100 total members, compared to Gate City's 300+! However, our club pulled together nicely for the second half of the season and mounted a huge comeback.

At the Moose Milers Trail Race in August, 52

Striders braved some extremely wet and wild conditions to help us score a record 175 points! From there we maintained the momentum and with some great support from our dedicated runners we won the last two races (Union Leader & Delta Dental) to claim the overall Team Title.

The final results showed that Gate City finished in 1<sup>st</sup> place with Greater Derry Track Club in 2nd, Granite State Racing Team in 3rd, and Rochester Runners in

4th. But, a fired up GDTC gave us all we could handle this year before we finally pulled away in the end finishing with 828 points to Greater Derry's 766. Thanks to everyone who showed up this year and made this Team victory possible. We couldn't have done it without you!

In addition to the overall Team Title, Gate City also won the most age/gender divisions, taking 1st place in Mens Seniors, Mens Veterans, Mens Ancients and Womens Open divisions. GCS also had two individuals who won their respective age division overall. They were: Richard Stockdale who won the Mens Seniors title with 69 points (only 1 short of the maximum possible 70) and Robert Ludwig who won the Mens Veterans title with 53 points. And, in the individual age-graded scoring, Rich Stockdale won for the men, edging out teammate Bill Spencer 49 to 37.

This year we had 61 different runners from Gate City who ran in at least one NHGP race and 3 Striders who earned the distinction of "Granite Runner" by running in all seven Grand Prix races. They were

*(Continued on page 17)*



(Continued from page 16)

Michael Wade, Richard Stockdale, and Tom Kolb. The GCS age group winners for 2006 were Mens Open: Michael Wade – 26 pts., Mens Masters: Jim Hansen – 23 pts., Mens Seniors: Rich Stockdale – 69 pts., Mens Veterans: Bob Ludwig – 53 pts., Mens Ancients: Bill Spencer – 39 pts., Womens Open: Karen Pattelena – 24 pts., Womens Masters: Cathy Merra – 42 pts., Womens Seniors: Emily Strong – 27 pts., & Womens Veterans: Heidy Mcgaffigan – 12 pts. Congrats to all!

After the last Grand Prix race of 2006 (the Delta Dental 10k) representatives from six clubs attended the annual NHGP meeting to choose next year's schedule.

All but one of the seven races selected were repeats from this year or last year: Foothearth 5K in May (Derry), Jackson Covered Bridge 10K in June, Bill Luti 8K in July (Concord), Moose on the Loose 10 mile in August (Nashua), St. Charles Children's Home 5K on Labor Day (Portsmouth), Union Leader 8K the following weekend (Manchester), and Delta Dental 10K in October (Concord). There will be more on these races in an upcoming edition of Striding Along. Hope to see you all out there again next year!

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### **The Rearview Mirror**

A look back at some recent NH Grand Prix results  
By Michael Wade

### **Delta Dental 10k – October 22 – Concord, NH**

The debut of this “season ending” 10k race had 200 finishers. There were 41 Gate City Striders who were led by Tyler Brannen who finished in 10<sup>th</sup> place with a time of 38:07, and Raelyn Crowell who finished in 21<sup>st</sup> place with a time of 39:51.

Seven running clubs fielded Grand Prix teams. Gate City finished in first place with 142 points, followed by Greater Derry in second with 120 points, and Granite State in third with 89 points. Gate City had 24 runners who scored points, led by Rich Stockdale and Raelyn Crowell who each scored 10.

Of the 142 points GCS scored the Male Open team

scored 15, Female Open scored 21, Male Masters scored 11, Female Masters scored 21, Male Seniors scored 21, Female Seniors scored 16, Male Veterans scored 23, Female Veterans scored 3 and the Male Ancients scored 11.

Gate City also had 12 runners who finished in the Top 5 in their NHGP age group. They were: Tyler Brannen – 5<sup>th</sup> MO, Raelyn Crowell - 1<sup>st</sup> FO, Michelle Poublon – 5<sup>th</sup> FO, Cathy Merra – 2<sup>nd</sup> FM, Janice Platt – 4<sup>th</sup> FM, Richard Stockdale – 1<sup>st</sup> MS, Tom Kolb – 2<sup>nd</sup> MS, Deb Roy – 4<sup>th</sup> FS, Denny Leblanc – 2<sup>nd</sup> MV, Bob Ludwig – 3<sup>rd</sup> MV, Skip Cleaver – 5<sup>th</sup> MV & Bill Spencer – 1<sup>st</sup> MA.

