

Race Results

Galloping Gobbler 5 Miler Concord, NH 11/23/00

Heidi McGaffigan 1st Senior

Heidi Havron	35:25
David Havron	35:45
Andrew Najberg	37:21
Yuki Minami	37:37
Heidi McGaffigan	37:41
Rich MacDonald	39:57
Shu Minami	40:01
Dave Williams	40:21
Terry Fenn	43:24
Mary Ulinski	46:04
Walter Shyska	46:06
Jerry Rocha	48:10
Robin Hickey	48:10
Mary Minami	48:13
Mary Jo Cody	49:50

Feaster Five 5 Miler Andover, MA 11/23/00

John Donovan	30:07
Mike Hagerty	33:19
Dave Contrada	34:53
Andrew McQuaid	35:25
Robin Bryant	38:30
Donna Edwards	38:42
Jane Levesque	39:21
Cheryl Yoos	39:59
Matt Simpson	41:18
Kerri Mooers	41:18
Gary Mooers	41:19
Rosalie McQuaid	44:01
Leni Hodgins	45:03
Byron Telage	45:11
Shawn Hill	45:12
Maurice Noonan	49:59
Julianne Noonan	52:04

Feaster Five 5K Andover, MA 11/23/00

Art Demers 1st Master

Art Demers	17:31
Tom Doody	18:05
Donald Burns	21:55
Kassie Rubico	22:16
Nathan Burns	23:04
Bob Lemay	24:19
Stephen Bryant	28:19
Chris Yoos	28:24
Patricia Mikulis	28:32

Turkey Trot 5K Derry, NH 11/23/00

*Colleen Law 1st Junior
Eldon Burkinshaw 1st Vet*

BJ Bottomley	16:31
John Kennedy	17:59
James Belanger	18:35
Eric Mensh	18:57
Walter Swanbon	19:14
Joe Kennedy	20:28
Michael Peabody	20:29
Carl Murphy	20:37
Colleen Law	20:57
Joe Devereaux	21:03
Pamela Hall	21:21
Steve Moland	21:24
Eldon Burkinshaw	21:36
Samantha Moland	22:30
Steve Kennedy	22:52
Mark Peabody	23:28
Ian McQuaid	23:40
Annette McRitchie	23:43
Michael Amarello	24:18
Jennifer Ryan	24:27
Kathy Johnson	24:45
Traci Swanbon	25:01
Kevin Hodge	26:06
Wayne Hilson	26:45
Melaney Hodge	27:23
Spencer Moland	33:14
Gordon McQuaid	33:36
Patricia Lukas	33:41
Kevin Reynolds	33:41
Douglas McQuaid	34:36
John McQuaid	34:38
Judi Moland	36:41
Colleen Kennedy	38:44
Shelby Moland	41:57
Allison Hodge	43:28
Karen Hodge	43:29

Lil' Rhody Run Around 7.9 Mile Trail Run

Charlestown, RI 11/19/00

Thomas Parker	55:37
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Essex Turkey Trot 5 Miles

Essex, MA 11/19/00

Louise Rosetti 1st 70+

Maurice Noonan	50:21
Julianne Noonan	52:26
Louise Rosetti	60:38

Slattery's Turkey Trot 5 Miles Fitchburg, MA 11/19/00

Sara Lewicke 1st Junior

Jeff Morse	26:20
Keith O'Brien	27:23
Patrick Scott	27:27
Ralph Borseth	30:47

Sara Lewicke	32:35
John Lewicke	34:24
David Delay	34:47
John Paul Lewicke	39:55

Junior Olympics Cross Country Region 1 Championships Saratoga Springs, NY 11/19/00

Bantam Girls 1st Place

Bantam Boys 1st Place

Midget Girls 1st Place

Midget Girls 3rd Place

Midget Boys 1st Place

Youth Girls 2nd Place

Youth Boys 4th Place

*** Bantam Girls 3K ***

Caitlin Rush	12:44
Allison Pintal	12:56
Ashley Neville	13:05
Lindsey Panny	13:15

*** Bantam Boys 3K ***

Patrick McCabe	11:57
Chris Merra	12:13
Mark Posnick	12:35
Ian McQuaid	13:18

*** Midget Girls 4K ***

Nicole Slane	15:37
Michelle Weysham	16:25
Juline McGuirk	16:33
Colleen Law	16:41
Julie Marcum	16:45

Kim McCauliffe	16:47
Kellie Oberholtzer	16:49
Samantha Buechner	16:51
Lindsey Miller	17:13
Melinda Adams	17:21

Caitlin Labonte	17:23
Kristen Green	17:24
Brittany Plante	17:44
Noelle Horelik	17:57
Callie Schneider	20:14

*** Midget Boys 4K ***

Anthony Merra	15:18
Mark Fraser	15:22
Michael Peabody	15:34
Craig Pelletier	15:59
Andrew McQuaid	16:27

*** Youth Girls 4K ***

Casey Darasz	16:21
Sydney Moland	16:51
Moirra McCabe	17:09
Stephanie Pintal	17:16
Amanda Pelletier	17:18

Katie Ryan	17:21
Elizabeth Noftle	17:30

*** Youth Boys 4K ***	
Geoff McGuirk	15:47
*** Intermediate Boys 5K ***	
David Posnick	16:44
Zach Emerson	16:50
*** Young Women 5K ***	
Katie Parodi	20:11
*** Young Men 5K ***	
Thomas Schneider	17:26

Wicker's Turkey Trot 3.2 Miles Wolfeboro, NH 11/18/00

Kaitlyn Burnett 1st Under 13

Eric Stepick-Ayers	18:08
Peter Venditouli	19:05
Michael Amarello	24:01
Kaitlyn Burnett	24:17
Gordon Burnett	24:22

Wicker's Turkey Trot 1.2 Miles Wolfeboro, NH 11/18/00

Monica Venditouli	9:35
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Thursday Night 4.13 Miler Somerville, MA 11/16/00

Louise Rosetti	55:16
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Ocean State Marathon Warwick, RI 11/12/00

Erik Fey	2:54:08
Matt Simpson	3:25:23
Doug Miville	3:45:20
Pat Kiesselbach	4:13:01
Priscilla Flynn	4:20:47
Ellen Pozetta	4:33:57
Katherine Allen	4:33:57
Karen Zendzian	4:33:57

USATF NE CC Champs 10K Boston, MA 11/12/00

Tom Doody	33:26
Art Demers	35:38
Keith O'Brien	35:57
Jim Rhoades	37:36

USATF NE CC Champs 6K Boston, MA 11/12/00

Liane Pancoast	27:19
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Junior Olympics Cross Country New England Championships Nashua, NH 11/19/00

