

# Striding Along



A Publication of the Gate City Striders

October 2000/November 2000



## In This Issue

President's column.....	p. 4
Membership .....	p. 5
Upcoming Events.....	p. 6
Youth Activities.....	p. 8
Hut Traverse.....	p. 9
My New Jacket .....	p. 10

Book review – Runners Blood .....	p. 10
Peaks Island 5 Miler photos .....	p. 11
Heat Wave 5K photos.....	p. 12
Race Results.....	p. 15
December —January Calendar.....	p. 22
October—November Calendar .....	p. 23

# Club Directory

		<u>Night Phone</u>	<u>Day Phone</u>	<u>Email</u>
<b><u>GCS Executive Board</u></b>				
President	Bill Spencer	882-4859		Bspence1@ix.netcom.com
Vice President	Damian Rowe	673-2270		drowe19@idt.net
Secretary	Julie Hanover	889-7014		JLH_123@yahoo.com
Treasurer	Lori Lambert	883-7990		Lori_Lambert@phl.com
Membership	Stan Klem	883-8750		Stanatgcs@aol.com
Competition	Jerry Rocha	598-8852		J27Rocha@aol.com
Social	Kirsten Werne	881-4901		werne@progress.com
<b><u>Team Captains</u></b>				
Men Open	Michael Amarello	429-8879		Webmaster@gatecity.org
	Kevin Gagnon	881-8093		PPnter@aol.com
Men Masters	Walter Swanbon	895-3466		healthnutz@ttlc.net.
Men Seniors	Skip Cleaver	437-2057		TJCleaver@aol.com
	Brian Sanborn	673-6363		
	Steve Moland	882-2067	624-5630	steve@accessp.com
Men Veterans	Bill Spencer	882-4859		bspence1@ix.netcom.com
Women Open	Kathy Kirby	594-9295		Kathleen_M_Kirby@hartehanks.com.
Women Masters	Pat Mikulis	595-1870		Pengu1954@aol.com
Women Seniors	Heidy McGaffigan	672-6381		
<b><u>Coach</u></b>	Dave Camire	978-957-4230		davecamire@aol.com
<b><u>Newsletter &amp; Web Site contacts</u></b>				
Newsletter Editor	Steve Moland	882-2067	624-5630	steve@accessp.com
Web Master	Michael Amarello	429-8879		Webmaster@gatecity.org
Web Master	Julie Hanover	889-7014		HanoverJ@Netscout.com
Web Editor	Chuck Rossier	424-9939		ed.rossier@worldnet.att.net
Picture Scanning	Steve Moland	882-2067	624-5630	steve@accessp.com
Mailing Coordinators	Gail/Gerry Duval	880-4672		
Race App. Inserts	Emily Strong	595-7149		emily.strong@lmco.com
<b><u>Other contacts</u></b>				
StriderWear	Sandy Machell	465-2814		Sandi2814@aol.com
Equipment Manager	Al Jones	224-7121		Alvin.jones@bench.com
Event Calendar	Bill Spencer	882-4859		bspence1@ix.netcom.com
Result Compiling	Michael Amarello	429-8879		Webmaster@gatecity.org
Strider Emil list questions	Allan Rube`			allan@nhbungalow.com
Hot Line Mgr	Chip Giesler	421-1815		Chip.Geisler@fmr.com
<b><u>Voice Hot Line access number</u></b>		880-9479		

## Contributing Authors

Bill Spencer  
 Michael Amarello  
 Damian Rowe  
 Judy Nicholson  
 Bob Thompson  
 Bob Pelletier  
 Traci Swanbon  
 Howie We myss  
 Shu Minami

All Area Codes are 603 unless noted otherwise

The next deadline for submitting articles  
 for the newsletter is  
 November 15, 2000

## Cover Photo:

Striders on the early AM Ferry from Portland ME to Peaks Island for the 5  
 mile race and Lobster, Steak and Chicken barbecue



## Editor's Column

Hello Fellow Striders,

The Gate City Striders with the generous help of Kerk Motion products, Brookdale Fruit Farm, New England Country Pies, Alpha Graphics and over 80 volunteers from our club has recently share a piece NH Running and foliage with others in the form of our 18th Applefest Half Marathon. The weather was perfect and both the previous year's male and

female winners returned to win again.

