

Freeze Your Buns Is Here Again! 5 MILE & 5K



Get Ready for the GCS' Freeze Your Buns series.

Keep warm this winter with GCS' sizzling hot race series - Freeze Your Buns.

Last year we had a terrific turnout and a lot of fun. The FYB is set to go thanks to our five volunteer race manager teams: Pam & Roger Hall, Gerry and Robin Rocha, Dave Ferris & Bill Juris, Pat and Jim Belanger, Gordon Burnett & Peter Vendituoli. The dates are Sundays: Jan 5, 19, Feb 2, 16, and Mar 2.

The venue is the same as last year, with registration starting at 8:15 at Talent Hall located at Darrah Pond in Litchfield. Darrah pond is located at the intersection of Albuquerque Avenue and Woodhawk Drive, about 300 meters from Campbell High School. Both the 5k and 5 mile races will start at 9:00.

The cost for the race is \$3 for members and \$4 for non-members. This year we are adding a new twist to the scoring of the 5 races this year where we will give each runner points as a percentage to the overall winner. These will be tallied toward a season end championship. One deep in each age category. Race managers, so as to not be left out, will draw a "bye" for the races they manage. They will get a "bye" score equal to the best score they run in the series.

Be sure to check the Club Web Page for the latest information on the series

Youth Running

This has been an other very successful Fall season for the Youth members of our Club. On the High School level, Ashley Morgenstern had an outstanding first year with Pinkertin Academy , while Michelle Weysham enjoyed similar success at Hollis Brookline High School. Both girls were named to the All State Cross Country roster. Just missing All State was Kim McAuliffe, who was consistently in the top one or two positions on the Nashua High School team. At Bishop Guertin, Amanda Pelletier and Nicole Terenzoni were joined by former Strider Kirsten Green to form the backbone of that squad. Michelle Buechner had an outstanding year running on the BG Junior Varsity team. On the boys side, Mike Neville was one of the mainstays of the BG team as a freshman. At Nashua High School, Mark Fraser had an outstanding freshman season, as did Andy McQuaid, Ryan McCarty, and Patrick Rush.

At the Junior High level, our youth were spread through out many schools, with the biggest concentration being at Nashua Catholic. That School won the State title for small schools with a team that consisted of Striders Lauren Brady (1st), Lindsey Miller, Samantha Buechner, Kim DeCosta and Brittaney Plante. They beat the Pelham team that had Strider Tahlor Marchi as one their top runners. On the boy's side, Nashua Catholic took second place, being paced by Patrick McCabe's sixth place finish, just behind Strider Alex Karwoski of Hollis. Craig Pelletier's finish helped to secure the teams second place. The 5 and 6th grade Championship was won convincingly by Ashley Neville while in the Boy's race, Chris Merra just got edged out for the gold. The large school championship was also dominated by Striders. The overall winner was Nicole Slane, while Striders Chantal Croteau , Allison Pinal and Kellie Oberholtzer rounded out the top ten. Nicole Wheeler was in tenth place with about 600 meters to go when she fell and dislocated her hip. I should note that she was back running in less than a week. The next eleven spots saw Mindy Adams, Madeline Trolan and Juline McGuirk cross the finish. On the Boy's side, the Overall winner was Anthony Merra with Strider Mike Peabody in eighth place.

