

Race Results

GBTC 3000 Meter Run

Boston, MA 1/20/02

39 Zach Emerson 9:20.65

Freeze Your Buns 5 Mile #2

Litchfield, NH 1/20/02

Corey Coll 1st Overall

1 Corey Coll 30:13
2 Jim Belanger 30:28
3 Mike Dodge 35:04
4 Allan Rube 35:16
8 Fran Dwyer 37:33
9 Jim Ecke 37:38
11 Dave Breedan 41:41
12 Tom Conley 41:51
13 Pat Kiesselbach 42:01
14 Judy Slane 42:30
15 Pat Belanger 43:40
16 Adam Delia 45:00
17 Susan Rube 45:25
18 John Eldredge 48:24
19 Karl Patnode 49:02

Freeze Your Buns 5K #2

Litchfield, NH 1/20/02

Nicole Slane 1st Overall

2 Michael Neville 20:40
4 Nicole Slane 21:15
5 Bill Farina 22:04
6 Chantal Croteau 22:50
7 Wayne Hilson 23:35
8 Ashley Neville 24:03
10 Ian McQuaid 24:23
11 Michelle Weysham 24:27
13 Shaun Scanlon 24:58
15 Peg Turcotte 26:09
16 Teanna Croteau 26:20
17 Kaitlin Burnett 27:49
18 Mark Fraser 27:59
19 Rosalie McQuaid 27:59
20 Julie Marcum 28:08
23 John McQuaid 31:01

Fudgcicle 5K #3

Tewksbury, MA 1/19/02

5 Dave Camire 18:32

Khoury's 4.13 Miler

Somerville, MA 1/17/02

53 Louise Rosetti 62:07

Dartmouth Relays

Hanover, NH 1/13/02

Mens 40-44 1500 Meters

1 Ronald Shaiko 4:25.50

Womens Open 1 Mile

6 Sara Lewicke 5:20.64

Boys HS 800 Meters

14 Christian Urrutia 2:02.96

Boys HS 1 Mile

27 Paul Ahern 4:37.39

43 Joe Kennedy 4:46.45

Boys HS 2 Mile

15 Zach Emerson 10:09.42

Walt Disney Marathon

Orlando, FL 1/13/02

2953 Gary McCoy 4:33:59
7159 Stacie Buechner 6:35:51
7160 Terry Miller 6:35:51

Walt Disney Half Marathon

Orlando, FL 1/13/02

481 Maurice Ferrigno 1:53:44
1282 Leni Hodgins 2:13:10
2215 Rosalie McQuaid 2:31:08
2652 Maurice Noonan 2:40:16
2652 Julianne Noonan 2:40:17
4121 Helen Ferrigno 3:17:47

BU Winter Indoor 1 Miler

Boston, MA 1/12/02

63 Bill Spencer 5:57.1

BU Winter Indoor 800 Meters

Boston, MA 1/12/02

35 Nicole Esposito 2:27.2
43 Bill Spencer 2:42.5

Fudgcicle 5K #2

Tewksbury, MA 1/12/02

5 Dave Camire 18:58
13 Kassie Rubico 22:51

Khoury's 4.13 Miler

Somerville, MA 1/10/02

67 Louise Rosetti 52:27

Freeze Your Buns 5 Mile #1

Litchfield, NH 1/6/02

Chris Howard 1st Overall

1 Chris Howard 31:30
2 Peter Vendituoli 31:32
3 Joe Rush 32:09
4 Carl Hefflefinger 32:17
5 Bill Juris 33:00
6 Carl Murphy 33:01
7 Lincoln Phillips 33:37
8 Allan Rube 33:58
10 Mike Dodge 34:48
11 Bill Spencer 36:04
13 Eldon Burkinshaw 37:36
16 Peter Darasz 40:40
17 Dave Breedan 40:41
18 Pat Kiesselbach 40:43
19 Tom Conley 41:25
20 Adam Delia 41:44
21 Judy Slane 41:51
22 Jane Levesque 42:01
23 Pat Belanger 42:10
24 Susan Rube 42:55
25 Emily Strong 43:23
26 Linda Madden 45:19
27 Karl Patnode 46:05
29 Pat Smith 51:56
30 Debra Anctil 55:33

Freeze Your Buns 5K #1

Litchfield, NH 1/6/02

John Kennedy 1st Overall

Nicole Slane 1st Overall

1 John Kennedy 18:23
2 Dave Camire 19:01
3 Nicole Slane 20:03
5 Chantal Croteau 20:36
6 Damian Rowe 20:42
7 Jim Ecke 21:34
8 Bill Farina 21:46
9 Wayne Hilson 22:48
10 Gordon Burnett 23:28
12 Shu Minami 23:44
13 Michelle Weysham 24:17
14 Brittiney Plante 24:22
15 Shaun Scanlon 24:25
17 Kaitlin Burnett 24:54
19 Teanna Croteau 25:10
20 Julie Marcum 25:31
22 Robin Rocha 25:51
23 Peg Turcotte 25:52
25 Karl Pintal 26:56
27 Kathie Roy 27:41
28 Suzanne Pintal 27:53

