

## A new era in Strider communications

By Steve Moland

Lots of members didn't find out that we couldn't use the Nashua High track any more back awhile ago and then a few weeks later the city asked us to NOT to show up at Pennichuck because the school needed the parking of a special event that night. Because our members had no effective way of finding out such things, many showed up for a track workout that had been cancelled. Hopeful such an information void will be history.

Years ago (all of 6 years that is) when I joined the club, it had a pretty good private communication system with its dial-in bulletin board. Regularly active members could post questions, announcements and engage in lively discussions. All you needed was a computer, a modem and a blessing from the BBS administrator. It worked pretty well but only one person could access it at any point in time and often, getting the software and modem setup was something that frustrated many potential users in spite of the tireless help Allan Rube` gave back then

Forum	Topics	Posts	Last Post	Moderators
<b>Club Activities</b>				
 <b>Club EVENT notices</b> Now HEAR this	6	10	 <a href="#">Re: Group run at Mine Falls...</a> (Mike Ward) September 17, 2003 08:02 AM	<a href="#">Steve Moland</a> , <a href="#">Bob Pelletier</a>
 <b>Carpooling</b> Whose going where, when & how	1	3	 <a href="#">Re: Winnie Teams? (Bob Pelletier)</a> September 18, 2003 10:59 AM	no one
 <b>Volunteering</b> Post volunteer needs or availability to volunteer.	2	4	 <a href="#">Applefest (Samy El-Guebaly)</a> September 24, 2003 11:17 PM	no one
<b>Training &amp; Running Gear</b>				
 <b>New Runners</b> Discussion on how to become a better (not necessarily faster) runner	1	2	 <a href="#">Re: Introducing myself (Dave Delay)</a> September 09, 2003 10:19 AM	no one
 <b>Basic Training &amp; Track</b> Advice/discussion about technique and training	3	5	 <a href="#">Scenic long run (Steve Moland)</a> September 16, 2003 09:05 PM	no one
 <b>The Med Tent</b> Find tips on injury prevention recovery and support	1	6	 <a href="#">Re: Cortisone Shot? (Bob Pelletier)</a> September 25, 2003 01:20 PM	no one
 <b>Shoes, Apparel, Accessories</b> Discussions about what to wear or use	1	16	 <a href="#">Re: GCS short and long sleeve...</a> (Maddy) September 28, 2003 02:13 PM	no one
<b>Competition</b>				
 <b>Road Racing</b> ..and trails & mountains too	4	15	 <a href="#">Re: What would YOU do? (Peggy Cloutier)</a> September 23, 2003 11:14 AM	no one
<b>New Members</b>				
 <b>How do I, what is, where is?</b> Find your way around here	0	0		no one

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Alan later got us up on an internet based forum using Yahoo, but that was probably even more frustrating for many since the Yahoo forum seemed to forget the ID of our members and the Strider forum languished for a few years, but certainly not for lack of trying and encouragement on Alan's part.

When Bob Pelletier took over as president the problem became untenable because the Yahoo groups forum rejected him at every turn. Yahoo wasn't just picking on Bob; many members had just given up because they just couldn't use it. Bob, as our current president, has been very instrumental in adding spark and direction to the club and he encouraged me to come up with a workable and flexible solution to our club communication needs. Broadcast emails while helpful at times is extremely limited in its use and downright annoying if used too much.

Enter the new Gate City Strider Forum. It's web based and very easy to access and use. Everyone can use it at once, and no special software is required other than an Internet browser. Club management and member can post notices, ask questions and get answers, and we need you help in making the Strider forum the effective tools that it can be. We encourage you members to make suggestions about how to use it better. For those who are technically interested the software is called Universal Bulletin Board .

### **How do you use it?**

You can access the club forum by going to the Strider home page [www.gatecity.org](http://www.gatecity.org) and clicking on the link to the forum. Once you have the forum up, just add it to you favorites list in your browser. Anyone can read the message threads listed there. However to reply to or post a new message you have to be a registered forum user and you do that by creating a profile. There are links on the page to create a profile.

To create a profile you make up a use rid and a password for yourself. You should also create a display name that will show in place of your userid. Please use your own name for the display name since this is a club forum and as member we should know who you are. In fact, anonymous posts will probably be removed. The forum has a great feature, if you forget you id and password. There is a link on the forum if you forget your password and using the email address you placed in your profile, you may ask the Forum to email your id and password, all without having to bother the forum administrators.

To get the greatest benefit out of the club, you'll need to be aware of what's available and what is happening. Thing change or come up quickly so please make a habit of checking the forum on a regular basis. Also, unless the matter is private, instead of sending an email to some club official, consider asking the question or post the information on the forum. Most often the answer to your question will want to be known to other members.

