

Striding Along



A Publication of the Gate City Striders

August 2000/September 2000



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All Area Codes are 603 unless noted otherwise

The next deadline for submitting articles
for the newsletter is
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Cover Photo:

Vice President of Compuware: Joe Wurm presents a finishers medal to a successful Fitness University Graduate while his daughter Katy Wurm looks on approvingly.

Editor's Column



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Visit our Web Site

WWW.GateCity.Org

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of





President's Column

By Bill Spencer

The months of June and July have been very active ones for the Club, providing many opportunities for members to participate in racing, socializing and service to the running community. Fitness University was an outstanding success, in part due to the efforts of Shaun McMahon and his hard working committee members and in part due to the many volunteers that worked the 16 clinics and Fitness University day. The children of greater Nashua should have a better appreciation of fitness because of your efforts.

On the racing side, our women, led by some of our junior members, have done quite well in the Women's Series. The men's Veteran team continued its domination of their division in the NE Gran Prix series. In the NH Gran Prix series, the club continues to lead although the Granite State Racing Team has closed the gap. The Mountain series was also concluded in June, with our Club mountain goats placing with the leaders. Pizza night at the track was a huge success. Yogurt night will be the 16th of August. In July, we had our annual softball game, and although the turnout was small, a good time was had by all. The summer outing was also a small gathering, but the weather was great and the hamburgers and dogs by Chef Werne were great. Lastly, the club held the Pack

Monadnock and Amherst 10k races. Both were well organized and went smoothly, with only minor glitches. They were both successful because of the hard work of the directors, Skip Cleaver and Sandy Geisler, and all the club members who helped on race day. Our assistance at the Chase Corporate Challenge was smaller than expected due to some communication problems.

The next race where we have the opportunity to help the running community as well as our club treasury is the Cigna Healthsource 5k on August 10th. This race is a great one to work with your fellow Club members. Also in August, is the next NH Gran Prix race. We will need a good turnout for the rest of the series if we are going to hold off the GSRT. The club Triathlon is scheduled for August 13th. This event was started several years ago to give members a chance to try their luck at the event. As of the writing of this article, the response to this year's event has been minimal which may result in its cancellation.

Events such as the Triathlon, softball game and summer outing are for the members enjoyment and require quite a bit of work on the part of the Directors and will continue only if the membership support them.

The next major club event is

on Sept 23, the Lake Winnepesaukee relay. The club traditionally has fielded teams in most of the divisions and came away with its share of Loons. If interested, contact the team captain listed in this newsletter, as teams are being formed now. As usual, a cookout will be planned for after the relay. I will close this article with a brief comment about the Mt. Rainier to the Coast Relay, which I just ran. The eleven person Club team was organized by Bill Gray and was made up of some long time club members that I see infrequently as well as some of the regulars at the track workouts. The relay, while a competitive event, was also a great social event. It was not organized by the E board, but by some interested members via the GCS E-Group. So thanks to Bill for a great time and I would encourage others to make a similar use of the E-Group.

Lastly, thanks to Dave Camire, Julie Hanover and I are now maintaining a new web site, www.nhrunning.com, which lists all the State records and standings. Please feel free to give us any comments regarding the site.



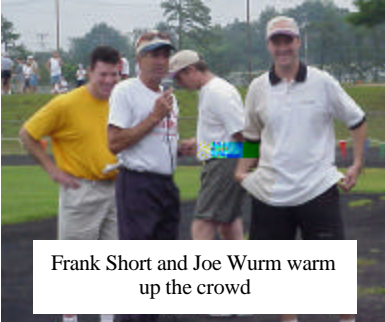
11th Annual – Fitness University

By Shaun McMahon



Well here's another one for the journals of the Gate City Striders. This year's Fitness University went off without a hitch, and the smiles on the faces of some four hundred kids said it all. This event is here to stay, and it will, with the continued support of the many volunteers from the Striders, and its new Corporate Sponsor; Compuware. A special thanks to Mr. Joe Wurm, the Vice President of Compuware, who clearly understands the impact this program has on the thousands of children who have participated over the past 11 years.

In taking over Skip Cleaver's position as Director of Fitness University, the biggest challenge I



Frank Short and Joe Wurm warm up the crowd

was confronted with was the search for, and established a new sponsor. Over the past 10 years, the Striders have been fortunate to have the financial support of HealthSource of New Hampshire. However, this year HealthSource was purchased by CIGNA Healthcare, located in Connecticut. As a result of this corporate restructuring, the focus to support this program was not a priority of this organization. Fitness University sincerely thanks those members of the original HealthSource team that recognized the importance of supporting such a program. Without their years of support, Fitness University would not be the success that it is today.

