



President's Column

By Steve Moland

I just went to put a few more items on my calendar for the coming year and took note of the fun things that lie ahead. There are the usually family things which don't involve running, but biking, camping, fishing and whitewater rafting with a scout troop sure make for good alternate cross training for both the body and the mind. If I step back for moment to reflect on what's going on, I guess it all about "doing". For me, Nike's "Just do it!" is only preaching to the choir because it just seems natural to go do things, but for some others it's real easy to go through a whole year without many memorable events if they always wait until the Wednesday before a weekend to decide what they are going to do. Many of the potential options have gone by the boards by then. Somewhat tied to the point I'm leading to is an observation you can make on Wednesday night at the NHS track and Mine Falls workouts. You'll see lots of little groups of friends talking and running together. A few of those groups were formed on Wednesday nights but many of our running friends became that way because we "discovered" each other at events, this year's opportunities are no different. You've read about both the USATF New England and NH RRCA races series but there are lots of event that are more than just toeing the starting line and running for 20 minutes to a few hours. These other events provide some of the memories that I mentioned earlier and the best way to get those memories is to plan to go to the events "ahead of time" and make a commitment to others in a group that you will be there. Even if you don't know some of the others before you go you will know more club members by the time you return. Here's only a small sample of where I know various groups will be going. In September, a group of 10 masters runners will be running 170

miles in 24 hours or less from Idaho Springs Colorado to Glenwood Springs Co in the Colorado Outward Bound Relay. This event features an absolutely stunning running environment and more teams are welcome to go. In the third week in August some of us will be back in NY's Catskill mountains to run the 100 kilometer Catskill Mountain Relay. We a blast there a few years ago. (*See Catskill Mountain 100K Relay, February 1999 Striding Along*) This is real Washington Irving - Headless Horseman - Sleepy Hollow country . Both of these events will have club members who are not the club speedsters and teams can be formed for open, masters, seniors and the teams can be co-ed. If you think that these are like the Winnie or Mill City Relays where some of your team members shows up just before their assigned legs then leaves right after, you'd be wrong. These events are events where the excitement continues during the whole time as each team has two support vehicles following the entire course and for the longer relays, each runner runs multiple times over the course of the event. (*See MT Rainier to the Pacific Relay in August 2000 Striding Alone for a similar fun scenario*) The road trip to/from a relay is often fun because of extra stuff thrown in. Colorado involves a plane ride, but the Catskill relay is only 45 minutes from the end of the MA turnpike. At the end of July a few dozen members and some non-running significant others, attend the Peaks Island 5 mile race on a pretty island in Portland harbor Maine. The weekend goes something like this. Arrive in Portland ME around suppertime on Friday and check into a motel. (Some drive up very early Saturday morning). Friday evening we descend on Portland which has a neat restored

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