So give the new forum a try and participate in the discussions if you have something to offer or ask. Remember, the only thing "stupid" about a question is not having asked it in the first place.

# Membership

## Welcome New Members

Rachel Notini  
John, Rebecca, Bridget Dobb  
Tamara and Glenn Johnson  
Ashish Patel  
Laurie, Chris, Max, and Jake Renke  
Robert and Shea Finkelsen  
Lisa Lawrence  
Michell, Jerry, Kaitlyn, Maeve,  
Breda, and Sean Holland  
Todd, Michelle, Kayla, Haley,  
Jessica, and Danielle Randall

## Birthdays This Issue

Louis Weysham 10/01/60  
Sheila Blunt 10/02/56  
Byron Telage 10/02/62  
Cheryl Burns 10/03/53  
Eric Liwanag 10/03/78  
Wendy dePenasse 10/04/68  
Samy El-Guebaly 10/07/46  
Laurie Kofstad 10/07/65  
Deb Hughes 10/08/58  
Kathleen McMahon 10/10/74  
Aline Kenney 10/12/48  
Mark Fraser 10/12/57  
Mark Buechner 10/13/58  
Debra Antcil 10/13/67  
Glenn Johnson 10/13/69  
Megan Moskun 10/14/85  
Diane Marcum 10/15/55  
Dick Bersani 10/16/51  
Allen Broggi 10/17/44  
Peter Paelinck 10/18/59  
Shaun Scanlon 10/19/34  
Danielle Fiery 10/19/71  
Spencer Moland 10/19/90  
Patrick J. McCabe 10/20/59  
Erik Hamnqvist 10/22/91  
Jim Ecke 10/23/53  
Jeremiah Fitzgibbon 10/23/56  
Ron Matviya 10/24/53  
Bob Pelletier 10/24/57  
Steve Delahunty 10/26/62  
Peter Vendituoli 10/28/61  
LeeAnn Ward 10/29/51  
Gary Lambert 10/29/59  
Peggy Cloutier 10/30/52  
Kevin Slattery 10/30/52  
Scott Bartis 10/30/57  
Samatha Cormier 10/30/90  
Judith Nicholson 10/31/45  
Joyce Askenaizer 10/31/52

Wayne McLeod 10/31/59  
Colleen Gilbert 11/02/67  
Michael Hagerty 11/03/59  
Ashley Neville 11/03/90  
Karen Burke 11/04/64  
Mary Dopp 11/05/64  
Sandra Gilmore 11/06/39  
Stephanie Pintal 11/07/87  
Terri Stanley 11/08/74  
Amanda Pelletier 11/08/86  
Gerry Davis 11/09/46  
Al Sproul 11/09/62  
Dottie Lopez 11/10/55  
John Lewicke 11/11/47  
Robert McGuirk 11/11/56  
Mary Marsh 11/13/46  
Bill Burke 11/16/49  
Sheryl Briggs 11/16/73  
Katie Lopez 11/16/89  
Kathy Engle 11/17/42  
Kevin Klasman 11/17/51  
Ted Karwoski 11/17/52  
Stew Campbell 11/17/58  
Michael Wade 11/17/68  
Samantha Moland 11/17/85  
Alison Cody 11/18/57  
Trevor Ward 11/20/49  
Bill Sturgeon 11/22/30  
Ed Donovan 11/22/53  
Sara Lewicke 11/23/82  
Gary McCoy 11/24/48  
Marc Courchesne 11/24/52  
Katlin Burnett 11/24/88  
Brian Sanborn 11/25/44  
Cookie Gray 11/26/53  
Marie Mullins 11/28/47  
Patricia Belanger 11/28/54  
Sharon McAuliffe 11/29/60  
Elizabeth Kolb 11/29/78  
John Hennessy 11/30/58

## Oct Expirations

Stephanie and Chris Adams  
Greg Anthony  
Dave Contrada  
Adrien Cooper and Family  
Roy Dennehy  
Richard Doyle  
Michael LaBonte  
Pam and Dana Landry  
Donna & Bob Lemay  
David & Christa LeProhon  
Jane Levesque  
The McClellan Family  
Robert Michaud  
The Moland Family  
Virginia Mills & Ken Morey  
Julianne Noonan  
Peter Paelinck & Debra Stellato  
Martin & Carol Sheil & Family  
Kevin Slattery  
Richard Stockdale  
Walter & Traci Swanbon  
Dave Williams

## Nov Expirations

Sherry Boyer  
Jeremiah Fitzgibbon  
Leni Hodgins  
Dan Mitton  
James Moskun & Family  
Michael & Linda Thatcher