

## Strider Wear



Kathy

Hello Fellow Striders!

I will be at track most of the summer as my school schedule allows me to run with you Wednesday nights. As always, I will have the clothing with me. Please look for me after your workout. I will have the following in stock items:

Singlets	\$20 (PLENTY this year in sizes small – XL)
Jackets	\$55
Sport Bags	\$40
Pocket Pants	\$35
Lycra Fitness Shorts	\$25 - \$27

The best way to reach me is to call my home number (465-3868).

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have always wanted to do a triathlon, this is a good one to enter as the distances are relatively short with a ¼ mile swim, 11-mile bike ride and 3-mile run. Thanks to Chip Geisler for his efforts in directing this event for several years. Please contact Tom Conley as several volunteers are needed to ensure a quality event.....The annual GCS Golf Outing will be held on Sunday August 10<sup>th</sup> on the undulating fairways of the Buckmeadow Golf Course in Amherst. No golf experience is necessary to participate in the traditional scramble format. Contact Tom Raiche or Bob Thompson if you are interested in hacking away on August 10<sup>th</sup>. Once again, Rich MacDonald has volunteered to host the 19<sup>th</sup> hole barbecue at his Milford home..... As of this writing, the Red Sox are in first place ahead of the Yankees. Therefore, it must still be May.....See you on the trails!

## Remaining NH Gran Prix Races

Bill Luti 8k, July 19, Concord  
Race Director, Bob Teschek, [racetime@gsrcs.com](mailto:racetime@gsrcs.com)  
Race Website [www.gsrcs.com](http://www.gsrcs.com),

Sandown Old Home Days 5 Miler, August 9, Sandown  
Race Director, Mark Traeger, [mtraeger@earthlink.net](mailto:mtraeger@earthlink.net)  
Race Website [www.roquerunners.com](http://www.roquerunners.com)

Francestown 8K, September 1, Francestown  
Race Director, Greg Neilly, [Neilly@starband.net](mailto:Neilly@starband.net)

Lake Winnepesaukee Relay, September 20, Laconia  
Race Director, Ken Robicheau  
Race Website [www.northmedfordclub.org](http://www.northmedfordclub.org)

Citizens Bank Run For Shelter 8K, October 19, Manchester  
Race Director, Mary Sliney, [Mary@thewayhomenh.org](mailto:Mary@thewayhomenh.org)  
Race Website [www.thewayhomenh.org](http://www.thewayhomenh.org)

Rochester Runners FreeFall 10k Classic, October 26, Rochester  
Race Director, Nadine Duchateau, [rochesterrunners@aol.com](mailto:rochesterrunners@aol.com)  
Race Website [www.rochesterrunners.com](http://www.rochesterrunners.com)

**BIGELOW CHIROPRACTIC CENTER**  
helping you achieve optimum health

Brian T. Bigelow  
Doctor of Chiropractic

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Nashua NH 03060  
Phone: 603 883-8971  
Fax: 603 883-0157  
E-mail: [brianb249@attbi.com](mailto:brianb249@attbi.com)  
Specializing in sports injuries and chronic muscular pain

# Race Results

Big Dog's Run 5K  
Derry, NH 5/18/03  
13 Adam Delia 21:32  
119 Jackie Geisler 36:30  
120 Sandy Geisler 36:34

Parker Classic 5 Miler  
Devens, MA 5/18/03  
32 Adam Delia 38:19  
63 Allison Black 47:27

Parker Classic 2 Miler  
Devens, MA 5/18/03  
Lindsay Panny 1st Female  
5 Lindsay Panny 13:17

Bedford Rotary 12K  
Bedford, NH 5/17/03  
1st Place Mixed Team  
7 Rich Stockdale 45:12  
13 Peter Venditoui 48:17  
14 Tom Kolb 48:21  
17 John Saunders 49:28  
25 Jonathan Green 51:22  
28 Bob Veileux 52:15  
29 Bill Spencer 52:25  
32 Allan Rube 52:52  
36 Ed Kelly 53:40  
39 Pamela Hall 54:05  
48 Michael Dodge 54:48  
70 Heidi McGaffigan 57:40  
76 Kevin Bausha 58:18  
78 Michael Labonte 58:22  
81 Shu Minami 58:49  
86 Sandy Machall 1:00:27  
96 Pat Kiesselbach 1:01:26  
105 Barbara Joy 1:02:47  
110 Richard MacDonald 1:03:10  
113 Emily Strong 1:03:53  
130 Genia Sanborn 1:06:08  
133 Marie Mullins 1:06:21  
147 Mary Minami 1:10:31