Do we do this for those at the front of the pack? Sure we do because the course is definitely challenging, but even more so we do it for all the others that attend. I believe we also do it for ourselves because we enjoy going to many of the other unique New England running events and Applefest is our contribution to that uniqueness. We get lots of praise from our running guests and this message from Beth Walsh of Fitchburg MA is fairly typical of how many AF runners feel.

*"I just wanted to let you know how much I enjoyed running the half-marathon on Saturday. Everything was really well done -- the T-shirts, the medals, the food afterward were all great. The course was hilly, but we knew that in advance and trained accordingly. The people at the water stops were very nice, the crowds along the way were plentiful, and everything was run very well. Thanks for making the first half-marathon for my running buddy and me such a great experience. We will do it again next year!"*

Applefest volunteers, if you can do it without dislocating something, give yourself a well deserved pat on the back.

The Freeze Your Buns series will again be staged from Talent Hall in Litchfield. This year we will have both a 5K and a 5 MILE event. The course and facility will allow both to be run with the same start and finish line, and they can be run simultaneously. Just as we're brining back the 5 mile event, we're bringing back a custom Tee Shirt for anyone who runs or volunteers at all 5 events. So for you regulars who dropped off the planet last winter, we've addressed your complaints, so how about your support this year. Judi and I will be acting as series coordinators so we need a director and volunteers for each race. The races are Dec 17, Jan 14, 28 and Feb 11, 25.

Again this year, I'm heading up Gate City's management of the water stops at the very popular Boston Prep 16 mile race on Sunday January 21. This race is put on by the **Greater Derry Track Club**, many of who are Strider members too. This is another chance for Gate City to help keep NH Running special and earned some revenue for the club. This was a popular activity for our youth runners and their families last year and we encourage any of you new members to join us that morning. We'll have coffee, hot chocolate, and other goodies. More details to come in the next newsletter.

As to the contents of this issue, you gotta check out "My New Jacket" by **Shu Minami**, then find Shu and check out the real thing. **Bill Spencer** has got lots of details into his articles about our younger runners. **Michael Amarello** gives a book review at no minor cost to himself. You may want to rest up before you read "Hut Traverse" which was sent to my wife Judi by her cousin **Howie Wemyss**. Howie's had sent his story to all his clan as a response to "what have you been doing lately" and I requested the publishing rights before I even finished reading it. Hmmm, a Hut Traverse Relay, I wonder?

Starting in November and continuing till April, many Striders will be meeting Wednesday nights at the Pennichuck JR High in Nashua 6:00pm for a 4 to 5 mile run through various back neighborhoods.

Steve Moland



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.

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 Bill Spencer*

As I write this Column, I'm aware that the racing season is almost concluded and most of our social events have taken place. We had over 70 members participate in a very successful Winnepesaukee Relay and cookout. Our attendance at the track has been winding down as the nights get shorter. As we go into the last NH Gran Prix race, the Granite State Racing Team is in first place. It will take a major effort to regain the lead at the last race, so please turn out for the Salem Shirt Factory Five on Oct 29<sup>th</sup>.

In November, Kevin Gagnon will be directing the Santa Fund 5k on Nov 5<sup>th</sup> in Nashua. He will be looking for help at the race. The following Sunday, the 12<sup>th</sup>, Nashua PAL will be hosting the New England Association Junior Olympic Championship. Many of our Strider Youths will be running, and could use your cheering on. On the 19<sup>th</sup> of November, Bob Thompson will be directing the ever-popular Novemberfest race and party at Mine Falls.

Our Club meetings are once again being held at the Merrimack YMCA on the third Wednesday at 7:30. This is your chance to give the E-board your input regarding the club activities. A nominating committee consisting of Kathy Johnson, Pam Hall,

Brian Withers and Traci Swanbon has been appointed to prepare a slate of nominees for next year's E-board. There are four two year terms as well as a one-year term to be filled. Stan Klem is willing to run for one more year and continue as Membership Chairman.

We will be looking for a new Treasurer who is responsible for paying the bills, maintaining the bank accounts, preparing a monthly financial statement and coordinating with our CPA. Other open positions are Vice President, who is responsible for Club Communications, Social, who is responsible for coordinating our various social events, and Competition, who is responsible for coordinating our racing schedule with the Team Captains.

If you have any interest in serving in any of these positions, please contact a member of the Nominating Committee.

