

Volunteer Activities

BAA Entrée Awards

At the last E-Board meeting, the Board reviewed the 12 requests that had been received for the 10 BAA entries that the Club was granted. All the request were from male club members. The lucky members were: Mike Thatcher, Bill Farina, Chip Geisler, Mike Levesque, Steve Frasure, Tom Conley, Stan Klem, Samy El-Guebali, Dick Bersarni, and Jim Moskum.

Good Luck to All

Freeze Your Buns

Volunteers for Jan 5, 2003 Bill Farina Dave Ferris Bill Juris Pam Hall Roger Hall Stan Klem Peter Donahue Dick Doyle Mike Levesque Joyce Oberholzter Kevin Reynolds Helen Schultz Steve Moland Judi Moland Shelby Moland Spencer Moland Mike Thatcher Linda Thatcher

Volunteers for Jan 19, 2003

Monica Vendituoli, Pat Belanger, Dick Doyle, Bill Farina, Pam Hall, Roger Hall, Stan Klem, Howard Mastropiero, Steve Moland, Shelby Moland, Spencer Moland, Joyce Oberholzter, Kevin Reynolds, Helen Schultz, Marty Shiel, Judi Slane, Jim Slane, Linda Thatcher

February 9th at 9:00 - the Swanbon's are hosting a Come-Run-My-Run

The club used to have these quite often. It's basically an invitation to come run in my neck of the woods. Every Sunday (normally at 9:30) we run from the parking lot at The Good Times Restaurant then we have breakfast. Please join us. We will offer a variety of distances and difficulty. If you're really feeling your oats you can take on Tower Hill or not. There are trails that are well maintained and of course we can always run on the roads.

Route 101 - Exit 2 - The restaurant (The Good Time Restaurant) is on the right if you are heading East. You can see it from the highway - Go right off the ramp and take your first left into the Restaurant parking lot. 483-8410

After the run we have brunch (\$9.00) or order from the menu.

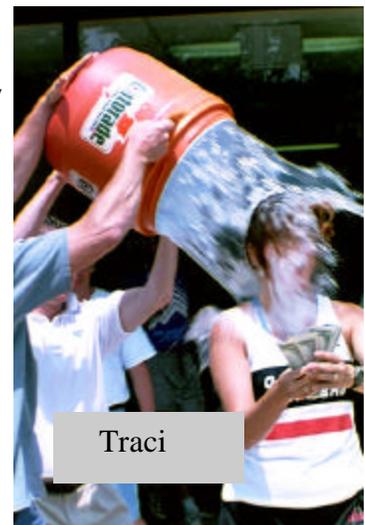
We would love to have you join us. We need to let the restaurant know how many are coming so please let us know if you plan on staying to eat.

healthnutz@ttlc.com

895-3466

Traci and Walter

P.S. This is Traci's last group run before becoming a Master! The brunch will also be her birthday celebration.



Traci

Membership

February Renewals

Nick Anastasi
 Kenneth Arnold
 Bruce Brinkema
 Carl & Christina Bunis
 Steve Delahunty & Family
 Claudia Dufresne
 Paul & Eileen Fiori
 Lynn & Ken Kisselbach
 Linda Madden
 Don McCarty & Family
 Heidy McGaffigan
 McQuaid Family
 Tom Merrill
 Dick & Moira Miller
 Deborah O'Leary
 Mary & Hugh Phillis
 Andrea Pierce
 Louise Rossetti
 Doug & Anne Shattuck
 Patricia Smith
 Peter Stebbins
 Stone Family
 Bob & Kristina Thompson
 David Wendt
 Wheatley Family

March Renewals

Ken Birse
 David Breeden
 Douglas Casey
 Sam dePerri
 Debster DeSantis
 Jim Ecke
 Mathew & Margaret Grant
 Fritz Hynson
 Tom & Ellen Kolb
 Gary & Lori Lambert
 Charles Lewis & Family
 Gary McCoy
 Marie Mullins
 The Neville Family
 William Voss & Rhonda
 Munson
 Trevor & LeeAnn Ward
 Jeffrey Whittemore & Family

Welcome New Members

Howard, Cindy, Emily, Rebecca, and Katie Mastropiero
 Ken Forrence Jr. Andrew Kerns Jim McMahon
 Nicholas San Martino, Jr.

