

Striding Along



A Publication of the Gate City Striders

June 2000/July 2000



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 Stan Klem
 Steve Moland

All Area Codes are 603 unless noted otherwise

The next deadline for submitting articles
 for the newsletter is
July 20, 2000

Cover Photos:

Groton 5K & 10K

Judi Moland, Jane Levesque, Steve Moland, Sydney Moland,
 Shu Minami, Mary Minami, Sandy Machell, Karen Collenge



Editor's Column

Hello Fellow Striders,

I've mentioned this before, but if you're tired of seeing the same people in the Striding Alone photos, there is a solution. (I'm sure that I'm tired of it) I'm at track every week, the US postal service knows where my house is, I've a scanner and I've Email at Steve@accessp.com. For the most part, if it wasn't for **Mary Minami, Bill Spencer** and me, there wouldn't be any pictures at all. How about a little help in the photo department.

75% of the track nights so far have been wet, cold or both. For awhile there I thought we blinked and missed Summer entirely. Fortunately better weather has arrived along with many new faces on Wednesday nights. The 2000 road racing season is in full swing and there are so many great race events that it's tough to choose.

In this issue we welcome back **Bob Thompson** and his "Randumb Thoughts" column. Also we've a story written by **Stan Klem** about his experience at the Boston 2000 marathon. There are plenty of Boston 2000 photos too. The day before Boston 2000 was the International Youth race held on Heartbreak Hill and we've photos of some of the kids who ran there. If there seems to be lots of space and time giving to the kids, well, they are becoming a more noticeable part of our club. The show up regularly with their parents and they score club points at many of the races. Sounds like a win/win. Now if we can just get them to show when they're 25 to 40 years old.

Many of you run, walk and ride bikes over at **Mine Falls park** on a regular basis. It's a pretty nice place to have available. There is a group of people who work toward keeping it a nice place and they could use your help. It won't necessarily require any major commitment. Even a few hours would be of great value. We Striders use it so we should probably help a little. We're not organizing any official club volunteer effort here but please see page 6 for information on how and when help is needed.

BTW, if you think **Karen Collenge, Judi Moland, Mary Minami** and I look a little portly in the photo (page 20) at the Boston Mile 20 marker, that's because we had on every piece of extra clothing we brought because the wind there was brutal. (Ya ya ya. I know it wasn't a picnic for the runners either but at least they were moving.)

Steve Moland

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders
PO Box 3692
Nashua NH 03061.

Visit our Web Site
WWW.GateCity.Org

USA Track & Field Club # 157

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

Membership meetings
3rd Wednesday of month.

Track workouts
Wednesday nights, Nashua High, April thru October. Weekly runs are held elsewhere throughout the year.





President's Column

By Bill Spencer

When the Gate City Striders were formed as a nonprofit charitable organization, it had several stated purposes. Among those purposes are encouraging distance running as both a competitive sport as well as healthful exercise, to promote and conduct races and other running activities and to disseminate information on running. I've been a Club member since 1992 and can attest that we have met those purposes through the efforts of many club members who have volunteered their time and expertise to make this club work. Some of us work at events that earn the Club money for our activities, others at races like Alex and Santa Fund that support the community, while still others at events like Fitness University. We have a core group of people who are always helping out and each year, some new members step forward to help out.

Directing a race is a major undertaking, but **Sandy Geisler** has taken the responsibility for the Amherst 10k. At the same time, her husband Skip agreed to direct our Club Triathlon. Coordinating volunteers is a time consuming task, **Lisa and Jason Farr** took on that task for the Chase Corporate Challenge, while **Andy Prolman** will be doing the same for Fitness University and the Health Source 5k. We will need the help of every club member if we are to continue to achieve the purposes the Club. Volunteers will be needed to staff the races we sponsor, to work with the kids at Fitness University clinics and Finals day, and to raise money by working at the Corporate Challenge and Health Source. Participating in these events is a great way to meet your fellow club members.

The next several months are full of activities from races, Fitness University Clinics, a softball game, and the summer outing, so don't miss out on opportunity to meet your club members. On that note, **Peter Paelinck** will be preparing a new club photo album, so if some one with a Belgium accent takes your picture and asks who you are, please tell him.