Lastly, many thanks to those of you that helped out at the Cigna 5k. The club has just received a check for \$920 for that effort, which helps pay for our social activities. •



Some of the Strider/PAL kids who trained 2 days a week all Summer

# Membership

## Welcome New Members

Ken Birse

Dr. H. Oldham Brooks

Lindsey Burkhardt

Gordon, Karen, Katlin,  
& Shannon Burnett

Zach Emerson

Adam, Kirsten, & Kayla  
Green

Ron & Colin Johnston

Adrian Pike

Pablo & Lisa Presedo

Nancy, Jennifer, &  
Katie Ryan

## October Birthdays

Louis Weysham	1
Sheila Blunt	2
Kayla Green	2
Peter Viggers	2
Cheryl Burns	3
Eric Liwanag	3
Barbara Sage	4
Laurie Kofstad	7
Janet Lang	7
Patrick Guiney	8
John McQuaid	11
Leo Gaudette	11
Evan Gaudette	11
Mark Fraser	12
Aline Kenney	12
Debra Antcil	13
Mark Buechner	13
Allison Quinn	14
Terri Streeter	15
Dick Bersani	16
Brian Kane	16
Sharon Posnick	16
Allen Broggi	17
Timothy Clark	17
Bruce Lutz	17
James Taylor	17
Peter Paelinck	18
Shaun Scanlon	19
Kathleen Calvert	20
Patrick J. McCabe	20
Greg Bianco	22
Erik Hamnqvist	22
Jim Ecke	23
Ron Matviya	24
Bob Pelletier	24
Peter Darasz	26
Lee Dickey	26
Joe Mona	27
Melanie Kalafatis	28
Peter Vendituoli	28
Matthew Kalish	29
Gary Lambert	29
Jennifer Ryan	29
Samatha Cormier	30
Robert Holt	31
Judith Nicholson	31

## November Birthdays

Colleen Gilbert	2
Michael Hagerty	3
Caroline Stone	3
Michael Stone	3
Brian Robichaud	5
Sandra Gilmore	6
Kevin Gagnon	7
Stephanie Pintal	7
Dick Quinn	7
Gretchen Garfinkle	8
Kurt Strasen	8
Gerry Davis	9
Ken Robichaud	9
Sandra Darling	10
John Lewicke	11
Robert McGuirk	11
Joey Rizzo	11
Mary Marsh	13
Ralph Borseth	15
Joseph Brooks	16
Mary Brown	17
Kathy Engle	17
Kevin Klasman	17
Samantha Moland	17
Susan Picard	18
Donald Wilson	18
Amy DeFazio	19
Stacey Picard	19
Ross Johnson	20
Michael Yanow	20
Ed Donovan	22
Sara Lewicke	23
Karen Zenzian	23
Katlin Burnett	24
Gary McCoy	24
Brian Sanborn	25
Cookie Gray	26
Sterling Eanes	27
Kelly Morse	27
Andrew Ahern	28
Patricia Mikulis	28
Marie Mullins	28
Joesph Kraetsch	29
Sharon McAuliffe	29
John Hennessy	30

## 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**

# Upcoming Events

**Mill Cities Relay**  
December 3, 2000  
*By Michael Amarello*

**A Call To Feet!!!**  
*By Michael Amarello*

Each December the Mill Cities Relay brings together hundreds of runners from 13 different running clubs for a 28.5 mile, 5-person relay from Nashua, New Hampshire to Lawrence, Massachusetts. A great party follows the race, complete with chili, soup, pasta, salad, soda, beer, wine, and most of all comraderie.

Last year was my first time participating and I enjoyed it so much it has made it on my very short list of races to run every year. My team didn't have a chance of winning, but winning is not the reason most of us run. We run to stay in shape, feel good, and have fun – and having fun is the name of the game at the MCR.

Cheering on your teammates as they runs their legs of the relay, doing your best to pass a few other teams on your leg (or at least not lose too many places in my case), celebrating afterwards with your teammates and clubmates, and even consorting with the enemy (other club's runners) is a great way to end the racing year.

I strongly urge every member of the Gate City Striders to reserve December 3, 2000 so that you can run in this year's relay. I'm sure you will have a great time.

To ensure your place on a team you should contact one of your team captain's (see page 1) or the Competition Director, Jerry Rocha, right away. Or you can get together with 4 of your favorite Striders and form your own team.

