

(Continued from page 5)

cent grade (Mt. Washington is only 11%). The average means there were sections that were much steeper, at least I think they were that steep because most of the course was just a ghostly vision in the cool 100% non-rain humidity.

Now all that said, I'm not really complaining. I ran it because I wanted to do something different. Quite a few other Striders ran the series too and I hope they had as much fun as I did for what didn't kill me, certainly kept me entertained.

SO, how did our club fair in the best 4 out of 5 series scoring. I'd say Gate City did rather well. First, as a club, we came back week after week and ran skyward, some running the required 4 out of 5 races and many of us running all 5 races. That got Genia Sanborn her first USATF title for first place in the women's senior division. Yuki Minami had the women's open title solidly in her pocket so she ducked Mt. Ascutney. Probably a wise move, for the walk down was so punishing that I had to hitch a ride after only descending a little over a mile. In the masters division, Damian Rowe captured 5<sup>th</sup> and Wayne Hilson got 6<sup>th</sup>. In the men's Senior division Dave Wendt was 4<sup>th</sup>, I was 5<sup>th</sup>, Rich MacDonald was 7<sup>th</sup> and Brian Sanborn was 8<sup>th</sup>. Eldon Burkinshaw was 2<sup>nd</sup> in the Veterans division.

In saving the best for last I'll say that one of our members ran (as opposed to walking) all of the races, and run he did. Richard Stockdale dominated the Senior men's division by winning 1/3 more points than anyone in the division and was the 6<sup>th</sup> highest

point gather in all divisions. He was just behind the likes of our non-Strider NE mountain goats, Morse, Dunham and Casner. That puts Rich in some pretty exclusive company. Next year I'm planning on a weekly hill running program prior to the start of the series. Care to join me next year for 10,100 feet of net climb in 30.6 miles?•

### Strider Women Dominate At Great Legs

The Gate City Strider women, 38 strong and led by new member Laura



Karpolisto, dominated the Berna's Great Legs 5K For Women on July 13<sup>th</sup>. Strider women made up 17% of the total field – 1 out of every 6 women in the race was a Strider.

Laura Karpolisto, Nicole Slane, and Heidi Havron teamed up to take second in the Open division, while Pamela Hall, Eliza Lecours, and Annette Marchand did the same in the Masters division. There was no official Seniors division as in previous years, but the trio of Susan Rube, Emily Strong, and Patricia Smith would have won easily. •

### Striders Top Hugh Holt 5 Miler

The Gate City Striders, despite a low turnout of just 33 runners, extended our lead in the 2001 NH RRCA Gran Prix by winning the Hugh Holt 5 Miler over the Rochester Runners 122-79. Greater Derry Track Club took 3<sup>rd</sup> with 70 points, followed by last year's runner-up GSRT in 4<sup>th</sup> with 46 points. 1998 champion Athletic Alliance took 5<sup>th</sup> with 35 points and Coastal Athletic Association rounded out the field with 10 points. After the first two races in the series, the Striders have a 261 – 156 point lead over the Rochester Runners. Rounding out the field are GDTC with 147, GSRT with 109, AA with 54, and CAA with 20. The next race in the series is the Belmont 10 Miler on August 11. We will need a strong turnout in all age groups as this race is the most distant from our



Nashua base. Leading the GCS attack were NH RRCA Age Group Winners Bill Springer and Bill Engle who won the Male Veterans and Ancients divisions respectively. Engle, the new Captain of the Ancients has been extremely successful in getting

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## Guest Article by The Road Scholar

Every year, elections are held within the ranks of most running clubs, and people are asked to represent the club in different capacities. It creates somewhat of a paradox. In most cases, the few active and involved members are probably pitching outward involvement to a group largely made up of introverts, and so it's like pulling teeth to get volunteers. For the last two years, I have been approached and asked to run for president of my running club, and both times, I figured it was because nobody else wanted it, and the gesture truly defined scraping the bottom of the barrel. You see, I come from the Groucho Marx School of self-depreciation, which states that I would not want to join a club that would have me as a member. But a club that would consider me for president must truly be on a self-destructive course. I have refused both times I have been approached. It would take me too much out of my routine, and my introversion. But with urging, and begging, and pleading, and perhaps threats of bodily harm, someone has always stepped forward (or maybe they just didn't step far enough back). And as long as there are people willing to step up to the plate and take on the challenge when it is apparent that nobody else will, why should I be concerned? And besides, I hate politics, I hate traffic, I hate being involved in decisions that may be unpopular to some, and I live so far away from where all my club's activities take place. But I love

running, and I value the club I belong to. If everyone continued to concentrate their interests upon themselves, who would be left to concentrate their interests on the club? So it's time to crawl out of that comfortable shell of introversion and run. After all, running is what brought me here, and running is what I love to do. If asked, I will. Who knows? Without that heavy shell, maybe I'll even win the race, if only by a 'hare,' and my wife, Harriet, might be even become the "first lady."•

