

COACHES CORNER

GCS Coaching Begins April 4 and I Can't Wait

Coach Dave Camire

Daylights Savings Time is my favorite time of the year for two reasons: (1) We get that extra hour of daylight added on to the end of the



day, and (2) It is the start of GCS track at Nashua High School.

This year's track sessions are going to be structured like last year, but with a few new twists and turns. We will offer our three organized runs each week: a competitive workout on the track, a fitness workout on the trails and an instructional workout for beginner runners.

The competitive group workouts are offered for those who are gearing to run races in the 5K to 10 miles range. If you participate in these workout be ready to run about three miles of intense intervals.

For our Fitness Group, we will be

offering Fartlek type workouts on the trails in Mines Falls. These workouts are similar to our track workouts but are geared towards time rather than distance. If you find the track to be monotonous or are injury prone, this is the place for you.

Our Instructional group will follow the same 10-week program we used successfully last season. Our goal is to graduate each instructional member to the Fitness or Competitive workouts.

New this year will be a series of clinics that will be offered at track. My plan is to bring in occasional guest experts to cover specific topic areas. For example, in May I hope to have a module on mountain running. Other modules that I'm thinking of offering include proper stretching techniques, running shoe technology and marathon racing. These clinics will be offered based on the availability of the experts I'll be inviting to track.

To augment the weekly training, I'll also be offering several 10-week training programs that I have developed based on target 5-mile time. These programs will be accessible through my website (davecamire.com). You will also be able to check our weekly workouts in advance on the website.

In the past we've had a marathon group that geared training towards a fall marathon. I am planning on offering this module again, but rather than

starting in June, we will begin during the first week of May. Hopefully all this snow will be melted by then.

Youth Workouts Start April 30th Coaches Bill and Shaun

A new program this year will be preparing Youth members to participate in the USATF Junior Olympic Track program. This program begins with an Association meet on June 16th at Bryant College in Rhode Island, a Regional meet at the University of Maine on June 23rd, and ends with the National meet on July 26th thru 29th at Sacramento, California for those that qualify.

Track workouts for those Gate City Strider Youths planning on participating in the USATF track program will begin on Monday, April 30th at 6:00 and will be twice a week Monday and Thursday nights at the Nashua High School track.

The tentative workout schedule can be found at the Youth section of the Clubs web site.

Track workouts for other Gate City Strider Youths will start on May 3rd at 6:00 at the Nashua High School Track.

As always, parents all welcome to help out .•

MEET THE NEW E-BOARD



Steve Moland is our new President. Steve 57, lives in Litchfield with his wife Judi who is also a runner/volunteer. They moved to NH 25 years ago after growing up just outside of Boston. Steve started running seriously in the fall of 1997 and was recruited as a club member about the same time. Though Steve has a software consulting business with a partner in Londonderry for the last 10 years, he's a Bentley College graduate which primed him for his first career in accounting. That may explain why he might tell you that in 3 ½ years as of 3/22/2001 he's run 4529 miles, 651 training runs and 116 races. Having enjoyed and finished 4 marathons he really likes marathon training with friends but he feels that to finish a marathon comfortably, the training takes too much time away from other things. Those other things include shorter distance races, grandchildren (he has 6), whitewater canoeing and fishing. He recently got some relief in the time department when he retired from playing ice hockey for 30 years. He's volunteered at a majority of club

events since joining the club and is still surprised at the minuscule percent of runners that he'd consider as undesirable companions. His running goals this year are to run the mountain series and to break 19 minutes in a 5K after which he'll move on to attempt some PRs in 5 mile and 10K races. Since he's a new runner he figures his fastest times are yet to come.

Chuck Rossier has accepted the position of Treasurer.

5 years in GCS, editor for Web



site, occasional contributor to newsletter, occasional volunteer at races, competed last year in Winnie Relay and my first marathon.

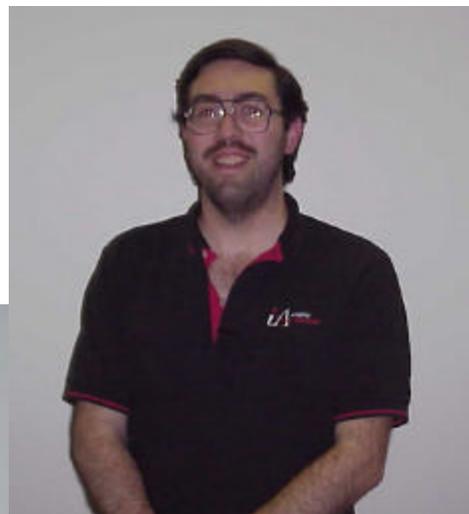
Was training for the Boston Marathon until I suffered a knee injury that set me back too far to make Boston. Now training for a fall marathon again with hopes of making Boston in 2002.