Just remember that the top Striders in each age group will be recruited by the team captains to run on A teams, as the MCR is more than just a fun race and a great party, it is also a team competition to crown the champions of the Mill Cities Alliance.

In both 1999 and 1998, the Gate City Striders finished 3<sup>rd</sup> out of the 13 teams in the Mill Cities Alliance. Our Male Veterans and female Seniors teams both won their divisions, with every other A team finishing in the top 5. We also won the participation award as 26 of the 118 teams were from the Gate City Striders. •

On September 10, 2000 the Gate City Striders lost our lead in the 2000 New Hampshire Road Runners Club of America Gran Prix Series, as the Granite State Racing Team of Concord outscored us 107-73 at the Franconia Scramble 10K to take a 19 point lead.

For only the second time in the seven year history of the NH RRCA Gran Prix Series, we are at risk of losing the title. We have won every year except for 1998, when Strider apathy towards the series results in a win by Athletic Alliance.

Let's not let that happen again. We have both the speed and the numbers to overcome GSRT's 19 point lead and sweep to victory with a strong showing by all our age groups at Coach Dave Camire's Shirt Factory Five Mile Road Race in Salem on October 29.

For the Striders to win the series we need as many runners in every age group, regardless of speed, to run at the Shirt Factory Five. Even if you are sure that we will have 10 or even 20 runners in your age group who are faster than you running the Shirt factory Five – show up and run!

You can never tell who or how many will be there. If turnout is low, even the slowest runners can score points. We

have had runners do 30 minutes+ for 5K races and score points.

Beyond just scoring points, your presence at the race, preferably in your Strider singlet, will help to motivate your teammates to victory and also serve to discourage our competition.

In the NH RRCA Gran Prix Series, runners score in one age group only, so our faster masters runners cannot cover in the open division, nor can any other runner 'score down' like in the USATF NE Gran Prix Series.

The age groups in the NH RRCA Gran Prix Series are: Male Open (Under 40), Female Open (Under 40), Male Masters (40-49), Female Masters (40-49), Male Seniors (50-59), Female Seniors (50-59), Male Veterans (60-69), Female Veterans (60+), and Male Ancients (70+).

We especially need Male Seniors to show up and run, as many of our Male Seniors will be running the Cape Cod Marathon the same day as the Shirt Factory Five Miler.

Also, any Male Ancients (70+) or Female Veterans (60+) are virtually guaranteed to score at least 3 points so be sure to show up. Even if you walk the 5 miles, it means 3 or more points for the team. •

**Anyone want to direct a race?**  
*By Damian Rowe*

The Club has been approached by the Southern NH Medical Center to see if we would be interested in directing a 5k race next year. It would be fully sponsored by them, so there's no issue there. The race would be held in the Fall and would center around the Medical Center in Downtown Nashua. They would provide most of the volunteer help. If anyone is interested let me or any other Board member know. I will be contacting them before the end of the year with an answer. •

A great big thanks to everyone involved in the care and feeding of the 800 runners at Applefest, 2000. We had great sponsors, bakers, phone callers and servers. Never forget that it is the members of our club that make this event the best in New England - if not the world !!!  
Judy Nicholson Food Coordinator

# Upcoming Events

## **5<sup>th</sup> 3<sup>rd</sup> Annual Novemberfest Trail Run and Party** *By Bob Thompson*

## **Eastern Mountain Sports Club Day**

The 5<sup>th</sup> 3<sup>rd</sup> Annual Novemberfest Trail Run and Party will be held on Sunday November 19, beginning promptly at 11:33 am at the Nashua High School track.

The event is graciously hosted by the Wednesday Evening Church Group (WECG) with timing and results provided by Pizza-Box Racing Services. This one-of-a-kind race does not include the frills and high-tech equipment of some of today's races.

You won't find Chip-timing and you won't get a free massage at the finish. What you will find is a beautiful course through Mine Falls Park, lots of fun, hot food, cold drinks and a few surprises. The run will be followed by a post-race party at the American Legion hall on Court Street in Nashua.

All this and more and the entry fee is only \$9.93 if you register before November 12. After November 12 the entry fee is only \$12.93. Entries are not accepted on November 12 as the WECG offices are closed that day. There should be an entry form included in this issue of Striding Along.

See you at Novemberfest!

EMS club day is

October 26

All outdoor club members

can get 20% off

any purchases that day.