Bantam Girls 1st Place

Bantam Girls 2nd Place

<i>Bantam Boys 1st place</i>	Paul Ahern	18:40	Run Your Turkey Off 1K	Mark Fraser	19:53	
<i>Midget Girls 1st Place</i>	Deric Stubbs	21:21	Tewksbury, MA 11/12/00	Craig Pelletier	19:57	
<i>Midget Girls 2nd Place</i>	*** Young Men 5K ***		Danielle Lapierre	8:35	Colleen Law	19:58
<i>Midget Boys 1st Place</i>	Ryan Condon	17:01	Brenda Lapierre	8:58	Kimy McCauliffe	20:27
<i>Midget Boys 4th Place</i>	John Kennedy	17:18	NE High School Cross Country Championship Boys 5K	Allan Rube	20:32	
<i>Youth Girls 1st Place</i>	Matt Harkins	18:08	Theftford, VT 11/11/00	Mike Merra	20:33	
<i>Youth Boys 1st Place</i>	Tom Schneider	18:16	Ryan Condon	17:44	Amanda Pelletier	20:36
<i>Youth Boys 6th Place</i>			Patrick Moulton	17:51	Caitlin Rush	20:55
<i>Intermediate Boys 2nd Place</i>	Run Your Turkey Off 15K		Dan Reinhold	18:31	Rich Cardin	21:03
Young Men 1st Place	Tewksbury, MA 11/12/00				Lindsey Miller	21:06
*** Bantam Girls 3K ***	<i>James Henmueller 1st Master</i>		NE High School Cross Country Championship Girls 5K	Theftford, VT 11/11/00	Allison Pinal	21:08
Allison Pinal	<i>Eldon Burkinshaw 1st Vet</i>		Laura Aloisi	21:02	Stephanie Pinal	21:14
Caitlin Rush	James Henmueller	54:02	Katie Parodi	21:20	Chris Merra	21:15
Ashley Neville	David Lapierre	56:49	Emily Angel	22:41	Caitlin Labonte	21:16
Lindsay Panny	John Donovan	57:23	Veterans Memorial 11K		Moirra McCabe	21:39
Annie Schneider	Tom Kolb	58:29	Stoneham, MA 11/11/00		Callie Schneider	21:57
*** Bantam Boys 3K ***	Michael Mawn	59:10	<i>Michael Ward 1st Master</i>		Andrew McQuaid	22:00
Patrick McCabe	Rick Dupuis	1:00:30	<i>Louise Rosetti 1st 70+</i>		Sydney Moland	22:04
Chris Merra	Allan Rube	1:04:00	Michael Ward	42:30	Debbie Beaulieu	22:09
Mark Posnick	Fran Dwyer	1:05:12	Maurice Noonan	1:11:47	Gordon Burnett	22:16
Ian McQuaid	Dave Contrada	1:05:29	Louise Rosetti	1:28:28	Nancy Peabody	22:23
*** Midget Girls 4K ***	Eldon Burkinshaw	1:06:59	NCAA Div II Region 1 CC		Ian McQuaid	22:42
Nicole Slane	Kristen Ewing	1:09:05	5K N Dartmouth, MA		Mark Posnick	22:44
Michelle Weysham	Tom Conley	1:12:02	11/11/00		Lindsay Panny	23:08
Juline McGuirk	Sandy Machall	1:12:31	Sara Lewicke	19:59	Marc Pinal	23:16
Kim McCauliffe	Donna Edwards	1:16:29	NEPSTA Div III CC 5K		Noelle Horelik	23:29
Lindsey Miller	Janice Olsen	1:20:14	Groton, MA 11/11/00		Kaitlin Burnett	23:41
Melinda Adams	Ken Robichaud	1:26:31	Eric Stepick-Ayers	17:47	Michael Amarello	23:43
Samantha Buechner	Julianne Noonan	1:39:01	Santa Fund 5K		Jeffrey Brown	23:49
Kirsten Green	Nancy Meadows	1:42:28	Nashua, NH 11/5/00		Jacob Rube	24:09
Colleen Law			<i>Nicole Slane 1st Female</i>		Diana Ward	24:28
Noelle Horelik	Run Your Turkey Off 5K		<i>Caitlin Rush 1st 10 & Under</i>		Cathy Merra	24:30
Cailin Labonte	Tewksbury, MA 11/12/00		<i>Michelle Weysham 1st 11-13</i>		Mike Ward	24:40
Julie Marcum	<i>Heidi McGaffigan 1st Senior</i>		<i>Debbie Beaulieu 1st SubMaster</i>		Adam Delia	24:56
Brittaney Plante	<i>Diana Ward 1st Junior</i>		<i>Susan Rube 1st Senior</i>		Robert Thompson	24:57
Kellie Oberholtzer	<i>Sachiko Burkinshaw 1st Vet</i>		<i>Patrick McCabe 1st 10 & Under</i>		John Kerouac	25:10
Kaitlyn Burnett	<i>Louise Rosetti 1st 70+</i>		<i>Thomas Astolfi 1st Master</i>		Kyle Beiter	25:18
Callie Schneider	Brian Bigelow	18:02	<i>Allan Rube 1st Senior</i>		Terri Beiter	25:19
*** Midget Boys 4K ***	Kassie Rubico	21:33	<i>Robert Welts 1st Veteran</i>		Susan Rube	25:53
Michael Peabody	Heidi McGaffigan	21:48	Thomas Astolfi	17:18	Danielle Cormier	25:54
Anthony Merra	Charles Gianotti	22:04	David Posnick	17:22	Sharon McCauliffe	25:57
Mark Fraser	Andrea Pierce	22:19	Paul Ahern	17:53	Robert Michaud	26:02
Craig Pelletier	Diana Ward	23:30	Peter Venditoui	19:05	Julie McGuirk	26:03
Andrew McQuaid	Mike Ward	23:32	Nicole Slane	19:12	Emily Strong	26:05
*** Youth Girls 4K ***	Jacob Rube	23:34	Joseph Rush	19:19	Rick Schnabble	26:22
Casey Darasz	Susan Rube	25:26	Carl Hefflefinger	19:24	Karl Patnode	27:30
Moirra McCabe	Sachiko Burkinshaw	26:45	Anthony Merra	19:24	Wayne Hilson	27:31
Amanda Pelletier	Mary Minami	26:48	Patrick McCabe	19:39	Andrew Law	27:32
Stephanie Pinal	Robert Amico	27:00	Michael Peabody	19:42	David Law	27:32
Elizabeth Nofle	Patricia Mikulis	27:09	Michelle Weysham	19:46	Brenda Conlin	27:34
Sydney Moland	Patricia Smith	28:16			Robin Hickey	27:35
Katie Ryan	Gretchen Garfinkle	29:47			Annie Schneider	27:52
*** Youth Boys 4K ***	Maurice Noonan	30:07			Suzanne Pinal	28:00
Geoff McGuirk	Ellie MacGuire	31:45			John Dionne	28:11
James Pelletier	Louise Rosetti	36:40			Lisa Mitsock	28:14
*** Intermediate Boys 4K ***	Linda Amico	42:13			Marabeth DeAngelis	28:33
David Posnick	Dave Armstrong	45:32			Stephanie Phillis	29:02
Zach Emerson	James Armstrong	45:32				
Craig Condon						