I am training for 2 marathons a year which takes a 12 month a year commitment because it doesn't leave me any time to start dying.

As treasurer I expect to keep the books and attempt to increase our club volunteer participation. While we have significantly increased our focus on competition, training and youth partici-

pation, we have been decreasing our support for other areas of club activities.

Our new Competition Director is Michael Amarello.



Michael joined the Striders in June 1998 as he began running again after 14 years, 2 knee operations, and 65 pounds!!!

Michael, who was called 'an iron-balled stud in the old days' (1977-1984) by the Hockomock Swamp Rat (Dec. 1999) for his bi-weekly 32 mile training runs and PRs of 16:47 for 5K and 33:52 for 10K, is now content to finish 5Ks in the low 20s and has discovered the joys of snowshoe running. Personal goals for 2001 are to run 21:42 or better for 5K and to get down to 180 pounds.

Strider team goals for 2001 are: 100+ point win in the NH RRCA Gran Prix, repeating as champions in the Mill Cities Relay, strong team performance again at the Lake Winnepesaukee Relay, top 3 finish at the Mount Washington Road Race, top 12 finish in the USATF NE Gran Prix, and a top 10 finish in the USATF NE Cross Country

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Championship. I would also like to increase participation in team races by the Striders. With 600 members we should be able to field a team of 50-100 runners in each NH RRCA Gran Prix race.

Stan Klem returns as Membership



Director.

Started running in 1994 and have been running for 7 years now. My first race ever was the Market Square 10k in 94. I did okay and felt good about it. After that I looked for something a little more challenging and did the Cape Ann 25k. That was more of a challenge than I thought it was going to be. Finished up that year with my first Applefest and I thought I did pretty good. Only to find out that my time was exactly to the second what Carlton Mendell had done the year before at age 71. Joined the Striders in 1996 with the intent of finding others to run with. The Striders have more than filled that void. I started becoming active and attending the Wednesday night track workouts after about a year in the club. It really made me feel welcome after meeting several Striders and hearing them encourage me on at the workouts. After doing more races including Applefest and Cape Ann every year, I decided to do the Bay State marathon in 1998. That's when the group I run with started forming. Mike Levesque, Steve Moland and myself

started training together because we were all doing our first marathon that year. Since then I've done a total of five marathons including my first Boston last year which was my best ever. The group I train with has expanded as well and there is always someone more than willing to train with.

Strider activities have included volunteering for many Strider events. I joined the eboard as membership director two years ago wanting to give something back to the club for which it has given me. I've totally enjoyed being a member of the Gate City Striders and plan on doing so for as long as I can.

Julie Hanover is our Club Secretary. Julie has only been in the Club for three years, but has been active as the Club secretary, volunteer, and runner. Her personal goals for this year are to be injury-free, be more consistent in races, and to be healthy for the relays. Her Club goals for this year are to continue to volunteer when she can



and to encourage others to do so too.

Kirsten Werne will once again head up our Social program

I have been an active member of the striders for 4 years. I joined in January during the Freeze Your Buns races. What a great intro into the club.

Since joining, I have made a lot of great friends, been on some wonderful runs (and a few brutal runs!), set PR's, and enjoyed some great companionship. Since I began with the club, I have been active each year with Fitness University training leading up to the finals as well as with finals day. I have raced for the Striders in both the Mill City and Lake Winni Relays (Love these!) as well as other races. In addition, I have volunteered at many of the GCS races. I am currently serving the second of my 2 years on the Executive Board as the Social Coordinator (which means I get to plan all sorts of fun stuff like the summer outing, pizza at track, yogurt night, and the winter party!!). What do I hope to accomplish this year? I hope to remain injury free and continue to improve since my ankle surgery (hey, it was 2 years ago - shouldn't I be all back to "normal" by now?). The oldest of my 3 kids, Alexander, loves to run and plans on competing at Fitness U again this summer. I will likely spend a good amount of time running/chatting with



him this summer. I'd love to do another Hash this year - Warren? Oh Warren, would you come back to do another hash? Here's to another great track season.

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