The next set of races for our Youths was the Junior Olympic Cross Country program. Most of our youths participate in this program through the Nashua PAL Club, while the other participate through the Granite State Flash Club. Both Clubs have Striders for the majority of the coaching. On Nov 17th, the NE Association Championship was held. In the Bantam (8-10) Division, Caitlin Rush and Mari Littleton placed first and second to lead their team to the Championship. Other Striders on Bantam teams were Erin Brady and Meredith Peabody. Monica Vendituoli ran as an individual. Luke Lavash's 7th place finish paced his team to first place. Also running were Douglas and Gordon McQuaid, Kyle Trolan, and Nick Fischetti. The Girl's Midget (11-12) division was the next to go. The Pal Teams took the first two places, followed by the Flash. The first place team consisted of Ashley Neville (2nd), Allison Pinal (3rd), Madeline Trolan (5th), Lindsay Panny (6th) and Chantal Croteau (13th). Also in the Midget race were Lindsay Ferris, Kirsten Millett and Cristina de Bruyn Kop. The PAL Midget boys came in second, with Patrick McCabe and Alex Karwoski placing in the top seven places. Also in the race were Chris Merra, Ian McQuaid, Alex Prolman and Alexander Werne. The Youth girls were next up. The PAL team was just edged out of first place in a tie breaker by the team from North Kingstown. The Pal team was led by Lauren Brady (1st), Nicole Slane (3rd), Michelle Weysham (8th), Ashley Morgenstern (11th) and Kim McAuliffe (16th). Also in the top 25 were Juline McGuirk, Mindy Adams, Brittaney Plante, and Nicole Wheeler. Samantha Buechner, Kim DeCosta, Noelle Horelik and Kaitlin Burnett rounded out the scoring by Striders. In the boy's race, Mark Fraser was the first strider to place, coming in second for the winning PAL team. Anthony Merra's 7th place finish led his Flash team to second place. Other striders on the Flash team were Ryan McCarty, Nick Karwoski and Michael Neville, while Andy McQuaid and Michael Peabody rounded out the PAL team.

For those teams and individuals that qualified, the next step was the Region 1 meet the following week-

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StriderWear



Happy Holidays Striders!

We have a new shipment of black "pocket pants" zippers at the ankles. These are figure flattering and comfortable. The pants are first quality like all Strider wear and value priced at \$35. Currently available sizes are medium and large, but we will be ordering small and XL shortly so give us a ring as they will be in before Christmas!

Also re-stocked are the very popular "ultimate bags" for carrying everything you need to the gym or the races. The two best features everyone likes are the "shoe garage" and the handy toi-

leties kit that is included and snaps in and out for keeping you well-organized. No more digging around for your soap, toothbrush, etc. These bags are embroidered with the GCS logo and extremely rugged. A great gift idea for only \$40.

Since the cold weather is here, don't be caught without the GCS club jackets! These are fleece lined and have a thick nylon outer shell. The logo embroidery is first rate. We are well stocked with all sizes. Makes an wonderful gift for \$55.

Finally, we have new singlets in for men and women. We received them back in September (finally) but the quality is great and members are happy with the updated style and price held to \$20.

Now that track is over, you can see all the Strider wear at the monthly meetings. The best way to reach me is to call me at (603) 465-3868. Merchandise pick-ups/drop-offs can easily be arranged.

C-ya on the roads!
Kathy !

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end. The Bantam girls were again led by Caitlin (2nd) and Mari (3rd) but lost to the NY Novas by 10 points. The Bantam boys suffered the same fate, also losing to the Nova's by 10 points. Luke Lavash's 16th place was the best strider finish. The Midget girls, although running very well ran up against the best midget girls team in the country to take second place. The Argle Lytes scored a perfect 15 to win. Ashley was the first strider for PAL, with Lindsay, Madeline and Chantal no more than 15 seconds behind her. Allison was a mere 30 seconds behind Ashley after recovering from an elbow to the chest early in the race. The PAL midget boys also took 2nd place and were paced by Patrick in a solid second place finish, with Alex placing ninth. The Youth girls avenged their loss of the previous week with a 4 point win over North Kingston. Strider finishers were Nicole Slane (3rd), Lauren (5th), Michelle (13th), Kim (19th), Ashley (25th), Mindy (36th), Brittaney (39th) and Samantha (47th). The Flash turned the tables on PAL in the Youth boys race by finishing second to PAL's 3rd place. Striders on the Flash team were Ryan (14th), Anthony (15th), Michael (26th), and Nick (28th). Mark was the first Strider on the PAL team, leading all Striders with his 10th place finish. Andy (29th) and Michael (38th) were the other Strider scorers on the PAL team.

The kids, with their Strider coaches are now off to the National in Carrollton Georgia on the 14th of December.

