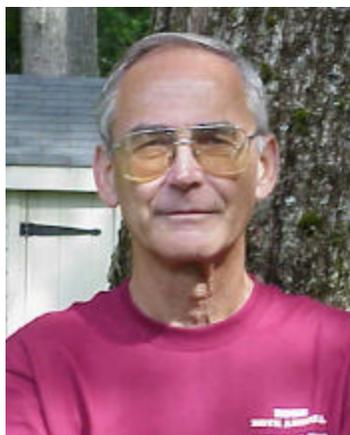


**Editor's Column  
By Bill Spencer**



This issue is dedicated to the memory of member Moe Noonan who passed away recently. If there was a race within 100 miles of Nashua, it's a good bet you would see the smiling face of Moe Noonan there. If you went to the encyclopedia and turned to the page describing a warm recreational friendly runner who just liked being out there, you would find Moe's picture....and that is how the Striders will remember Moe Noonan. In year's past, the results section of this newsletter would have special section called "Moe Knows" which would list the many races that he had run in. The New England Running Community will miss him.

On a lighter note, this year's Novemberfest was once again a resounding success, despite having to change the race course. Bob Thompson deserves the Clubs thanks for managing this event. Bob's normal Randun Thoughts column is missing from this issue as he is still recovering from the time he spent at the "water" stop. Hopefully his column will return for the next issue.

This issue also has the details on our Winter party. If you are planning on attending, please return your reservation form to Dave Ferris so he can get a headcount. Also, take note that the Freeze Your Buns races are returning to Litchfield for this winter, with first race on Jan 5th.

Lastly, congratulations to our Strider Youths, and thanks to our Strider adults, who spent the time to train them. Many of them are heading for the National Cross Country Championships on Dec 14th in Carrollton Georgia.

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders  
PO Box 3692  
Nashua NH 03061.

Visit our Web Site  
**WWW.GateCity.Org**

USA Track & Field Club # 157

**Our Mission Statement**

The Gate City Striders is 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 meetings**

Merrimack YMCA  
3rd Wednesday of month.

**Track workouts**

Wednesday nights, Stellos Stadium, April thru October. Weekly runs at Pennichuck JH starting the end of October





## President's Column

By Steve Moland

We're coming up on our final business meeting of the year 2002 on Wednesday December 18 at the Merrimack YMCA at 7:30. This fall, all our meetings have been very well attended and our guest speakers have been very informative. The upcoming meeting should be no exception with a representative from the New England Brace Company there to enlighten us on the subject of orthotics. If the other meetings this fall are any indication we should come away from that meeting with more resources to keep us in better running shape.

At our September meeting Ginny Jackson introduced us to yoga, which would seem to be a perfect cross training for us. It was much more physical than I'd imagined and the stretching is just what our running muscles need.

In October Jack Davis and Jeanine Sylvester from Runner's Alley of Manchester and Portsmouth presented a session about running shoes. Ya Ya, we've heard or read it all elsewhere, BUT the three shoe company representatives they brought with them really got to the sole of the matter. Of course, there are many different needs each of us has when it comes to the proper shoes. These needs are addressed by a myriad of fancy names for the materials and constructions of various parts of a running shoe. Here's my take of what I heard.

If it doesn't feel good in the store it won't get any better later. Modern running shoes don't require much, if any, break-in period. A larger shoe is generally better than a smaller one and a smaller shoe isn't likely to get bigger down the road. If your toes turn black or get sore, the shoe generally isn't long enough. This is a consideration for the many people who have one foot larger than the other. I.E Make the smaller foot comfortable. If the heel of the shoe is too narrow, your foot tends to slide forward. It's clear to see why one should buy their shoes at a place that knows RUNNING

inside and out because while this stuff seems like common sense, many of us don't think of this as much as we should when we shop.

What do we think about when we shop? Well, often the wrong things. Derek Wallace, the rep for Asics said something that Kane Williams of Mizuno also mention to a lesser degree, "We don't do well in Malls" (Meaning Asics and Mizuno). Why? Derek said that Asics is a technical shoe company and they build shoes to solve problem.