## **Salmon Brook Scramble IV** **Saturday, November 25 at 10:00 am** *By Bob Pelletier*

Applications for the Salmon Brook Scramble IV can be found in this edition of STRIDING ALONG. SBS IV is again backed by the primary sponsorship of CIMLOGIC. The Scramble is set for Saturday, November 25 at 10:00 in its traditional Thanksgiving Weekend slot.

We have set lofty standards for our certified 5K which has been well received by the club, the Nashua PAL cross-country program, and other local walkers and runners. Yes, we continue to respect our walkers and even offer competitive walkers divisions. We also offer five year age group divisions for the heavily populated 30-49 year old running divisions. We keep the entry fees low and the extras high in quality, thanks in large part, to our key sponsors at CIMLOGIC. Please refer to the race application for more details. It is likely that we will surpass the 300 registrant limit for this year so please try to enter prior to race day. Come join us for a race that offers a

certified 5K workout, great course safety, plenty of parking, clean rest rooms, a nice post race hall, and a great bowl of our popular hot chicken soup complete with all of the extras, and all for a great cause.

The Scramble gives 100% of its food/personal care donations and proceeds back to the Greater Nashua area community. We are directing all proceeds and food/personal care donations to the Corpus Christi Food Pantry of Nashua for 2000.

The Scramble cannot be pulled off without the support of about 30 volunteers. Please give me a call(889-3632) or drop me an E-mail(a2dpell@aol.com) if you can pitch in. A few of the positions allow you to volunteer and also participate.

Thanks in advance for your consideration.

## **Sunday Morning Runs** *By Traci Swanbon*

Some Gate City Strider Folks have been running every Sunday mornings (unless there's a big race) at 9:30 from the Good Times RESTAURANT. Good Times is a few feet off of Exit 2 on Route 101 in Auburn.

We tend to run trails and there is a hard hill work out that can be incorporated. Distance varies from 6 to 15 miles. When the trails are icy we run around the lake. If the distance is too far, the front runners come back and get you (and me).

After the run we have brunch at the restaurant (of course). The important thing is to be done running by 11:30ish. I will not be sending an email out every week, so just keep it in mind and invite anyone you think might be interested. Somebody normally shows up, but to make sure, call us (the Swanbons) 603 895-3466 by 8:30 a.m.

# Youth Activities

## Running Results

*By Bill Spencer*

Ten year old Chris Merra traveled to Coos Bay Oregon, at the invitation of the mother of Steve Prefontaine to run in the Prefontaine 10k. He ran very well in his first 10k, running in a time of 46:41 and missing National Ranking by 11 seconds.

On Sept 10th, four of our girls swept the first four places in the 15 and under division at the Brewery Exchange 5k. They were led by Michelle Weysham in a Natl Ranked time of 20:53, followed by Kim McAuliffe (21:16) PR, Allison Pinal (21:56) PR, and Stephaine Pinal (22:17) PR. The same day, Kaitlin Burnett won her division at the Plymouth Coop 5k in 23:49.

The Franconia Scramble 10k saw Nicole Slane run a Natl Ranked time of 42:14 that put her in the lead for the NH RRCA age graded womens championship.

Sydney Moland won her age group at the State Police 5k in 21:31. Casey Darasz (22:25) and Kate Ryan (22:27) placed well in their age group.

Gate City Strider youths turned out in force at the St Charles 5k on Sept 4th. Nicole Slane was first in her division (19:01, NR), followed by Allison Pinal (22:23), and Noelle Horelik (24:06, PR). Colleen Law was first in the 12-15 division (21:31, PR) followed by Kirsten Green (21:57) and Kate Ryan (22:36.). Chris Merra won the 11 and under division in 20:51 (PR, NR), while brother Anthony was second (18:55, NR) in the 12-15 Division. Other runners were Stephaine Pinal (22:45), Andrew McQuaid (21:49, PR), Julie Marcum (25:06).

