

International Youth Race Heartbreak Hill mile race April 16, 2000



Chris Merra literally running away with his 1 mile race

Anthony Merra and Michael Peabody after their 1 mile race



Michelle Weysham



Mindy Adams, Brittaney Plante
Juline McGuirk

Boston 2000



Shu Minami, Mike Levesque, Stan Klem,
Kevin Reynolds @ Hopkinton



Dave Beasley @ mile 16



Julie Hanover @ mile 20



Pam Ubillos @ mile 20



The logistic experts.
Jim Belanger & Pat Mikulis



At the Buckminster hotel,
sitting seemed to be a
treasured (non) activity



Boston 2000



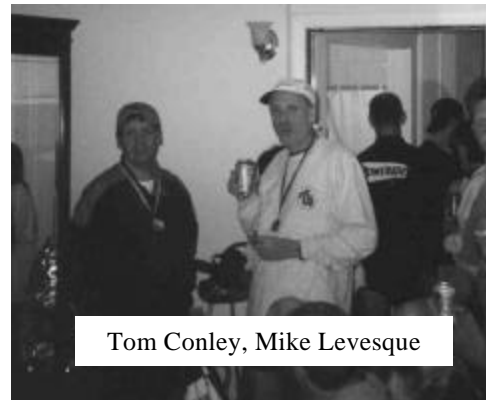
Emily Strong



Yuki Minami, Shu Minami



George LeCours



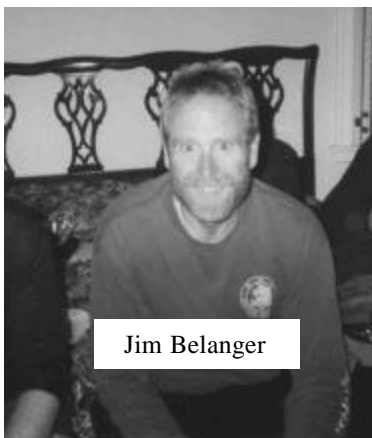
Tom Conley, Mike Levesque



Pam Hall, Robin Hickey



Steve Doyle
Andrea Pierce



Jim Belanger



Mike Hagerty
Yes, this was the
guy who dominated
the shower

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2000				1 6:00 PM FU XC Clinic	2	3 Hollis Apple Chal- lege 5M
4 GCS HOTLINE 880-9479	5	6 Fitness Univ Clinic Merri- mack HS	7 6:00 PM Track Workouts Chase Corp Chall	8 6:00 PM FU XC Clinic	9 Saucony 4.5M	10 Market Sq 10k NEGP
11 Pack Monadnock	12 E Board	13 Fitness Univ Clinic London- derry HS	14 6:00 PM Track Workouts Louise Rossetti 5k	15 6:00 PM FU XC Clinic	16	17 Mt Washington
18	19	20 Fitness Univ Clinic Pennich- uck JRH	21 6:00 PM Track Workouts Club Meeting Pizza Nite	22 6:00 PM FU XC Clinic	23	24
25 Bedford 20k NEGP	26 GCS WEB PAGE WWW.GATECITY.ORG	27 Fitness Univ Clinic Hollis	28 6:00 PM Track Workouts	29 6:00 PM FU XC Clinic	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2000						1
2 GCS HOTLINE 880-9479	3	4 Merrimack Spark- ler 5K	5 6:00 PM Track Workouts	6 6:00 PM FU XC Clinic	7	8 Amherst 10k
9 Softball Game	10 E Board PAL Kids Track 9:00AM	11 Fitness Univ Clinic GLRR	12 6:00 PM Track Workouts	13 6:00 PM FU XC Clinic	14 Great Legs 5K	15 Bill Luti 8k NHGP
16	17 PAL Kids Track 9:00AM	18 Fitness Univ Clinic Nashua HS	19 6:00 PM Track Workouts Club Meeting ▼	20 6:00 PM FU XC Clinic	21	22 Fitness Univ Nashua HS
23 Summer Outing	24 PAL Kids Track 9:00AM	25	26 6:00 PM Track Workouts Heatwave 5k	27 6:00 PM PAL Kids Track	28	29 Peaks Island 5 Miler
30	31 PAL Kids Track 9:00AM					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2000						
		1 Yankee Homecoming 10 mile	2 6:00 PM Track Workouts Hash Run	3 6:00 PM PAL Kids Track	4	5 Beaches to Beacon 10K
6	7 PAL Kids Track 9:00AM	8	9 6:00 PM Track Workouts	10 6:00 PM PAL Kids Track Health Source 5K	11	12 Belmont 10 mile NHGP
GCS HOTLINE 880-9479						
13 Club Triathlon	14 E Board PAL Kids Track 9:00AM	15	16 6:00 PM Track Workouts Club Meeting Yogurt Nite	17 6:00 PM PAL Kids Track Saunders 10k	18	19 Old Iron Days 5k Londonderry Twilight 8k Brookline
20 Gate City Strider's Golf Outing	21 PAL Kids Track 9:00AM	22	23 6:00 PM Track Workouts	24 6:00 PM PAL Kids Track	25	26
27	28 PAL Kids Track 9:00AM	29	30 6:00 PM Track Workouts	31 6:00 PM PAL Kids Track		
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2000						
					1	2
3	4 St Charles 5k	5	6 6:00 PM Track Workouts	7 Pal Kids Workouts 3:30	8	9 Franconia 10k NHGP Millyard 5k
GCS HOTLINE 880-9479						
10 Brewery Exchange 5K NEGP	11 E Board Pal Kids Workouts 3:30	12	13 6:00 PM Track Workouts	14 Pal Kids Workouts 3:30	15	16 Chips 5k Manchester
17	18 Pal Kids Workouts 3:30	19	20 6:00 PM Track Workouts Club Meeting	21 Pal Kids Workouts 3:30	22	23 Lake Winnepesaukee Relay
24 1/2 Way to St Pattys 8k Manchester	25 Pal Kids Workouts 3:30	26	27 6:00 PM Track Workouts	28 Pal Kids Workouts 3:30	29	30
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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.

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

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

GATE CITY STRIDERS
PO Box 3692
Nashua, NH 03061

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