Birthdays This Issue

Ted Barbour 02/10/61
 Jason Bigonia 02/19/77
 Steven Blunt 02/04/64
 Erin Brady 02/13/92
 Bruce Brinkema 02/05/35
 Sachiko Burkinshaw 02/27/38
 Shannon Burnett 02/21/91
 Joe Capprini 02/26/68
 Carolyn Carson 02/07/49
 Ann Conley-Prokop 02/09/67
 Ed Deichler 02/10/49
 John Genet 02/21/58
 Bill Gray 02/20/53
 Colleen Kennedy 02/19/90
 Steve Kennedy 02/13/86
 Curtis Kusari 02/01/91
 Colleen Law 02/26/88
 Donna Lemay 02/21/42
 Jeff Lind 02/11/39
 Ryan McCarty 02/16/88
 Ralph Jr. McClellan 02/12/82
 Sean McClellan 02/12/82
 Mike Merra 02/05/59
 Lucas Moskun 02/16/89
 Rhonda Munson 02/16/74
 Liane Pancoast 02/24/58
 Carol Pelletier 02/02/58
 Julie Anna Pinard 02/14/70
 Steven Rollman 02/20/56
 John Saunders 02/19/57
 Martin Sheil 02/24/57
 Steve Shippos 02/11/70
 Richard Stockdale 02/11/51
 Shannon Stone 02/21/88
 Traci Swanbon 02/13/63
 Kristina Thompson 02/01/70
 Wallace Trolan 02/09/61
 Christopher Auclair 03/23/86
 Ken Beach 03/09/38
 David Beasley 03/26/66
 Kyle Beiter 03/02/91
 Terri Beiter 03/31/64
 Dave Birse 03/07/59
 Austin Brown 03/06/90
 Nicholle Buechner 03/28/86
 Charles Burns 03/27/64

Monica Byler 03/31/74
 Oliver Cadran 03/23/44
 Douglas Casey 03/02/61
 Marchon Cottrell 03/26/62
 Patty Danais 03/05/65
 Kimberly DeCosta 03/21/89
 Ethan Dionne 03/19/91
 Francis Dwyer 03/06/54
 William Farina 03/16/63
 Michael Farley 03/27/66
 Julie Gibbions 03/08/66
 Jonathan Green 03/09/64
 Moatacim Hamcha 03/26/75
 Lillemor Hamnqvist 03/09/61
 Julie Hanover 03/15/70
 Don Hayden 03/15/38
 Sarah Hunt 03/09/95
 David Irving 03/20/74
 Colin Johnston 03/24/86
 Lauren Karwoski 03/03/84
 Christopher King 03/18/69
 Ken Kisselback 03/31/02
 Peggy LaBrosse 03/21/54
 Neil Lewis 03/14/52
 Patrick E. McCabe 03/23/90
 Ralph McClellan 03/02/53
 Terry Miller 03/07/56
 Virginia Mills 03/17/50
 James Moskun 03/03/58
 Janice Olsen 03/09/64
 Alex Parise 03/17/87
 Bob Peretti 03/21/49
 Rebecca Powers 03/13/73
 Michelle Ratliff 03/23/64
 Michelle Richard 03/30/90
 Nicholas San Martino, Jr.
 03/01/55
 Laura Schulte 03/28/77
 Peter Shajenko Jr 03/31/59
 Phil Sipka 03/31/47
 Bill Spencer 03/11/36
 Walter Swanbon 03/16/54
 Paul Tobin 03/16/54
 Drew Wheatley 03/27/87
 Jeffrey Whittemore 03/01/60
 Sharon Yu 03/18/53
 Karen Zielinski 03/06/56

Crashing Big Sur

In the early morning of Patriot's Day 1999, I was on a jet out of Logan bound for California. This time my work schedule derailed my running plans, and so even though I had my number for Boston, I was not to toe the line. This was rather a letdown, but I was race-ready so I immediately set out to find a left coast marathon.