Age Group winners at the Londonderry OHDays were Kirsten Green (21:52) and Michael Peabody (19:48- Natl Rank). Other youths were Samantha Moland (22:28), Jen Ryan (22:29), Joey Rizzo (22:55), Kate Ryan (24:08), Sydney Moland (24:41), and Danielle Cormier (28:27). Later that evening, Nicole Slane set a new age 11 record of 32:27 for 5 miles at the Twilight race. She was followed in her age group by Michelle Wey-

sham (35:26) and Julie Marcum (38:22). Chris Merra won his age group in 37:22 and was followed by Joey Rizzo(40:41). In the 1.5 mile fun run, it was Anthony Merra, followed by Geof McGuirk, Craig Pelletier and Michael Neville. Amanda Pelletier was first female, followed by Ashley Neville.

The Cigna 5k on Aug. 10th, showcased many of our youth runners. Unless stated otherwise, the times are Chip Times. On the girls side, seven of the top ten in the 14 and under age group are regulars at our weekly workouts. Nicole Slane led the pack in a National Ranked 19:03, followed by Michelle Weysham in a National Ranked 20:42. Caitlin Southmayd was next in 21:29, followed by Samantha Buechner (21:35) and Kim McAuliffe (21:41). Kaitlin Burnett (24:26) and Kate Ryan (24:31) took 9th and 10th place. On the boys side, Anthony Merra placed second in a National ranked 18:47 and set a new age 12 record of 18:54 (gun time), while Michael Peabody placed 7th in 20:13. Not to be outdone, Coach Spencer raced with the team, winning the 60-64 division in a National ranked 19:16 and set a new age 64 record of 19:23 (gun time). The 19:16 placed him 6th in the Masters Age Graded division with a 15:09.8.

Michelle Weysham was the overall female winner at the Pittsfield 5k, running 21:03.

The Hampton Falls 5k on Aug 5th saw Sydney Moland (22:39) place second to her Londonderry teammate Kirsten Greene (22:25), while sister Samantha (36:08) was winning her division in the 5 mile race.

At the Thunder Chicken 5k on Aug 3rd, Anthony Merra ran a Nationally Ranked time and a PR of 19:20 for 1st in his age group. He was followed by Nicole Slane who ran a Nationally Ranked time of 19:27 for first in her age group. Michelle Weysham took 2nd in her group in 21:17. Other youths were Samantha Buechner (22:54) and Chris Merra

## 2000 Junior Olympic Cross Country Update

*By Bill Spencer*

As some of you know, Shaun Scanlon and myself have been holding twice a week workouts at Mine Falls, since early July. In addition to ourselves, we had the help of many parents that were there to run with their kids. Special thanks go to Walter Swanbon and Adrian Pike who have worked with them of a regular basis.

Since School has started, the group has dropped from an average of 25 to about 10, as many of them are now running for their School teams. During the next two month, they will be participating and leading the way in the various city and State championships.

On Oct 14, Mark and Debbie Fraser will be directing the Nashua City meet. They expect to have over 500 runners at that meet, and I expect that the Gate City Strider kids will be leading the pack. The following weekend, the State Junior High and State Elementary School Championship will be held at Londonderry High School. Again, I expect that our kids will again be leading the pack. On the next weekend, Oct 28, the tryouts for the PAL Cross Country teams will take place at Mine Falls. Most of our Strider kids should make their respective teams.

Lastly, for the first time, Nashua PAL and the Gate City Striders will be hosting the NE Association Junior Olympic Championship at Mine Falls on Nov 12<sup>th</sup>. These kids have worked very hard this summer and can use your support. If you are available on any of these weekends, come on over and cheer them on. If you would like to help at the Association meet, let me know and I'll pass your name along.

Finally, I fully expect that at least four teams will advance to the Nationals in Reno Nevada on Dec 9<sup>th</sup>. That could cost in excess of \$20,000. The teams will be engaged in fund raising and sponsorship. Any assistance by Club Members in that regard would be greatly appreciated. Feel free to contact me at any time. •

## Hut Traverse

By Howie Wemyss & Sue Long

Sue and I had been training for a big adventure trail run this summer. We finally screwed up the courage and went for it last Sunday, a spectacularly beautiful, clear, late summer day in the high peaks of the White Mountains.

For years I've heard of this legendary trail run known as the Hut Traverse. It's not an official race, just a little something for trail runners looking for a bit more than the usual challenge. I think it may have been first run or hiked back in the '50s. The idea is to go from one end of the Appalachian Mountain Club's White Mtn huts to the other in a day. Mind you the trail guide says they're spaced about a days hike apart and there's 8 of them. I haven't added up the total vertical gain and loss but I believe it's well over 10,000 ft. OK...we did it the easier of the two ways, we didn't summit every peak, we bypassed all that were possible, (and would have bypassed Lafayette if there was a route!).