Thanks to all those runners (the new and the regulars) who showed up, helped up retain our points lead, and partied with us afterwards at our season ending barbeque. Well done everyone!



### **Marathon Bus Information**

*Jim Belanger*

Once again the Gate City Striders will host a chartered bus trip to the historic 110th running of the Boston Marathon on Monday April 16 2007.

The bus will leave the 99/Comfort Inn at 7:00am and return about 7-8pm. This is the best way to get to the start of the race hassle free and enjoy a shower and some refreshments and food after the race. We will have a suite at the famed Hotel Buckminster in Kenmore Square ( 1 mile from the finish) Once again we will have an extra shower for your convenience. The cost is \$40.00. This trip sells out every year and the seats will be filled on a first come first served basis. For more information call Jim Belanger at 595-1870 or e-mail at [JBelan1552@aol.com](mailto:JBelan1552@aol.com)

# Membership Information



## December Expirations

Robert	Beers
Sheila	Blunt
Steven	Blunt
Jeffrey	Brown
Austin	Brown
Derek	Brown
Kimberly	DeCosta
Sam	DePerri
Steve	Hunt
Kelsey	Hunt
Sarah	Hunt
Bill	Kellar
Kathy	Kirby
Ron	Kita
Lisa	Lavoie
Heather	Lavoie
Tyler	Lavoie
Colleen	Law
Andrew	Law
Dave	Law
Sandy	Machell
Judith	Nicholson
Morris	Nicholson
Lincoln	Phillips
Mike	Sarro
Shaun	Scanlon
Betty	Scanlon
Anthony	Schilling
Cathy	Schult
John	Sennott
James	Velino
Deborah	Velino
Jim	Velino
Mark	Velino

## January Expirations

Thomas	Astolfi
David	Beauley
Brandon	Beauley
Frankie	Beauley
Samantha	Beauley
Vincent	Beauley

James	Belanger
Max	Belanger
Patricia	Belanger
Ed	Donovan
Kaitlin	Dresser
Erin	Dresser
Sarah	Dresser
Todd	Dresser
Bill	Engle
Kathy	Engle
Richard	Gage
Peggy	LaBrosse
John	LaBrosse
Denny	LeBlanc
Eliza	LeCours
George	LeCours
Ryan	LeCours
Bob	Ludwig
Annette	Marchand
Fiona	McDonnell
Marie	Morrier
Don	Morrier
Eveline	Morrier
Isaac	Morrier
Simon	Morrier
Karl	Patnode
Bob	Pelletier
Deb	Pelletier
Suzanne	Pintal
Allison	Pintal
Stephanie	Pintal
Bernard	Plante
Brittaney	Plante
Caitlin	Plante
Chet	Rogers
David	Salvas
Paul	Tobin
Deborah	Troike
Carl	Troike
Jessica	Troike
Lindsay	Troike
Peg	Turcotte
Peter	Vendituoli
Erica	Vendituoli
Monica	Vendituoli



## Birthdays This Issue

### December

Dave	Asselin
George	Bisson
Richard	Blake
Julie	Boilard
Susanne	Brown
Mary-Jo	Cody
Brenda	Conlin
Raelyn	Crowell
Annette	Cuvellier
Erin	Dresser
Gigi	Ferris
Barbara	Goebel
Rich	Hillman
Azeddine	Jakib
Jassine	Jakib
Marylu	Klum
Peggy	Lai
Michael	Levesque
Lori	Lizotte
Norman	Long
Joey	Lopez
Mark T	Lorden
Maureen	Lorden
Sandy	Machell
Heidi	MacSweeney
Annette	Marchand
Silvia	Matos-Chiaviano
Judi	Moland
Krista	Oberholtzer
Maureen	O'Leary
Sean	O'Neil
Liam	O'Neil
Eliot	Paisner
Mary	Phillis
Cameron	Prolman
Carolyn	Shattuck
Jonathan	Slocum
Pat	Snow
Kelly	Spencer
Bob	Thompson
Peg	Turcotte
Michael	Whelton
David	Williams
Patricia	Williams
Jessica	Wolfe

