

Random Thoughts

By Bob Thompson



The Wednesday evening workouts at Nashua High and Mines Falls Park have gotten off to a great start this year. High turnouts and super weather have made for some excellent workouts and socializing. Personally it's great to be back at the workouts on regular basis after 2 years away due to injuries. Over 100 Striders attended the workout on Wednesday May 8th and about 25% of them attend church services afterward at the Club National. After one Wednesday workout George LeCours arrived at Church with a box containing numerous binders of old Gate City Strider news clippings, newsletters, photos, meeting minutes, race results, etc... that had been given to him. Those in attendance had fun thumbing through this historical information. One of the more interesting items that got a lot of attention were the results from the 1989 Nashua Trust 10K. The Nashua Trust 10K was one of the premier road running events in New England and served as the 10K Championship for several years. In 1989, 10 runners fin-

ished in under 30 minutes (4:50 per mile pace) including Irish Olympian John Doherty and Nashua High alumni Mike Gagne who both finished in under 29 minutes (4:40 per mile pace). That's hammerin'! Put up some prize money and the elite runners will show up. The Nashua Trust 10K had a prize purse of \$10,000. Another item of interest to long-time Striders was a photo of the late Wally Fortier, an original Strider. Wally had been striding around town with his distinctive white hair and head slightly askew for many years before running became popular. I recall Wally doing laps at the YMCA gym back in the 60's (wow, I must be getting old). Wally's son, Mick "the quick" Fortier, has entered a few local races of late with outstanding times, including 18:09 at the Alec's Shoes 5k on April 7th....Speaking of former Striders, Harold Lambert was in town from across the big pond to cheer his former roommate Dave Beasley and other Striders at the Boston Marathon. Harold was a top mountain runner on the New England circuit and is also a carpet designer. And you didn't think he was that rugged!.....Several Striders have been doing Pack Monadnock training runs to prepare for Mt. Washington and the Mountain Series. There is a \$3 user fee for the state park usage. On April 27, runners were treated to perfect running conditions, clear skies and cool temperatures. The hilly dirt road and wildlife along the route make for an enjoyable workout.

Rod Bellerive, an original member of the Gate Striders, used the Pack Monadnock race route as his training run for Mt. Washington. These training runs initiated the Pack Monadnock 10-Miler. Some mountain warriors have collectable t-shirts from an early Pack race where the shirt incorrectly read "4.5 Miler". Those shirts will be worth money some day. What is the current exchange rate on old race t-shirts?.....Several Striders have donated their used running shoes to help the needy. Over 50 pairs were collected for the Milford Share Program the first two weeks that I brought my barrel to the Wednesday evening workouts. I'll continue to bring the Barrel O' Shoes to the Wednesday workouts as long as you continue to bring your used shoes. (Shoes that have been used in the muddy Weekend Before Hunting Season 10-Miler may not be suitable for donation.). What's a reasonable tax deduction for donating a used pair of running shoes to charity?..... Vermont's answer to the Running of the Bulls in Pamplona Spain, the "Strolling of the Heifers" will be held on June 8 in Brattleboro Vermont. Check out the results of the milking contest as www.southernvermont.com....I have new respect for Olympic downhill skiers after skiing the 2002 downhill course at Snowbasin Utah in March. I could feel the excitement and hear the Olympic music in my head while standing at the start gate of the Grizzly downhill. The start gate is on a knife edge

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