We walked out the backdoor of the Honeymoon Cottage at 3 am and started the run up to Carter Notch Hut, our nearest neighbor and the typical beginning point of most Hut Traverses. We reasoned that rather than hike up the night before as most people do, we'd rather get a good night's sleep in our own bed, eat a decent breakfast, then start out from here even though this added an hour to the running day.

We arrived at Carter in 55 minutes, about right for the start of a long day. As we walked in to sign the guest book, the mice were scurrying for cover as our headlamps filled the room with light. We were off.

A gorgeous alpenglow greeted us as we were emerging from the treeline on the way up Mt Madison, the first peak and the only one we chose to summit where there was an option to bypass. This was when we realized how lucky we were with the weather that day, no wind and 80 mile visibility. We were above treeline for the next 5 hours as we traversed the high peaks, signing in at Madison Hut (good coffee), bypassing Mt Washington's summit, then hitting Lakes of the Clouds Hut (free cold pancakes...the best!). Now on to Mizpah Hut as noon time approaches. We're back below treeline, feeling pretty good and cruising right along, running most every-

thing but the steep uphill and downhill. Vegetable bean soup for lunch at Mizpah. Lots of Clif Bars, Promax Bars, XL1 and water all the way along, usually eating something every hour and a half and drinking all the time. So far we're dressed only in shorts, short sleeve shirts and a light mesh hat, amazing considering the date and location.

Losing more elevation, we drop down more to Crawford Notch over by Rt. 302 and to where my car was parked the day before provisioned with clothes, food and new shoes. This was about the midway point. We ate a bit more, changed clothes and socks, Sue changed into different shoes. We both dropped some of the clothing we'd been carrying that we were sure we wouldn't need, fleece vest, windpants... hmmm, anyone hear the Jaw's music in the background?

We're off, but only after Sue asked me if I want to continue. Silly me, I thought she was actually asking me if I wanted to go on, only later do I find that she's not so sure she wants to continue. But you'd never know it, she looks great so off we go.

Looking back, we both agree that so far it's been wonderful and a realistic challenge pretty well met...we're having fun.

Things went a bit downhill from here for a while for me. Not literally, since we were now headed back up into the mountains toward Zealand Hut. We'd done around 27 miles so far and I was starting to feel the effects I guess. Fortunately Sue

was bouncing back and dragged me on to Zealand simply by being out in front, a handy device that we both used for each other as we went up and down the emotional and physical roller coaster for the rest of the trip. When we got to Zealand Sue asked again if I wanted to go on, this time she was asking me and I had to pause and think about it. Some of my reason for doing this run was to celebrate my upcoming 50th, a fact that I reminded myself of many times through the rest of the night. So on we went. From Zealand you climb over Zealand Mt, Mt Guyot and South Twin Mt, all 4,000 footers, then you descend wickedly steeply (is that a real phrase?) to Galehead Hut, the most remote of them all. Somewhere in those mountains I realized I wasn't eating enough and after a box of raisins and a Clif Shot gel pack I made a most wonderful recovery. Good thing since I'd already convinced myself that even though I didn't have enough money or credit cards with me, I was sure I could talk us into a free overnight when we got to Galehead. I really needed to be having a better time than I was prior to that point! Galehead was great fun, the crew there is very young and couldn't have been more supportive once they learned we were on the Traverse. The cook made us up a real dinner and we took the longest break we'd had, 25 minutes. They insisted that we leave a note for the crew at Lonesome, the last hut, to radio them the next day so they'd know what time we'd finished. We watched the sun set at Galehead then headed west again.

So with darkness out came the headlamps again, mine stopped working after 3 hours, short of the 4.5 I'd expected. I pulled out my reserve, I had a mini mag light since I suspected we'd need a backup. Sue's less technical Petzl worked perfectly for the whole 11 hours we ended up needing them. Temperature was dropping and we dawned windbreakers, wool hats and gloves for the first 1/2 hour out of Galehead while we warmed back up. Garfield Ridge is a death march, it just goes on and on and then when it drops off Garfield Mt you know every step you go down is one more you'll have to go up as you next ascend

(Continued on page 14)

