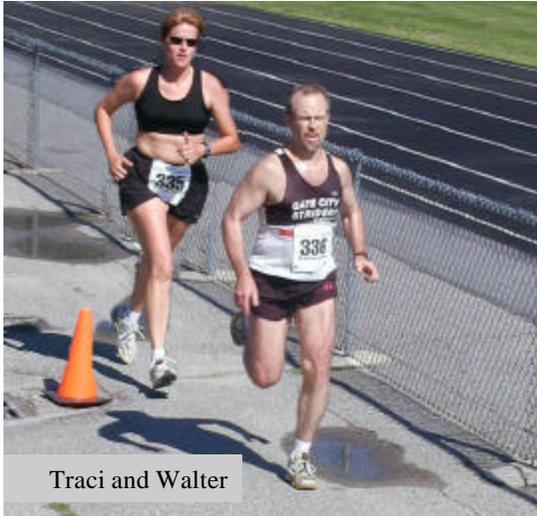


## New Hampshire Grand Prix Competition Heats up at Bill Luti 8K

Despite it being vacation time, the lure of the beach and/or mountains did not deter many Gate City Striders from turning out at the highly competitive and popular Bill Luti 8K in Concord.



Traci and Walter

Perfect summer conditions saw the “home team”, Granite State Racing Team, dominate in male and female open and masters categories; more than enough to take the win with 116 points. The Rochester Runners also had a massive turn out and a balanced attack in all categories; to match our 91 points in a tie for 2<sup>nd</sup> place. Athletic Alliance and Greater Derry Track Club also had a nice showing.

The good news is that we are still in the overall lead, in the series but the gap is closing. It is quite obvious that our competition has done some heavy (and somewhat questionable) recruiting of late. It's almost like the NY Yankees; every time you turn around they've acquired yet another talented and expensive player.

What can we do? Recruiting highly competitive runners has never been the Gate City Strider's forte. Do we fight fire with fire? Not necessarily; but it wouldn't hurt to spread the word. Looking at the Gate City Strider results over the last year or so, it is quite clear that our open categories have far fewer participants than master, seniors, or even veterans. Yes, this is a nationwide problem for the running community but it appears to be an especially acute one for us. Maybe if we can wrestle the computer games and lap tops away from a few Gen X and Gen Y types, long enough to inspire them to join us boomers, they will find out what we already know: that running is not only a healthy endeavor but participating, planning, competing, and achieving success in a group (and individual) effort is a fun and rewarding experience.

See you at the Sandown 5 Miler on August 9th and the Frankestown 5 on September 1<sup>st</sup>.

Walter Swanbon



Heidy and Rich



Shu and Mary

# The New Hampshire Grand Prix Series

## Team Standings after 3 races

Gate City Striders	281
Rochester Runners	255
Granite State Racing Team	230
Monadnock Regional Milers	121
Athletic Alliance	96
Greater Derry Track Club	73
Coastal Athletic Assoc	29
White Mountain Milers	15
Club New England	0
Lake Sunapee Running Club	0

The scoring system is interesting in that it rewards both good performance and active participation, yet does limit (to a degree) a larger club from dominating by sheer weight of numbers. What is important to remember is that in many divisions a significant number of points are scored by second, third and fourth pack runners. This is particularly true in the senior and up divisions

Within any division only 3 runners from a club may score. These are called "Scoring Runners". If a division has 8 or more Scoring Runners, the points are awarded to the Scoring runners from the "Top Down" starting with 10 for first, 9 for second, etc.... down to 1 point for the tenth Scoring Runner. However, if a division has 7 or less Scoring runners then the points are awarded to the Scoring Runners from the "Bottom Up" starting at 3 points for races with a length of less than 12K and 4 points for longer races. This slight tweak is so that a disproportionate number of points are not given to the winner of a division with only a few finishers. Without the tweak, a lone 75 year old walker would get 10 points in an easy 5K which could be the same points earned by the overall winner of a hard 10 mile race in a very crowded division. Never the less, the lower points do recognize participation and very often those points can decide the seasonal championship, so ALL club runners can help their clubs.

### GCS Scoring and Participation Pool:

\$2 per point scored for each GCS member per event to be awarded at season end by check or Striderwear credit. Participation pool shares to be distributed as follows: \$50 for 7-8 NHGP races, \$30 for 5-6 races, \$20 for 4 races. Pool shares to be awarded at season end. Scoring and participation pools are combinable.

### The Grand Prix Bread Winners

Richard Stockdale	29 points	\$58	Denis Tranchemontagne	7 points	\$14
Bill Gray	18 points	\$36	Tom Kolb	6 points	\$12
Yuki Minami	17 points	\$34	Kathy Kirby	5 points	\$10
Jack Kick	12 points	\$34	Marie Mullins	5 points	\$10
Pat Kiesselback	15 points	\$30	Peter Shajenko	5 points	\$10
Heidy McGaffigan	15 points	\$30	Bill Springer	5 points	\$10
Pam Hall	13 points	\$26	Steve Hunt	5 points	\$10
Kristen Ewing	12 points	\$24	Carl Hefflefinger	4 points	\$8
Geina Sanborn	12 points	\$24	Aline Kenny	4 points	\$8
Shu Minami	11 points	\$22	Lisa Christie	4 points	\$8
Trevor Ward	10 points	\$20	Thomas Parker	4 points	\$8
Bill Spencer	9 points	\$18	Andrea Pierce	4 points	\$8
Heidi Haveron	9 points	\$18	Terry Kenny	3 points	\$6
Lori Lambert	9 points	\$18	Brain Coates	2 points	\$4
Diane Quinlan	8 points	\$16	Peter Vendituoli	2 points	\$4
Julie Hanover	7 points	\$14	Traci Swanbon	2 points	\$4
Brain Stevens	7 points	\$14	Walter Swanbon	1 points	\$2