### The Roads Scholar

If you have not yet checked out The Roads Scholar E-Group on Yahoo, I invite you to give it a try. We have now grown to over 300 members, and have several fun programs in place including  
Weekend Racers  
Mileage Mongers  
Weight Loss Warriors  
Doc's Dirty Socks Challenge  
And a whole lot more. the Roads Scholars E-group is a very diversified group of runners from all over the world. It runs the gamut from people who are just starting out to world age-group Ironman champions, and includes every level of ability in between. And everyone is extraordinarily supportive of everyone else, regardless of ability. Someone in the group can answer any running related question you have, whether it's in about coaching and training, injury prevention, diet or just where to find a local race while you're on the road. So stop on in and give us a try. You never know what you're going to find.

• <http://groups.yahoo.com/group/theroadsscholar>

## Captains Still Needed

The Gate City Striders are still looking for a few more volunteers to serve as team captains for our racing teams. We still need 2 or 3 volunteers for the Female Masters and 1 or 2 for the Female Seniors team. We would welcome additional team captains for all other age groups as well.

The duty of the team captains is to encourage as many Striders on their team to run in the various team races we participate in, as well as coordinate the teams for the Lake Winnepesaukee and Mill Cities Relays. Most of the work can be done by email, phone, and at our weekly workouts. The two relays usually require more work as the teams need to have 5 or 8 runners each and we try to put the best runners all on one team.

If you are willing to serve as a captain, contact Michael Amarello at (603) 429-8879 or [webmaster@gatecity.org](mailto:webmaster@gatecity.org).•

## ATTENTION!!!! AP- PLEFEST 19!!!! VOLUN- TEERS WANTED!!!!

It's Applefest time for this year! We will need all of your help to keep the race running as smoothly as it does every year. Beginning in August, I will have sign-up sheets at

*(Continued on page 8)*

(Continued from page 7)

the track workouts for those of you who attend. Please sign up!!

I will need people all during the day, early AM help through mid-afternoon.

Post Race pick-up. Even if you are a runner, we can use your help before the race!

Anyone who would like to volunteer and does not attend track workouts, please contact me at:(603) 595-7149 Home (leave a message) or:

emily.strong@baesystems.com I hope to add some new ideas this year - come and be a part of the team!!!

Help us manage another successful Applefest!!!! Applefest 19!!!!•

## APPLEFEST POST RACE REFRESHMENTS AND VOLUNTEERS NEEDED

By Pat Kiesselbach  
Applefest Food Coordinator

The dog days of summer are here, but for some of us the chill of the fall air and training runs through beautiful Hollis are a welcoming



thought. Planning for the Applefest Half Marathon has been going on for some time. As one of the new mem-

bers of the Race Committee, replacing Judy Nicholson as Food Coordinator, I was unaware of all the preparation and people involved. Judy did a super job, but after four years felt it was time to give someone else a chance. So here I am.

Word of mouth is always the best advertisement and our post-race refreshments are reputed to be the best. To continue this tradition, it takes an army of volunteers to provide our food tent with the tasty delights that it is known for. So lots of baked goods need to be donated. In addition to baked goods, volunteers are needed for the phone committee and to help out in the food tent on race morning.

If you would like to be part of this awesome event, look for the sign-up sheets at the weekly track meets and at the August and September monthly meetings. I can be reached by e-mail at mayener@aol.com or call 881-5532. I am looking forward to working with everyone. •



## CHASE CORP CHALLENGE

Chase Corporate Challenge is one of the races where Club members volunteer to help out. As a result, the Club receives a cash payment that goes to support our activities. Thanks to the following members who worked this year's race:

- Shu Minami, Mary Minami,
- Mike Levesque
- Chuck Rossier
- Rich MacDonald
- Heidy McGaffigan
- Ken Beach
- Mike Hagerty
- Debra Anchl
- Gerry Duval
- Stan Klem
- Ed Deichler
- Pat Smith
- Peg Turcotte
- Jason Farr
- Kathy Kirby
- Genia Sanborn
- Peter Shajenko Jr.