(Continued on page 17)

(Continued from page 16)

Robert Welts	29:06
Joan McCabe	29:08
Mary Jo Cody	29:17
Michael Astolfi	29:29
Lisa Christie	29:48
Samantha Cormier	29:50
Ken Beach	30:00
Allison Astolfi	30:15
Deborah Anctil	30:20
Colin Johnston	31:02
Ronald Johnston	31:08
Arthur Kobs	31:10
Michael Whelton	32:23
Carol Bowler	33:00
Ellen Woodward	33:57
Lora Woodward	34:01
Douglas McQuaid	34:53
Gordon McQuaid	34:55
John Panny	36:01
Derek Brown	39:22
Mike Mitsock	42:30
Michela Mitsock	42:46
Shannon Burnett	46:02
Karen Burnett	46:44
Teresa Kolb	48:39
Ellen Kolb	48:59

**Country Club 5K Cross
Country Methuen, MA
11/5/00**

Art Demers	17:07
Keith O'Brien	17:19
Pam Ubillos	25:32
Maurice Noonan	31:10
Julianne Noonan	33:09

**Donnelly's Fast Five Miler
Lunenburg, MA 11/5/00**

Jim Quadros 1st SubMaster

Jim Quadros	26:15
Sean Landers	30:50
Rick Dupuis	31:06
Shu Minami	39:36
Mary Minami	46:47

**Falmouth In The Fall 7.1
Miler Falmouth, MA 11/5/00**

Fran Dwyer	49:02
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**Genesis Battlegreen 10K
Lexington, MA 11/5/00**

John Hennessey	42:58
Maurice Ferrigno	50:44

**Rafferty's Pub 5 Miler
Marshfield, MA 11/5/00**

<i>Louise Rosetti 1st 70+</i>	
Louise Rosetti	59:02

Kevin Burns	60:21
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Willard Brook Ramble 8

Miler Ashby, MA 11/5/00

Patrick Scott 1st Overall

Patrick Scott	54:16
Frank Cadwell	57:41
Brenda Bolan	82:03

Somersworth DARE 10K

Somersworth, NH 11/5/00

Walter Shyska	53:11
Mary Ulinski	57:38

Somersworth DARE 5K

Somersworth, NH 11/5/00

Charles Gianotti	22:34
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Cooperative PreSchool 5K

Lebenon, NH 11/4/00

Mark Crowley 1st Master

Mark Crowley	17:22
Dave Birse	19:32

NH Meet of Champions Boys

5K Manchester, NH 11/4/00

Patrick Moulton 1st Male

Patrick Moulton	16:17
Ryan Condon	16:50
Dan Reinhold	17:08
Zach Emerson	17:42
Craig Condon	18:04
Matt Harkins	18:06
Tom Schneider	18:12

NH Meet of Champions Girls

5K Manchester, NH 11/4/00

Laura Aloisi	20:26
Katie Parodi	20:29
Anna Castner	21:20
Samantha Moland	21:38
Emily Angel	22:02
Jennifer Ryan	24:55

Bruce Ellis Memorial 5K

Exeter, NH 11/4/00

Eric Stepick-Ayers 1st Junior

Yuki Minami 1st Open

Heidi McGaffigan 1st Senior

Bill Engle 1st Veteran

Eric Stepick-Ayers	18:05
Silas Little	20:17
Yuki Minami	21:30
Heidi McGaffigan	21:44
Bill Engle	22:12
Charles Gianotti	22:29
Daniel Mitton	23:03
Shu Minami	24:20
Mary Minami	28:38

Maurice Noonan	29:49
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Louise Rosetti	39:26
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Sandown 11 Mile Trail Run

Sandown, NH 11/4/00

Eldon Burkinshaw 1st Vet

Chris Howard	1:23:09
Tom Kolb	1:23:26
Marty Tower	1:23:31
Thomas Parker	1:24:50
Jason Farr	1:25:19
Mike Hagerty	1:27:48
Brenda Bolan	1:28:12
Diane Amaral	1:28:12
Colleen Gilbert	1:29:18
Damian Rowe	1:29:50
Kristen Ewing	1:30:09
Eldon Burkinshaw	1:30:47
Howard Sevey	1:32:17
David Wendt	1:35:00
Dave Sargent	1:35:28
Bill Gray	1:35:41
Kevin Hodge	1:37:03
Rich Cardin	1:37:04
Bill Juris	1:37:08
Peter Darasz	1:45:26
Bob Beers	1:55:16
James Treggiari	1:58:16
Joe Devereaux	2:29:24
Lisa Christie	2:33:12
Kathleen Treggiari	2:33:17

Thursday Night 4.13 Miler

Somerville, MA 11/2/00

Louise Rosetti	57:04
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White Mountain Milers Half

**Marathon North Conway, NH
10/29/00**

Dave Birse	1:19:37
Patti Laliberte	1:46:46
Carol Pelletier	1:51:59
Susan McIlvane	1:58:09
Debra Ladner	2:01:07

Noble & Greenough 3.15 Mile

Dedham, MA 10/29/00

Art Demers	18:03
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Columbus Marathon

Columbus, OH 10/29/00

Chuck Rossier	5:47:17
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Shirt Factory Five Miler

