



## General Meeting - Minutes

### Executive board

Date: Wednesday, May 21, 2003  
Time: 7:30 PM  
Location: YMCA, Merrimack, NH  
Web Site: [www.gatecity.org](http://www.gatecity.org)  
Forum: [groups.yahoo.com/group/gatecitystriders](http://groups.yahoo.com/group/gatecitystriders)  
Hot Line: 880-9479

President - Bob Pelletier  
Secretary - Dave Delay  
Treasurer - William Farina  
At - Large - Dave Ferris  
At - Large - Sandy Geisler  
At - Large - Bill Gray  
At - Large - Chet Rogers

### New Business

- Gran Prix Update

After the first event in the series, we are a solid second to the Rochester Runners. The second event is the Pack Monadnock 10 Miler on Sunday, June 1. We are hoping for a big turnout on our home course.

Traci Swanbon thinks the Rochester Runners are going for first place this year. Ideally, we can capitalize on our home course advantage to cool their enthusiasm.

- Wednesday Workout Location

We will be changing our Wednesday night workout location to Nashua High School North beginning on Wednesday, June 18. The new Nashua North High School site features a state of the art tartan surface track and ample parking. There is also Mine Falls trail access about a half mile away. Workouts will begin at the same time of 6 PM. Directions to Nashua High North will be posted to the website.

- JP Morgan Chase Corporate Challenge

Volunteers needed for race day, Thursday, June 5. The club gets \$30 per volunteer. See Rich Stockdale for details or sign up at track.

- Club Triathlon

At the 11<sup>th</sup> hour, Tom Conley has volunteered to be our Tri Director this year. Thank you, Tom! Stay tuned for more information on this year's event.

### Tonight's Featured Speaker

Tonight's guest speaker was Master Patrolman Walter Kwiecinski of the Merrimack Police Department (<http://www.merrimackpd.org/walk.htm>). His topic was Running Safety. He discussed general traffic safety tips and addressed women's safety and self defense.

Walter's presentation was very informative with lots of good questions from Striders. Dave Delay captured an outline of the talk and will submit a summary to the newsletter and/or website.

### Upcoming Events

- June 1 (Sun) **Pack Monadnock 10 Miler, Wilton, NH -- NHGP Race #2 Wilton**  
Race Director: Steve Moland, [seniorrunner@aol.com](mailto:seniorrunner@aol.com) or [steve@accessp.com](mailto:steve@accessp.com)  
Volunteer Coordinator: Sandy Geisler, [nhgeisler\\_sandy@adelphia.net](mailto:nhgeisler_sandy@adelphia.net)
- June 3 (Tues) Fitness University clinics begin and continue through mid-July.  
Strider help always welcome. Check the web site for dates and locations.

- June 5 (Thurs) JP Morgan Chase Corporate Challenge, Boston, MA. Volunteer Coordinator: Rich Stockdale.  
GCS gets reimbursed for volunteers.
- June 18 (Wed) 10th Annual Louise Rosetti 5K, Beverly, MA , **[www.northshorestriders.com](http://www.northshorestriders.com)**  
Women only. Louise is a GCS member and local running legend. Please support her race.
- June 21 (Sat) Mt. Washington Road Race. Coordinator: Dick Bersani, [dick\\_bersani@waters.com](mailto:dick_bersani@waters.com)