As it turned out, George L advised me shortly before I left that if I ever wanted an entry to Big Sur, I should call Wally Castner, the race director, and drop George's name. Well, usually George is a lot of talk, but it was worth a shot. I had six days until the race, and even if I knew where to find an entry form, registration had been closed for months.

This called for guile and sleight-of-hand, so knowing a bit of Big Sur history, I chose to appeal to the race's offbeat but harmless tradition of references to classical music. I penned the note below, faxed it that morning, and had my reply by 3PM – "Dave - you are in due to creativity - please fax entry ASAP - Wally Castner". Whaddaya know, it worked!

The rest is history. Big Sur was more beautiful and magical a race than anyone could describe in print. It was certainly worth missing a Boston, maybe two... though in fairness, being a NE native did rob Beantown of a little mystique. I did however appreciate Big Sur's distinct lack of commercialism, as well as its generous charitable donations and hay bales. Oh, and yes, I clocked a 2:39 for 6th, which was good for the "first Mozartcic" award and status as a Hurricane Point Survivor. I'm fixing to return in 2003, this time as a local

.From: David Beasley
To: BSIM Registration Committee

Marathon PB 2:24:16 Boston '94
Recent: 2:28:23 Boston '96, 2:26:42 Burlington '96, 2:27:30 Boston '98
First NH finisher at Boston '94, '96, '98

This is an **overture** for permission to register in the Big Sur International Marathon '99. As you can see, I am a **note**-able runner, i.e. no **second stringer**. It is not my intention to **harp** on the race committee or to play on your **symphonies**, but business travel to San Jose **preluded**(sic) me from running Boston. If allowed to register, I would race in **concert** with a **quartet** of my NH clubbies (Skip Cleaver, Tim Kelley, Jim & Lora Woodward), **D major** goals being some much-needed **Strauss** relief and to get **tuned** for the trials.

If you can do this, the **presto**, I'm your friend for life. But if instead **A flat** refusal, then I'll be **Bach** next millenium.

Please call my pager 603-423-5127, as I am moving **double-time**.

And please let Lt Col Wally Kastner know that George LeCours of Saucony (RRCA convention and SF Marathon) sends his regards.

-Dave Beasley



BIG SUR INTERNATIONAL MARATHON
April 25, 1999

Youth Running

In the last issue, our youths who were running in the USATF JO Cross country program for the Nashua PAL and Granite State Flash teams, had completed the first two elimination meets and were on six teams that qualified for the National Championships in Carrollton Georgia. Most of the teams arrived on Thursday and planned on walking the race course on Friday. Unfortunately, it rained Thursday night, and by Friday morning there was so much water on the course that no one was allowed on it. Saturday was race day, and although the rain had stopped, the temperature was in the low 40's with a wind chill that dropped it even more. Because the course was still wet, we still could not walk the course.

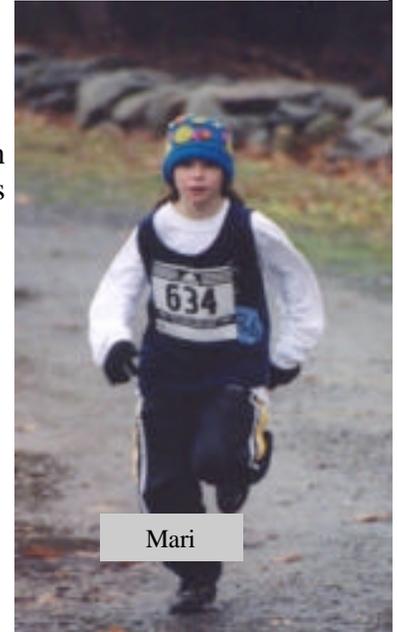
The first race of the day, was the Bantam Girls (age 10 and under). When that race was over, the Gate City Striders via PAL had their first National Cross Country Champion when Mari Littleton hit the tape in first place. As an aside, Mari had told Regina Jacobs last summer, that her goal for the race was to win the gold for herself and her teammates. Equally outstanding was Caitlin Rush, only 20 seconds behind in third place as they, in fact, did lead their team to the first place medals. The Bantam Boys team placed 7th out of 22 teams and was paced by Luke Lavash in 40th place. Proving it's a small world, 5 seconds ahead of Luke was a runner from Tenn. He was Mattie Rider, a former strider and one time holder of the State age seven 5k record.

