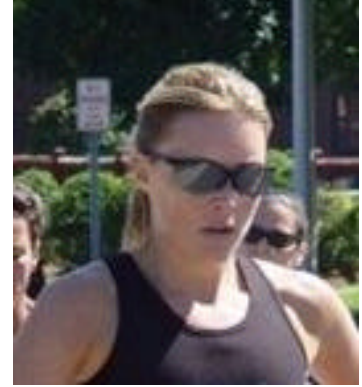


## Vlasich Classic 5k By Julie Hanover

I participated in the Vlasich Classic 5K Deer Run in Candia, NH on November 9th. I now notice that the name contains the word "Deer". Perhaps that should have been a clue as to what I should have expected. The course had a few hills and about a third of it took place on trails. A little cross country, a little road. Sounds fun! [It was a memorial race for David Vlasich, the runner who passed away while participating at the CIGNA 5K race back in August. The race helped raise money for his wife and three children and all 700 numbers were sold out! Nice to see that happen and the atmosphere at this race was exceptional.]

The race starts. Things going well, the Swanboms seem to be at every corner cheering us on [ I am still wondering how they managed this! ] and did I mention it was perfect running weather? About 2.5 miles into the race, I hear some people ahead yelling, "Moose, moose!" I'm thinking, hmmm I don't know of anyone from the Moose Milers running today... I then snap out of my racing mentality, for I realize there was a moose to my left in the woods (they blend in so well), heading in my direction. Yikes! As I've been run over by a horse that was in shock before, I know I should try to get behind a tree or something, for you never know which way they may go! I got behind a telephone pole and the

moose went past me (about 10-12 feet away). Quite an awesome sight! Needless to say, so much for my race. However, there will always be another race. But how many moose will cross my path?



Julie Hanover

## To the Gate City Striders Executive Board and club members:

When Dave asked me to help with coaching this year in Nashua, I have to admit I was a little anxious about it. I really didn't know anyone in the club and my experience with coaching was limited, especially when compared with Dave's.



But it was an extremely positive experience; thanks to the support I received from my fellow coaches, Dave, Walter and Brian, the GCS board and all the participants in the track sessions. Everyone I met went out of his or her way to make me feel welcome and I truly enjoyed the group I took charge of mid-season. Brian's suggestion for an intermediate group was one of the best things that happened and it went along with the club's Mission Statement: "...dedicated to the promotion of running and fitness at all levels."

Last Supper was a wonderful night and it was great to see such a large turnout. Running can be very competitive, but it is also very social, which makes it very special.

Thank you sincerely for such a positive experience and I look forward to 2003.

Sharon Yu

# Volunteer Activities

## NEWSLETTER STUFFING

Thanks to the members that helped stuff the Oct/ Nov Newsletter at Jane Levesque's home. They were: Mike and Pauline Levesque, Andrea Pierce, Samy El-Guebaly, Stan Klem, Tom Rachie, Bill Spencer, Shu Minami, Dick Doyle, Marie Mullins,, Steve Moland, Jane Levesque, and Bob Pelletier.

### SANTA FUND

Santa Fund 5K Nov 3 2002

Mike Levesque  
Pauline Levesque  
Tom Raiche  
Annette Marchand  
Brian Sanborn  
Genia Sanborn  
Teanna Croteau

Chantal Croteau  
Lindsay Panny  
Pat Kisselback  
Mike Thatcher  
Linda Thatcher  
Dick Doyle  
Bob Thompson  
Dave Wendt  
Bill Sturgeon  
Judi Moland

Steve Moland  
Donna Lemay  
Joyce Oberholtzer  
Stan Klem  
Kevin Reynolds  
Shaun Scanlon

### APPLEFEST VOLUTEERS

#### **Belanger Jim**

Belanger Pat  
Bersani Dick  
Burkinshaw Eldon  
Burkinshaw Sachiko  
Cadwell Frank  
Cadwell Heidi  
Casey Doug  
**Conley Tom**  
Beers Bob  
**Deichler Ed**  
Delay Dave  
DuFresne Claudia  
El-Guebaly Samy  
Ferris Dave  
Giggi Crystal  
Giggi Ryan  
Giggi Troy  
Gilmore Sandy  
**Hagerty Mike**

Hall Pam  
Haworth Dave  
Hodgins Leni  
Jones Al  
Kalafatis Melanie  
Kenney Terry  
**Kiesselbach Pat**  
Kiesselbach Karl  
Kiesselbach Lynn  
Kirby Kathy  
Klem Stan  
Kolstad Laurie  
LaRose Maddy  
LeCours George  
Levesque Mike  
Levesque Jane  
Levesque Pauline  
Machill Sandy  
Miller Allan  
Mills Virginia  
Minami Yuki  
**Moland Steve**  
Motivala Eileen  
Mullins Marie

