

Peaks Island Maine 5 Miler



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\$100 discount for all Striders

Heat Wave 5K



Heat Wave 5K



Sue Rube`



Josie & Pam Hall



Mary Minami



Linda Madden



Kassie Rubico, Michelle Weysham
Pam Hall



Kassie Rubico



Kathy Johnson



Judi Moland



Sydney Moland



Katie Ryan



Yuki Minami

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(23:37). Also on the 3rd, The Pelletier's ran at the Beverly Homecoming 5k. Amanda won her age group in 22:11, while Craig was second in his age group in a PR of 21:00.

Results from the Yankee Homecoming 5k on Aug 1st show Sydney Moland (22:42) and Katie Ryan (22:45) taking 1st and 2nd in their age group. Sister Samantha Moland (20:45) was 2nd in her age group.

The Gate City Women were led to a 5th place finish by 11 year old Michelle Weysham at the Heat Wave 5k as she ran 20:47 for second in the 19 and under age group. Samantha (21:17) and Sydney (21:29) Moland won the Sister division. •

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Mt Lafayette at 5,260'.

On the way up Lafayette we realized that we may have erred in dumping the fleece and windpants since the temperature continued down and the wind was picking up and there now were clouds on the summit. That would be the summit that we had no choice but to go over. We'd reconned this part of the trip earlier in the summer and remembered that Lafayette had several false summits, you think you're there but no, there's one more. The moon was at about two thirds full so it was quite bright now that we were above treeline again, even though we were now in the clouds. My sports glasses were fogging up quite nicely with

the sideways wind driven clouds. On the one hand it was a surreal scene with the clouds, moonlight and headlamps/flashlights, on the other hand we were hanging it out a little too far with the condition we were in combined with our lack of any reserve clothing and not really being able to find that trail off the summit to Greenleaf Hut. We both

agreed later that this was more dicey than we had expected. Ah! there it is, Greenleaf Trail. Down, down, down and out of the fog just before we get to Greenleaf. It's 11:30 and there're all asleep, we sign in, get more water and split, buoyed with the thought that the next 2.9 miles to Rt. 93 are the Old Bridle Path, how steep could that be, they used to ride horses on it! But 100 years of erosion have twisted this one into another rocky pathway best enjoyed in daylight as part of a 6 mile afternoon jaunt.

We're closing in on the homestretch once we cross 93. By now we're running very little, most parts of the trail are too steep up or down for my tender knees, but we're still cruising faster than most people hike except on the uphill where I think we were now humbled into the speed I see most Saturday hikers doing. Now it's easy, 1.6 miles up to Lonesome Lake Hut and we're there! This is the Hut they recommend for children since it's so easy to get to. We tried to remember that as we headed up on what seemed like the longest .8 mile hill I could imagine. It's now well past 1 am and we're beat! Lonesome Lake seems like a beautiful spot, we'll have to come back and see it in daylight. As we circle the lake to the Hut we begin to realize that we'll make it.....oh yeah, we still have to hike that 1.6 miles back to Sue's car which we passed on 93. We make a wrong turn on the way back and inadvertently shorten our return by .2 miles which means the return is that much steeper, just what we need.

Whew, the hardest thing either of us has ever done. 54 miles in all, a little over 24 hours of running, hiking and walking. We're really perfect running partners which is great fun. It's three days later and we're walking normally, Sue ran her Women's Wednesdays fitness camp that evening and I went out for a little jog. The sad part is I'm thinking we could do it faster next time.....Sue says there's a twelve step program that could help me with that problem.

Just for the record the actual Traverse from Carter to Lonesome took us 22 hours and 10 minutes, (I was optimistically hoping for 16 - 18 hours) the record seems to be 13 hours!! •

Club Documents

By Damian Rowe

It's that time of the year again when we bring our meetings indoors. The Merrimack Y has agreed to host our meetings this year. The dates for our meetings for the rest of the year are: Oct 18th, Nov. 15th, and December 20th. The general club meetings will begin at 7:30PM. Anyone that would like to arrange for guest speakers or presenters during our general meetings, please see any e-board member to coordinate these activities.

My next project will be to gather and electronically store club documents. After working with the board over the past 18 months I realize centralizing documents will benefit the club and provide a great reference to future board members. So, if anyone has a club document or information they would like stored in the GCS's computer, e-mail or hand me the document. Please format any document into Word version 6.0 or a text file. If the document is paper I will scan these papers into the PC. Thanks for your help.

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