The Midget girls were up next, finished a solid fifth place out of 28 teams. The girls, seven of whom are Striders, were led by Ashley Neville in 24th place, where she earned All American status. She was quickly followed by Madeline Troland, Allision Pintal, Chantal Croteau, Lindsay Panny, Kelsey Hunt, and Emily Mastroperio. The top two runners on the Midget Boys team were Pat McCabe in 16th place (All American) and Alex Karwoski, 10 seconds later in 29th place and two second away from All American. Their team finished in 4th place, just 11 points from the third place medals.

It was now noon at Carrollton, with the day getting colder by the hour, when the Youth Girls race started. As was the case with the Midget Girls, seven of the eight girls are Striders. When it was over, Nicole Slane had finished about 25 seconds behind the winner by placing 10th. She was followed by Lauren Brady in 28th place, just missing All American honors. Following quickly behind them were Michelle Weysham, Mindy Adams, Kim McAuliffe, Brittaney Plante and Samantha Buechner. Their 6th place finish was outstanding, given the depth of the talent in the division. The final race of the day for our youths was up next. The Granite State Flash team, with Striders Anthony Merra, Ryan McCarty, Mike Neville, and Nick Karwoski finished in 8th place out of 30 teams. They edged their fellow Nashua PAL team by 4 points. The Pal team was paced by Mark Fraser, who finished in an All American 22nd place. Andy McQuaid was the other Strider on that team.

Although, the Cross Country season is now over, some of the youths are already thinking about this year's Championships in Albuquerque, New Mexico. To keep up their fitness levels, they have been running quite successfully in the local road races as well as the Youth Indoor Track meets.

Don't forget to go to the club's Youth section on the Net for the latest schedule of races.



Mari

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 !

Club Meetings

The next General Meeting of the club will be on Feb 19th at 7:00 in the Merrimack YMCA when we will be electing the new E Board.

At the March meeting, we will have an outstanding Guest speaker.

Mike Sarno is a USAT/USOC certified Multi-Sport coach bound by the Code of Ethics set forth by the United States Olympic Committee. He offers private coaching and Athletic Consultation in Running, Biking, Swimming, Strength Training, Nutrition and Physiology Testing. Experience in a Physiology Lab with Lactate and Vo2 testing. He is the NH State Coaching representative and Junior Development Team Coach for USAT. He is Head Coach for Hillside Junior High Track and XC in Manchester NH and Coach for Granite State Flash, a Junior Olympic XC Team.

Athletic: Current competitive Age Group Runner and IronMan Triathlete with 20 years experience.

Other: Founder of New England Multi-Sport Academy (NEMSA) www.nemultisport.org, dedicated to the development and exposure of Triathlon and Duathlon for Youth and Adults. Head Coach/Manager of Team ExTreme, competitive Triathlon team. NH Coach for the Leukemia Society's Team in Training Triathlon Team.

Please try to make these meetings.

BIGELOW CHIROPRACTIC CENTER
helping you achieve optimum health

Brian T. Bigelow
Doctor of Chiropractic

directly off exit 5E in Nashua, NH
155 Main Dunstable Road Suite 135
Nashua NH 03060
Phone: 603 883-8971
Fax: 603 883-0157
E-mail: brianb249@attbi.com
Specializing in sports injuries and chronic muscular pain

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and almost necessary for some.

TORSO - In my opinion, this area, like the legs is no place for polar-fleece except for maybe a light vest. Personally I find it tough to regulate my comfort level with a polar-fleece vest because they don't stop much wind and they can get overly warm in the absence of wind. Though they do have a warm turtleneck, but unless the run is slow one, I find it isn't long into the run before I have to open the vest. I do like my nylon open backed vest for 25F or warmer days where there might be wind. It also has pockets for the gloves I will eventually take off on those days.

