
MISSION STATEMENT

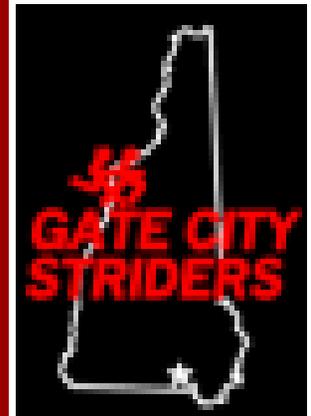
The Gate City Striders are an athletic and social organization dedicated to the promotion of running and fitness at all levels.

Members vary in ability from beginning joggers to competitive marathoners.

Membership in the Gate City Striders is open to runners, triathletes, race walkers, fitness runners and anyone else interested in exercising their way to better health.



GATE CITY STRIDERS



RUNNING CLUB

WHO WE ARE?

The Gate City Striders is more than 700 members strong. Perhaps you have seen us on local roads, at a race, or in the news. We are an active group and we have fun while staying in shape. We are the Gate City Striders running club serving Southern New Hampshire and the Merrimack Valley. We offer something for every type of running enthusiast, be you a fitness or recreational walker, race walker, beginner jogger, competitive runner or elite athlete.

WHY BECOME A MEMBER?

The many benefits of becoming a Gate City Strider include;

Club Coaching: Access to Nationally acclaimed "best in class" coaching services for members who want to take their training to the next level.

Entry Fees: Striders who complete 3 or more NEGP races and are members of the USATF will be reimbursed for entry fees to all NEGP races.

Striding Along: Bi-monthly newsletter including club news, race coverage, wellness info and featured articles.

Club Events: Guest speakers at club meetings, post race barbeques, annual awards dinner and many more.

Scholarships: Two (2) scholarships are awarded annually.

Boston Marathon Bus: Guaranteed seating on the best way to and from the Boston Marathon. Hot shower and post race party included.

TRAINING / GROUP RUNS

Group runs have been organized by Strider members and are also a great way to get to know other runners in the community. Check-out our on-line forum and website for more details and contact information.

Track and Trail Workouts: These are club-sanctioned, coached workouts for all levels and abilities. They are every Wednesday evening from early spring until late fall.

Weekend Long Runs: Year-round group runs of varying distances and abilities. Groups meet in Hollis, NH every Saturday morning, rain, shine, sleet or snow.

Indoor Winter Track Workouts: Join fellow Striders during the cold winter months at the Hampshire Dome in Milford NH.

SOCIAL EVENTS/VOLUNTEERISM

Fitness University: Established in 1989, this free running fitness program for children ages 3-14 is dedicated to promoting fitness and fun.

Applefest 1/2 Marathon: Hosted by the Gate City Striders this event provides a beautiful, scenic, rural New England course in peak foliage season in Hollis, New Hampshire.



Mill Cities Relay: Since 1984 the relay is a celebration of the sport of running and provides camaraderie between running clubs.

Group Training Runs: Group runs available for all ages and abilities.

Membership Meetings: On the 3rd Wednesday of every month, membership will gather to discuss what is top of mind regarding the club.

HOW DO I JOIN?

Goto www.gatecity.org and follow the link "How do I join?".

GCS TRIAD RACING TEAM

The GCS Triad Racing Team is poised to compete at a high level both regionally and nationally in the USATF-NE Grand Prix, the USATF-NE Mountain Circuit, the USATF-NE Cross Country Championships, the Mount Washington Road Race, the Boston Marathon, the Mill Cities Relay, the Winnepesaukee Relay and many more road, track and trail races.



USATF NEW ENGLAND GRAND PRIX SERIES - 2008

New Bedford 1/2 Marathon (3/16)

Medical Center 6k (5/11)

Rhody 5k (6/1)

Yankee Homecoming 10 mile (7/29)

Bridge of Flowers 10k (8/9)

Ollie 5 mile (9/6)

Baystate Marathon (10/19)

NH GRAND PRIX SERIES - 2008

Nashua Soup Kitchen 10k (4/13)

Bedford Rotary 12k (5/17)

Pack Monadnock 10 mile (6/1)

Bill Luti 8k (6/19)

Old Home Day 5 mile (8/9)

St. Charles Children's Home 5k (9/1)

Race for the Fallen 5k (10/19)

For more information e-mail gatecity@gatecity.org