### January

Pamela	Adams
Lindsay	Armstrong
Michael	Askenaizer
Jeff	Auclair
Martha	Burns
Tiana	Bush
Eduardo	Chaviano
Yuki	Chorney
Lisa	Christie
Eric	Conlin
Connor	Crowley
John	Dionne
Peter	Donahue
Gerry	Duval
Elizabeth	Fay
Dave	Ferreira
Tammy	Gaffey
Mark	Gamrat
Joshua	Green
Jim	Hansen
Caitlyn	Hickey
Ouafaa	Jakib
Bill	Juris
John	LaBrosse
Lisa	Lavoie
Molly	McCabe
James	Mcnamee
Chris	Merra
Kellie	Oberholtzer
Deborah	O'Leary
Michael	Pattelena
Mark	Peabody
Suzanne	Pintal
Kevin	Reynolds
Kerry	Rollins
Damian	Rowe
Genia	Sanborn
Anthony	Schilling
Dean	Schneider
Erin	Slocum
Ken	Snow
Bill	Studley
Denis	Tranchemontagne
Deborah	Troike
Carl	Troike
Jessica	Troike



# Race Results

<u>DCR Breakheart Reservation</u>	1:17:47	126 Michael Whelton	28:03
<u>3 Mile Turkey Trot</u>	242 ALLAN SABISKI 1:31:18	154 Mary Minami	30:07
Saugus, MA, November 19, 2006	350 MARY SLOCUM 1:51:04	158 Bill Sturgeon	30:16
177 LOUISE ROSSETTI 54:47	351 MARTHA BURNS 1:51:11	161 Debra Green	30:36
	<u>5k</u>	171 Bob Welts	31:26
<u>Burbank / Wakefield YMCA</u>	13 MICHAEL WADE 18:47	174 Peter Paelinck	31:48
<u>5K Classic</u>	108 HEIDI MACSWEENEY 27:56		
<u>Wakefield, MA, November 18, 2006</u>	180 MADELEINE LAROSE 35:09		
178 LOUISE ROSSETTI 56:47			
	<u>Veterans Memorial Road Race</u>	<u>Daniel Webster Council</u>	
<u>Jingle Bell Run for Arthritis</u>	<u>Stoneham, MA, November 11, 2006</u>	<u>5k Turkey Trot</u>	
<u>Portsmouth, NH, November 18, 2006</u>	78 Eric Chorney 54:00	Manchester, NH, November 4, 2006	
10 Raelyn Crowell 39:15	90 Heidy Mcgaffigan 55:43	5 Greg Anthony 18:13	
13 Tom Kolb 39:47]	112 Shu Minami 57:47	18 Steve Moland 21:14	
39 Julie Hanover 44:04	153 Roy Dennehy 1:01:14	45 Judi Moland 27:18	
74 Pam Hall 48:18	163 Ed Donovan 1:02:14		
89 Shu Minami 50:31			
106 Aline Kenney 52:46	<u>Camy 5K Road Race</u>	<u>Jack London 10K Trail Race</u>	
119 Terrence Kenney 54:02	<u>Walpole, MA, November 11, 2006</u>	<u>Nashua, NH, November 4, 2006</u>	
168 Mary Minami 1:01:29	122 Louise Rossetti 54:02	16 JUSTIN PLATT 41:06	