### About the Authors

Howie and Sue live in the White Mountains, right at the Auto Road in the summer (they literally run right out the backdoor up to Carter Notch for training) and the live in Glen this winter. Howie is the General Manager of the Mt Washington Auto Road and Great Glen Trails Outdoor Center. Sue was an '84 Olympian (xc skiing) and continues to coach in the middle school, high school and now adult level xc skiing. She was the fastest NH woman finisher in the Mt Washington Road Race this summer winning the Crosen Cup. Sue will be working at Great Glen this winter as coach and retail staffer. Sue and Howie trail run, mountain bike, and cross country ski for fun

## My New Jacket

By: Shu Minami

I am a 62 year old male, and I have participated in about 300 road races including 18 marathons since I ran a 5K race in New Hampshire about 10 years ago. I have collected all bib numbers from these races. At first I treated them like valuable treasures, pinning them up on the walls in my room. As the years of my running piled up, so was the number of bibs, and lately I have been throwing them into an old shoe box only as a habit. Once in a while when I throw in another bib, I wondered if there is any way to make use of these seemingly useless pieces of synthetic paper.

When my wife and I ran the PeechTree 2000 in Atlanta, I was very delighted to receive the colorfully designed bib, and started to seriously think about a way to show off together with my other forgotten treasures. It did not take long to come up with the idea for making a jacket that I can wear to road races. One boring day this summer, I locked myself up in the basement sewing room with the box-full of bibs and an old Tyvek jacket I bought at the Marine Corps Marathon some years ago, and started working on my secret project. First I took the Tyvek jacket apart so that each panel can be used as the pattern for

my new jacket. Then I carefully selected the bibs I wanted to use based on the significance of the race and the colorfulness, and determined their locations on my



jacket. Naturally, my seven proud Boston Marathon bibs together with other major marathon bibs got the most visible spots. I laid some more bibs to fully cover the patterns, and then I sewed the bibs together

one by one and carefully ironed the sheet before I cut them to the patterns. The rest was just a matter of sewing them back to form a jacket. I sewed the patterns on the backside of the panels made of the bibs so that they became the linings of the jacket. Sewing the zipper back, and attaching the ribbons at the neck and waist were tricky but I managed to complete the work before my wife came home from work and tried to spy on me. She was speechless when I came out with my new jacket on.

The jacket fits me perfectly, and I have been wearing it to every road race I enter. The attention my jacket gets from other runners and spectators is phenomenal. Some just follow me with their envious eyes, and others jump on me and stroke over my jacket. The most common question is “where did you get it” and “are they your own bibs”. Once they find out I made it by myself, “when do you start taking the order” follows. I am just an average runner, and I don’t get much attention for my running but I sure enjoy the attention my jacket gets. What’s my next project? It’s a secret. •

## Book Review—Runners Blood

By Michael Amarello

*A Medical mystery about cheating in sports by James J. Fischer M.D., Ph.D.*

*When Sean Rourke, an Irish distance runner and favorite for Sydney, is beaten in a road race by a middle-aged man, it initiates a series of events including theft of a scientific discovery, murder, tainted world records and international intrigue. The mysterious runner, a medical scientist, is killed later while jogging. Was it accidental? What did he discover that so dramatically enhanced athletic performance? What of his missing laboratory records and the assistant who returned to China? Sean's inter-*

*est turns to desperation when Chinese runners with East German coaches suddenly begin setting world records.*

*And what of Susie, Sean's beautiful teammate? Is she winning just because of a rigorous new training program, or has she too learned the secret and succumbed to temptation?*

*Will Joan Danner, a feisty molecular biologist enlisted to help, be able to reconstruct the discovery from the few strange clues, ten tons of trout, a blackfish in a lobster pot, and some DNA fragments, and nullify its effect in time to prevent the Chinese from stealing the Gold Medal?*

So reads the blurb at

[www.runnersblood.com](http://www.runnersblood.com) to get you to spend your hard-earned bucks on James Fischer's new novel. Well it worked on me and I forked over 27 bucks and was rewarded with an engrossing novel about my favorite sport. Over the course of three or four nights, I entered the world of elite runners and thoroughly enjoyed the time spend as Sean Rourke tries to unravel the mystery

I highly recommend this book to all runners, especially right now with the Summer Olympics going on in Australia. My only disappointment was that I had to pay full price for the book, as its small sales volumes keeps Amazon.com and Barnes and Noble from discounting the price.