BIGELOW CHIROPRACTIC CENTER
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Race Results

Nute Ridge Half Marathon Farmington, NH 11/10/02 9 Tom Kolb 1:28:25

Run For All Ages 5K Wakefield, MA 11/10/02 Nicole Slane 1st Female 15 Nicole Slane 18:12 38 Carl Hefflefinger 19:15



56 Ashley Neville 19:54
58 Bill Spencer 19:59
64 Nicole Wheeler 20:20
66 Lindsay Panny 20:25
87 Brittane Plante 20:47
133 Gordon Burnett 22:26
152 Kristen Millett 22:50
160 Shu Minami 23:00
161 Bill Engle 23:05
162 Caitlin Plante 23:06
177 Lindsay Ferris 23:44
178 Dave Ferris 23:45
206 Bob Lemay 24:21



257 Kaitlin Burnett 25:56
259 Susan Rube 26:01
278 Allan Rube 26:48
300 Bill Sturgeon 27:21

348 Bob Welts 28:34
409 Mary-Jo Cody 32:18
473 Louise Rosetti 42:23

Fall Into Fitness 4 Miler Hampstead, NH 11/9/02 4 Mike Hampton 23:20

Vlasich Classic 5K Candia, NH 11/9/02

7 Peter Venditoui 19:51
16 Lori Lambert 20:23
22 Damian Rowe 20:54
31 Julie Hanover 21:45
126 Monica Venditoui 26:52

Rafferty's Pub 5 Miler Marshfield, MA 11/3/03 20 Jim Belanger 30:32 217 Patricia Belanger 43:14

Santa Fund Run 5K Nashua, NH 11/3/02

Heidi Havron 1st Female
4 Mike Hampton 17:25
8 Joey Rizzo 18:07
10 Don Mccarty 18:16
12 Tom Kolb 18:39
13 Jim Hansen 18:58
14 Trevor Ward 19:06
17 Peter Venditoui 19:26
20 Patrick Rush 19:38
25 Dave Ferris 20:01
27 Heidi Havron 20:07
32 Yuki Minami 20:31
33 Rich Cardin 20:32
34 Chris Martin 20:34
37 Bob Pelletier 20:54
38 Allan Rube 21:00
39 Kristen Ewing 21:12
40 Peter de Bruyn Kops 21:14
43 Tom Conley 21:56
46 John Sennott 22:24
47 Nancy Peabody 22:28
48 Caitlin Plante 22:34
57 Amy Quinnett 22:58
60 Shu Minami 23:09
89 Peg Turcotte 25:42
95 Susan Rube 25:56
98 Monica Venditoui 26:11
99 Gordon Burnett 26:11
101 Edward Auclair 26:20
105 Ed Donovan 26:50
109 Meredith Peabody 27:03

114 Kaitlin Burnett 27:27
115 Gigi Ferris 27:27
117 Karl Patnode 27:33
119 Bill Sturgeon 27:36
123 Nathan Peabody 28:06
124 Mark Peabody 28:13
133 Bob Welts 28:42
134 Linda Panny 28:43
139 Mary Slocum 29:07
141 Allan Sabiski 29:10
144 Lisa Christie 29:33
154 Debbie Auclair 31:17
156 Madeleine LaRose 31:20
159 John Panny 31:38
166 Susan Picard 32:32
184 Ellen Kolb 35:24

Weekend Before Hunting Season 9.5 Mile Trail Race Sandown, NH 11/2/02

17 Thomas Parker 1:05:23
20 Jeremiah Fitzgibbon 1:06:13
58 Matthew Soroka 1:16:20
64 Joselyn Hall 1:17:31
72 Pamela Hall 1:19:02
80 Jonathan Sproul 1:20:21
94 Al Sproul 1:23:19
97 Dave Wendt 1:23:33
108 Colleen Gilbert 1:25:21
120 Annette Marchand 1:28:24
169 Allison Black 1:44:55

White Mtn Milers Half Marathon North Conway, NH 10/27/02 49 Tara Gurry 1:35:56

Shirt Factory 5 Miler Salem, NH 10/27/02

8 Carl Hefflefinger 31:31
13 Peter Venditoui 32:12
15 Jonathan Sproul 32:51
17 Dave Contrada 33:04
27 Damian Rowe 33:48
41 Allan Rube 34:23
45 Bob Pelletier 34:31
49 Pamela Hall 34:50
55 Dave Ferris 35:29
57 Mike Hagerty 35:30
58 Bill Juris 35:32
74 Gordon Burnett 36:51
76 Al Sproul 37:02
88 Brian Withers 38:03
107 Heidy McGaffigan 39:19

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112 Justin Sproul 39:27
121 Colleen Gilbert 39:55
130 Aline Kenney 40:28
134 Donna Lemay 40:50
144 Susan Rube 41:54
152 Genia Sanborn 42:16
165 Patricia Belanger 43:09
189 Ed Donovan 44:51
248 Mike Whelton 56:01