		32 RICHARD ROY 45:41	
<u>Seacoast Half Marathon</u>	<u>28th Annual Falmouth in the Fall</u>	45 JIM ECKE 48:23	
<u>Portsmouth, NH, November 12, 2006</u>	<u>Road Race</u>	60 ANDREA PIERCE 51:28	
81 Anthony Schilling 1:44:34	Woods Hole, MA, November 5, 2006	79 DEBORAH ROY 56:10	
171 Stan Klem 1:51:19	181 Robin Rocha 59:08	81 MILDRED MUGICA 56:36	
187 Zebulon Brundage 1:51:58	350 Jerry Rocha 1:10:32	110 MARY SLOCUM 1:06:56	
612 Paula Kienert 2:34:46		115 MADELEINE LAROSE 1:17:38	
		116 MICHELE FAGAN 1:17:39	
<u>Operation Uplink 5k</u>	<u>Santa Fund 5K</u>	<u>Run for all ages 5k</u>	
<u>Manchester, NH, November 12, 2006</u>	<u>Nashua, NH, November 5, 2006</u>	<u>Wakefield, MA, October 29, 2006</u>	
59 Shu Minami 24:18	9 Michael Wright 19:08	35 Scott Chandler 21:01	
69 Caitlyn Hickey 25:01	11 Ted Carey 19:28	42 Bill Spencer 21:24	
78 Aline Kenney 25:46	15 Peter De Bruyn Kops 19:45	58 Robert Ludwig 22:00	
82 Robin Rocha 25:49	20 Jonathan Green 20:07	93 Shu Minami 24:23	
83 Patrick Nelson 25:58	25 John Dionne 20:32	114 Eldon Burkinshaw 25:30	
90 Terrence Kenney 26:19	32 James Belanger 21:08	133 Ed Donovan 26:29	
131 Mary Minami 29:20	41 Tom Conley 21:47	162 Sachiko Burkinshaw 28:14	
144 Bill Sturgeon 30:46	45 Pam Triest-Hallahan 22:07	186 Jane Levesque 29:11	
	47 Courtney Green 22:11	218 Bob Welts 30:57	
<u>Run From The Sun 5K</u>	60 Christina De Bruyn Kops 23:05	220 Bill Sturgeon 30:57	
<u>Medford, MA, November 12, 2006</u>	71 Shu Minami 23:54	229 Mary Minami 31:32	
120 LOUISE M. ROSSETTI 44:04	80 Melissa M. Wu 24:31	351 Louise Rossetti 54:53	
	84 William Studley 24:39		
<u>Larry Robinson 10Miler &amp; 5K</u>	88 Bill Hallahan 25:18		
<u>Andover, MA, November 12, 2006</u>	92 Kathie Roy 25:39	<u>Dunkin' Donuts</u>	
10 Mile	93 Ed Donovan 25:41	<u>Cape Cod Marathon 2006</u>	
60 DAVE CONTRADA 1:13:16	94 Teanna Croteau 25:42	<u>Falmouth, MA, October 29, 2006</u>	
66 JULIE HANOVER 1:14:01	99 Beth A. Whipple 25:55	79 Jim Hansen 3:09:42	
99 PAM TRIEST-HALLAHAN	100 Terrence Kenney 26:09		

