

Upcoming Events

Team Captains Needed For 2002

The Gate City Striders Racing teams are still looking for Captains for the 2002 Racing Season. Recent volunteers have filled some of the open positions, but we still need 2-3 Male Open Team Captains, 2 Male Masters Team Captains, 2-3 Female Open Team Captains, and 1 Female Seniors Team Captain. Additional captains in other divisions are welcome as well.

Duties of the team captains are to organize teams for the Lake Winnepesaukee and Mill Cities Relays. Organization of all other teams is done by email, web site, newsletter, and announcements at our weekly workouts. By having multiple captains in each division, the amount of work involved is minimized.

You do not need to be fast to be a team captain.

The Male Open Team Captain (me) is still trying to break 22 minutes for 5K after starting running again 3 ½ years ago.

Upcoming Team Events

Belmont 10 mile on August 10th is the next New Hampshire RRCA Gran Prix race. Lake Winnepesaukee Relay is also the New Hampshire RRCA Relay Championship The relay is on Sept 21st and will be followed by our annual cookout. For those of you that like Cross Country, the Coe Brown XC Race on Sept 8th is the NH RRCA Championship.

The next two USATF Gran Prix races are the Mill City 5k on Sept 8th and Ro-Jacks 8K on Sept 29th.

Gate City Striders Annual Golf Outing (Cookout after*)

Sunday August 18, 2002
Buckmeadow Golf Course
Route 101a Amherst NH
Tee Times around 10 am

Cost includes Golf green fees and the cookout

9 holes \$20 18 holes \$31

Golf Cart Rental

9 holes \$10 18 holes \$20

(but whoever heard of a runner getting a golf cart?!,,.,, Yeah right!)

The format for the course will be a SCRAMBLE**

So come on out and TEE them up. You can call:

Tom Raiche – 603 594-2416 Bob “Bubba” Thompson – 603 595-8932

Please cut these duffers a break and contact them BEFORE Wed. August 7

* = Cookout at Rich MacDonald’s, 89 Great Brook Rd, Milford NH 03055

** = Officially this means everyone hits their drive, the team decides which is the best ball to play and then everyone hits their second shot from there. The process repeats until the balls are all in their cups***. Unofficially, scramble is just a comment on how poor some of the runners play.

*** = With an intention of getting an early start on Novemberfest, many of the attendees will probably be “in their cups” by 3 pm.