



Editor's Column By Bill Spencer

This issue of the Newsletter is a little later than normal because we wanted to have the results of the second NH Gran Prix race included. The E board has put an emphasis on winning the series this year and as you will see the club has responded.

This seems to be the year for constant change. The youth track workouts have moved from Pennichuck to Fairgrounds and now to Nashua High School. Similarly, the adult workouts will also shift to Nashua High School on the 18th of June.

The Club Triathlon has been on life support until Tom Conley stepped forward and agreed to direct it. Details will be posted on the Club Web Site.

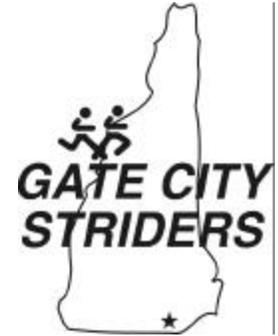
Our premier youth program, Fitness University, was forced to find an other location due the closure of the Nashua fields for reseeding and will be held at Alvirne High School in Hudson this year. If that wasn't enough, Regina Jacobs who had planned on returning this year was forced to cancel just as the applications were due to go to the printers. As you will see in the story, Shaun hopes to have Joan Benoit-Samuels replace her.

Our Club President, Bob Pelletier has to be wondering what he got himself in for when he agreed to assume that role. The club is fortunate that he did.

Lastly, I have spent the past week attending the two Junior High State meets, the two Nashua Elementary school city meets, and the Class L High School State meet. At each meet, I was able to cheer for Gate City Strider youths (the girls in particular) as they dominated the distance races. What these kids have accomplished is really a sight to see. For example, at the Junior High meet in Bow, the first 6 runners in the girls 1600 were Striders.

Well done youths

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders
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Nashua NH 03061.

Visit our Web Site
WWW.GateCity.Org

USA Track & Field Club # 157
AARC Club # RC12

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

Membership meetings

3rd Wednesday of month at the Merrimack YMCA.

Track workouts

Wednesday nights, Nashua North High school, April thru October. Weekly runs are held elsewhere throughout the year. Youth workouts on Monday and Thursday nights. See calendar for details.





President's Column

By Bob Pelletier

The Inverted Pyramid - Chapter II

Greetings Striders!

My initial column in the April/May 2003 issue of *Striding Along* closed with the following paragraph which summarized what you, the member or customer, wanted from your club as a result of the Winter 2002/2003 club survey:

You want to have fun with your teammates, hone your running skills at track, be entertained at club meetings, compete for a club that cares about your participation and performance rates, be able to communicate with other members and be kept updated with a state of the art web site, and pitch in where you can without being inundated. This is what you have asked as the customer, it is now your board's responsibility to deliver the product to you.

Please forgive me if the reprinting of this summary seems a bit redundant. To your board, it is a very powerful statement worth repeating and revisiting. It is the yardstick by which we will measure our performance towards providing you with a healthy and vibrant club for years to come.

I will play Ed Koch, former Mayor of New York City, for a second and ask how we are doing?

We are seeing lots of smiling faces at track and at the early NHGP races. There is a lot of member effort being exerted at these events and most of us are going home feeling pretty good about our practices and performances. Coach Camire and his staff have tailored the workouts to challenge and improve upon each of our runners various levels of ability. We will soon be adding regular sites and times for weekend long runs as many of you have asked for this. We would love to have someone come forward as the weekend long run coordinator. For weekend starters, you can usually find a group at Stellos Stadium around 7:30 AM on Saturday for Mine Falls trail runs and at the Good Times Restaurant in Candia (Exit 2 Route 101) on Sundays at 9:00.

As I look back on the monthly meeting speakers that we lined up since the early winter and the resulting bump in attendance, it is apparent that we are now giving you a reason to come on out on a Wednesday night to the Merrimack YMCA. We will resume the monthly meetings in September by asking our highest rated speakers to return. We will continue our search in adding new and interesting topics to our speakers program. We are still searching for a site which

offers food and favorite beverages.

We have restocked the NHGP race series fire in many of you. This was evidenced by the large group of Striders who trekked to Lake Winnepesaukee for the May 3 Half-Marathon. Many of you have already earned scoring and participation points. They are well deserved. The race distances begin to shorten as the series moves into the Summer. We hope that many more Striders can help us to regain the NHGP Championship. The Granite State Racing Team and Rochester Runners are off to fast starts and they would like nothing more than to beat a unified GCS team. If we were a softball or hockey club we would want to compete against the best teams in our State. We are in fact a running club that has an opportunity to compete against the best in our State via the NHGP race series. Support it and participate where you can.

The real work began in earnest in May towards redesigning a more user friendly and powerful club web site. Steve Moland is taking on the yeoman's share of this task. We would like to find a Strider or two to help Steve with the management of the site once it is up and running. With a large amount of you working in the computer/software industry we hope that someone can emerge and apply your talents to help keep the site updated and timely. We plan to retire the underutilized hot line in order to help finance the web site upgrade and forum improvements.