(Continued on page 20)

(Continued from page 19)

197 Shawn Laflamme 3:31:50

White Mountain Milers

Half Marathon

North Conway, NH, October 29, 2006

31 Michael Wade 1:27:07

42 Steve Wolfe 1:30:28

Monster Dash Duathlon

Lowell, MA, October 29, 2006

17 Robyn Dolliver 1:35:49

26 Lincoln Phillips 1:39:14

39 Debra Stellato 1:44:55

Great Bay 5k "Halloween Hoot"

Stratham, NH, October 28, 2006

170 Stan Klem 25:00

178 Shusuke Minami 25:18

325 Beth Whipple 31:18

336 Mary Minami 31:50

Grace Race

Chelmsford, MA, October 28, 2006

30 HEIDI MACSWEENEY 45:07

9th Annual Halloween Hustle

Waltham, MA, October 28, 2006

55 John Hennessy 21:49

Mt Washington Bank 5k Run/Walk

S Boston, MA, October 22, 2006

76 Ed Donovan 26:08

Northeast Delta Dental

Grand Prix 10K

Concord, NH, October 22, 2006

10 Tyler Brannen 38:07

13 Jim Hansen 38:20

15 Brian Coates 38:51

16 Michael Wade 38:53

19 Richard Stockdale 39:19

21 Raelyn Crowell 39:51

29 John Saunders 40:47

32 Tom Kolb 40:55

36 Ted Carey 41:43

39 Jim Velino 41:54

45 Cathy Merra 44:28

46 Denny Leblanc 44:36

50 Janice Platt 45:09

53 Robert Ludwig 45:28

55 Nancy Peabody 45:35

60 Bill Spencer 46:02

61 Richard Roy 46:06

72 Pam Triest-Hallahan 46:29

75 Michelle Poublon 46:58

77 Mark Peabody 47:11

78 Jim Ecke 47:17

83 Daniel Dugan 48:41

85 Tom Koch 49:05

86 Jonathan Green 49:12

87 Karen Pattelena 49:14

93 Julie Hanover 49:35

97 Mark Sage 49:44

108 Andrea Pierce 51:03

123 Deborah Roy 52:28

126 Linda Madden 52:36

127 Emily Strong 52:40

128 Skip Cleaver 52:42

135 Eldon Burkinshaw 53:48

140 Melissa Wu 54:26

144 Aline Kenney 54:46

149 Allan Sabiski 56:10

162 Genia Sanborn 57:57

163 Terrence Kenney 58:26

171 Beth Whipple 59:03

172 Sachiko Burkinshaw 59:05

176 Mary Slocum 1:00:04

182 Martha Burns 1:03:08

185 Meagen Grindle 1:04:20

193 Bob Welts 1:10:11

197 Madeleine LaRose 1:13:19

5K For The Pre-K

Holliston, MA, October 21, 2006

8 Justin Platt 19:38

27 Benjamin Platt 23:16

Sons of Italy 5K Race

Lawrence, MA, October 21, 2006

44 ROY DENNEHY 27:23

Mount Desert Island Marathon

Mount Desert Island, ME,

October 15, 2006

253 William Studley 4:31:44

Lawrence Vietnam

Memorial Road Race

Lawrence, MA, October 15, 2006

21 STAN KLEM 30:43

50 ROY DENNEHY 33:28

10th Annual Bay State Marathon &

Lowell Sun Half Marathon

Lowell, MA, October 15, 2006

Marathon

60 Jim Hansen 3:09:30

215 Carl Hefflefinger 3:34:24

306 Thomas Conley 3:45:31

332 Charles Lewis 3:48:45

462 Eliza Lecours 4:05:46

575 John Sennott 4:32:07

Half Marathon

109 Jonathan Green 1:38:06

125 John Dionne 1:39:10

129 Nancy Peabody 1:39:22

156 Pam Triest-Hallahan 1:40:30

200 Mark Peabody 1:42:48

368 Deborah Roy 1:51:42

525 Allan Sabiski 1:58:04

Kelly Mann Memorial 5K

Nashua, NH, October 14, 2006

12 STEVE BLUNT 25:23

13 LINDA MADDEN 25:48

14 ROBIN ROCHA 26:02

28 HEIDI MACSWEENEY 27:24

38 LISA CHRISTIE 28:22

42 JANE LEVESQUE 28:40

55 WILLIAM STURGEON 31:31

57 KEN KISSELBACH 31:49

UNH Homecoming 5k

Durham, NH, October 14, 2006

74 Richard Roy 21:41

Bridges 4 Friendship 10K

Portsmouth, NH, October 14, 2006

46 YUKI CHORNEY 48:03

86 SHU MINAMI 53:02

132 ED DONOVAN 56:51

163 MARY MINAMI 1:03:18

(Continued on page 21)

(Continued from page 20)

