

Upcoming Events

Boston Marathon Chartered Bus *Jim Belanger*

When: Monday April 16, 2001
 Leaves From: 99 Restaurant, Exit 7 in Nashua
 Time: 8:30AM (waits for no one)
 Price: \$35 (Unchanged since 96)
 Returns time: 7:30-8:00pm
 Post-race party, showers and refreshments at the
 Hotel Buckminster
 For more information call
 Jim Belanger 595-1870

Parkers Run Traci & Walter Swanbon

Parker's Run May 5th Parkers Maple Barn Mason NH

The Parker's Run is May 5th We will meet in the Parking Lot Across the Road from Parkers at 11:00 and run then have breakfast when we are done.

This is a long tradition for the running club - and it has transformed from a Feb. run to a May run - but the goal is always the same - Pancakes!!!

We've always had a great time. Everyone is welcome to run - the distance will vary depending on who comes. We have dirt roads and trails - may be muddy - wear old shoes.

A head count would be appreciated by

2001 Team Competition Preliminary Schedule *By Michael Amarello*

(Races in Boldface are Top Priority)

April: James Joyce Ramble 10K in Dedham (MA) - USATF NE Gran Prix

April: Boston Marathon

May: Bedford 12K - USATF NE Gran Prix

May: Foothill 5K in Derry - NH RRCA Gran Prix

June: Pack Monadnock 10 Miler

June: Mount Washington Road Race

July: Hugh Holt 5 Miler in Raymond - NH RRCA Gran Prix

July: Stowe 8 Miler in Vermont - USATF NE Gran Prix

August: Belmont 10 Miler - NH RRCA Gran Prix

September: Millyard 5K in Manchester - NH RRCA Gran Prix

September: Lake Winnepesaukee Relay

October: Rojack's 5 Miler in Attleboro (MA) - USATF NE Gran Prix

October: Shirt Factory 5 Miler in Salem - NH RRCA Gran Prix

October: Cape Cod Marathon - USATF NE Gran Prix

November: Jingle Bell 10K in Portsmouth - NH RRCA Gran Prix

November: Mayor's Cup 8K Cross Country in Boston

November: USATF NE Cross Country Championship in Boston

December: Mill Cities Relay

On-line Race Applications

April 30th. Hope to see you there!!!

On line race applications are available for the Fifth Annual Rye By The Sea - Duathlon & Road Race

Parson's Field, Rye, NH
 To Benefit Habitat for Humanity
 Saturday, June 2, 2001
 5K Run/Walk, 10K & Duathlon*
 begin at 9AM

Kids Fun Run: 10AM

REGISTER ONLINE:

<http://www.bethanychurch.com>



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\$100 discount for all Striders

A Weekend at the Masters Track Championships

By Bill Spencer

A Weekend at the Masters Track Championships

The National Masters Track Meet was held in Boston on March 23rd through 25. The 3000-meter finals were on Friday night, with Striders Bill Spencer, Bill Engle, and Tom Kolb participating. The format is one where the oldest age groups run first. Bill and I were in the 65-69 grouping with a runner from California named Bill Foulk. Prior to the race, I talked to him and verified that he was the same Bill Foulk that still holds the NH State Senior records for 5k, 8k, 10k, and ½ marathon, which he set in the early 80's. I decided to follow him through the early part of the race and try to out kick him at the end. It was a good plan, but he dropped me with 1200 meters to go and won in 11:12.23. I was in second place in 11:23.67, which was the age graded, equivalent of 8:50. Bill Engle got third in 12:52.84 that age graded out to 9:32. Bill, who is 69, is already planning on winning the 70-79 age group next year. Tom Kolb was up next in his division, finishing 5th in 10:30.27, for an age graded time of 9:42. Although not a Strider, Craig Fram of Plaistow won the men's 40-45 division in a tremendous race with Tom Dalton of NY. Craig set a new American record in the process.

On Saturday, the mile races were held. The competition this time included Foulk and Frank Haviland

from New Jersey. Frank is a long time friend of Ed Deichler, who had warned me that he had a tremendous kick. He was right. The race started with Frank leading, Bill second and me right behind. At the 800-meter mark, Bill took the lead and I followed. With 200 meters to go I tried to mount a charge after Bill. As we rounded the last turn, with 50 meters to go, Frank came pounding by me and caught Bill with about 20 meters to go. He won in 5:37.30, Bill was second in 5:38.48 and I picked up third in 5:40.26 or the equivalent of a 4:21 mile. Tom Kolb also ran in the mile, running 5:14.86 for 8th place.

Finally, later in the afternoon, I was invited to run on a 60-69 year old 4 x 800-meter relay team. The team from upstate New York had lost a runner and they had planned on shooting for a new World record. I

knew them from some previous meets and agreed to join them. The record was 10:32.8 and they thought they had a good chance to break it. I had the third leg and ran a 2:36 split, but we missed the record by two seconds. Needless to say they were disappointed.

From my viewpoint, I had wanted to run better in the 3000 meter, but the overall level of competition more than made up for that. The relay was like the frosting on the cake as it was you against the clock without the pressure of winning and even though we missed the record, it was a great way to finish off the day.