Bedford Rotary 5K  
Bedford, NH 5/17/03  
3 Steve Delahunty 17:38  
6 Steve Hunt 18:07  
8 Nicole Slane 18:53  
14 Trevor Ward 19:27  
17 Kelsey Hunt 19:59  
28 Steve Moland 21:48  
35 Eldon Burkinshaw 22:21  
103 Pam Matviya 26:26  
123 Sachiko Burkinshaw  
27:27  
150 Bill Sturgeon 29:21

152 Nina Labonte 29:36

Moose Milers 5K TrailRun  
Nashua, NH 5/15/03  
4 Kevin Bausha 24:32

Run For The Roses 5K  
Salisbury, MA 5/14/03  
5th Open Team  
4th Masters Team  
2nd Seniors Team  
24 Liane Pancoast 20:23  
26 Yuki Minami 20:31  
30 Julie Hanover 21:00  
68 Pat Kieselbach 23:10  
98 Sharon Yu 24:14  
103 Linda Madden 24:27  
110 Emily Strong 24:54  
111 Lisa Christie 24:55  
127 Robin Rocha 25:22



155 Susan Rube 25:41  
136 Marie Mullins 25:45



144 Mary Minami 25:59  
163 Lillemor Hamnqvist 26:53

193 Kathleen Treggiari 28:13  
197 Patricia Smith 28:23  
218 Debbie Auclair 29:09  
227 Madeleine LaRose 29:31  
308 Linda Thatcher 36:30

Medical Center 6K  
Nashua, NH 5/11/03  
Nicole Slane 1st Female  
3 Steve Hunt 22:22  
6 Nicole Slane 23:19  
7 Peter Venditoui 23:30  
8 Carl Hefflefinger 23:49  
10 Tom Kolb 24:13  
11 Peter Shajenko 24:36  
13 Walter Swanbon 24:51  
15 Dave Contrada 24:58  
20 Bill Spencer 25:36  
23 Yuki Minami 25:47  
24 Adam Delia 25:48  
25 Allan Rube 25:53  
26 Jim Ecke 25:58  
28 Pamela Hall 26:16  
30 Madeline Trolan 26:26  
31 Chantal Croteau 26:40  
34 Kristen Ewing 26:45  
35 Frank Dwyer 26:49  
37 James Klum 27:08  
38 Mike Merra 27:13  
40 Cathy Merra 27:29  
45 Andrea Pierce 28:06  
46 Shu Minami 28:09  
48 Kathy Johnson 28:44  
51 Joshua Green 28:49  
52 Jonathan Green 28:50  
56 Peter Stebbins 29:04  
58 Samantha Buechner 29:23  
60 Sandy Machall 29:31  
63 Sharon McAuliffe 29:43  
66 Roger Hall Jr 29:51  
71 Eric Chorney 30:01  
75 Skip Cleaver 30:11  
75 Rosanne Trolan 30:17  
86 Teanna Croteau 31:07  
89 Mark Buechner 31:16  
92 Linda Madden 31:35  
98 Ed Donovan 32:01  
100 Susan Rube 32:02  
101 Robin Rocha 32:08  
103 Emily Strong 32:16  
110 Mary Minami 32:39  
113 Marylu klum 32:45  
121 Allison Black 33:53  
127 Allan Sabiski 34:12  
132 Mary Slocum 34:45

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- 136 Lynn Kisselbach 35:51
- 137 Robert Welts 36:01
- 143 Madeleine LaRose 37:10
- 145 Bill Sturgeon 37:18
- 152 Michael Whelton 38:26
- 154 Jeannie Ferreira

Foot Health 5K

- Derry, NH 5/10/03
- 18 Kevin Hodge 20:30
- 26 Joshua Green 22:20
- 27 Jonathan Green 22:20
- 56 Skip Cleaver 25:25