Bill

Membership

Welcome New Members

Katherine & Therrin Allen
 Joe & Heidi Blouin & Family
 Bruce Conti
 Todd, Corey, Erika, & Julia Civin
 Cathy Cray
 Peter & Casey Darasz & Family
 Lillemor Hamnqvist & Family
 John Hennessy
 Shawn Hill
 Wayne T. Hilson
 Robert & Lisa Holt
 Patti Lukas
 Paul MacDougall
 Kristen MacWilliams
 Sharon & Kimberly McAuliffe
 Greg Neilley
 Susan, Amy, Stacey, Emily, &
 Abby Picard
 Jane & Amos White & Family
 Peter Viggers & Family
 Paul & Katie Weeman &
 Family

Email Addresses

If you have an Email address and do not already receive an occasional Email about various ad hoc announcements pertaining to GCS, and you would like to receive these announcements, send your Email address to Stan Klem at

Stanatgcs@aol.com

June Birthdays

Andy Paul I	
Walter Shyska	1
Sally Hewett	2
Jennifer Kent	2
Morris Nicholson	2
Nicole Slane	2
Brianne Slane	2
Marissa Slane	2
Sandy Colvin	3
Joseph Rush	3
Thomas Mignosa	6
Tom Raiche	6
Annie Schneider	6
Ellen Kolb	9
Karen D'Intino	10
Heather Patnode	10
Ben Quinn	10
Claudia Dufresne	11
Maurice Ferrigno	11
Paul Fiori	11
Laura Knapp	11
Andrew Prolman	11
Robert Welts	11
Craig Colvin	12
Richard Darling	13
David A. Haworth	13
Mary Minami	13
Amy Picard	13
James Henmueller	14
Deb Pelletier	14
Timothy Rocha	14
Larry Sage	14
Caitlin Burns	15
Doug Miville	15
Ellen Rose Woodward	15
Everett Woodward	15
Chris Browne	16
Bill Engle	17
Michelle Weysham	17
Eric Stepick Ayers	18
Lori Lambert	19
Andrea Pierce	19
Barbara Joy	20
Ryan Sheil	22
Judy Slane	23
Thomas Astolfi	24
Al Jones	24
Patti Lukas	24
Julianne Noonan	25
David Zendzian	26
Robert A. Giggi	27
Pam Ubillos	27
Dave Contrada	29
Beth Gagnon	29
Louise Rossetti	30
Michael Peabody	30

July Birthdays

Karen Hodge	1
Anthomy Merra	1
Peter Stebbins	2
Lora Woodward	3
Audra Chaput	5
Heidy McGaffigan	5
Gail Duval	6
Kevin Kalish	6
Brian Bigelow	7
Lisa Farr	7
Mindy Adams	8
Eileen Fiori	8
Robert Giggi	8
Heidi Havron	8
Joyce Oberholtzer	8
Nicole Terenzoni	8
Dana Merrill	9
Mark Crowley	10
Jan Cline	11
Crystal Giggi	11
Brittaney Plante	12
Susan McIlvaine	13
Peg Prolman	14
Rich Cardin	15
James Fraser	15
Tom Kolb	15
Nancy Peabody	15
Gail Suslovitch	15
Douglas McQuaid	16
Gordon McQuaid	16
Julie McGuirk	19
Bob A. Amico	20
Kevin Halloran	20
Kimberly McAuliffe	20
Allan Rube	20
Bob Lemay	21
Ralph Titone	21
Jeffrey Brown	24
Sarah White	24
Bob Beers	25
Allison Pintal	25
Ken Morey	27
Jerry Rocha	27
Patti Schneider	27
Nick Anastasi	31
Scott Miller	31
Amanda Quattrucci	31
Katie Weeman	31

Upcoming Events

Strider Summer Outing Sunday, July 23 10 AM to 5 PM

Wasserman Park in Merrimack, NH
Free to club members

Fun run at 10 AM leaving from Wasserman
Barbecue facilities
Burgers and Hot Dogs provided
(park is alcohol free)

Activities include swimming, volleyball,
Tennis, basketball, etc.

Bring your own frisbees, balls, horseshoes,
And lawn chairs!

For more information contact:
Kirsten Werne 881-4901
werne@progress.com

Gate City Club Triathlon Sunday August 13 8:00 A.M Lake Potanipo in Brookline, NH

The fifth annual Gate City Striders Triathlon 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 last year:

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 proved after 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 13th. For additional information please contact Chip Geisler at 421-1815.

GCS Softball Game Sunday July 9

Come join us for the Striders annual softball game. We will have a fun run first for those interested, then play some ball then head over to Warren's house for some food.

Hamburgers and hot dogs supplied
Byob and a chair.

As we get closer, check the website www.gatecity.org for more information as to meeting place and time.

Mine Falls Park

Do you use Mine Falls Park?

Do you want Mine Falls park for your grandchildren?

The Mine Falls Park Advisory Committee needs your help to:

Help lead trail construction and repair (they will train you).
Monitor trails and report park miss-use.
Show up for a few hours of general clean up.

The committee has some planned work days:

Saturday	June 17	9 am to 1 pm
Saturday	July 15	9 am to 1 pm
Saturday	August 12	9 am to 1 pm
Sunday	Sept 10	10 am to 2 pm
Saturday	Oct 21	9 am to 1 pm

To contact the committee call 603 594-3400 mailbox 5005

GCS Golf Outing Sunday August 20 Buckmeadow Golf Club Amherst.

For more details about the golf outing, visit the web site or contact Tom Raiche at: 594-2416.

No golf experience is needed to participate in this fun events