I find having on at least one item with a crew or turtleneck is important. I prefer mine on a second or third outer layer top. In my case both my second and outer layer have sleeves. A heavier top also must have at least a 1/3 zipper so you get it on/off and later it can be opened to act as the vent for the excess heat once I get warm. A good base layer is a thin polypro long sleeve top, which is almost a mesh. This same item can be worn at other times in the year when a short sleeve is just not comfortable enough. The fabric is thin enough so you can push it up your arm without it feeling tight once you've warmed up on those 45F to 60F days. Some wear a short sleeve coolmax shirt as a base layer in the real cold weather. A good second layer is a tighter weave 8-12 oz polypro fabric. The price of these tops is \$20-50 depending on the brand name and thickness.

A great third layer, and in my opinion the best item in my running bag, is a 3SP 1/3 zipper turtleneck top only available from Sporthill. To my knowledge no one else makes any fabric like 3SP. What is so great about it? It is a soft thicker fabric that really breaths like the other thinner polypro tops. It's about the thickness of the very thin polar-fleece though it is not fluffy AND the wind will NOT go through it. SportHill touts that it will not let a 35 mph wind thru it. It's always been wind proof for me, yet it breathes very well. Full retail of this item is \$80-90 but worth every penny.

What about wind stopping outer layers? Cheap nylon warm suits either don't breath or if they do breath they don't breath well enough to keep the moisture from freezing on the inside in runs longer then say 45 minutes. Even the better somewhat breathable jackets don't pass enough moisture through them to keep me from starting to get cold after 1 1/2 to 2 1/2 hours. The proper jacket needs to be designed with vents across the back and under the arms, but very few jackets are designed that way and few people buy them. With the exception of the 3SP top I've mentioned earlier, a wind-stopping jacket is too warm for me unless I wear fewer under layers. This option is not something I like doing on longer runs because once the jacket gets saturated and starts to freeze, the fewer under layers don't keep the cold out as it pushes through the solidifying layer that was the jacket. I always get cold immediately after a stop to drink water on a long run, and I seem to get colder quicker whenever I wear a jacket. Why then do I sometimes wear a jacket you may ask? Because I get intimidated by the wind, that's why. What I should do is spend the \$150 for a real serious winter running jacket. Another winter like this and I might do it.

My earlier reference to reallocation of assets and attitude adjustments was aimed at those whose non-believing opinion may be heavily influenced by the cost of all this stuff. I, of course, think that's a red herring because there's money floating around for other things. The price of medium Dunkin Donuts coffee for a week will buy the gloves. 2 or 3 not-on-special video rentals will get you the mit tens. The same goes for decent hats and headbands. Forgoing a massage will pay for some or most of the layering tops, except the 3SP. One lift ticket at a ski slope pays for lots of stuff. Many of us like to ride a bike, float a canoe or kayak, go to a Red Socks game, pay copious dollars in entry fees for races. All the non-running stuff costs lots of money and we normally spend much less time doing it then we do putting in our base running miles. The other thing about all the high tech stuff I mentioned is that it is available "On Sale" from the catalog sources at some time in the year. So if you really like to run, or if you need to run to help keep yourself the mellow easy-to-get-along-with person that you are, not having apparel that can keep us comfortable, doesn't make reasonable sense.

Oh, about my comment on "FAITH". Regardless of being physically ready to get out the door, you need to have faith. The faith I'm talking about isn't that the techno stuff will do what I've said, it's faith that even though it might be early in the morning, late at night, dark, overcast and gray, it's the faith to believe that after about 10 minutes out there you will almost always be glad you did get out there. Hopefully I've shown that you can have this kind of faith without unnecessary suffering or having to abstain from something we like.

Both National Running Center (NRC) and Road Runner Sports (RRS) are catalog and Internet vendors and have, with the exception of the SportHill 3SP top, everything you need. NRC has the market in the very lowed prices stuff for the hands & head. Both offer all the rest of it with RRS having a general better quality. That said, some of my favorite items are from NRC. I've more than one of each item because wearing and washing schedules often don't line

(Continued on page 18)