

Striding Along



A Publication of the Gate City Striders

AUG 2001/SEPT 2001



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Mt Wachsett Team

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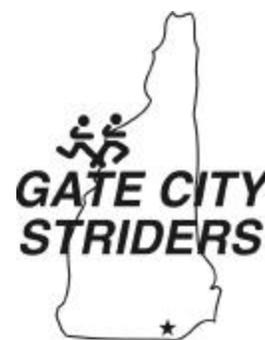
If you have an Email address and do not already receive an occasional Email about various ad hoc announcements pertaining to GCS, and you would like to receive these announcements, send your Email address to Stan Klem at

**Editor's Column
By Bill Spencer**



The summer racing season is upon us and as a club we have been very successful. This issue highlights some of that success, from the Mountain series, the beginnings of the NH Gran Prix series, the Women's series and the youth track program. There are also several articles dealing with the many ways that members can get more

involved in supporting the Clubs many activities. The article on the Human Performance Lab should be interesting to some of us. Club Vice President, Mike Hagerty has already been tested there and can give you some first hand comments about it's usefulness to him. I would like to thank the following people for submitting pictures for this issue. Bob Thompson (Mt. Washington), Steve Moland, Mary Minami, and Jim Rhodes. Jim's Web page is a great source for race pictures that use Yankee Timing. It's at <http://jimrhoades.com>. While I'm on the subject of Web sites check out <http://www.roguerunners.com>, and <http://www.nhrunning.com>. Don't forget to check the calendar for up coming events. There's a lot to do, from serious racing in the Gran Prix and Women's series, to a fun day spent running around Lake Winnepesaukee. This will be my tenth run around the Lake and I'll have the leadoff leg for the first time. Next year, I finally get to do leg four.



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:

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PO Box 3692
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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.

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.





President's Column

By Steve Moland

"Well we've some darn tough workouts at track this year. If we don't do well at the Winnie relays it won't be for lack of trying. We've had a good racing season so far in the mountain series and the NH RRCA Gran Prix race series.

The club general meetings have seen an increase in the number of members attending since we moved the meeting place to the Club National. We are however not going to have a meeting during August because so many active members will be on vacation during that time period. However, we've got some great plans for next year regarding our events and the organization around those events. We plan to establish more formal committees for Fitness U, Pack Monadnock, Freeze Your Buns and surprisingly (to me at least) a number of people have express interest in being on the committees. Many of us have helped at all of these events and would like to be more informed about the progress and timing of duties we usually need to do prior to event day. With more on board earlier the burden of the planning would be spread out.

To that end I like to ask that our September general meeting on Wednesday the 19th be very well attended by the members. The club really does need your input and we've got some new subjects were going to need some direction on. There may also be some really exciting new about Fitness University which should be back better than ever. If you can make only one meeting in the next few months PLEASE attend the September meeting..

Also while on the subject of being organized, there are times when we are not so organized, but that is more the results of circumstances. However I'd like to bring the issue to the members attention. Because

the club goes back a number of years and has been involved in many events there have been associations with non-Strider organizations in staging and event day management of events. Also because we Striders volunteer to help at these events we may often assume that these associations are always in place. This is not always true and it has caused some problems and surprises in what the club has been expected to help on. The club is often willing to be involved but the club, as an organization (its management in particular), needs to know about and officially APPROVE on any commitment.

Event directors often approach members about helping out. Being the helpful folks that we are, individual members often say "yes" assuming that the Strider management is aware of and has agreed to be involved or rent equipment. The event directors then go away under the false sense that the club has committed to something. I certainly don't want our members refusing to help on things but I would ask that any commitments you make as a Strider member be for Official club events. When in doubt please call an Eboard member who are listed in the club newsletter and on the website. The official club events are: Applefest, Freeze Your Buns series, Pack Monadnock 10 mile race. Fitness University. We also participate in the Mill Cities and Winnepesaukee Relays. We have a club outing, a golf tournament, a club triathlon, Ultimate runner night and some hikes. We are not involved in the management of any other local races regardless of past involvement.

I hope to see many of you at the September meeting on the 19th.

The Mountain Series

by
Steve Moland

"Brutal, bordering on the extreme.", that's how I described my experience in the running of the USATF Mountain Series Championship 10K race at the Windblown Ski area in New Ipswich NH. Of course that pronouncement was coined the evening of the race and if we really planned our future running around immediate post race feelings, many wouldn't be running at all. This 10K "experience" was the 2nd of the 5 race USATF Mountain Series. Though it shared a particular environmental trait with the rest of the series races, the race did not share much else. Even the eventual series winner, Eric Morse, found a way to escape the punishing of the double loop of this 5K course laid out in the forest on what are cross country ski trails in the winter. Eric got out in front of the pack and took a wrong turn.

The course was over loamy soil in 20 foot wide cuts through trees where the ankle high grass, leaves and racks of small logs over wet spots were intended to be covered by 2 feet of snow when traversed by humans. Mountain bikers would have had no better time here than runners. You never knew if your foot would find flat solid ground, and more often than not a you foot got a surprise as it came down. Oh, that common trait I mentioned, I wasn't flat and grades of almost 20 percent humbled most runners(runners ?) From just beyond the 1K marker the course climbs over 500 feet in the next kilometer. After

the race I found out that I wasn't the only one who had the same two thoughts, "I'm going to have to climb this again?" and later in descending the very rough backside, "Will I go back out for a 2nd loop as we pass the start line." I don't think anyone elected not to do a second loop, maybe that was because one would have had to stop in front of the spectators. It would have been tougher for a Strider to quit because one of the spectators was Coach Camire who was doing the race timing.

The other races in the series each



had their own form of punishment though none had me questioning if I would run them again like Windblown. The first race was Mt. Kearsage which was shortened to only 5 of its 8.5 miles because of snow blocking support vehicle travel up the mountain. Because the race was shortened many of the Striders ran back to the start line. While that gave everyone a 10 mile run, it was early enough in the season that the down-

hill, though not overly steep, put some stress on quite a few legs.

The third race of 4.3 miles at Mt. Wachsett was short. It was tough in it's own way in that it never got so steep that you didn't run most of it. Next was our own Pack Monadnock 10 mile race. It is a pretty course where you run generally uphill for 7 miles then it gets serious about showing you the grade. The last mile is walk city. Two weeks later many of the mountain series runners ran Mt. Washington. It's not one of the series races because not all the of entrants

can be accepted into the race. Hopefully its 7.6 miles fit the phrase "What doesn't kill you will make you stronger."

Well if Mt. Washington made any of us stronger I failed to notice the following week as we began the final mountain series race up Mt. Ascutney. Just 3.6 short miles with the highest vertical climb on the circuit. The course was an average of a 19 per-

(Continued on page 6)