




































































John, Andrew, and Megan Saunders			Heather Patnode	06/10/80	Lisa
			Claudia Dufresne	06/11/53	Dave
Patty Danais			Maurice Ferrigno	06/11/32	Mind
			Paul Fiori	06/11/53	Jame
Bob McKinney			Laura Knapp	06/11/71	Davic
			Andrew Prolman	06/11/63	Linda
Priscilla Peretti			Robert Welts	06/11/33	Eilee
			Ron Johnston	06/12/52	Heidi
Julie Baker			William Voss	06/12/61	Joyce
			Richard Darling	06/13/45	Nicole
Natasha and Samantha Dube			David A. Haworth	06/13/41	Teanr
			Mary Minami	06/13/46	Kerri I
Scott, Nicholas, and Alex Bartis			Amy Picard	06/13/80	Jan C
			James Henmueller	06/14/60	Rober
Arcy and Curtis Kusari			Deb Pelletier	06/14/55	Brittar
			Alex Prolman	06/14/91	Susan
Harold, Andrew, and Angela Freeman			David Breeden	06/15/50	James
			Caitlin Burns	06/15/81	Tom K
Bill Burke			Ellen Rose Woodward	06/15/99	Nancy
			Everett Woodward	06/15/99	Gail S
Wayne McLeod			Bill Engle	06/17/31	Dougl
			Michelle Weysham	06/17/88	Gordor
Michael Farley			Eric Stepick Ayers	06/18/84	Julie M
			Lori Lambert	06/19/64	Nichol
Adrien Grise			Carolyn Morgenstern	06/19/63	Kevin F
			Andrea Pierce	06/19/59	Kimber
Haley, Jodi, and Barry Reddick			Barbara Joy	06/20/54	Allan R
			Michael Neville	06/21/88	Claudia
Bill Sturgeon			Ashley Morgenstern	06/22/88	Bob Le
			Ryan Sheil	06/22/84	Ralph T
Kurt, Carolyn and Ashley Morgenstern			Judy Slane	06/23/55	Jeffrey I
			Thomas Astolfi	06/24/55	Allison
Gerald and Susan Picard			Kirsten Green	06/24/88	Ken Mo
			Al Jones	06/24/56	Jerry R
			Patti Lukas	06/24/52	Patti Sc
			Julianne Noonan	06/25/52	Nick An
			David Zendzian	06/26/64	Chantal

# Upcoming Events

## 2001 Team Competition Preliminary Schedule

Races in Boldface are Top Priority

**June 3: Pack Monadnock 10 Miler**

**June 16: Mount Washington Road Race**

**June 20: Louise Rosetti 5K in Beverley, MA - Women's Tetrad**

**July 13: Great Legs 5K in Lowell, MA - Women's Tetrad**

**July 15: Hugh Holt 5 Miler in Raymond - NH RRCA Gran Prix**

**August 8: Heat Wave 5K in Lawrence, MA - Women's Tetrad**

**August 11: Belmont 10 Miler - NH RRCA Gran Prix**

**September 8: Millyard 5K in Manchester - NH RRCA Gran Prix**

September 16: CVS Pharmacy 5K in Providence, RI - USATF NE Gran Prix

**September 23: Lake Winnepesaukee Relay**

September 30: Rojack's 5 Miler in Attleboro (MA) - USATF NE Gran Prix

**October 28: Shirt Factory 5 Miler in Salem - NH RRCA Gran Prix**

**November 11: 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**

## Pizza Night!!!

Wednesday, June 13th after track. Come join us for Pizza after the workout.

## Annual Summer Outing

Once again, the GCS Summer Outing will be held at Wasserman Park in Merrimack, NH (off Naticook Rd). GCS will supply hot dogs, hamburgers and drinks. Bring a side dish to share. Wasserman Park is right on Naticook Lake so bring a swimsuit and towel or a fishing rod and bait. There are basketball hoops as well - bring your own ball, frisbee and lawn chair. The outing is on Sunday, July 22nd from 11-4pm. Directions available

closer to the date on the website.

This is one of the GREAT family GCS events so please come join us.

## Mounts Percival and Morgan Hikes Sunday, June 17, 2001

Our second outing for 2001 will also be a doubleheader! We'll meet at the 99 Restaurant in North Nashua for car-

pooling at 7 a.m. or at the trailhead off Route NH 113 north of Squam Lake at 9 a.m. This is a 5 ¾ mile round trip that takes four hours walking time, has a vertical rise of 1475 feet, and gets us up to 2,235 elevation at Percival's peak. Along the way we will have views of Squam Lake, Lakes Winnisquam, Kanasatka, and Winnepesaukee, plus a whole variety of mountains (Tecumseh, Osceola, Chocorua, Passaconaway, and Carrigain). Perhaps most notable will be the fragrance of the Balm-of-Gilead trees, and we'll be looking for the soloist who can sing the hymn of the same name!