Derek went on to explain the technical issues involved in running shoes. He explained the shoe parts and theories behind the engineering. While Asics did have some special features, Derek talked about generic design features found in Adidas and Mizuno shoes as well. All the reps keep the talk to a sales pitch of buying the right shoe for you and me and not about "Buy mine".

All of the interesting design features would take too much space here, but they are important to our consideration of a proper shoe. (The speaker at next month's meeting will talk about orthotics and the "whys" of orthotics and how they tie closely to the reasons for shoe design.)

If you are an over pronator (come to the next meeting if you don't know what this means) which a larger percentage of runners are, your foot rolls too far inward before your push off. Generally the inside of the running shoe from the heel to the mid sole is design to stop some or all of the roll inward. On some shoes you may notice that there is extra beefy material coming up the side from the sole. It may go all the way from the heel to the mid sole or it may go only part way. The length of this part of the design does mean something to each of us individually for the amount of overpronation that needs to be corrected varies.

*(Continued on page 5)*

(Continued from page 4)

If you think all this stuff is technical bunk “designed” to sell shoes, you’d be wrong. A great many running injuries are way too common in a group of runners because they are wearing the wrong shoe. When you buy your next pair of shoes, set aside some time to find the right shoe for you with a pro like Jack Davis at Runners Alley in Manchester.

Our November meeting brought Julie Lavoie, a registered dietician at Southern NH Medical Center, and a distance cyclist. The part that I found interesting was how plain water, while it is good for you, it does not contain the electrolytes our body needs to help absorb the water. So drinks like Gatorade are import during prolonged physical exertion. Another interesting thing is that too many carbohydrates during exercise can hinder our absorption of the nutrients we need during that physical exertion. So the expression “if a little is good, a lot must be better” doesn’t seem to apply if we over indulge in Power-gel, Gu, Hammergel or whatever we distance runners choose for our portable fuel.

By now all of you should have received the survey we sent to get feedback on our member’s preferences for activities, club information resources, volunteerism and other subjects. In just a short time many of you have completed the survey and mailed it back. I say that statistically, you’ve responded beyond the expected curve for such things. Thank you. It will take a while to records and tally the results and we

will publish the results on the website and will have copies available at the general meeting after the first of the year.

If you haven’t received a survey, or misplaced the one you received, please go to [www.Gatecity.org](http://www.Gatecity.org) and you can download a copy, which you can complete and mail in. This is very important for all of us.

Lastly, a number of the members who run marathons have decided that it would be nice not to have to try to get in long runs in July and August so we can be properly trained for a fall marathon. Instead of a fall marathon, we’re planning to run the Disney Marathon during the 2<sup>nd</sup> week of January 2004. Enough members have expressed a desire to do this so perhaps we can elevate it a club group event. This means we can train in more comfortable weather and not miss some of the fun event in July or August that we’ve had to forego. This road trip to Disney is also a prefect destination for spouses and significant others. There is a half marathon and 5k race for those who don’t want to run a marathon. The January date still leaves time to train for Boston. Airfares to Orlando are usually very reasonable. If you’re interested in joining in on this club road trip please let me know. Oh, when is decision time on this? ALL events are booked full by July. Registration opens up MARCH 1<sup>st</sup>, so we need to be ready to sign up.

## **BOSTON MARATHON BUS TRIP**

It’s that time of year to start planning for the Boston Marathon, by the time you receive this notice, most people who plan on running the marathon will probably already have started their training. Once again the Gate City Striders will provide motor coach transportation to the starting line in Hopkinton Ma, along with a post race party at the Hotel Buckminster in Kenmore Square. This trip is a favorite with both runners and spectators alike and allows for a hassle and stress free ride to the starting line and a relaxing ride home. As in the past, showers will be available and a post race feed will take place in the hotel. Anyone is welcome to come. This trip is limited to 47 people and reservation will be on a first come first served basis, however, people who rode last years bus will be guaranteed a seat if their application is received by Feb 28, 2003. The cost is the same as last seven years \$35.00

For more information contact Jim Belanger at 595-1870 or e-mail at [Jbelan1552@aol.com](mailto:Jbelan1552@aol.com)