

# Upcoming Events

## Team Captains Needed For 2002

The Gate City Striders Racing teams are still looking for Captains for the 2002 Racing Season. Recent volunteers have filled some of the open positions, but we still need 2-3 Male Open Team Captains, 2 Male Masters Team Captains, 2-3 Female Open Team Captains, and 1 Female Seniors Team Captain. Additional captains in other divisions are welcome as well.

Duties of the team captains are to organize teams for the Lake Winnepesaukee and Mill Cities Relays. Organization of all other teams is done by email, web site, newsletter, and announcements at our weekly workouts. By having multiple captains in each division, the amount of work involved is minimized.

You do not need to be fast to be a team captain. The Male Open Team Captain (me) is still trying to break 22 minutes for 5K after starting running again 3 ½ years ago.

## Upcoming Team Events

### March 17: New Bedford Half Marathon, New Bedford, MA

This is the first race in the 2002 USATF New England Gran Prix Series. It is a very well organized race, similar to our own Applefest, though a little less hilly. I ran this race back in 1977-1980 and enjoyed it very much. The NBHM will be an excellent tune up for those of you running Boston. We hope to have a large turnout in all age groups as we move up to the New England Gran Prix from the NH RRCA Gran Prix. (Be sure to sign up for your USATF number and put GCS on your race application.)

### March 22-24: USATF National Masters Track & Field Relays, Boston, MA

This national championship meet is held over a three day period and draws Masters athletes from all over the country. The feature running event on Friday night is the 3000 meters in which several of our members expect to compete. Saturday events include the 400 meters, mile and the 4x800 Meter Relay. The 4x400 Meter Relay and 800 meter runs will be contested on Sunday. We will be fielding teams in various age groups (30-39, 40-49, 50-59, 60+) based on interest. We already have enough runners to field 30-39 and 40-49 teams in one or both relays. The relays are run in 10 year age groups, while the individual races are in 5 year age groups. If you wish to compete in either or both relay events contact Michael Amarello (603-429-8879 – webmaster@gatecity.org) asap.

(Be sure to sign up for your USATF number.)

### April 15: Boston Marathon, Hopkinton, MA

As always, a large contingent of GCS members will be running in this year's 106<sup>th</sup> edition of the Boston Marathon. If you are entered you will automatically be assigned to the appropriate GCS team.

Information regarding the Marathon bus may be obtained from Jim Belanger at 595-1870 or e-mail at jbelan1552@aol.com

### May 19: Bedford Rotary 12K, Bedford, NH

Never fear – GCS will still be competing in the NH RRCA Gran Prix in 2002. While we might be concentrating more on the USATF NE Gran Prix, we still will not give up our NH RRCA Gran Prix title without a fight. See you there...