**To reach the trailhead**, go north from Nashua on Routes 3, 293 and 93 to Exit 24 at Ashland. Pick up Route 3 North to Holderness, and then Route 113 North. Drive along the winding asphalt, which follows many of the irregularities of Squam Lake's shoreline. After five miles you pass a road to the right marked for Rockywold and Deephaven Camps as NH113 bears uphill north of Rattlesnake Mountain. A half mile beyond the

camp road you'll see a sign on the right for the Old Bridle Path up Rattlesnake. Opposite on the north side of 113, through an opening in the stonewall, the Mount Morgan Trail begins. There's parking – and, if we're lucky, the aroma of the Balm-of-Gilead trees!

While this is a longer and higher climb than Belknap and Major last month, it is still easier enough for children and novice hikers. We do recommend hiking boots instead of running shoes, and wind/rain gear is always recommended in the mountains of New England. Daypacks or fanny packs will do the trick for carrying water, lunch, and your personal gear. **Binoculars** are particularly recommended for the distant views of lakes and mountains.

**Recommended supplies** include fresh or dried fruit, granola or GORP, at least two bottles of water, hat and sunscreen, plus a hearty sandwich for lunch. We will eat (and maybe even take a nap!) on the trail at a scenic outlook at high noon or thereabouts, and plan to be back to the cars between 2 and 3 o'clock depending on how energetic we feel or impatient we are to

get back to civilization. The magic of this hike is the multitude of scenic views provided in a relatively low elevation climb without the exposure to wind and rocks of higher mountains! Appreciating New Hampshire's many lakes is enhanced!

There are no plans for a picnic afterwards, except that it is always fun to bring along extra snacks and beverages in a cooler to leave in the cars, and have a tailgate party before we hit the road. We should be back in Nashua in time for an early supper!

**Reservations** are helpful. Please communicate your plans to either Dave Williams at 603-875-0363 or [revdcwms@metrocast.net](mailto:revdcwms@metrocast.net), or Ken Beech at 603-429-1079 or [ken@beach.mv.com](mailto:ken@beach.mv.com). For last minute questions about the weather and arrangements let's communi-

cate Saturday evening. Since both Dave and Ken live closer to the trailheads, we will look for someone else to coordinate car-pooling at the 99 Restaurant commuter parking lot as Jane Levesque did last month!

**FUTURE HIKES** include Mount Israel on July 13 or 14, Chocorua on July 21 or 22, Tripyramid of August 11 or 12, and the Wildcats on August 18 or 19. Ken and Dave would appreciate your feedback on proposed dates and locations before we lock in. The last two are over 4000 footers and are clearly not for children or novices! The Wildcats can be done as an overnighiter with a stay at Carter Notch Hut, which makes it a little less mileage each day, but we must make advance reservations to do that! If you have a favorite let us know and perhaps we can adjust the

### Doggy Details

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Nashua, NH 03060

## Club Triathlon

This years Gate City Striders Triathlon will take place this summer at 8:00 A.M. on Sunday August 5<sup>th</sup> at Lake Potanipo in Brookline, NH. This is a member's only event, which allows first time triathletes to compete in friendly and low-key environment. The course will be the same as previous years:

- ¼ mile swim in lake Potanipo
- 11 mile bike (2 x 5.5 mile loops)
- 3 mile out and back run

Not sure you can complete all three disciplines yourself? Then form a team of two or three individuals for a team entry. Both teams and individuals are welcome! Volunteers also are encouraged to help out.

Applications and additional information will be provided at our Wednesday Track Workouts. Watch for triathlon information sessions for the first timer to be provided at some of the Track workouts. If you are interested in these triathlon information sessions, please let me know. Start swimming and get on that bike and we'll see you at Lake Potanipo for the Gate City Triathlon August

5<sup>th</sup>. For additional information please contact Chip Geisler at 421-1815 or chipgeisler@worldnet.att.net.

## Fitness University

~~The Executive Board, after~~ consulting with Shaun McMahon have decided that Fitness University will not be held this year. Last year's sponsor recently informed Shaun that they would not sponsor it this year. In response, the Board requested the Club approval to use Club funds this year. Approval to do so was given at the last General Meeting. Unfortunately, we have been unofficially informed that that Nashua fields where we might hold this year's event will be closed to the public for reseeding. Rather than trying to put together a potentially substandard event, it has been decided to skip this year and to start planning for next years Fitness University this Fall.