Pauline Albert 5K

- Nashua, NH 5/4/03
- Kate Jackson 1st Female
- 3 Ryan McCarty 18:20
- 7 David Posnick 18:54
- 8 Don McCarty 18:58
- 10 Peter Venditouli 19:27
- 14 Kate Jackson 20:18
- 19 Michael Peabody 20:54
- 28 John Sennott 22:59
- 30 Scott Bausha 23:03
- 32 Kevin Bausha 23:10
- 46 Gigi Ferris 26:25
- 47 Teanna Croteau 26:27
- 50 Ed Donovan 26:32
- 58 Bob Michaud 28:04
- 59 Bob Welts 29:03
- 76 Ellen Kolb 38:00

CMC Community Challenge 5K

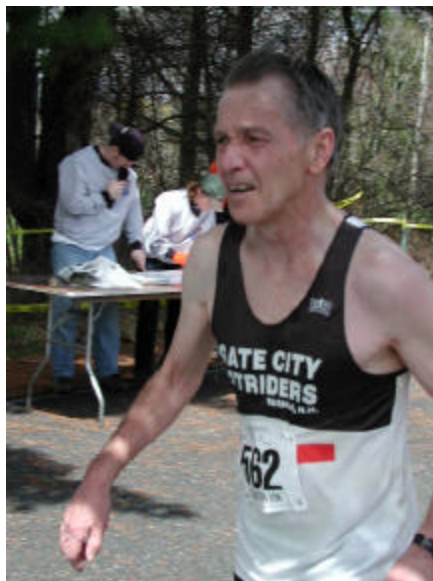
- Manchester, NH 5/3/03
- 2 Mike Hampton 17:42
- 5 David Birse 19:06
- 19 Allan Rube 21:42
- 22 Michael Dodge 22:03
- 34 Shu Minami 23:23
- 66 Mary Minami 27:09
- 67 Susan Rube 27:12
- 82 Robert Michaud 27:57

Big Lake Half Marathon

- Alton Bay, NH 5/3/03
- 2nd Overall Team 60 Pts
- 1st Male Senior Team
- 1st Male Veteran Team
- 1st Female Open Team
- 2nd Female Masters Team
- 1st Female Seniors Team
- 12 Rich Stockdale 1:23:10
- 66 Bill Gray 1:30:43
- 90 Lori Lambert 1:32:26
- 100 Chip Geisler 1:33:09
- 122 Julie Hanover 1:35:44
- 157 Diane Quinlan 1:38:00
- 165 Walter Swanbon 1:38:32

- 173 Bob Pelletier 1:39:11
- 187 Kristen Ewing 1:39:56
- 205 David Delay 1:41:15
- 244 Bill Springer 1:43:16
- 271 Damian Rowe 1:44:52
- 276 Kathy Johnson 1:45:18
- 348 Wayne Hilson 1:49:16
- 349 Sam dePerri 1:49:18
- 385 Michael Thatcher 1:50:56
- 390 Pat Kiesselbach 1:51:17
- 476 Traci Swanbon 1:55:19
- 487 Brian Sanborn 1:55:43
- 516 Bill Engle 1:57:20
- 523 Laurie Kofstad 1:57:30
- 596 Susan McIlvane 2:00:49
- 629 Barbara Joy 2:02:52
- 634 Genia Sanborn 2:03:24
- 667 Chris Adams 2:05:31
- 687 Paul Fiori 2:06:29
- 690 Stephanie Adams 2:06:46
- 696 Allan Sabiski 2:07:36
- 775 Marie Mullins 2:11:11
- 790 Kathy Engle 2:13:12
- 795 Allison Black 2:13:35
- 847 Judith Nicholson 2:21:28

Groton 10K Road Race  
Groton, MA 4/27/03



- 54 Jack Kick 44:34
- 66 John Hennessey 45:46
- 179 Pat Kiesselbach 50:51
- 203 Annette Marchand 51:54
- 292 Laurie Kofstad 55:38
- 324 Mary Minami 56:58
- 395 Mary Slocum 61:23

Groton 5K Road Race  
Groton, MA 4/27/03

- 16 Nicole Slane 18:40
- 27 David Leprohon 19:41

37 Chantal Croteau 20:42



- 39 Bill Spencer 20:44
- 50 Liane Pancoast 21:25
- 210 Teanna Croteau 26:05

Muddy Moose 14 Mile Trail Run

- Wolfeboro, NH 4/27/03
- Jonathan Green 2:10:36
- Mike Haggerty 2:16:59
- Dave Ferris 2:21:41
- Ken Robichaud 2:49:57