There were a couple new ideas brought to the table this year, one was the clinic which

crossed the border into Massachusetts. With the help of Mike Levesque, this year's Clinic Director, Coach Dave Camire, and the volunteers that participated in this clinic, the Fitness University program has now established a presence south of the border. The clinic was held at the track at Dracut High School, in Dracut Massachusetts, although the attendance wasn't a sell out, this "thinking outside of the box" has planted the seed for years to come. Another addition to the program was the performance of lil' iguana, and his friends. The show lends itself to audience participation, and focuses on providing children of all ages with information on health, and "user friendly" safety tips.

For those members of the Striders, that were unable to attend Finals Day, I can assure you all that it was a tremendous success. The weather was picture perfect, the kids sincerely enjoyed all the events, and every volunteer that gave of their time and effort had a smile on their face. The momentum in the planning process was never interrupted, and from the start, the level of energy was positive, and extremely optimistic, only to culminate on that one Saturday in July.

I also wanted to personally thank Shaun Scanlon for the commitment and dedication he has offered to this program over the past eleven years. Without Shaun's knowledge and support, the message this program tries to deliver would not have been delivered in such a compassionate manner. Shaun has always been such a worthy proponent of giving back to the children of the Nashua Area, and for that, we should all be proud.

I offer the rest of this article to the salutations that I delivered during the closing ceremonies of this year's Eleventh Annual Fitness University Finals Day.

CLOSING CERMONIES

This is to include thanks to our Corporate Sponsor: Compuware, especially the positive support by Mr. Joe Wurm, Vice President. In addition; Olympic legend Frank Shorter, the Nashua School Department, our friends at Channel 13TV, Stonyfield Farms, Vermont Pure Spring Water, Peak Bars, Brookdale Fruit Farm, the City of Nashua, the Nashua Police Athletic League. The members of the Fitness Fair including Chiropractic Care of Milford, the Juvenile Diabetes Foundation, and the Southern New Hampshire HIV & Aids Task Force. All the Directors of Fitness University, including Bob Pelletier (Public Relations), Mike Levesque



(Clinics), Andy Prolman (Volunteers), and Steve Moland (Finals Day), as well as Judy Nicholson, Sandy Geisler, and Eliza & George LeCours. Bill Spencer, President of the Gate City Striders and most importantly, the volunteers that helped make this event possible. It is the continued support of the members of the Striders, and the personal sacrifices of their families, that help make Fitness University the flagship of the Gate City Striders. I also want to thank my "better half", Theresa, for tolerating my obsession with helping everyone except myself.

Thanks guys!

Thank you Volunteers

Thank You Fitness University Volunteers!!

The rain held back and the sun did shine on the kids and our volunteers! Thank you very much to:

Terri Beiter
Warren Church
Carly Gaudette
Al Jones
Mike Levesque
Mike Merra
Shu Minami
Judy Nicholson
Nancy Peabody
Jerry Rocha
Shaun Scanlon
Brian Werne
Pam Hall

Heidi Blouin
Andy Cotreau
Chip Geisler
Stan Klem
Rich MacDonald
Cathy Merra
Judi Moland
Joyce Oberholtzer
Bob Pelletier
Allan Rube
Judy Slane
Kristen Werne
Pricilla Flynn

Stacie Buechner
Peter Donahue,
Sandy Geisler
Pat Kiesselbach
Heidy McGaffigan
Pat Mikulis
Steve Moland
Raymond Oberholtzer
Adrian Pike
Sue Rube
Bill Spencer
James Woodward
Brenda Conlin

Gordon Burnette
Priscilla Flynn
Robin Hickey
Theresa Kirouack
Julie McGuirk
Virginia Mills
Ken Morey
Linda Panny
David Posnick
Dave Salvas
Pete Stebbins
Peter Vandituoli
Donna LeMay

Patty Clarke
Cheri Gaudette
Mary Johnson
Eliza LeCours
Shaun McMahon
Mary Minami
Morris Nicholson
John Panny
Kevin Reynolds
Brian Sanborn
Mike Ward
Beth Zingales

My apologies if I missed anyone. All helping hands were greatly appreciated during the clinics and on Finals Day. Thanks again.
Andy Prolman