Salem, NH 10/29/00

GCS 1st Place Overall

Male Open Team 1st Place

Male Masters Team 1st Place

Male Seniors Team 4th Place

Male Seniors Team 1st Place

Female Open Team 1st Place

Female Masters Team 1st Place

Female Seniors Team 1st Place

Female Veterans Team 1st

George Darden 1st Place Open

Nicole Slane 1st Place Junior

Bill Spencer 1st Vet

Yuki Minami 1st Open

Heidi McGaffigan 1st Senior

Pablo Presedo	26:06
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George Darden	26:06
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James Henmueller	27:58
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Keith O'Brien	28:21
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Thomas Astolfi	28:33
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Tim Burke	28:54
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Rich Stockdale	29:33
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Tom Kolb	29:52
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Mike Ward	29:52
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Joseph Blouin	29:58
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Brian Bigelow	30:24
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Chris Howard	30:38
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Walter Swanbon	30:46
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Rick Dupuis	30:57
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Ronald Johnston	31:02
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Peter Venditouli	31:14
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Dave Tyler	31:22
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Michael Peabody	31:34
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Carl Hefflefinger	32:06
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Paul MacDougall	32:20
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Jason Farr	32:38
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Nicole Slane	32:49
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Bill Spencer	32:53
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Allan Rube	32:54
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Chip Geisler	32:57
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Damian Rowe	33:10
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Catie Dean	33:13
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Fran Dwyer	33:33
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Bob Peretti	33:59
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Michael Dodge	34:00
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Dave Contrada	34:01
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Jack Kick	34:03
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Eldon Burkinshaw	34:06
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Colleen Gilbert	34:25
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David Wendt	34:31
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Pamela Hall	34:40
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David Delay	35:15
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Kristen Ewing	35:27
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Yuki Minami	35:29
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Heidi McGaffigan	35:32
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John Lewicke	35:44
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Kathy Kirby	35:54
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Kassie Rubico	35:55
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Andrew Najberg	36:11
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Bill Engle	36:14
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Jacob Annis	36:32
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Andrew McQuaid	36:46
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Sandy Machall	37:20
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Donna Edwards	37:23
Annette Marchand	37:33
Skip Cleaver	37:36
Brian Sanborn	37:54
Daniel Mitton	38:03
Jane Levesque	38:38
Shu Minami	39:09
Bob Lemay	39:27
Traci Swanbon	39:34
Jacob Rube	39:57
Terrence Kenney	39:59
Susan Rube	40:23
Pat Kiesselbach	40:34
Genia Sanborn	40:42
Aline Kenney	40:49
Linda Madden	41:02
Sandy Geisler	41:08
Rich MacDonald	41:24
Rosalie McQuaid	43:41
Leni Hodgins	43:44
Lisa Richards	44:11
Patricia Mikulis	44:12
Kathy Engle	44:30
Jeannie Ferreira	44:39
Patricia Smith	45:45
Debra Anctil	51:35
Nancy Meadows	52:08

**Shirt Factory Five 5K
Salem, NH 10/29/00**

*Colleen Law 1st Overall
Robin Bryant 1st SubMaster*

Colleen Law	20:15
Michelle Weysham	20:21
Kim McAuliffe	20:27
Amanda Pelletier	20:46
Samantha Buechner	21:20
Patrick McCabe	21:26
Moira McCabe	21:47
Stephanie Pintal	21:50
Kellie Oberholtzer	22:05
Allison Pintal	22:07
Nancy Peabody	22:23
Charles Gianotti	22:32
Katie Ryan	22:39
Julie Marcum	22:56
Noelle Horelik	22:57
Callie Schneider	23:02
Marc Pintal	23:41
Diana Ward	23:42
Robin Bryant	23:43
Michael Amarello	24:03
Kaitlin Burnett	24:59
Gordon Burnett	25:01
Judy Slane	25:14
Sharon McAuliffe	25:24
Lisa Schneider	25:54
Krista Oberholtzer	26:04

Suzanne Pintal	26:45
Susan Picard	27:57
Stephen Bryant	28:39
Annie Schneider	28:55
Joyce Oberholtzer	29:08
Maurice Noonan	30:09
Max Belanger	35:50
Mary Minami	36:01
Abby Picard	38:58

**Cape Cod Marathon
Falmouth, MA 10/29/00**

Brenda Bolan	3:23:43
Richard Doyle	3:58:25
Greg Neilley	3:59:21
Stan Klem	4:00:02
Steve Moland	4:02:02
Michael Levesque	4:02:02
Peter Donohue	4:03:24
Kevin Reynolds	4:08:00
Paul Fiore	4:37:17

**Read For Your Life 5K
Dorset, VT 10/28/00**

Dave Birse	19:48
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**Fresh Pond 5 Miler
Cambridge, MA 10/28/00**

Dave Sargent	28:46
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**Merrimack Valley Cross
Country Championship 5K
Chelmsford, MA 10/28/00**

Chris Camire	21:27
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**NH Cross Country Champs
5K Manchester, NH 10/28/00**

David Posnick	17:55
Matt Harkins	18:01
John Kennedy	18:24
Tom Schneider	18:35
Christian Urrutia	19:36

**NH Cross Country Champs
5K Manchester, NH 10/28/00**

Katie Parodi	20:30
Anna Castner	20:56
Emily Angel	21:48
Samantha Moland	21:49
Jennifer Ryan	22:34

**NH Cross Country Champs
5K Manchester, NH 10/28/00**

Dan Reinhold	17:42
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**NH Cross Country Champs
5K Manchester, NH 10/28/00**

Patrick Moulton 1st Overall
Patrick Moulton 16:19

Zach Emerson	18:07
Steven Kennedy	20:39

**NH Cross Country Champs
5K Manchester, NH 10/28/00**

Tessa Kelley	23:21
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**Nashua PAL CC Qualifier
Bantam 3K Nashua, NH
10/28/00**

Allison Pintal 1st Overall

Allison Pintal	12:31
Caitlin Rush	13:08
Ashley Neville	13:31
Lindsay Panny	14:06
Annie Schneider	15:27

**Nashua PAL CC Qualifier
Bantam 3K Nashua, NH
10/28/00**

Patrick McCabe 1st Overall

Patrick McCabe	11:47
Chris Merra	11:53
Mark Posnick	12:32
Ian McQuaid	13:01
Jordan Quattrucci	14:09

**Nashua PAL CC Qualifier
Midget 4K Nashua, NH
10/28/00**

Michelle Weysham 1st Overall

Michelle Weysham	15:40
Juline McGuirk	15:59
Nicole Slane	16:08
Kim McCauliffe	16:32
Samantha Buechner	16:33
Lindsey Miller	16:36
Colleen Law	16:41
Julie Marcum	16:42
Kirsten Green	16:45
Kellie Oberholtzer	16:51
Noelle Horelik	16:54
Brittaney Plante	16:57
Mindy Addams	17:01
Caitlin Labonte	17:12
Callie Schneider	17:33
Kaitlin Burnett	17:37

**Nashua PAL CC Qualifier
Midget 4K Nashua, NH
10/28/00**

Mark Fraser	15:03
Michael Peabody	15:04
Anthony Merra	15:08
Craig Pelletier	15:41
Andrew McQuaid	16:23

**Nashua PAL CC Qualifier
Youth 4K Nashua, NH**

10/28/00

Casey Darasz	16:26
Sydney Moland	16:29
Amanda Pelletier	16:38
Moira McCabe	16:48
Katie Ryan	16:51
Stephanie Pintal	16:55
Elizabeth Nofhle	17:17

**Nashua PAL CC Qualifier
Youth 4K Nashua, NH
10/28/00**

Geoff McGuirk	15:29
Patrick Rush	15:34

**4C's 5.7 Miler
Shirley, MA 10/28/00**

Louise Rosetti	1:20:10
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**Thursday Night 4.13 Miler
Somerville, MA 10/26/00**

Louise Rosetti	55:47
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**Dual Meet Cross Country
5K Dracut, MA 10/24/00**

Chris Camire	18:14
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**Bay State Marathon
Tyngsboro, MA 10/22/00**

Adrien Grise	2:44:56
Patrick Scott	2:59:25
Ralph Borseth	3:09:40
Bob Veilleux	3:29:08
George Miller	3:39:15
Aline Kenney	3:59:30
Dan Sicard	4:15:42
Carol Pelletier	4:22:59
Sheila Blunt	4:56:38

