

Youth Running

Once again we will be preparing our Youth members to participate in the USATF Junior Olympic Track program. This program begins with an Association meet on June 15th, possibly at No Andover, Ma, a Regional meet at Mitchell Field, Long Island on June 21st, and ends with the National meet on July 23rd thru 28th at Omaha Nebraska for those that qualify. Track workouts for those Gate City Strider Youths planning on participating in the USATF track program will begin on Monday, April 22nd and will be twice a week Monday and Thursdays at Nashua High School. Monday workouts will be at 3:30 on the Mine Falls trails and Thursday workouts will be at 5:30 at the High School track. Workout schedules are posted on the Youth section of the Club's Web site. In addition to the USATF meets, we will participate in several other youth track meets in the area. A new youth membership has been established by the Club. Family membership remains at \$25, while an individual Youth (14 and under) membership is now available at \$10.

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The inaugural run is scheduled for Mother's Day, Sunday, May 12, 2002—and will be the first 6K road race ever in New Hampshire. Bill Rodgers, one of running's greatest ambassadors and proponents will be the Grand Marshall, as well as a participant in the race. Runners are sure to enjoy The Medical Center's new downtown Nashua 6K course that winds through city neighborhoods, passes The Nashua Country Club Golf Course, cuts through the Rivier College campus, eventually folding back to The Medical Center. Walkers will circle our Medical Center "Fit Trail" twice, covering a distance of 2.4 miles. *The Medical Center 6K For The Kids* has something for everyone. All proceeds from this event will go to sponsor **the Gate City Striders' Fitness University Program for Kids**.

With the endorsement of one of the areas leading health providers, I believe that the Fitness University Program has almost all the key elements in launching our mission into the 21st Century. However, the last component which will help to make this program a success is your participation and continued support.

Samantha Moland

By Rory Duyon, Editor Lancer Spirit at Londonderry High School

It all started in third grade for LHS junior Samantha Moland, when she ran in a fitness program called Fitness University. Now, eight years later, Sam is the heart of the girls track team distance runners. Sam runs through all three seasons of the school year. She runs cross country in the fall, and track in the winter and spring. After starting with Fitness University, Sam moved on with running. "(Running) stuck with me when I had a chance to be part of the South School [elementary] cross country team" said Sam. Since she began running back in third grade, Sam has gone on to qualify for the high school state meet as a freshman and as a sophomore in both winter and spring seasons. She even ran the 1000m even at the New England championship. Sam has developed an intense love for running. "My favorite parts of running are training with my teammates, and the feeling of accomplishment I get from it," said Sam. Besides being an ace in her running shoes, Sam works hard to do very well in school. Through honors and advance placement classes, Sam has accomplished high honors or honors every quarter of her high school life. It's easy to see that Sam has been successful on and off the track. "To be successful in anything you need determination and you have to believe in yourself," said Sam. However, like any great athlete, Sam hasn't done it all on her own, and give lots of credit to her coach, Mrs. Sanborn. "She's been my coach since seventh grade," said Sam. "Being a former runner, she can understand me well." This year Sam is looking to do whatever she can to help the team win. She's very excited about the season and hopes to qualify for the state meet for the third year in a row.