

StriderWear

Greetings fellow Striders!

CLEARANCE SALE

We have some slow selling or oddball items we have marked way down to clear from the inventory. These items will be sold on a "first come, first served" basis. Give me a call or email today to make your purchase!

- ⌚ Ladies Jog Bras Black with logo (COMFY!)
(6) Large Size Only \$15.00
- ⌚ Unisex Black with logo Cotton Shorts (COOL!)
(1) Medium \$10.00
(5) Large \$10.00
(3) X-Large \$10.00
- ⌚ Unisex Black with logo Long Sleeve T-shirts (NICE!)
(7) XX-Large Only \$5.00
- ⌚ ID Tags for your running shoes (SMART!)
(9) \$2.00

"WHAT ELSE HAVE YOU GOT?!?"

I am often asked that question. Thus, here is a list of items we carry as STANDARD STOCK.

Not all sizes are available right now for the Fall/Winter clothing. I WILL BE RE-ORDERING – so get your order now. You only pay when the item comes in.

- Men's & Women's Singlets \$20.00
- Men's & Women's Team Shorts \$20.00
Black with logo & comfort stride side openings
- Men's & Women's Fitness Shorts \$20.00
Black with logo; "bike short" length
- Unisex Team Nylon Pants \$27.00
Black. Goes nicely with the Team Jacket.
- Men's & Women's Munich Tights \$30.00
Black. Thicker, highest quality tight.
- Unisex Team Jacket \$55.00
Red with awesome embroidery work!
- Travel Bag \$30.00
By Hardman. Black with logo.
- Ultimate Bag \$40.00
Hardman's BEST Bag. Black with logo.

All Strider Wear comes from the highest quality running apparel manufacturers. The embroidery and

screening lasts as long as the garment. These are great values!

DID YOU KNOW... we have KID'S CLOTHING?

Yes, indeed! The quality is first rate for your rough and tumble youngster, making these togs a terrific value. Sizes are small 6-8; medium 10-12; large 14-16. Not all sizes are available for every item so call me to discuss your purchase.

Here is a list of what we have IN STOCK:

Unisex Youth Sweatshirts with logo	Gray or Black	\$10.00
Unisex Youth Sweatpants with logo	Gray or Black	\$10.00
Unisex Youth T-shirts (front & back printed)	Gray or Black	\$5.00
Youth Singlets printed	White front & back	\$15.00

SUGGESTION BOX

FINALLY, if you do not see a clothing item in stock, but have seen it before on a fellow Strider, have seen running items in catalogues or on other club people and would like to see us carry, PLEASE give me an email or a call with your request. Your requested items will be published on an email broadcast and the GCS website so others can concur and considered for ordering. Obviously, the more people who want the item, the more likely we will put it in stock or make a special purchase. So please give me your suggestions!



Kathy Kirby

I am temporarily away from track until July. In the meantime, you may reach me by email at KAT-KIRBY@aol.com or at my home phone: (603)465-3868. C-ya on the roads!

Strider Discount Program

This program enables Striders to purchase many running related items, such as shoes, clothing, stop watches, and even trips to far-off races at a discount over regular prices. In addition, a percentage of each sale will be returned to the club treasury to support various club activities.

FitSense: manufacturer of the FitSense FS-1 Training Watch. The FS-1 is a combination of a chronometer (stopwatch) and pedometer. The chronometer is far more powerful than most and the pedometer far more accurate than conventional pedometers, which require precise calibration. Data from the FS-1 can be loaded into your computer for storage and analysis. An optional heart rate monitor is also available. FitSense will give Striders a 20% discount on the FS-1 and accessories plus return 10% back to the Striders treasury.

Go to their web site at www.fitsense.com and use promotional code 'gcs507' to get your 20% discount on any order. You can also order by calling toll free 1-800-419-3667. Remember that you must use the promotional code to get the discount!

RUNNERS ALLEY

Runners Alley, New Hampshire's only running-only store with locations in both Manchester and Portsmouth. Runners Alley will give all Striders a 10% discount on running shoes and other items in both their stores.

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Wasatch Ridge overlooking Ogden, Utah 5000 vertical feet below on one side and the Olympic finish nearly 3,000 vertical feet below on the other. I took several deep breaths of the thin air at 10,000 feet elevation and pushed off. The first 500 vertical feet is super steep and requires several turns to prevent out of control speeds for recreational skiers. It is easy to see how race speeds over 70mph are reached in a matter of seconds. I was determined to run the course non-stop and my legs burned as I approached the final shoosh, a nasty double fall-line pitch of 600 vertical feet. It took me just under 5 minutes to reach the finish line where workers were disassembling the temporary stadium that surrounded the finish area. The Olympic medallists finished in about 1 minute 40 seconds. That's insane! The Grizzly Downhill at Snowbasin makes the Whiteface Downhill at Lake Placid seem like a stroll in the parkRain showers held off just long enough for everyone to finish the Southern NH 6k on Sunday May 12th, including 4 time Boston Marathon winner Bill Rodgers. After the race Bill participated in a GCS tradition, a cold beverage and cheap pizza with some Striders at the Club National. Some have described the Club National as the Gate City Striders sister club. I think the Club National (a.k.a. Church) is more like a third cousin club.....Speaking of clubs, the annual GCS Golf Outing will be held at Buckmeadow Golf Course in Amherst on Sunday August 18th. Contact Tom Raiche at 594-2416 or Bob Thompson at 595-8932 to sign-up. The 19th

hole barbecue will once again be hosted by Rich MacDonald.....The annual GCS softball game will be held on Sunday August 4th at Wasserman Park in Merrimack. The game will be part of the Striders annual summer outing. No experience is necessary to join in the fun. Sign up at the track or contact Bob Thompson or Dave Ferris for details. While we are on the subject of diamonds, the Red Sox are in first place as of this writing. All that means is that it must still be May....Inquiring minds want to know, why is it that you drive on a parkway and park on a driveway? Ponder that one on your next long run....See you on the trails!

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we had bypass applications. The club currently gets 10 numbers but that amount of numbers must have been set when the club had a much smaller membership. I'd like to approach the BAA to see if we can obtain a few more numbers for Gate City. To do that I will need to have our case in order. Only you can assist me to accomplish the mission here.

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Kimberly McAuliffe	07/20/88
Bob Lemay	07/21/33
Ralph Titone	07/21/62
Jeffrey Brown	07/24/58
Allison Pintal	07/25/90
John Sennott	07/26/61
Ken Morey	07/27/36
Jerry Rocha	07/27/44
Helen Shultz	07/27/45
Sam dePerri	07/28/47
Rosanne Trolan	07/29/61
Casey Carroll	07/29/71
Nick Anastasi	07/31/35
Scott Miller	07/31/56
Chantal Croteau	07/31/90