**Bay State Half Marathon
Tyngsboro, MA 10/22/00**

*James Henmueller 1st 40-44
Thomas Astolfi 1st 45-49*

Ron Kita 1st 55-59

Jane Levesque 1st 55-59

Maurice Ferrigno 1st 65-69

BJ Bottomley	1:14:07
James Henmueller	1:15:35
Thomas Astolfi	1:19:50
Dave Birse	1:20:58
Rich Stockdale	1:21:13
Dan Knaul	1:22:19
Bruce Lutz	1:22:47
Sean Landers	1:23:54
Mike Ward	1:25:21
Ron Kita	1:26:04
Peter Venditouli	1:26:47
Carl Hefflefinger	1:29:03

(Continued on page 19)

(Continued from page 18)

Dave Tyler	1:31:19
Allan Rube	1:32:59
Kevin Halloran	1:33:16
Karen McAdam	1:36:14
Doug Miville	1:35:40
Catie Dean	1:35:56
Michael Dodge	1:36:43
Michelle Phaneuf	1:41:00
Sandy Machall	1:41:31
Gordon Burnett	1:42:54
Andrew Prolman	1:42:59
Jane Levesque	1:45:42
Maurice Ferrigno	1:47:19
Eliza Lecours	1:48:01
Peg Turcotte	1:50:20
Pat Kiesselbach	1:53:26
Pam Ubillos	1:54:03
Beth Gagnon	1:54:03
Brian Withers	1:54:34
Lillemor Hamnqvist	1:55:47
Marjorie Morse	2:06:16
Marie Mullins	2:10:03
Lee Brucks	2:13:57
Carol Kernich	2:13:28
Maurice Noonan	2:17:05
Karen Zielinski	2:26:17
Julianne Noonan	2:25:44
Helen Ferrigno	3:02:53

Groton Trail Run 9.6-11 Miles Groton, MA 10/22/00

Heidi Havron 1st Submaster
Jack Kick 1st Veteran

Heidi Havron	1:20:44
Thomas Parker	1:21:48
Kathy Kirby	1:25:36
Jack Kick	1:34:03
Lisa Christie	1:59:08

Groton Trail Run 3.6 Miles Groton, MA 10/22/00

Mark Kimball	22:41
David Havron	26:07
Michael Amarello	29:45

Home Shouldn't Hurt 10K Londonderry, NH 10/22/00

Eldon Burkinshaw 1st Vet
Judi Moland 1st Senior
Joey Rizzo 1st Under 13

Jim Hansen	39:43
Paul MacDougall	41:18
Tom Conley	42:42
Damian Rowe	43:40
Kevin Hodge	44:30
Eldon Burkinshaw	44:42
Bob Peretti	45:15
Michael Levesque	50:01

Kevin Reynolds	50:40
Judi Moland	52:37
Steve Moland	52:37
Robin Bryant	53:37
Cheryl Yoos	55:09
Sandy Geisler	56:56
Joey Rizzo	57:00

Black Cat Classic 5K Duxbury, MA 10/22/00

Louise Rosetti	37:13
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Boston Police Chase 5 Miler Boston, MA 10/22/00

Shawn Hill	33:47
Robert Giggi	34:43
Mary Jo Cody	46:38

Mayor's Cup Cross Country 8K Boston, MA 10/22/00

Tom Doody	25:49
Keith O'Brien	28:06
Jim Rhoades	29:11

Mayor's Cup Cross Country 8K Boston, MA 10/22/00

Liane Pancoast	21:17
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Chicago Marathon Chicago, IL 10/22/00

Jim Belanger	2:53:15
Jack Noyes	2:57:13
John Genet	3:04:30
Sandy Colvin	3:15:38
Dick Miller	3:27:57
Shu Minami	3:58:43
Jeffrey Brown	4:39:51

Catholic Memorial Inv 5K Boston, MA 10/21/00

Tom Schneider	17:10
Matt Harkins	17:38

Catholic Memorial Inv 5K Boston, MA 10/21/00

Anna Castner	20:14
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FireEye 5K Derry, NH 10/21/00

Yuki Minami 1st Open

Fran Dwyer	20:58
Bob Peretti	21:12
Yuki Minami	21:58
Bob Welts	28:43
Maurice Noonan	29:55

Mexican 5K Trail Run Sutton, NH 10/21/00

<i>Catie Dean 1st Female</i>	
Dave Birse	18:33
Catie Dean	20:11
Michael Dodge	20:45
Michael Amarello	22:58

NH JHS Cross Country 2.1 Miles Boys 5&6 Londonderry, NH 10/21/00

Anthony Merra 1st Overall

Anthony Merra	11:59
Craig Pelletier	12:39
Patrick McCabe	12:57
Matthew Buechner	13:38

NH JHS Cross Country 2.1 Miles Girls 5&6 Londonderry, NH 10/21/00

Juline McGuiirk 1st Overall

Juline McGuiirk	12:56
Lindsey Miller	13:10
Mindy Adams	13:24
Samantha Buechner	13:33
Allison Pintal	13:46
Brittaney Plante	13:54
Kaitlyn Burnett	14:12
Amanda Quattrucci	14:54
Ashley Neville	15:01

NH JHS Cross Country 2.1 Miles Boys 5&6 B Londonderry, NH 10/21/00

Joey Rizzo	14:14
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NH JHS Cross Country 2.1 Miles Girls 5&6 B Londonderry, NH 10/21/00

Audra Chaput	17:11
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NH JHS Cross Country 2.1 Miles Boys Small Londonderry, NH 10/21/00

Michael Neville	13:32
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NH JHS Cross Country 2.1 Miles Girls Small Londonderry, NH 10/21/00

Nicole Slane 1st Overall

Nicole Slane	12:15
Amanada Pelletier	13:17
Katie Labonte	13:34
Moira McCabe	13:35
Elizabeth Nofhle	14:06
Callie Schneider	14:10
Melaney Hodge	14:14
Julie Marcum	15:15

NH JHS Cross Country 2.1 Miles Boys Large

Londonderry, NH 10/21/00

Paul Ahern 1st Overall

Paul Ahern	11:05
Michael Peabody	11:52
Mark Fraser	12:11
Ben Roberts	12:11
Geoff McGuiirk	12:27
Patrick Rush	12:40
Ben Reinhold	12:50
Andrew McQuaid	13:06
Drew Hefflefinger	15:52

NH JHS Cross Country 2.1 Miles Girls Large Londonderry, NH 10/21/00

Casey Daraszcz	12:44
Michelle Weysham	12:55
Sydney Moland	12:58
Colleen Law	13:06
Katie Ryan	13:10
Kim McAuliffe	13:16
Kirsten Green	13:24
Stephanie Pintal	13:45
Danielle Cormier	15:24

Capitol Area CC 5.142K Belmont, NH 10/20/00

Zach Emerson	18:00
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NH JV CC Championship 5K Manchester, NH 10/20/00

Jeffrey Kobs	20:10
James Fraser	20:55

NH JV CC Championship 5K Manchester, NH 10/20/00

Caitlyn Southmayd	26:46
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Tri Meet Cross Country 5K Dracut, MA 10/18/00