James Joyce Ramble 10K

- Dedham, MA 4/27/03
- 173 Allan Rube 44:19
- 1051 Susan Rube 57:39
- 1582 Jeannie Ferreira 1:11:03

Flower Day 5K

- Concord, NH 4/26/03
- 13 Joshua Green 22:22
- 14 Jonathan Green 22:25

Boston Marathon

- Boston, MA 4/21/03
- James Belanger 3:13:55
- Wayne McLeod 3:14:25
- Trevor Ward 3:23:17
- Don McCarty 3:32:58
- Pam Hall 3:35:40
- Yuki Minami 3:36:06
- Rae Eastland 3:43:01
- David Wendt 3:46:40
- Tom Conley 4:07:04
- Richard Doyle 4:07:17
- Shu Minami 4:10:41
- Steve Moland 4:16:47

(Continued on page 18)

Michael Levesque 4:22:53  
 Andrea Pierce 4:23:50  
 Chip Geisler 4:24:58  
 Lincoln Phillips 4:45:10  
 Dave Breeden 4:51:04  
 Samy El-Guebaly 4:54:34  
 Stan Klem 4:57:31  
 Marjorie Morse 5:01:39  
 Peter Ness 5:06:50  
 Michael Thatcher 5:10:08  
 Steve Frasure 5:20:05

Granite Lake Otter Run 5K  
 Nelson, NH 4/19/03  
 13 Dave Birse 18:57  
 72 Allison Black 27:34

Emerald Necklace 5 miler  
 Roxbury, MA 4/13/03  
 61 Jim Belanger 30:06  
 108 Adrien Cooper 32:54  
 1672 Jeannie Ferreira 53:39

Red Shoe Barn 5 Miler  
 Dover, NH 4/13/03  
 27 Joe Rizzo 31:27  
 31 Nicole Slane 31:35  
 36 Tom Kolb 32:23  
 129 Eldon Burkinshaw 38:17

Bow Lake 15K  
 Strafford, NH 4/12/03  
 20 Dave Birse 1:05:41  
 30 Julie Hanover 1:09:49  
 79 Allison Black 1:31:28

Run For Food & Shelter 5K  
 Nashua, NH 4/6/03  
 Nicole Slane 1st Female  
 6 Ryan McCarty 17:46  
 8 Steve Delahunty 17:53  
 11 Steve Hunt 18:06  
 15 Don McCarty 18:36  
 16 Bruce Lutz 18:41  
 22 Doug Shattuck 18:57  
 28 Peter Venditoui 19:08  
 32 Joe Rizzo 19:13  
 35 Nicole Slane 19:26  
 36 Dave Birse 19:33  
 42 Carl Hefflefinger 19:54  
 48 Kelsey Hunt 20:18  
 49 Lincoln Phillips 20:20  
 52 Patrick Rush 20:28  
 54 Bob Veilleux 20:33  
 58 Scott Stelling 20:39  
 59 Tom Conley 20:41  
 64 Michael Dodge 20:51  
 71 Chantal Croteau 21:11  
 79 Mike Merra 21:23

83 Bill Spencer 21:28  
 86 Allan Rube 21:38  
 101 Cathy Merra 22:22  
 104 James Klum 22:25  
 108 Rich Cardin 22:32  
 117 Michael Labonte 22:46  
 120 Mindy Adams 22:52  
 121 Brittaney Plante 22:52  
 130 Wayne Hilson 23:18  
 139 Joann Ranslow 23:32  
 144 Caitlin Plante 23:39  
 147 Lindsay Panny 23:45  
 148 Byron Telage 23:46  
 149 Sam dePerri 23:50  
 154 Pat Kiesselbach 23:55  
 159 Kevin Hodge 23:59  
 172 Scott Bausha 24:23  
 178 Priscilla Flynn 24:32  
 179 John Sennott 24:34  
 180 Mark Fraser 24:37  
 193 Kellie Oberholtzer 25:03  
 196 Roger Hall jr 25:10  
 214 Alison Cody 25:41  
 218 Aline Kenney 25:48  
 222 Peter Stebbins 25:51  
 228 Kevin Bausha 25:59  
 229 Emily Strong 25:59  
 234 Sandra van de Heuvel 26:04  
 244 Teanna Croteau 26:23  
 245 Robin Rocha 26:23  
 249 Ed Auclair 26:35  
 256 Linda Madden 26:39  
 269 Gigi Ferris 26:52  
 294 Allan Sabiski 27:31  
 297 Pam Matviya 27:34  
 302 Marylu Klum 27:38  
 306 George Lecours 27:39  
 308 Steve Doyle 27:40  
 309 Skip Cleaver 27:40  
 312 Allison Black 27:49  
 314 Lisa Christie 27:50  
 319 Patricia Smith 28:00  
 335 Alexander Bartis 28:55  
 336 Scott bartis 28:55  
 338 Mary Slocum 28:59  
 343 Judith Nicholson 29:15  
 349 Robert Michaud 29:36  
 351 Nina Labonte 29:39  
 354 Bob Welts 29:55  
 375 Linda Panny 30:42  
 377 Debbie Auclair 30:45  
 379 Kathleen Treggiari 31:01  
 387 Gerald Rocha 31:19  
 392 Madeleine LaRose 31:36  
 393 John Panny 31:47  
 421 Michael Whelton 35:52  
 426 Raymond Oberholtzer 35:59  
 431 Ellen Kolb 36:36  
 432 Debra Ancil 36:50