O'Leary Deb  
Ouellette Marie  
Parker Tom  
Patnode Karl  
Pelletier Bob  
Pelletier Carol  
Pintal Sandy  
Quick Nancy  
Reynolds Kevin  
Robichaud Ken  
Rochford Judy  
**Rogers Chet**  
Rogers Cindy  
**Rowe Damian**  
Rube Sue  
Salsiski Al  
Sanborn Brian  
Sanborn Gina  
Sargent Dave  
Slocum Mary  
Smith Pat  
**Strong Emily**  
Sturgeon Bill  
Thatcher Mike

Thatcher Linda  
Turcotte Peg  
Ward Mike  
Ware Phyllis  
Wendt Dave  
**Werne Brian**  
Werne Alexander  
Wheatley Joe  
Wheatley Drew  
Wheatley Trudy  
Moland Judy  
Collinge Karen  
Vendituoli Pete  
Kenney Aline  
Sargent Sally

# Membership

## Welcome New Members

Sherry Boyer

Michael Labonte

Pam & Dana Landry

Ralph, Karen, Ralph, Jr.  
& Sean McCellan

Arien, Amy, & Isaac  
Cooper

Roy Dennehy

Chris & Stephanie  
Adams.

## Birthdays This Issue

Eliot	Paisner	12/01/51
Bob	Thompson	12/01/57
Christine	Cormier	12/03/58
Lisa	Eastland	12/03/67
Eric	Olsen	12/05/61
Gigi	Ferris	12/08/60
Cameron	Prolman	12/08/92
Sandy	Machell	12/09/52
Daniel	Mitton	12/09/60
Mary-Jo	Cody	12/10/60
Jillian	Busby	12/11/90
Judi	Moland	12/11/45
Nicole	Milligen-Mruay	12/12/68
Peter	Scontsas	12/12/87
Marylu	Klum	12/13/61
Michael	Levesque	12/13/49
Dave	Williams	12/13/39
Lauren	Brady	12/14/88
Megan	Saunders	12/15/91
Patricia	Lavoie	12/16/64
Joseph	Kennedy	12/17/84
Mary	Phillis	12/17/54
Peggy	Turcotte	12/17/53
George	Miller	12/18/44
Mathew	Buechner	12/19/88
Samatha	Buechner	12/19/88
David	LeProhon	12/19/67
Brenda	Conlin	12/20/60
Isaac	Cooper	12/20/79
Annette	Marchand	12/20/57
Carolyn	Shattuck	12/21/93
Chris	Amarello	12/22/92
Amy	Cooper	12/22/71
Lisa	Holt	12/22/68
Christopher	Stone	12/22/57
Nicholas	Bartis	12/23/88
Andrew	Cotreau	12/25/26
Geoffrey	McGuirk	12/25/86
Maureen	O'Leary	12/25/89
Megan	Callan	12/27/66
Krista	Oberholtzer	12/27/86
Michael	Whelton	12/27/52
Virginia	Amarello	12/28/64
Christa	LeProhon	12/28/70
Claudette	Stone	12/28/59
Amanda	Beauchamp	12/29/84
Barbara	Goebel	12/29/53
Jonathon	Sproul	12/30/87
Thomas	Parker	12/31/66
Chris	Howard	01/01/61
Keith	Kimball	01/01/52

Kevin	Reynolds	01/01/50
Genia	Sanborn	01/01/50
Danielle	Cormier	01/02/87
John	Dionne	01/02/61
Peter	Donahue	01/02/50
Yuki	Minami	01/02/72
Pamela	Adams	01/03/63
Michael	Dodge	01/03/57
Michael	Labonte	01/06/67
Jacob	Annis	01/07/85
Mike	Coy	01/07/69
Jody	Aho	01/08/68
Corey	Coll	01/08/75
Kellie	Oberholtzer	01/09/89
Mathew	Grant	01/10/74
Deborah	O'Leary	01/10/59
Chris	Merra	01/12/90
Nicole	Wheeler	01/12/89
Gerry	Duval	01/15/60
Jim	Hansen	01/15/59
John	LaBrosse	01/15/52
Bill	Juris	01/16/68
Carl	Murphy	01/17/66
Suzanne	Pintal	01/17/64
Jared	Miller	01/18/87
Patricia	Rollman	01/19/52
Dana	Breeden	01/20/87
Eric	Conlin	01/20/63
Mick	Konrad	01/20/52
Steffan	Morgenstern	01/20/92
Erin	Slocum	01/20/95
Julie	Marcum	01/24/88
Tahlor	Marchi	01/25/89
Diana	Lavash	01/26/62
Damian	Rowe	01/26/54
Sean	Auclair	01/27/83
Ryan	Terenzoni	01/27/90
Jeff	Auclair	01/28/91
Liz	Barbour	01/28/64
Mark	Peabody	01/28/60
Andrew	McQuaid	01/29/88

Who is that young man?