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29 Sachiko Burkinshaw 28:14
33 Elaine Rush 30:15
34 Joyce Oberholtzer 30:27

**BU Winter Indoor 3000M
Boston, MA 1/5/02**

15 Dave Posnick 9:22.8
33 Keith O'Brien 9:51.0

**BU Winter Indoor 1 Mile
Boston, MA 1/5/02**

41 John Kennedy 4:53.0

**BU Winter Indoor 800M
Boston, MA 1/5/02**

47 Nicole Esposito 2:31.4

Fudgecicle 5K #1

Tewksbury, MA 1/5/02

3 Dave Camire 19:30

Khoury's 4.13 Miler

Somerville, MA 1/3/02

43 Louise Rosetti 53:50

**Peanut Butter Chip Chase 5K
Temple, NH 1/1/02**

Heidi Havron 1st Overall

4 Don McCarty 19:07
8 Pete Hebert 19:36
12 Ryan McCarty 19:51
13 Peter Venditouli 20:07
16 Bob Veilleux 20:33
20 Carl Hefflefinger 20:42
21 Walter Swanbon 20:43
22 Michael Neville 20:44
25 Anthony Merra 21:02
26 Heidi Havron 21:03
30 Damian Rowe 21:19
33 Silas Little 21:25
36 John Lewicke 21:37
38 Chantal Croteau 21:50
40 Bill Spencer 22:00
42 Fran Dwyer 22:09
43 Steve Moland 22:10
56 Dave Fish 23:32
57 Chris Merra 23:34
62 Ashley Neville 24:01
65 John P Lewicke 24:21
67 Shu Minami 24:23
69 Mike Merra 24:34
74 Cathy Merra 24:46
77 Bill Engle 25:37
79 Traci Swanbon 25:45
86 Tom Conley 26:44
91 Teanna Croteau 27:06
94 Shaun McMahan 27:36
95 Kevin Reynolds 27:38

98 Rick Schnabble 27:52
99 Terrence Kenney 27:53
100 Paul Tobin 27:54
105 Judi Moland 28:01
106 Michael Thatcher 28:15
107 Theresa Kerouac 28:17
111 Robin Rocha 28:30
124 Kathy Engle 29:59
125 Amy Morss 30:05
132 Maurice Noonan 31:52
134 Mary Minami 32:28
135 Alexandra Hebert 32:37
140 Gretchen Garfinkle 34:27
141 Sandra Darling 34:43
155 Zachary Schnabble 43:49
159 Ian McCarty 46:36
160 Holly McCarty 47:21
161 Christine Neville 47:42

**St. Thomas Aquinas 5K
Derry, NH 1/1/02**

4 Matt Simpson 18:28
6 Joey Rizzo 18:53
15 Pam Hall 20:49
17 Allan Rube 20:56
28 Eldon Burkinshaw 22:07
30 Peter Darasz 22:15
39 Wayne Hilson 22:57
40 Dave Breeden 23:06
43 Dana Breeden 23:27

**Freezer Five Miler
Sterling, MA 1/1/02**

177 Sarah Band 43:57
178 Peter Band 43:58

**Hangover Classic 10K
Salisbury, MA 1/1/02**

18 Jim Belanger 37:59
39 Miae Jacobs 39:28
63 Dave Contrada 41:37
66 Carl Murphy 41:47
75 Dave Ferris 42:33
99 Mike Hagerty 43:39
113 Brian Byrne 44:50
121 Jim Ecke 45:18
268 Patricia Belanger 52:36
297 Carol Pelletier 54:29
398 Louise Rosetti 81:44

**Hangover Classic 5K
Salisbury, MA 1/1/02**

4 Jim Quadros 16:17
13 Dave Camire 18:33
56 Marybeth Donnelly 22:02
80 Nadine Quadros 23:08
106 Joe Suslovitch 23:57
182 Gigi Ferris 26:03

**Last Night 5K
Somerville, MA 12/31/01**

4 Jim Quadros 16:52
15 Lars Bjune 18:58

**Millennium Mile
Londonderry, NH 12/30/01**

16 Adrien Grise 4:19
17 John Kennedy 4:20
20 BJ Bottomley 4:25
24 Zach Emerson 4:26
25 Kevin Beck 4:26
33 Keith O'Brien 4:33
49 Matt Simpson 4:46
59 Nathan Burns 4:54
66 Michael Neville 4:57
69 Michael Peabody 4:58
70 Nicole Slane 4:58
73 Joey Rizzo 5:01
77 Damian Rowe 5:05
81 Walter Swanbon 5:09
82 John Gill 5:09
85 Dana Breeden 5:10
94 Paul Ahern 5:16
97 Donald Burns 5:19
98 Kevin Hodge 5:19
110 Bill Spencer 5:30
111 Billy Duffy 5:30
119 Mark Brook 5:40
129 Ashley Neville 5:46
130 Eldon Burkinshaw 5:47
135 Dave Breeden 5:52
136 Nancy Peabody 5:53
138 Peter Darasz 5:53
143 Adam Delia 6:00
144 Casey Darasz 6:01
152 Melaney Hodge 6:13
172 Theresa Kerouac 6:50
173 Monica Venditouli 6:51
174 Peter Venditouli 6:52
188 Nathan Peabody 7:22
204 Mike Duffy 8:24
205 Courtney Duffy 8:28