No Striders ran on Sunday, but Frank Haviland came back to win the 800 meters in an American record 2:24.12. Ed was right, Frank has a kick.



Ken Skinner Chris Rush Larry Decker Bill Spencer

Running in Korea

By
Leni Hodgins

Recently, my sixteen-year old daughter and I traveled together to South Korea, the country of her birth. We savored every moment of our visit, knowing that the thrill, the joy, the magical feeling of this journey of discovery most likely could never again be duplicated.



Without exception, we were greeted warmly wherever we traveled. Our two-week stay took us by trains and buses to every corner of this beautiful country. Without doubt, my most wonderful memories will always be of the people and places that connect me to my daughter's past -- her caregivers, her orphanage, the city of her birth -- but another memory will also be with me for years to come, the memory of running on the other side of the world.

After four extraordinary days in Seoul, my daughter and I boarded the Sameul Express train for a five-hour journey to Kyongju, the capital of the splendid ancient Shilla Kingdom. A short distance from the royal Shilla tombs, Buddhist temples and shrines, and stunning architecture lies the Pu-

mum Lake Resort. I was thrilled when we arrived at our hotel that evening and I noticed a path circling the lake. I immediately began making plans for an early morning run.

I had no way of knowing, as I awoke the next morning, that I was about to embark on the most beautiful run of my life. As I headed out of the hotel lobby in the early morning light, I found the entranceway leading to the path around the lake. What a delight-

ful surprise to discover that the footpath was made of tile! I adjusted the dial on my Walkman to what sounded like a Korean pop music station, and, as I began my run, noticed that the pattern of the tile at my feet often changed. Sometimes the tile appeared to be ceramic, sometimes clay, designs and colors always changing. The view of the lake and mountains surrounding me was breathtaking, almost surreal. Perhaps the most memorable part of the run occurred when I passed the gentle, mostly elderly, Korean folk along the footpath. What an odd site I must have been to these people -- a tall Caucasian woman, jogging with headphones, at 6 AM! Without exception, each of these gracious people stepped back, bowed to me as I ran past them, and greeted

me with a quiet yet friendly "Annyonghaseyo". As I bowed and returned their greeting, I delighted in the beauty and the magic of the moment-- the people, the history, the lake, the mountains, the motherland of my daughter. Choking back emotion, I smiled as I finally understood the expression, "I will never again be the same having seen the moon shine on the other side of the world".

Last year was a banner one for

members setting new State records. Twenty-five individuals set a total of forty two records.

STATE RECORD SETTERS 2000

In the Youth Division, Nicole Slane and Michael Peabody had records at both 5 and 8k. Other Youths at 5k were Anthony Merra and Caitlin Rush, While Jonathan Sproul set a 1/2 marathon record.

The only Open record was set by Lindsey Burkart at the 20k distance.

Seven masters runners accounted for nine new records. Pam Hall led the group with records at 8k, 12k and 1/2 marathon, while single records were set by Helen Bradler and Richard Stockdale at 1/2 marathon and by

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Youth Corner

The Nashua PAL Teams were outstanding at the National Junior Olympic Cross Country Championships in Reno Nevada last December. Four teams were sent and they came back with one gold and three silver place team finishes. The boy's

Bantam team were first and included Striders Patrick

McCabe (5th place and All American), Chris Merra, and Mark Posnick.

The boy's Midget Team took second place honors. Striders on that team were Anthony Merra (22nd place and All American), Craig Pelletier and Mark Fraser. The girls Bantam team which also finished second, included Caitlin Rush (17th place and All American), Allison Pinal (18th place and All American), Ashley Neville (24th place and All American), Chantal Croteau, and Lindsay Panny.

Lastly, the girls Midget team also finished second. Striders on that team were Nicole Slane (6th place and All American), Michelle Weysham (8th place and All American), Juline McGuirk (16th place and All American) Julie Marcum, Kim McAuliffe,

Samantha Buechner, and Colleen Law. In addition to the teams, Striders Kellie Oberholtzer and Casey Darasz ran as individuals in the Midget and Youth races

At the recent PAL awards banquet, trophies were given all PAL runners that participated in the National program. In addition, four runners and Gate City Strider members were singled out for special recogni-

Regional and National Championships. She shared this honor with 12 year old Michelle Weysham. Michelle was third in the Association meet, fifth in the regional and had the race of her life at the Nationals. (8th overall) where she beat everyone from the previous two races except Nicole Slane, who was only five seconds ahead of her.

The final award was for the PAL



Bantam Boys

tion.

Patrick McCabe was named the boy runner of the year in recognition of his outstanding performance the

Runner of The Year. That went to 11 year old Nicole Slane. Nicole won the Association meet, and became PAL's first Regional Champion by



Caitlin

Patrick

Michelle

Nicole

Nationals. The girl runner of the year was co-shared. Eight year old Caitlin Rush was recognized for her outstanding first year of running, which included a new State record at 5k, as well outstanding races at both the

taking first at Saratoga Springs. She finished the season as the second fastest 11 year in the country with her 6th place finish at the Nationals..