Could this really have been his first marathon?

**CLUB RENEWALS****December;**

Sheila Blunt  
Steven Blunt  
Austin Brown  
Derek Brown  
Jeffrey Brown  
Claire Cadran  
Oliver Cadran  
Oscy Cadran  
Mike Coy  
Kimberly DeCosta  
Nicole Esposito  
Deborah Fraser  
James Fraser  
John Fraser  
Mark Fraser  
Mark C. Fraser  
Richard Gage  
Don Hayden  
Noelle Horclik  
David Irving  
Edward Kelly  
Keith Kimball  
Kathy Kirby  
Richard Macdonald  
Sandy Machell  
Kathleen McMahon  
Eric Olsen  
Janice Olsen  
Andy Paul  
Lincoln Phillips  
Betty Scanlon  
Shaun Scanlon  
John Sennott  
Ronald Shaiki  
Phil Sipka  
Erin Slocum  
Al Sproul  
Alvin Sproul  
Jonathon Sproul  
Justin Sproul  
Susan Stitham  
Mike Ward  
Geoffrey Wilson

**January:**

Jody Aho  
Jacob Annis  
Thomas Astolfi  
Sandolph Ayers  
James Belanger  
Max Belanger  
Patricia Belanger  
Skip Cleaver  
Andrew Cotreau  
Chantal Croteau  
Dan Croteau  
Teanna Croteau  
Rich DiSalvo  
Ed Donovan  
Steve Doyle  
Bill Engle  
Kathy Engle  
Helen Ferrigno  
Maurice Ferrigno  
Dave Ferris  
Gigi Ferris  
Lindsay Ferris  
Steven Frasure  
Crystal Giggi  
Robert Giggi  
Ryan Giggi  
Troy Giggi  
Steve Harter  
David A.Haworth  
James Henmueller  
Al Jones  
Aline Kenney  
Terry Kenney  
John LaBrosse  
Peggy LaBrosse  
Eliza LeCours  
George LeCours  
Peter Malinowski  
Annette Marchand  
Diane Marcum  
John Marcum  
Jonathan Marcum  
Julie Marcum  
Sue Marrer-Strasen  
Nancy Meadows  
George Miller  
Jared Miller  
Lindsey Miller

Scott Miller  
Terry Miller  
Nicole Milligen-Mruuay  
Christopher Murray  
Joyce Oberholtzer  
Kellie Oberholtzer  
Krista Oberholtzer  
Lauren Oberholtzer  
Raymond Oberholtzer  
John Panny  
Joshua Panny  
Lindsay Panny  
Heather Patnode  
Karl Patnode  
Amanda Pelletier  
Bob Pelletier  
Craig Pelletier  
Deb Pelletier  
Allison Pintal  
Marc Pintal  
Stephanie Pintal  
Suzanne Pintal  
Bernard Plante  
Brittaney Plante  
Caitlin Plante  
Tom Raiche  
Kevin Reynolds  
Chet Rogers  
Allan Rube  
Jacob Rube  
Susan Rube  
Joseph Rush  
David Salvas  
Bill Springer  
Sue Stepick  
Eric Stepick  
Kurt Strasen  
Paul Tobin  
Peggy Turcotte  
Erica Vendituoli  
Monica Vendituoli  
Peter Vendituoli  
Phyllis Ware  
Kati Waters  
Zack Waters  
Brian Werne  
Kristen Werne

# Upcoming Events

## Gate City Strider Winter Party

Saturday January 18, 2003  
6:00 to 11:00 p.m.  
Martha's Exchange  
Main Street  
Nashua

### Semi-Formal

Sit down meal: choices are Roast Prime Rib Beef and Baked Stuffed Haddock. (vegetarian meal available by special request)

Music by DJ Mike Feehan

Cocktails 6:00  
Dinner 7:00

Gate City Strider Winter Party @ \$16.00 per person (cash bar)

Yes, I will attend

Roast Beef

Haddock

\$  Enclosed

Name

Address

Phone #  Email

Make checks payable to: Gate City Strider and mail to be RECEIVED by January 9th to:

Dave Ferris  
32 Farley St  
Nashua, NH 03064

For more information contact: Dave Ferris at 889-5588 or DPFerris32@aol.com