

Gate City Striders

Website: www.gatecity.org
Forum: www.gatecity.org/cgi-local/ultimatebb.cgi

General Meeting Minutes

Date: November 19, 2003
Time: 7:30 PM
Location: Merrimack YMCA

Club Business

- **2003 NH Gran Prix** (Bill Farina). Bill thanked all the Striders who participated in the NH Gran Prix this year. Your dedication made it possible for us to reclaim first place. Tracy Swanbon reminded us about one Strider's extraordinary effort. Rich Stockdale ran every Gran Prix event and scored 69 of a possible 70 individual points. Please remember to thank Rich next time you see him. After the meeting, Bill handed out scoring and participation checks. Unclaimed checks will be sent in the mail.
- **2004 NH Gran Prix.** The first race is the Millenium Mile, December 28, 2003 in Londonderry.
- **Newsletter stuffing** on Monday, December 1 at 7:00 PM at Bob Pelletier's house in Nashua.
- **20th Annual Mill Cities Relay** is Sunday, December 7. Phil Quinn will be there. Jane Levesque and Warren Church will be running the race for the 20th time. Please use the new Strider forum to organize teams. Registrations are due by December 4. See www.millcities.com for other details.
- **2004 Freeze Your Buns series** will be in Litchfield again. Bill Farina is returning as series director. Tentative dates are Jan 4, Jan 18, Feb 1, Feb 15 and Feb 29. Please see Bill to volunteer to direct a race.
- **Eboard elections** are scheduled for the February general meeting as usual. Damian Rowe will be on the Nominating Committee. Tracy Swanbon and Brian Sanborn volunteered to help Damian. If you are interested in running for a seat on the board, see the December / January newsletter for more information.
- **New StiderWear** (Kathy Kirby). Kathy needs to place an order for some new Strider jackets. She showed us two different styles: 1) the traditional Strider warm-up jacket, and 2) a lighter, more breathable running jacket. Approximately 20 of 35 members in attendance said they would buy the second style. Kathy plans on purchasing jackets soon. She expects members' cost to be \$55 to \$60. This includes the cost of screening the Gate City logo on the jacket. Kathy is also investigating long sleeve shirts. She suggests looking at the long sleeve crew neck shirt at www.sporthill.com for a sample.

Guest Speaker

Mike Sarro discussed "Year Round Training". Mike is a USA Triathlon (USAT) and US Olympic Committee (USOC) certified coach. He is founder of the Athletes Den (www.athletesden.com) and New England Multi-Sport Academy (www.nemultisport.org). He is also head coach for Hillside Junior High Track and XC in Manchester and he coaches the Granite State Flash. Last but not least, he is himself a competitive runner and triathlete with 20 years experience.

Mike's presentation stressed the importance of nutrition for endurance athletes. He discussed the importance of maintaining your long run during the off-season. He also emphasized the benefits of cross-training and strength training. If you missed the meeting, you missed a lot of great information on training.

Next General Meeting: December 17, 7:30 PM at the Merrimack YMCA