Khoury's 4.13 Miler

Somerville, MA, October 12, 2006

Louise Rossetti 80:03

Tufts Health Plan 10K For Women

Boston, MA, October 9, 2006

514 Heidi E McGaffigan 51:06

1125 Linda Madden 55:25

1638 Teanna Croteau 58:01

1854 Beth Whipple 58:58

2339 Heidi MacSweeney 1:01:10

2692 Emily Strong 1:02:47

2923 Susan Rube 1:03:49

3973 Mary Minami 1:09:30

6000 Louise Rosetti 1:55:33

B.A.A. Half Marathon

Boston, MA, October 8, 2006

777 David Delay 1:45:38

1525 Emily Strong 1:55:16

Great Island 5K

Newcastle, NH, October 8, 2006

84 ROBERT LUDWIG 21:37

404 JANE LEVESQUE 29:02

491 BILL STURGEON 30:46

United Against Domestic Violence 5k

Pelham, NH, October 7, 2006

5 DANIEL HOUSTON 20:10

Kerouac 5K

Lowell, MA, October 1, 2006

34 DENNIS LEBLANC 20:58

35 STEVE MOLAND 21:03

36 GEORGE BISSON 21:04

52 RICHARD ROY 22:07

62 STAN KLEM 22:40

107 DEBORAH ROY 25:24

117 HEIDI MACSWEENEY 25:48

171 PAT KIESSLEBACH 27:51

Apple Harvest Ramble

Harvard, MA, October 1, 2006

181 TOM KOLB 1:08:41

266 JULIE HANOVER 1:14:42

Sportshoe Center Maine Marathon &

Relay & Half Marathon

Portland, ME, October 1, 2006

Marathon

20 TYLER BRANNEN 3:03:01

347 SAMY EL-GUEBALY 4:13:42

579 MARY SCHMIDT 4:58:11

Half Marathon

357 ZEB BRUNDAGE 1:47:19

Devine Spirt 10k Road Race

Milton, MA, September 30, 2006

66 Ed Donovan 57:48

Eliot Festival Days 5k

Eliot, ME, September 30, 2006

145 Robert Ludwig 21:25

24th Annual Applefest

Half Marathon & Relay

Hollis, NH, September 30, 2006

10 Wayne Mcleod 1:23:09

20 Brian Coates 1:25:02

21 Raelyn Crowell 1:25:10

24 Jim Hansen 1:25:51

28 Steve Wolfe 1:27:08

30 Michael Wade 1:27:25

39 Trevor Ward 1:28:56

40 Michael Wright 1:29:08

85 Steve Piper 1:36:18

99 Shawn Laflamme 1:37:35

153 Pam Triest-Hallahan 1:42:41

214 Jim Ecke 1:46:18

247 Stephen Davis 1:48:04

256 Andrea Pierce 1:48:55

380 Heidi McGaffigan 1:55:47

392 Sandy Machell 1:56:09

414 Debra Stellato 1:57:18

439 Deborah Roy 1:58:16

677 Beth Whipple 2:11:41

741 Charles Lawrence 2:15:41

786 Christine Sweetser 2:18:52

828 Sheila Blunt 2:24:10

829 Julie Boilard 2:24:27

New Hampshire Marathon

Bristol, NH, September 30, 2006

51 Norman Long 3:41:57

29th Annual Clarence Demar Marathon

Gilsum to Keene, NH,

September 24, 2006

229 John Lewicke 4:40:52

281 Kathy Engle 5:10:19

Norfolk Dunkin Donuts Dare to Run 5k

Road Race

Norfolk, MA, September 24, 2006

114 Louise Rossetti 41:17

Chelmsford Police

5k, Run for Ryan's Cup

Chelmsford, MA, September 24, 2006

13 DANIEL HOUSTON 20:22

19 JULIE HANOVER 21:27

Peterborough Harvest Classic

5M Road Race

Peterborough, NH, September 23, 2006

5 Jim Hansen 31:49

25 Heidi McGaffigan 39:46

33 Bill Engle 44:21

50 Mary Minami 51:32

4th Annual CMN

"5K Run for the Kids"

Nottingham, NH, September 23, 2006

49 Bill Sturgeon 31:00

Khoury's 4.13 Miler

Somerville, MA, September 21, 2006

Louise Rossetti 74:00



(Continued from page 3)

### Backward Training

Around the turn of the century, a young Bill "Bojangles" Robinson set the record for running backward 100-yards in 13.5 seconds. Later, Robinson raced Jesse Owens, a 22-year-old Ohio State track and field star. With Owens running forward 75 yards and Robinson backward 50 yards, Owens won the race, but by a surprisingly small margin. Robinson completed the race in 8.2 seconds—and Robinson was 57 years old.<sup>1</sup>

It wasn't until 1977 that the legendary dancer's 13.5 second record was broken. Robinson was considered one of the great dancers of his time and his physical capabilities and athleticism were in no small measure part of that reputation. While he may not have run backward all the time, his fitness throughout and especially later in life may have had something to do with his willingness to try training with a new perspective. According to Dr. Bates, incorporating retro locomotion even 10 percent of the time can have an impact on training—whether for dancing or sprinting. "We found that very few people who were serious runners seriously use retro. But we found that a lot of people use it a little bit because they found it beneficial in warm-up, cool-down or just relaxation," said Dr. Bates.

One exception would be Rod Dixon, legendary marathoner from New Zealand. "He advocated doing a lot of retro," said Dr. Bates. "This is anecdotal, but interesting. He survived a long period of heavy training and marathon running with virtually no injuries. He attributed that to incorporating a large amount of retro." In a May 2006 article on the Website DevineSports.com, Dixon was quoted as saying, "I believe you're only as strong as your weakest link." The 1983 New York City Marathon winner incorporated retro locomotion into his training every day along with running both clockwise and counter-clockwise around the track.<sup>2</sup> Dixon's feeling was to balance training and strengthen the body from all sides.