**Shirt Factory 5K
Salem, NH 10/27/02**

Nicole Slane 1st Female
5 Joey Rizzo 18:02
13 Nicole Slane 18:51
14 Michael Peabody 18:58
24 John Hennessey 20:26
26 Bill Spencer 20:37
52 Kurt Morgenstern 22:04
58 Nancy Peabody 22:13
73 Sharon McAuliffe 23:32
95 Bob Lemay 24:24
110 Kaitlin Burnett 25:24
111 Ashley Morgenstern 24:24
146 Meredith Peabody 27:18
148 Bill Sturgeon 27:43
159 Edward Auclair 28:15
200 Debbie Auclair 31:00
209 Nick Anastasi 32:17

**Groton Forrest 9.5M Trail Run
Groton, MA 10/27/02**

36 Thomas Parker 1:18:12

**Freefall Classic 10K
Rochester, NH 10/27/02**

9 Tom Kolb 38:52
11 Steven Beaton 39:11
49 Eldon Burkinshaw 46:49
64 Bill Engle 50:19
83 Kathy Engle 58:11

**Sleepy Hollow Run 5K
Nashua, NH 10/26/02**

7 Ashley Neville 21:26
14 James Treggiari 22:45
15 JoAnn Ranslow 23:46
27 Ellen Pozetta 25:47
28 Kathie Roy 25:47
36 Lisa Christie 27:26
46 Allan Sabiski 29:44
53 Mary Slocum 31:31
54 Bob Welts 31:46
59 Madeleine LaRose 32:51
63 Kathleen Treggiari 36:04
65 Julianne Noonan 40:00

Bay State Marathon

Lowell, MA 10/20/02

13 Mike Ward 2:53:59
95 Wayne McLeod 3:12:57
125 Jonathan Green 3:18:31
276 George Miller 3:36:35
506 David Salvas 4:08:05
529 Kathleen McMahon 4:14:07

**Bay State Half Marathon
Lowell, MA 10/20/02**

Lori Lambert 1st Female
13 Dan Knaul 1:22:26
14 Steve Delahunty 1:23:11
33 Lori Lambert 1:26:19
43 Rae Eastland 1:27:46
51 Bill Juris 1:29:08
64 Carl Hefflefinger 1:31:15
79 Heidi Havron 1:32:55
94 Dave Ferris 1:34:30
97 Liana Pancoast 1:34:59
123 Julie Hanover 1:37:14
141 Kate Jackson 1:38:28
274 Charles Burns 1:46:30
310 Sharon McAuliffe 1:47:53
317 Michael Casper 1:48:07
323 Josh Panny 1:48:34
484 Maurice Ferrigno 1:53:51
540 Steven Harter 1:56:28
569 Paul Tobin 1:57:32
736 Robin Rocha 2:03:55
745 Sheila Blunt 2:04:20
1015 Linda Panny 2:34:07
1017 Robert Giggi 2:38:48
1024 Helen Ferrigno 3:08:25

**Bay State 10K
Lowell, MA 10/20/02**

6 Trevor Ward 40:09
24 John Sennott 49:24
106 Gerry Rocha 59:16

**Harvest Classic 5K
Peterborough, NH 10/20/02**

31 Bob Pelletier 22:23
32 Allan Rube 22:27
34 Jim Ecke 22:57
39 Tara Gurry 23:52
42 Bill Springer 25:33
56 Susan Rube 27:46
58 Kathy Engle 28:04

**Run For Shelter 5K
Manchester, NH 10/20/02**

16 Tom Kolb 19:18
19 Walter Swanbon 19:36
28 John Hennessey 20:44
75 Traci Swanbon 24:32
83 Donna Lemay 24:52
84 Bob Lemay 24:52

119 Monica Venditouli 26:35
120 Peter Venditouli 26:35
158 Bob Welts 29:00

**Bridges For Friendship 10K
Portsmouth, NH 10/19/02**

28 Gerry Duval 42:34
46 Tara Gurry 45:13

**Fall Foliage 5K
New London, NH 10/19/02**

7 Dave Birse 19:50

**Tufts 10K For Women
Boston, MA 10/14/02**

323 Cathy Merra 47:36
606 Aline Kenney 50:08



748 Emily Strong 51:37
846 Susan Rube 52:20
896 Barbara Joy 52:20
983 Genia Sanborn 52:59
1448 Mary Minami 56:05
2128 Marjorie Morse 58:20
2956 Andrea Bowman 60:29