**BU Winter Indoor 3000M
Boston, MA 12/29/01**

18 Adrien Grise 9:32.9
20 Kevin Beck 9:41.4

**BU Winter Indoor 1M
Boston, MA 12/29/01**

16 Adrien Grise 4:36.4
31 Kevin Beck 4:53.6

**Khoury's 4.13 Miler
Somerville, MA 12/27/01**

27 Louise Rosetti 55:14

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Firefighters 5.1K

Somerville, MA 12/27/01

6 Dave Camire 19:02

Khoury's 4.13 Miler

Somerville, MA 12/20/01

24 Louise Rosetti 54:01

BU Winter Indoor 3000M

Boston, MA 12/22/01

17 Adrien Grise 9:22.4

27 Keith O'Brien 9:49.7

BU Winter Indoor 1 Mile

Boston, MA 12/22/01

17 Adrien Grise 4:40.7

36 Keith O'Brien 5:03.0

Camp Kaleeva 5 Miler

Lancaster, MA 12/16/01

18 Allan Rube 35:48

40 Susan Rube 46:10

BU Winter Indoor 3000M

Boston, MA 12/15/01

16 Adrien Grise 9:24.2

18 David Posnick 9:33.1

21 John Kennedy 9:39.9

BU Winter Indoor 1 Mile

Boston, MA 12/15/01

14 Adrien Grise 4:44.4

26 David Posnick 4:56.6

BU Winter Indoor 800M

Boston, MA 12/15/01

10 John Kennedy 2:10.1

Khoury's 4.13 Miler

Somerville, MA 12/13/01

29 Louise Rosetti 50:00

Logan Post 5.1K

Somerville, MA 12/13/01

Jim Quadros 1st Overall

1 Jim Quadros 18:20

2 Lars Bjune 18:35

World Without Cancer 5M

Andover, MA 12/9/01

46 Gordon Burnett 48:10

47 Kaitlin Burnett 48:10

World Without Cancer 10M

Andover, MA 12/9/01

10 Jim Belanger 1:03:57

128 Peter Ness 1:21:36

173 Charles Burns 1:27:46

195 Patricia Belanger 1:30:03

Run For Hope 10K

Newport, RI 12/9/01

349 Maurice Noonan 55:10

Santa's Toy Trot 4 Miler

Merrimac, MA 12/9/01

5 Nadine Quadros 29:19

45 Louise Rosetti 49:24

Santa's Toy Trot 6 Miler

Merrimac, MA 12/9/01

2 Jeff Rhoades 37:34

Khoury's 4.13 Miler

Somerville, MA 12/6/01

49 Louise Rosetti 55:10

Logan Post 5.1K

Somerville, MA 12/6/01

Jim Quadros 1st Overall

1 Jim Quadros 18:35

2 Lars Bjune 18:42

WORK OUT OPPORTUNITIES

While not official workouts of GCS, there is always a large group of runners that continue to meet on Wednesday nights November through March. They meet at the Pennichuck Jr. High School in Nashua. We have a lot of fun running at night and run in the surrounding neighborhoods. Start at 6:00 pm sharp, so make sure to arrive a little early!

The Swanbon's, along with many GCS Folks, have been running every Sunday (unless there's a big race) morning at 9:30 from the Good Times Restaurant in Auburn [the restaurant is right off Exit 2 - from Route 101]. Somebody normally shows up, but to make sure, give Traci and Walter a call at 895-3466. We tend to run trails - there is a hard hill work out that can be incorporated - and distance varies - 6 to 15. When the trails are icy we run around the lake. If the distance is too far, the front runners come back and get you . After which we have brunch at the restaurant (of course). The important thing is to be done running by 11:30ish.

The Monadnock Regional Milers Winter Running Series.

Each race will begin at the Peterborough Recreation Department Arts & Crafts Building on Union Street, and is scheduled for Sunday mornings @ 9:00am, starting January 13th. There will be refreshments served, including coffee, hot chocolate, muffins, bagels, and plenty of water. Each of the four races will be a distance of 3 ½ miles, and will be "Low-Tech" timed (Popsicle sticks) by the Milers. This race series is open to the public, with an entry fee of \$ 3.50 for each race. The remaining race dates are:

February 10, 2002

Jack Frost Jaunt

March 3, 2002

Frosted Flakes