Chris Camire	18:04
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Newmarket Inv CC 5.15K Newmarket, NH 10/18/00

Zach Emerson	17:57
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Quint Meet Cross Country 5K Dover, NH 10/17/00

Dan Reinhold	17:26
John Kennedy	17:36
Christian Urrutia	19:45

Tri Meet Cross Country 5K Litchfield, NH 10/17/00

Deric Stubbs	20:06
Steve Kennedy	20:56

UNH Homecoming 5K

(Continued on page 20)

Durham, NH 10/15/00	Bob Welts 28:37	Nashua City CC Champs	Tom Conley 42:18
<i>Joshua Graffam 1st 15-19</i>	Megan Southmayd 31:37	JHS Boys 4K Nashua, NH 10/14/00	Bob Peretti 43:47
<i>Mary Ulinski 1st Senior</i>		Patrick Rush 15:26	Bill Juris 44:08
Joshua Graffam 16:52	Scott Foster Memorial 4 Miler Somerville, MA 10/15/00	Geoff McGurik 15:36	Yuki Minami 46:13
Mark Crowley 17:15	Paul MacDougall 24:44	Michael Neville 17:03	Jane Levesque 49:23
Andrew Paul 17:22		Andrew McQuaid 17:06	Kathleen Calvert 53:23
Ben Roberts 19:43	Nute Ridge Half Marathon Farmington, NH 10/15/00		Mary Minami 57:01
Charles Gianotti 22:46	<i>Brenda Bolan 1st Female</i>	Nashua City CC Champs Elementary Girls 3K Nashua, NH 10/14/00	
Walter Shyska 24:59	Dave Tyler 1:28:48	<i>Juline McGuirk 1st Overall</i>	Plymouth Inv CC 5K Plymouth, NH 10/13/00
Mary Ulinksi 27:52	Brenda Bolan 1:39:34	Juline McGuirk 11:49	Dan Reinhold 17:15
Very Fine 5.2 Miler Littleton, MA 10/15/00	Ken Robichaud 2:02:24	Mindy Adams 12:15	
<i>Bill Freeman 1st 25-29</i>		Brittaney Plante 12:27	Hollis Brookline Inv CC 5K Hollis, NH 10/13/00
Keith O'Brien 29:17	Tom's Tavern 5K Wrentham, MA 10/15/00	Allison Pinal 12:47	<i>Patrick Moulton 1st Overall</i>
Bill Freeman 30:29	Jim Rhoades 17:21	Lindsey Miller 12:48	Patrick Moulton 15:42
Chet Kalish 40:52		Kellie Oberholtzer 12:57	Zach Emerson 17:24
Janice Olsen 40:58	USATF NE Cross Country 5K Boston, MA 10/15/00	Kaitlyn Burnett 13:30	
Patricia Mikulis 45:57	Art Demers 17:15	Caitlin Rush 13:43	Hollis Brookline Inv CC 5K Hollis, NH 10/13/00
Mary Minami 46:03		Annie Schneider 15:23	Tessa Kelley 22:56
Sherri Kalish 47:20	Army 10 Miler Washington, DC 10/15/00	Samantha Cormier 17:05	
Julianne Noonan 51:47	Tom Doody 52:43	Allison Astolfi 18:24	New England College CC Champs 5K Boston, MA 10/13/00
		Teresa Kolb 21:15	Sara Lewicke 20:32
Very Fine 2.4 Miler Littleton, MA 10/15/00		Nashua City CC Champs Elementary Boys 3K Nashua, NH 10/14/00	
<i>Kassie Rubico 1st 35-39</i>		<i>Craig Pelletier 1st Overall</i>	Dual Meet Cross Country 5K Hillsboro, NH 10/10/00
Kassie Rubico 16:12	Tri-Country CC 2 Miles Pelham, NH 10/14/00	Craig Pelletier 11:57	<i>Zach Emerson 1st Overall</i>
Maurice Noonan 21:47	<i>Paul Ahern 1st Overall</i>	Patrick McCabe 12:06	<i>Zach Emerson New CR</i>
Julianne Noonan 23:33	Paul Ahern 12:07	Colin McCabe 12:17	Zach Emerson 16:44
Randy Shepard 29:34	Anthony Merra 12:57	Mark Posnick 12:39	
Harvest Festival 5K York, ME 10/15/00	Michael Peabody 13:04	Ian McQuaid 13:31	Tri Meet Cross Country 5K Keene, NH 10/10/00
George Miller 21:04	Ben Reinhold 14:16	Chris Nagle 14:16	Tom Schneider 17:53
James Armstrong 37:32		Jason Posnick 15:27	Matt Harkins 18:14
Dave Armstrong 37:32	Tri-Country CC 2 Miles Pelham, NH 10/14/00	Douglas McQuaid 17:48	
	Casey Darasz 14:01	Gordon McQuaid 17:49	Tri Meet Cross Country 5K Keene, NH 10/10/00
Run For Shelter 5K Manchester, NH 10/15/00	Colleen Law 14:19	Andrew Schnedier 22:36	Anna Castner 20:45
<i>Bob Lemay 1st Vet</i>	Katie Labonte 14:39		Samantha Moland 20:54
Walter Swanbon 18:54	Sydney Moland 14:49	Sara Lynn Hughes Memorial 5K Acton, MA 10/14/00	
Peter Venditoui 19:09	Kirsten Green 14:41	<i>Mark Kimball 1st Overall</i>	Tri Meet Cross Country 5K Nashua, NH 10/10/00
Ronald Johnston 19:21	Katie Ryan 15:00	Mark Kimball 17:09	Laura Aloisi 19:11
Jason Farr 19:52	Melaney Hodge 16:04		Emily Angel 21:07
Catie Dean 20:01		Jennifer's Run 5K Lowell, MA 10/14/00	
Allan Rube 20:32	Nashua City CC Champs JHS Girls 4K Nashua, NH 10/14/00	<i>Patricia Smith 1st Vet</i>	Dual Meet Cross Country 5K Hillsboro, NH 10/10/00
Michael Dodge 20:53	Michelle Weysham 16:05	BJ Bottomley 16:36	Tessa Kelley 1st Place
Bill Juris 20:59	Kim McAuliffe 16:26	Adrien Grise 16:55	Tessa Kelley 22:43
Jen Ryan 21:27	Amanda Pelletier 16:52	Vincent Bradley 22:54	
David Delay 21:36	Moira McCabe 17:22	Michael Amarello 24:19	Tri Meet Cross Country 3M Salem, NH 10/10/00
Charles Gianotti 22:46	Julie Marcum 17:29	Patricia Smith 28:39	John Kennedy 16:02
Kaitlyn Burnett 23:14	Elizabeth Nofle 17:33	Maurice Noonan 29:20	David Posnick 16:48
Gordon Burnett 23:28	Stephanie Pinal 17:55	Debra Anctil 30:01	
Bob Lemay 24:19	Callie Schneider 18:48		Bridges For Friendship 10K Portsmouth, NH 10/14/00
Jacob Rube 24:24	Krista Oberholtzer 18:50		
Lisa Richards 25:39	Lisa Schneider 20:26		Royal Victoria Marathon
Susan Rube 26:06	Danielle Cormier 20:47		
Caitlyn Southmayd 26:47			
Brenda Conlin 28:01			