**Amherst 5K Cross Country
Amherst, NH 10/13/02**

Andrea Pierce 1st Female
2 Wayne McLeod 19:41
3 Mike Dodge 22:09
4 Andrea Pierce 24:02
6 Monica Venditouli 29:08

**Amherst 5K Steeplechase
Amherst, NH 10/13/02**

4 Peter Venditouli 24:01
6 Mike Dodge 24:36
9 Michael Amarello 28:52

**Great Island 5K
Newcastle, NH 10/13/02**

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- 92 Yuki Minami 20:58
- 93 Rich Cardin 21:02
- 182 Andrew Najberg 23:27
- 296 Shu Minami 25:58
- 373 Allison Black 27:54
- 375 Mary Minami 27:55
- 670 Pamela Adams 47:37

**BAA Half Marathon
Boston, MA 10/13/02**

- 262 Allan Rube 1:37:44
- 283 Matthew Soroka 1:35:49
- 615 David Delay 1:45:40
- 1157 Elizabeth Tringali 1:54:51
- 1405 Bill Juris 1:59:00

**Jennifer's Run 5K
Lowell, MA 10/12/02**

- 107 Bob Welts 29:11
- 120 Nick Anastasi 32:08
- 133 Louise Rosetti 36:06

**Fall Foliage 5 Miler
Warner, NH 10/12/02**

- 5 Dave Birse 33:14

**UNH Homecoming 5 K
Durham, NH 10/12/02**

- 30 Nicole Slane 18:57
- 153 Edward Auclair 27:43
- 184 Debbie Auclair 30:42

**Applefest Half Marathon
Hollis, NH 10/5/02**

- 14 Greg Anthony 1:25:31
- 32 Lori Lambert 1:30:45
- 65 Heidi Havron 1:36:40
- 74 Tara Gurry 1:37:48
- 76 Rae Eastland 1:38:00



- 87 Dave Ferris 1:38:55
- 91 Dick Bersani 1:39:40
- 96 Bill Juris 1:40:40
- 102 Jack Kick 1:41:20
- 107 Kimberley Humphreys 1:41:59
- 136 Allan Rube 1:43:44
- 139 Edward Kelly 1:44:03
- 142 John Heden 1:44:23
- 153 Steve Blunt 1:45:21
- 161 Kate Jackson 1:46:33



- 197 Jim Ecke 1:49:19
- 198 Doug Shattuck 1:49:19
- 200 Dave Zendzian 1:49:28
- 204 Steve Moland 1:49:38
- 211 Chris Martin 1:50:41
- 246 Alvin Sproul 1:52:52
- 248 William Farina 1:52:58
- 316 Lincoln Phillips 1:57:25
- 321 Leigh McLeod 1:57:40
- 338 Bill Prokop 1:58:22
- 348 Sandy Machall 1:59:07
- 376 Lee Brucks 2:01:03
- 393 Elizabeth Tringali 2:02:47
- 472 Debbie Ladner 2:09:12
- 476 Sheila Blunt 2:09:45
- 491 Robin Rocha 2:11:17
- 493 Lisa Christie 2:11:30
- 515 Steven Harter 2:13:06
- 531 Allan Sabiski 2:14:46
- 538 Ellen Pozetta 2:15:38
- 542 Michael Casper 2:15:48
- 611 Kirsten Werne 2:24:45

**New Hampshire Marathon
Bristol, NH 10/5/02**

- 9 Dave Birse 3:26:15

**Bristol 10K
Bristol, NH 10/5/02**

- Kristen Ewing 1st Female
- 16 Kristen Ewing 46:20

**Great Bay 5K
Stratham, NH 10/5/02**

- 157 Mary Minami 27:40
- 163 Edward Auclair 27:54
- 221 Debbie Auclair 30:56



- 4 Dave Beutley 1:17:34
- 11 Rich Stockdale 1:25:07



- 172 Andrea Pierce 1:47:50
- 189 Matthew Soroka 1:48:41