478 Joyce Oberholtzer 44:00  
 491 Ian McCarty 44:55  
 510 Holly McCarty 48:59  
 577 Richard LaRose 59:43

Westford 5k Road Race  
 Westford .Ma, 4/4/03



Kelsey Hunt 20:09  
 Lindsay Panny 22:33

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### July Expirations

Tim Burke  
 Jillian Busby  
 Tom Conley  
 Michael Dodge  
 Beth Dutton  
 John Genet  
 Sandra Gilmore  
 Pam & Roger Hall  
 John Heden & Karen Schmidt  
 Chris Howard  
 Deb Hughes  
 Jack Kick  
 Lisa & Kevin Klasman  
 Michael Levesque  
 The Lewicke Family  
 Pam & Ron Matviya  
 The McCabe Family  
 Patrick McGrath & Family  
 Julie & Bob McGuirk  
 Shu & Mary Minami  
 Bill & Ann Prokop  
 Jerry & Robin Rocha  
 Patricia & Steven Rollman  
 Mark Roy  
 Laura Karpalisto  
 Achilles Scontosas & Family  
 Brian Stevens  
 Emily Strong  
 Brian Withers

**June 2003**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Youth Track Stellos	3	4 Adult Track Penni- chuck JH	5 Youth Track Nashua North HS	6	7
8 Rhody 5k NEGP	9 Youth Track Stellos	10 Fitness Univ Clinic Alvirne HS	11 Adult Track Penni- chuck JH	12 Youth Track Nashua North HS	13	14 NE-USATF JO Track Meet UNH
15	16 Youth Track Stellos	17 F U Clinic Pennic- huck JH & Merri- mack HS	18 Rossetti 5k Track Nashua North HS	19 Youth Track Nashua North HS	20	21 Mt Washington Race
22	23 Youth Track Stellos	24 Fitness University Clinic Keyes Field Milford	25 Track Nashua North HS	26 Youth Track Nashua North HS	27	28 Reg 1 USATF JO Track Meet
29 Bedford Lions 20k NEGP	30 Youth Track Stellos					

**Go to [www.gatecity.org](http://www.gatecity.org) for workout details. Adult track at 6:00, Youth at 5:30**

**July 2003**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fitness University Clinic CHS Litch- field & Fair- grounds JH	2 Adult Track Nashua North HS	3 Youth Track Nashua North HS	4	5
6	7 Youth Track Stellos	8 Fitness Univ Clinic Nicols Fld Hollis	9 Adult Track Nashua North HS	10 Youth Track Nashua North HS	11 Great Leggs 5k Lowell	12 <b>Fitness University Alvirne HS Hudson</b>
13	14 Youth Track Stellos	15	16 Adult Track Nashua North HS	17 Youth Track Nashua North HS	18	19 <b>Bill Luti 8k Conco- rd NHGP</b>
20 Stowe 8 mile NEGP	21 Youth Track Stellos	22	23 Adult Track Nashua North HS	24 Youth Track Nashua North HS	25	26
27	28 Youth Track Stellos	29	30 Adult Track Nashua North HS	31 Youth Track Nashua North HS		