Vancouver, BC, Canada 10/8/00 Dave Beasley 2:35:59	Marie Mullins 1:01:04 Julianne Noonan 1:07:12 Chenoa Hutchins 1:48:22	Tom Kolb 1:25:56 Ron Kita 1:27:22 Helen Bradler 1:27:53 Gerry Duval 1:29:46 Adrian Pike 1:30:26 Steve Flynn 1:31:49 Paul MacDougall 1:32:21 Allan Rube 1:32:36 Heidi Havron 1:32:38 Carl Hefflefinger 1:32:51 Trevor Ward 1:33:00 Bill Spencer 1:33:26 Kate Jackson 1:34:35 Jason Farr 1:35:03 Eldon Burkinshaw 1:35:08 Pamela Hall 1:35:36 Kevin Halloran 1:35:38 Jack Kick 1:35:38 Bill Juris 1:35:45 Katie Parodi 1:37:48 Peg Fokas 1:39:04 Carol Robichaud 1:39:12 Bob Peretti 1:41:12 Mick Konrad 1:41:38 John Hennessy 1:41:33 Dawn Desmarais 1:42:00 Stan Klem 1:42:33 Sandy Machall 1:43:21 Michael Licata 1:43:22 Robert Giggi 1:43:26 Melissa Ayotte 1:45:26 Dan Sicard 1:46:25 Greg Neilley 1:46:30 Anrew Prolman 1:46:51 Claudette Stone 1:46:53 Shu Minami 1:47:49 Andrea Pierce 1:48:04 Domenic D'Intino 1:48:14 Brian Johnson 1:49:04 Peg Turcotte 1:53:59 Gary Nelson 1:55:12 Joseph McMullen 1:55:42 Timothy Kelley 1:56:21 Ken Robichaud 1:59:30 Jim Horn 2:00:22 Katherine Allen 2:02:12 Karen Zenzian 2:02:12 Debra Ladner 2:02:42 Jolie Underwood 2:05:51 Tim Shea 2:05:55 Jane White 2:07:06 Lisa Mears 2:08:47 Kathy Engle 2:10:20 John Heden 2:10:29 Nick San Martino 2:11:56 Jeffrey Brown 2:12:52 James Treggiari 2:13:55 Chris Treggiari 2:13:55	Rosalie McQuaid 2:14:57 Leni Hodgins 2:14:59 Kris MacWilliams 2:20:30 Donna Matteau 2:26:26 Lisa Christie 2:26:42 Kathy Treggiari 2:26:52 Patricia Rollman 2:27:50
Chancellor Challenge 100K 10K Leg Boston, MA 10/8/00 Jim Rhoades 35:00	Lowell High School Alumni CC 2.8M Lowell, MA 10/7/00 <i>Jim Quadros 1st Male</i> Jim Quadros 14:47 Jim Rhoades 16:50		Homeless Coalition 5K Somerville, MA 10/7/00 <i>Louise Rosetti 1st 70+</i> Louise Rosetti 37:25
USATF NE CC 5K Boston, MA 10/8/00 Art Demers 17:31 Michael Amarello 24:21	Thetford Academy Inv. CC 5K Thetford, VT 10/7/00 Dave Posnick 17:35 Dan Reinhold 17:38		Cougar Classic CC 5K Manchester, NH 10/7/00 <i>Zach Emerson 1st Male</i> <i>Zach Emerson New CR</i> Zach Emerson 18:06
Great Island 5K Newcastle, NH 10/8/00 <i>Nicole Slane 1st Under 15</i> <i>Donna Lemay 1st Senior</i> <i>2nd Place Overall Team</i> Nicole Slane 19:34 Steve Moland 20:48 Sydney Moland 20:57 Katie Ryan 21:05 Andrew Najberg 21:53 Charles Gianotti 22:32 Donna Lemay 23:18 Judi Moland 25:24 Judy Slane 25:26 Debbie Beaulieu 32:03	Thetford Academy Inv. CC 5K Thetford, VT 10/7/00 Laura Alosi 20:35 Emily Angel 21:47		Peters Prediction 4.13 Miler Somerville, MA 10/5/00 Louise Rosetti 57:08
Bobby Bell 5 Miler Haverhill, MA 10/8/00 Jim Belanger 29:37 Dave Camire 30:13 Dave Tyler 31:30 Fran Dwyer 33:48 Dave Contrada 37:59 Chet Kalish 38:14 Ken Robichaud 40:59 Maurice Noonan 47:37	Bay State Inv Cross Country 5K Boston, MA 10/7/00 Patrick Moulton 16:19		Belmont Invitational CC 5K Belmont, NH 10/3/00 Zach Emerson 18:43 Steven Kennedy 21:23
Tufts 10K For Women Boston, MA 10/8/00 Liane Pancoast 43:46 Heidi McGaffigan 44:45 Jane Levesque 49:16 Patti Laliberte 49:26 Cathy Merra 49:56 Carol Pelletier 52:50 Susan Rube 53:22 Emily Strong 53:37 Genia Sanborn 53:38 Robin Bryant 54:54 Katie Gatton 55:53 Cheryl Yoos 57:07 Peg Turcotte 1:00:39 Robin Hickey 1:00:41 Bernie Gatton 1:00:54	Wickham Park Inv CC 5K Wickham, CT 10/7/00 Tom Schneider 17:29 Matt Harkins 18:17		Belmont Invitational CC 5K Belmont, NH 10/3/00 Tessa Kelley 24:40
	Zack's Race For A Cure Dedham, MA 10/7/00 Ken Birse 18:29		Tri Meet CC 5K Nashua, NH 10/3/00 <i>Anna Castner 1st Female</i> Anna Castner 19:47
	Fall Foliage 5 Miler Warner, NH 10/7/00 Dave Birse 30:51 Bob Zock 34:53		Tri Meet Cross Country 5K Concord, NH 10/3/00 David Posnick 17:39
	Applefest Half Marathon Hollis, NH 10/7/00 <i>BJ Bottomley 1st 25-29</i> <i>James Henmueller 1st 40-44</i> <i>Dan Licata 1st 20-24</i> <i>Sean Frederick 1st 15-19</i> <i>Ron Kita 1st 55-59</i> <i>Bill Spencer 1st 60-64</i> <i>Jack Kick 1st 65-69</i> <i>Katie Parodi 1st 15-19</i> BJ Bottomley 1:17:21 James Henmueller 1:17:40 Dan Licata 1:21:43 Thomas Astolfi 1:21:54 Rich Stockdale 1:22:26 Mike Ward 1:22:52 Sean Frederick 1:23:56 David Lapierre 1:24:42 Jim Hansen 1:25:39		Tri Meet CC 1.9 Miles Derry, NH 10/3/00 Casey Darasz 12:23 Audra Chaput 14:59
			Rojack's 8K Attleboro, MA 10/1/00 <i>Sachiko Burkinshaw 1st Vet</i> <i>Male Veterans Team 1st</i> Tom Doody 25:18 Dan Knaul 29:32 Bill Springer 31:56 Bill Spencer 33:13 Jack Kick 33:36 Mike Merra 34:26 Eldon Burkinshaw 35:36 Richard Doyle 35:54