### Injury Prevention and Healing

Any type of training requires practice of the specific activity in which one wishes to participate. However, with that commitment comes increased risk for injury. "If you look at running injury, it's basically a cumulative thing. If you overstress any part of the body and the overuse eventually causes injury. Injury is the result of too much, too fast or too soon. Injury is the result of change, but the interesting paradox is that so is healing," said Dr. Bates.

In order to best reduce these types of injuries, an athlete in training should back off the action that is causing the problem, according to Dr. Bates. "Backward running can put another aspect into your program to allow for continued cardiovascular training with less biomechanical stress on any particular tissue. It's a matter of variety," he said.

Other examples of this variability are running in different shoes or a rotating basis or using different types of workouts. "Don't be consistent," Dr. Bates suggested. "The irony is that to become good at anything you have to be consistent. What you want to find are ways to be inconsistent that are most compatible with your consistencies."

In the aging athlete, the goal may no longer be competition, but

general health and fitness. For many, walking backward can become part of the routine in moving toward that goal. "Now that I'm 68 years old, wellness/fitness is my priority. I'm willing to have all sorts of variety to maintain health and fitness without getting injured. I basically cross-train to spread the stress to the greatest extent possible over all different parts of my body, but maintain some sort of cardiovascular fitness," Dr. Bates added.

Balance and stability can also benefit from the incorporation of some retro locomotion with forward locomotion. "It is very good for the neuromuscular system in that it allows for variation and exposure to different conditions," he said.

Many physical therapists use retro locomotion as part of the treatment in ACL rehabilitation because the change in mechanics it offers is beneficial. "It's a dynamic activity that doesn't have an eccentric phase which seems to be the most detrimental aspect of forward walking in knee rehab," Dr. Bates explained. Many times when treating elderly patients, Dr. Bates and his colleagues would pair them up to do alternating exercise. "The person going forward was the eyes and they also would hold hands serving as a balance for one another. Especially in the beginning, paired work is the way to do it," he said.

### Retro With Care

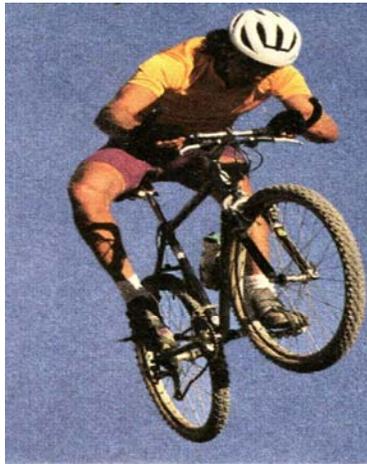
In Europe, retro locomotion is more common than in the United States. European competitors have marathons in Italy, France and Germany. In these cases, for athletes training for this type of marathon, the potential for injury can be the same as in individuals who only run forward. "Too much of anything isn't good," Dr. Bates said.

As with anything, safety is the major consideration for retro runners. Most people who participate, according to Dr. Bates, make sure to run in controlled settings like parking lots or on treadmills. "You're much more susceptible to injury falling backward than you are falling forward mainly because you can't see. Not only are you more likely to encounter an obstacle, but once you start to fall the chance of recovery is lower because your reflexive patterns are all geared to forward movement," he said.

It poses a challenge to get a good visual examination of environment, Dr. Bates said, in addition to body mechanics not being conducive to recovery from a backward fall to the extent they are for a forward fall.



# Marketplace



## Bigelow Chiropractic Center

*helping you achieve optimum health*

**Dr. Brian T. Bigelow**

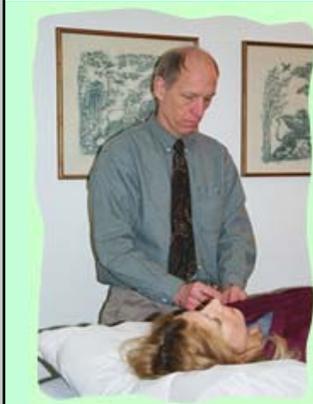
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Center**

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

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135

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