## Mine Falls Trail Cleanup

Looking for a way to pay-back to the City of Nashua for the use of Mine Falls? Join Shaun Scanlon and other volunteers on a Trail day. Participants work to clear and do

general trail maintenance. The scheduled days are:

Sat July 14 9am to 1pm  
Sat Aug 11 9am to 1 pm  
Sun Sept 16 10am to 2 pm  
Sat Oct 27 9am to 1 pm

## Youth Running

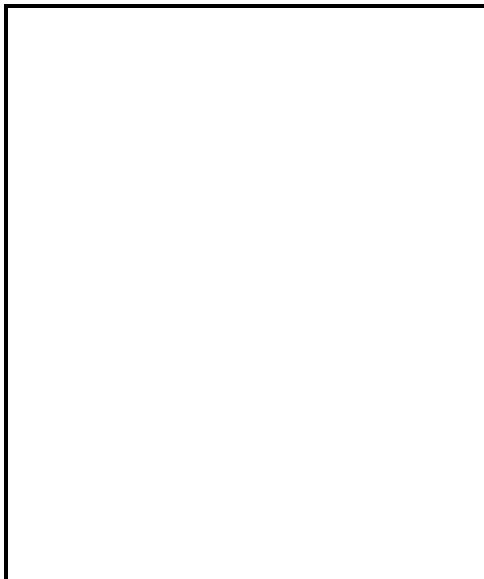
The Spring racing season is upon us and many of our youths are running in the many races that are available. The results from those races are listed elsewhere in this newsletter, several are worth commenting on. At the Run for the Roses, Michelle Weysham and Samantha Buechner were the 2<sup>nd</sup> and 3<sup>rd</sup> runners on the Women Open team. The Bedford 5k features an age graded team competition. Although I couldn't stay for the awards, I understand that there gasps of amazement when the Gate City team of Nicole Slane (11), Anthony Merra (12) Chantal Croteau (10) and Billy Duffy (10) took the top prize. The Redhook 5k not only saw Nicole smash the 11 year old age record, but the grouping of Michelle Weysham, Kim McAuliffe and Noelle Horlick swept the 12 and under division. The next stop for our youthful members is the USATF Track



Chantal

Brittaney

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## StriderWear

The Gate City Striders offer a wide variety of athletic clothing and



Sandy

accessories so that everyone will know you are a proud Strider. Striderware will be available for purchase at most Wednesday Night Workouts in Nashua, at our monthly meetings, and at selected Gate City Strider races. Sandy may also be reached at home at 465-2814 or by email. Print out the Order Form from <http://www.gatecity.org> and bring it to the track. •

Long Sleeve T-Shirts	\$15
Kids T-Shirts	\$10
Kids SweatShirts	\$10
Kids SweatPants	\$10
Reflective Emergency Identification Tags	\$3

## Strider Discount Program

An important new benefit for all Striders is getting off the ground - the Strider Discount Program. This program enables Striders to purchase many running related items, such as shoes, clothing, stop watches, and even trips to far-off races at a discount over regular prices. In addition, a percentage of each sale will be returned to the club treasury to support various club activities.

The first three companies to participate in the Strider Discount Program are:

**FitSense:** manufacturer of the FitSense FS-1 Training Watch. The FS-1 is a combination of a chronometer (stopwatch) and pedometer. The chronometer is far more powerful than most and the pedometer far more accurate than conventional pedometers, which require precise calibration. Data from the FS-1 can be loaded into your computer for storage and analysis. An optional heart rate monitor is also available. Coach Dave Camire currently has a highly

favorable review of the FS-1 posted on his Cool Running web site: [www.coolrunning.com](http://www.coolrunning.com). FitSense will give Striders a 20% discount on the FS-1 and accessories, plus return 10% back to the Striders treasury.

Go to their web site at [www.fitsense.com](http://www.fitsense.com) and use the promotional code 'gcs507' to get your 20% discount on any order. You can also order by calling toll free 1-800-419-3667. Remember that you must use the promotional code to get the discount!

**GHSports:** an internet retailer of running and sports clothing. They will give Striders a 20% discount on all purchases while returning 7.5% back to the Striders treasury.

Go to their web site at [www.ghsports.com/ghsports/StoreFront.bok?affiliate\\_no=26](http://www.ghsports.com/ghsports/StoreFront.bok?affiliate_no=26) to get your 20% discount on any order. (If you just go directly to [www.ghsports.com](http://www.ghsports.com), without entering the remained of the link above you will not receive the discount.)

**Passport To Adventure:** PTA is a travel agency specializing in sports-related events. They provide running vacations for events such as the Berlin Marathon, Alaska Marathon, Disney Marathon, Mardi Gras Marathon, Antarctica Marathon, etc. Discount rates are currently being negotiated and full info will be published in the next newsletter and on the Strider web site ([www.gatecity.org](http://www.gatecity.org)) as soon as negotiations are complete. { [www.passporttoadventure.net](http://www.passporttoadventure.net) }

Description	Price
Team Jacket	\$50
Running Shorts	\$20
Racing Singlets	\$20
Lycra Shorts	\$20
Jog Bras	\$20
Golf Shirts	\$10
Sports Bags	\$30
Hardman Sport Bag	\$40