### Brian S. Withers - Attorney at Law

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<b>Durable Powers of Attorney</b>	<b>Sports and Entertainment Law</b>

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\$100 discount for all Striders

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## Randumb Thoughts

It's hard to believe that the summer is nearly over even though it seems like it has just begun. The end of summer means cooler temperatures and PR's for many who have been hammering out the repeats on the track and trails. It also means that the Winnepesaukee Relay will soon be here. This is one of the most fun races to be a part of and in one of the most beautiful areas on earth. Get on a relay team and have some fun on Saturday, September 22. Speaking of relays, the word is that the Massachusetts running clubs are gunning for the defending champion Gate City Striders at the Mill Cities Relay. Mark your calendar for Sunday, December 2nd as the Striders will need to have a great turnout to defend our title. Another upcoming event is the GCS Almost Annual Golf Outing to be held on Sunday, August 26 at Buckmeadow Golf Course. See elsewhere in this newsletter for details.....The 6th 3rd Annual Novemberfest is being planned and is tentatively scheduled for Sunday November 11. Former Strider President Lt. Steve Doyle and the WECG are making plans for another memorable event. Details will follow in the next newsletter. Speaking of former club presidents, wedding bells are in the air for Dave Bealey, according to twin brother Dan Bealey. Some of you may remember the time that a protest was logged at the Winnie Relay when another club accused the Striders of having the same runner run two different legs. In fact, it was just a case of mistaken identity of the

speedy identical twins. Sightings Dept: The multi-talented Skip Cleaver was spotted playing drums for the Woodstock, Ct. Town Band in a Memorial Day parade. Apparently, they already had a trumpet player Former Strider Dave Dial informed me of an interesting sighting that he had recently. Dave was child prodigy when it came to running. He ran a 2:20 Boston Marathon at age 19 and regularly logged 120+ mile weeks. Dave worked at Bill Rogers Running Center in Brookline MA while pursuing a running career and got to know many famous runners. Recently, Dave made a trip to his childhood home of Houston, Texas to visit his dad. While in Houston, he dug out some of his old running magazines from the 70's that he had saved including some with Bill Rogers on the cover and one with Kenyan Henry Rono on the cover. Rono was a former world record holder in the 3,000 meter steeplechase. Dave decided to take a couple magazines with Boston Billy on the cover back home to San Diego with him to send to his former boss and longtime friend. As Dave stepped off of the plane in Albuquerque NM for a connection, the FIRST person he saw in the jetway was none other than Mr. Henry Rono in "all his glory". He's one of the guys that pushes people around airports in a wheelchair. Between Dave trying to make a connection and Henry doing his job, they didn't get to talk long but Dave could tell he wanted to. Just mentioning running, he caught a different look (sort of far away yet intense) in Henry's eyes. As Dave walked away, he realized he'd almost

brought that magazine with him and would've had it on his person since he had carried on his luggage. According to Dave, that coincidence would've been pretty damn cool. Speaking of former Olympians, the upcoming winter Olympics in Salt Lake City are less than a year away and the next summer Olympics are not that far off either. The next summer games will be held in Athens, Greece in 2004. You heard it here first, NBC will cut from the from the 5,000 meter final after one lap to bring us Bob Costas reporting one of those human interest stories live from the Acropolis. They will finish that segment just in time to show us the final lap of the race. The country roads of Nashua are all but gone now. Gas stations, pizza joints, hairdressers and office buildings now occupy the last section of country roads in Southwest Nashua. I'd like to know, how did former Mayor Don Davidson acquire the rights to that goldmine of a convenience store/gas station called the Captain's Corner at the intersection of Buckmeadow and Main Dunstable Road? At the other end of town, the former untouchable Pennichuck land has now become one new housing development after another. This began with Harris Preserve followed by Heron Cove and the Village at Bowers Pond to name a few. When I think of a preserve, I think of land set aside for conservation and recreation. It seems that the that only thing that has been preserved as a result of these land sales is the financial strength of Pennichuck Water Works. **Inquiring minds**

*(Continued on page 15)*