(Continued from page 10)

I was exhausted, sore, tight, and worst of all I had motion sickness from spending so much time in the back of the van. I pretended like I was running the last 6 miles of a marathon. It wasn't too difficult considering that I had run 13.5 miles already. I was so glad to complete my last leg and relax for the rest of the trip. All of us were exhausted, but the adrenaline of finally finishing the race kept us in high spirits. We met up with the other van at the finish line at Hampton State Park and cheered on our team captain as he came through the last stretch. My parents also made it down for the finish and to provide me with a ride home. Everyone on the team was anxiously waiting to meet my dad because of all the stories I had told about his self-made "numbers" jacket. Sure enough he was there to show off the merchandise. When I asked where my mother was, I was told that she was off swimming in the ocean. Everyone from Fidelity was amazed at how energetic my parents were. I wish that I could say as much for myself.

In the end, I was definitely glad to have the opportunity to experience the RTB relay. Although it is a grueling, uphill race, I would do it again. However, the next time I do it, I will train a lot differently. I would incorporate a lot more long runs and try to do a run in the morning and in the afternoon. I might even go for a run during the middle of the night. Hill workouts are a must for this race. I can truly say that it was the hilliest course that I have ever run. Rolling Hills....yeah,

(Continued from page 11)

each of 13 cancer survivors and didn't want to let any of them down. His goal was to finish under 6 hours, when they officially close the course.

I ran the first 20 miles with Chuck and then went ahead to await him at the finish line with his wife Jackie and my wife Barbara. As we waited, it got closer and closer to 6 hours and I was beginning to get a little concerned that he wasn't going to make his goal. I shouldn't have worried—not where Chuck Rossier was involved. With about 11 minutes to go, Chuck came around the corner and began to run to the finish line. His pace noticeably picked up as he neared the line, and after he finished, he basically collapsed in the arms of one of the volunteers. After some rest, he was OK, and obviously very happy. We went home and toasted his accomplishment at dinner. Chuck is a living example that life does not end with a diagnosis of prostate cancer—even a diagnosis that it has extended beyond our present methods

of cure. His PSA remains undetectable after three years and he is determined to make the most out of his time on this planet—whether it be 5 years or 35 years. He is also a reminder that we cannot allow others to set our limits for us; that is our job, not the job of family, friends, or docs. I count myself as very lucky to have met Chuck and to have had the opportunity to play a small part in helping him accomplish his dream—his impossible dream. Thanks, Chuck.

Greg's footnotes:

1. RRP stands for radical retropubic prostatectomy—removal of the prostate gland.
2. CHB stands for complete hormone blockage—the physical or chemical removal of the production of testosterone. It can either be done through surgical removal of the testicles, or through periodic administration of what is called an LHRH agonist. Chuck is doing the latter.

One of the things that makes Chuck's marathon such as accomplishment is that he did it without any testosterone. •

(Continued from page 21)

Marc Pintal	39:50
Judi Moland	40:29
Steve Moland	40:30
Judy Slane	44:30
Sachiko Burkinshaw	44:32
Suzanne Pintal	47:28

**Rojack's 2 Miler
Attleboro, MA 10/1/00**

<i>Nicole Slane 1st Female</i>	
Anthony Merra	1st 11-12
Sydney Moland	1st 13-14
Anthony Merra	11:38
Nicole Slane	11:46
Craig Pelletier	12:25
Michelle Weysham	12:27
Sydney Moland	12:30
Missy Pelletier	12:48

Chris Merra	13:02
Kimberley McCauliffe	13:15
Callie Schneider	13:18
Samantha Buechner	13:29
Allison Pintal	13:32
Stephanie Pintal	13:40
Annie Schneider	16:33
Spencer Moland	18:24

**Maine Marathon
Portland, ME 10/1/00**

<i>Pamela Hall 1st Master</i>	
Chris Howard	3:11:14
Pamela Hall	3:18:25
Dick Harmon	3:22:21
Lisa Maynard	3:37:33
Eliot Paisner	3:52:09
Kristina Thompson	4:22:26
Kimbeley Humphries	4:40:59

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2000					1	2
3 Mill Cities Relay GCS HOTLINE 880-9479	4	5	6 Group Run Penachuck JR	7	8	9 Natl Jr Olympic XC Reno Nev
10	11 E Board	12	13 Group Run Penachuck JR	14	15	16
17 FYB Darrah Pond Litchfield 9:00	18	19	20 Club Meeting Group Run Penachuck JR	21	22	23
24	25	26	27 Group Run Penachuck JR	28	29	30
31	GCS WEB PAGE WWW.GATECITY.ORG					

January 2001

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Group Run Penachuck JR	4	5	6
				GCS HOTLINE 880-9479		
7 Group Run Auburn 9:30 am Indoor Track Smith College	8 E Board	9	10 Group Run Penachuck JR	11	12 Dartmouth Relays	13
14 FYB Litchfield Group Run Auburn 9:30 am	15	16	17 Group Run Penachuck JR	18	19	20 Winter Party Richards Catering
21 Boston Prep 16 mi Group Run Auburn 9:30 am Indoor Track Smith College	22	23	24 Group Run Penachuck JR	25	26	27
28 FYB Litchfield Group Run Auburn 9:30 am	29	30	31 Group Run Penachuck JR	GCS WEB PAGE WWW.GATECITY.ORG		



Gate City Striders Membership Application Form

This is a (circle one) : New Membership Membership renewal

Membership type (circle one) : Single(\$20) Family(\$25)

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Last Name _____ First Name _____ M/F ____ DOB _____

Address _____

City _____ State ____ Zip _____

Home Tel _____



Optional (we won't hold you to the next 2 items!)

I'd like to volunteer at GCS events(Yes/No): _____

I'd like to help with the newsletter(Yes/No): _____

I know that running, volunteering at club races and participating in Gate City Striders events are potentially hazardous activities. I should not enter and run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete the run or to take part in the event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gate City Striders Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please note that \$1.25 of the annual dues is for a subscription to the Road Running Club of America's quarterly magazine, FootNotes for one year.

Signature required for all persons on this application (Signature of parent or guardian if under age 18).

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

GATE CITY STRIDERS
PO Box 3692
Nashua NH 03061

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