

Volunteer Activities

NEWSLETTER STUFFING

Volunteers helping at the April-May Stuffing party were:

Don McBride, Brian and Genia Sanborn, Tom Raiche, Steve Moland, Stan Klem, Mike Levesque, Jerry and Robin Rocha, Damian Rowe, Bill Spencer, Jane Levesque. Thanks for helping.

MINE FALLS PARK

Do you visit Mine Falls Park?

Do you run in Mine Falls Park?

Do you run in Mine Falls Park?

.....Then We Need You

Please call: 589-3400 Mailbox 5005

Who are we? Mine Falls Advisory Committee is a group of seven volunteers seeking to provide safe and interesting trails while preserving the natural park environment.

What kind of help do we need? We especially need people to help lead trail construction and repair (we will train you), and who will help monitor the trails and report park misuse. We are planning an inventory and developing a signage plan which we will implement along with the expansion of the police patrol. But it is a big park and we need you to make this effort a success.

2002 Trail Workdays:

Sat.-June 22nd 9am-1 pm

Sat.-July 20th 9am-1 pm

Sat.-Aug 17th 9am-1pm

Sat.-Sept 21st 9am-1pm

Sat-Oct 26th 9am-1pm

COME JOIN US

Shaun Scanlon

AVON BREAST CANCER WALK

Thank you to everyone who helped me attain my goal in raising the funds to do the 3-day Avon Breast Cancer Walk. I raised over \$3,700, which helped Avon's total funds of \$6 million. This money will be used in the Boston Area for research, assistance, and many other needed requirements when it comes to breast cancer. Fellow Strider, Sue Picard, and I teamed together to walk the 60-mile journey. We began at 6 a.m. on Friday morning with a few delays through Fitchburg, Leominster and Shirley, MA, but it was a wonderful journey. We had many people cheering, us on along the way. We woke about 4 a.m. on Saturday to a wet tent; we packed, took down the tent, ate breakfast and began the next trek at 6 a.m. We walked through torrential rain, hail, snow and a wind chill factor of 27 degrees. We were always uplifted with the honking of cars, the cheering of umbrella-clad people, and the offer of hot cocoa along the way. When we got to the Minute Man Bridge in Concord and Lexington, we were forced to stop and were transported to the Minute Man Technical High School--we had 6 more miles to go. We arrived at the evening shelter to applause by the other walkers and families that came to cheer on the walkers. Walking around the three floors at the High School was like watching a disaster movie. People were lying on the floors body to body in every nook and cranny -- it was a field of Mylar blankets! After all the walkers endured that day -- everyone was in good spirits. They sang and laughed and enjoyed Karaoke night. We all slept well when lights went out at 9:30 p.m.

We decided to take it easy and get to Boston closer to 4

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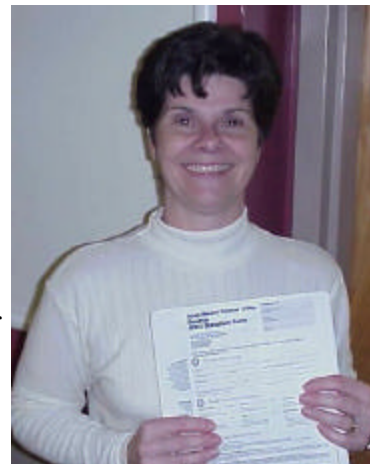
p.m., because the ceremony began at 5 p.m. We sat at breakfast with an 81 year old man who was a breast cancer survivor. It was a beautiful day for a walk into Boston.

When we walked along Memorial Drive and the Charles River, we were amazed that we actually walked from Fitchburg to Boston! We actually made it! We were cheered along almost the entire way into Boston that day. We were given lots of lollipops and treats by many well-wishers.

We arrived at Government Center with many cheers and applause from our co-walkers. When all the walkers were accounted for, we lined the streets for about a half a mile stretch. The 3,945 walkers and the many, many medics, volunteers, crew members sang, clapped and did the "wave" down Beacon Street to Boston Common. Sue and I were near the front as we came to the end of our journey. We looked back at the sea of blue and pink stretched out behind us and it never seemed to end. When we ran into the Commons, it took about 1/2 hour for all of us to fill around the ceremonial stage and welcome the pink survivors. It was an awesome site to behold. The pink survivors ranged in age from young adults to elderly of men and women alike.

I realized then that this was a wonderful undertaking that should not be forgotten and cherished forever.

Joyce Oberholtzer



Team Captains Still Needed For 2002

The Gate City Striders racing teams are still looking for team captains for the 2002 racing season. Recent volunteers have filled some of the open positions, but we still need 2 Male Masters Team Captains, 1 Male Ancients (70+) Team Captain, 2-3 Female Open Team Captains, 1 Female Seniors Team Captain, and 1 Female Veteran Team Captain. Additional captains in other divisions are welcome as well.

Primary duties of the team captains are to organize teams for the Lake Winnepesaukee and Mill Cities Relays. Organization of most other teams is done by email, web site, newsletter, and announcements at our weekly workouts. By having multiple captains in each division, the amount of work involved is minimized.

You do not need to be fast to be a team captain. One of the Male Open Team Captains (Michael) is still trying to break 22 minutes for 5K after starting running again 3 1/2 years ago.

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allowed us to see the major attractions in the city including the luxurious mansion currently occupied by our ambassador Paul Celluci.

The guided bus tour in the morning was an excellent idea since we could go back to wherever we liked visiting again depending on own preference. The city operates jump-in jump-off trolley bus, which takes you to any tourist attractions free of charge. People in Ottawa are very friendly, and they will take you to wherever you want to go if you ask for the directions. I must admit,

however, that I was shocked to overhear a local old guy whispering to his buddy, "Oh boy, I hate those Tulip Festival visitors. It's not easy to find a bench to sit around these days, Eh"

Finding a good restaurant for pre-race pasta dinner was not so successful for us. Although there are many wonderful Italian restaurants in Ottawa, they were all booked out for Saturday night, and it was impossible to get an 11 seat reservation. If anyone planning to go to the Tulip Festival race as a group in the future, I would advise that you

make the reservation for a restaurant well before you get there. Although we could not have our own pre-race dinner party, we treated ourselves with a wonderful post-race dinner at the revolving dining room on top of the Ottawa Marriott hotel. The panoramic view from the restaurant was fantastic, and the food was excellent. That itself was worth the trip. Particularly for me, it was a great birthday celebration.