We are spending more money to build team camaraderie and bang for your Strider buck. The pizza at monthly meetings, appearance fees for some speakers, cash or Striderwear awards for NHGP scoring and participation, donations to youth running organizations, postage, printing, etc. eats up the bulk of your membership dues and some. Your board continues to seek alternative ways of generating club revenue.

We are pleased to announce that we have reached agreements with Road Runner Sports and Activa Women's Running Wear for a club 8% revenue rebate for any product purchased from these companies by linking on via the GCS web site. Those links are expected to be up by early June. You are entitled to your customary discount and free shipping if you are a Run America Club member. We will continue to seek out other corporate programs such as these which allow us to leverage our 500+ member buying power. Your volunteer help at race events such as the Chase Bank Boston Corporate Challenge in June and the Cigna Corporate Health race in Manchester in August are huge revenue generating opportunities for us as we get reimbursed for \$30 for each

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volunteer. Please come out and help on these nights if you can.

One of the freebies which was distributed at Big Lake was the April edition of *Metro Sports Boston*. It featured an expose' on the larger running clubs in Greater Boston. About fifteen clubs were featured. The common theme throughout every club, with minor exception, was that they offered weekly track workouts, week-end long runs, team competition, and promoted active volunteerism. We still have huge voids to fill in order to be all that we can be as a club for 2003 and beyond. Examples are the Club Triathlon Director and Co-Director positions, Ultimate Runner Night Director replacing **Dave Williams**, and Fitness University Key Committee members. Please contact me or any other board member if you can contribute.

I would be remiss if I did not mention the huge contributions made by many of our club members who have stepped forward to ask, "...what I can do for my club?" Many of these contributions have been ongoing for several years. Please be sure to thank **Mike and Linda Thatcher** for taking on the mailing responsibility for the newsletter, **Jane Levesque** for hosting numerous newsletter stuffing parties, **Bill Spencer** for editing the newsletter and directing our extensive youth program, **Steve Moland** for managing the web site, **Walter Swanbon** for becoming competition coordinator, **Traci Swanbon** for becoming the State Liaison for the NHGP running series, **Tom Conley** for the GCS point accumulation coordination, **Shaun McMahan** for Fitness University Director, **Shawn Scanlon** for Fitness University Clinic Coordinator, **Jim Belanger** for coordinating the bus for the Boston Marathon,

Allan Rube' for maintaining the Strider Forum, **Bill Farina** for Directing the Freeze Your Buns Series, **Chet Rogers** and **Emily Strong** along with their tireless committee for Applefest, **Lori Lambert** for Directing Alec's Nashua Soup Kitchen 5K, **Damian Rowe** for Directing the SNHMC 6K, **Steve Moland** for Directing Pack Monadnock 10 Mile r, **Kevin Reynolds** for his Equipment Manager duties and water distribution at track, **Kathy Kirby** for managing the Striderwear program, **Rich Stockdale** for coordinating the Boston Corporate Challenge volunteers, **Dick Bersani** for coordinating the Mt. Washington volunteers and at-large entries, **Brian Whithers** for his work with the beginner group at track, **Michael Amarello** for results compiling and general help with competition, **Chip Geisler** for managing the hot line, **Bob Thompson** for Directing Novemberfest, **Skip Cleaver** for his tremendous press coverage and support for the club in his newspaper and web site articles, our individual team captains, and finally, your seven E-Board members. I am sure that I will be adding any omissions and volunteer newcomers to this list in the next edition. Supporting these people are many others who have also asked "...what can I do for my club?" Many of us in the 40 plus crowd have fond memories of a young Dionne Warwick reaching out to her friend "Alfie" with the powerful Burt Bacharach lyrics of, "are we meant to take more than we can give?"

Let's continue to have fun, stay healthy, and safe!

Cheers!

Bob

I am introducing an "Ask the President" feature in this month's edition of *Striding Along*. Feel free to forward questions to me at: Pelletier.R@attbi.com

You should indicate if you would like your question printed in an upcoming issue. I will reply to all questions, suggestions and comments. This feature is designed to help keep the board and I informed and updated on any matters needing attention, improvement, or action while giving you a chance to air your opinion on any running or club related matter.

Wednesday Night Track Workouts Site Change Notification!

We are excited to announce that we will be changing our Wednesday track night workout location to Nashua North High School on beginning on Wednesday, June 18. The new Nashua North High School site features a state of the art tartan surface track and ample parking. There is also Mine Falls trail access about a half mile away. Workouts will begin at the same time of 6 PM.

Directions to the track are as follows:

From the Everett Turnpike take Exit 6 heading west on Broad Street towards Hollis. Proceed for about 1.5 mile until you reach the traffic rotary at the church. The driveway for NNHS (Chuck Druding Drive) is on the opposite side of the rotary from the Church.

Club Triathlon

Tom Conley has stepped forward and agreed to direct the annual club triathlon He has picked August 3rd as the date. This will be his attempt at directing this type of event and he will be looking for the active help of those club member that do not participate to help with the event.

Schedule this event on your calendar