

# Striding Along



A Publication of the Gate City Striders

April 2001/May 2001



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Strider Discussion forum  
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The next deadline for submitting articles  
for the newsletter is

**Cover Photo:**

Midget Girls Back row: Nicole Slane, Juline McGuirk, Colleen Law, Michelle Weysham, Kim McAuliffe, Callie Schneider. Front row: Julie Marcum, Ashley Morgenstern, Nicole Wheeler, Brittany Plante, Katlin Burnett..



**Editor's Column  
By Bill Spencer**

Hello Fellow Striders,

This will be my first column as Newsletter Editor. My first problem was trying to figure out how to get the publishing software to do what I wanted, not what it wanted. Steve, very graciously

came over to the house and loaded everything. He then proceeded to show me many of the little tricks of the trade. After about an hour, I was completely overloaded and had to send him home. So here's my first issue, after about 25 hours of playing around.

I'll do my best to keep the Newsletter on target, but will really appreciate your contributions of articles and pictures.

Please make use of the Clubs Web Site at <http://www.gatecity.org> for the latest information on Club activities

If you are interested in what's going on in NH running, visit the site that Julie Hanover and I maintain at <http://www.nhrunning.com>. You can get the up to date information on NH records and certified courses there. Links will take you to other State record sites, as well as our sister NH Running clubs.

Just as I was putting this addition to bed, I got an e-mail with the results of the National Masters 5k Championship in Carlsbad, Ca. First place in the 60-64 year old Division went to our own Bill Springer. Wimpy Bill trains in Florida in the cold winter months.



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**

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**

3rd Wednesday of month.

**Track workouts**

Wednesday nights, Nashua High, April thru October. Weekly runs are held elsewhere throughout the year.

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





## President's Column

By Steve Moland

No folks, you haven't turned to the wrong page. This is the President's column and I've the pleasure of announcing our revised Eboard and the assignments we've all taken.

Yours truly is the new president. (Wouldn't you know, I get a promotion and they shove my ramblings toward the back of the newsletter and now it's Bill Spencer 's turn to remind Me that the President's message is due.) Mike Hagerty is vice president. He says he ran for the Eboard to keep an eye on me and I think he means it. Chuck Rossier has taken on the duties as treasurer and brings a solid interest in helping beyond the official scope of his duties. Michael Amarello now occupies the competition position on the Eboard. Michael is highly predisposed to those duties as he has been the driving force in organizing our competitive runners into the varied teams which brought so many winning laurels to our club last year. Of course, though coach Dave Camire is not an Eboard member, he certainly made a major contribution in training and tuning many of our successful runners last year. Dave will be with us again this year to practice his inspirational ways.

Remaining on the Eboard in their same positions are Kirsten Werne in charge of social events, Julie Hanover as the secretary and Stan Klem handling our membership. It's great to have these skilled veterans smoothing the transition.

I'd like to take this opportunity to truly thank the Eboard members whose terms recently expired, they are: Bill Spencer who has taken his organization skills over to the Newsletter editors job. Lori Lambert helped us stay financially in the black as treasurer and is looking forward to a new member of her family. A future Strider, perhaps. Though I'm sure things will get done quite well in the future, Damian Rowe sure handled plenty of tasks that may have gone unnoticed by the membership. And lastly there's Gerry Rocha who would do anything he was asked and he always sported a big grin in the process. Striders, if you've enjoy Strider events, attended weekly track workouts and as a result, stayed fit or improved yourself competitively in the process, you should know that these Eboard members had sizable hand in making that happen.

As I opened up a blank document to begin to write this column, my email goes Bing!. Hey, it's a message from the Mt Washington Road Race Director. Sadly it read: "*I deeply regret that your application for entry into this year's hill climb cannot be accepted.*". Just spectacular. I've been rejected two years in a row now. If any of you have suffered a similar fate and volunteered in the parking lot up at the mountain last year then you may qualify for one of the lottery bypass club numbers. Contact Mike Hagerty with your tale of whoa..

An upcoming event for the club is Parker's run on May 5 which is a late morning run out in Mason NH followed by the group having a great breakfast at Parker's Maple Barn which could only be describe as a rustic gourmet experience. Details elsewhere in this issue.

On June 3 Gate City host it's 10<sup>th</sup> Pack Monadnock 10 Mile race. This race has the honor of being the 4<sup>th</sup> in the five race USATF-NE Mountain Circuit for 2001. I plan to run this series this year based on nothing more than what a beautiful and challenging course the Pack race follows. A mixture of paved and dirt roads bordered by woods, stonewalls and plenty of overhanging maple trees. I encourage members to either run in the race or help make it a fun event for those that do. I helped last year and saw the course for the first time and thought it was great place to hold a race. Register on-line at [www.Coolrunning.com](http://www.Coolrunning.com). We could use your help at the race this as we expect a sizable turnout. You can tell of your willingness to help by contacting me at 603 882-2067 or [steve@accessp.com](mailto:steve@accessp.com) Skip Cleaver is the Race Director, his email is [tjcleaver@aol.com](mailto:tjcleaver@aol.com)