

Club Directory

		<u>Night Phone</u>	<u>Day Phone</u>	<u>Email</u>
<u>GCS Executive Board</u>				
President	Steve Moland	882-2067	624-5630	steve@accessp.com
Vice President	Dave Delay	673-0028		ddelay@attgobal.net
Secretary	Bob Pelletier	889-5602		a2dpell@aol.com
Treasurer	Bill Farina	978-433-2335		william.farnia@snhmc.org
Membership	Sandy Geisler	421-1815		chipgeisler@worldnet.att.
Competition				
Social	Dave Ferris	889-5588		dpferris32@aol.com
<u>Team Captains</u>				
<u>Men Open</u>				
Men Masters	Steve Harter	424-0387		sharter@mindseye.mv.com
Men Seniors	Mike Levesque	882-6623		MikeStride@aol.com
	Brian Sanborn	673-6363		
	Dave Salvas	673-0069		david.g.salvas@baesystems.com
Men Veterans	Shu Minami	880-7454		sxminami@aol.com
<u>Men Grand Veterans</u>				
<u>Women Open</u>				
Women Masters	Pam Hall	424-5096		hrogrunx26@aol.com
	Robin Rocha	598-8852		j27rocha@aol.com
	Priscilla Flynn	880-8802		dflynn2468@apl.com
Women Seniors	Pat Kiesselbach	881-5532		mayener@netscape.net
<u>Coach</u>				
	Dave Camire	978-957-4230		davecamire@aol.com
<u>Newsletter & Web Site contacts</u>				
Newsletter Editor	Bill Spencer	882-4859		bspence1@ix.netcom.com
Web Master	Michael Amarello	429-8879		Webmaster@gatecity.org
Web Master	Julie Hanover	889-7014		HanoverJ@Netscout.com
Mailing Coordinators	Jane Levesque	889-4056		Alevesque@aol.com
Race App. Inserts	Emily Strong	595-7149		emily.strong@baesystems.com
<u>Other contacts</u>				
StriderWear	Kathy Kirby	465-3868		katkirby@aol.com
Equipment Manager	Kevin Reynolds	891-1916		ReynoldsKS@aol.com
Event Calendar	Bill Spencer	882-4859		bspence1@ix.netcom.com
Result Compiling	Michael Amarello	429-8879		Webmaster@gatecity.org
Strider Emil list questions	Allan Rube`			allan@nhbungalow.com
Hot Line Mgr	Chip Geisler	421-1815		chipgeisler@worldnet.att.net
Voice Hot Line access number		880-9479		
Strider Discussion forum				
and email List	http://groups.yahoo.com/group/gatecitystriders			

All Area Codes are 603 unless noted otherwise

Cover Photo:

Carl Hefflinger grunting up leg 6 (his first) of Colorado Relay which was a killer.

Email Addresses

If you have an Email address and do not already receive an occasional Email about various ad hoc announcements pertaining to GCS, and you would like to receive these announcements, send your Email address to Sandy at chipgeisler@worldnet.att

**Editor's Column
By Bill Spencer**



The fall cross country season is once again upon us, I wind up spending most of my time working with the youth girls of the Club. The thrill that one gets at a Junior High or High School race when one of the runners that has run for you is hard to describe. At the most recent High School meet, Striders Michelle Weysham, Ashley Morgenstern, Casey Darasz, Kim McAuliffe, and Michelle Buechner were all in the top 10 of their races. The Junior High State meet on the 19th will see a similar clustering of the top runners being Gate City Striders.

So much for the Youth, I could not let this issue go by without mentioning one of our truly remarkable members. Jack Kick has been a Strider long before I joined the Club. He is the regular winner of the Ultimate runner series, a member of our World Record setting 4x 1 mile relay team, and a really remarkable runner. Jack celebrated his 70th birthday the night before the Lake Winnepesaukee relay and ran the 11 mile leg two the next day. He ran it at a 7:19 pace and had the 55th best time out of 123 runners. So much for old age!



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
PO Box 3692
Nashua NH 03061.

Visit our Web Site
WWW.GateCity.Org

USA Track & Field Club # 157

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.

Track workouts

Wednesday nights, Stellos Stadium, April thru October. Weekly runs at Pennichuck JH starting the end of October

