

Youth Running

This summer, Gate City Striders- Mindy Adams, Chantal Croteau, Emily Mastropiero, Lindsay Panny and Brittaney Plante went to the Trailside Running Camp in Killington, VT. This was the first year for Lindsay and I to attend the camp. We had a blast! We learned a lot of helpful techniques and conditioning exercises that will help us in our Fall Cross Country seasons. We even learned some yoga exercises.



Each day began with an early morning run (6:30am) around the golf course at the lodge. After breakfast, we did drills and skills or a running activity. Our coaches were great. They had lots of running experience to share with us. We learned about nutrition and running as well as some injuries that might occur with long distance running. In the afternoon, we did a harder run. One run that we had was a 5-mile run on a very hilly course. Lindsay and I did not think we could make it. Our coach Kelly, told us to pretend that we were getting pulled by a person in front of us that was doing all of the work. That really worked and we were able to finish the rest of the run. Another run was a Smile run at the base of Mt. Killington. Once we reached the top, we took our picture. The view was spectacular at the top! Our graduation run was a mile run straight up a hill that was timed. We all did very well on that run.

We did have an opportunity to go on some day trips while we were there at the camp. We went to the Mt. Killington water slide one day as well as shopping in town. We had fun during free time using the pool and spa at the lodge. On our last night there, we had an 80's dinner party. The coaches and staff were awesome at the camp. The food was okay and the experience was great. I would recommend this camp to any girl aged 12-16 who loves to run.

Emily Mastropiero

Girls at the Races

Our youth girls have been preparing for their upcoming Junior Olympic Cross Country program by participating in both the local 5k races as well as several Youth races. They ran in Pembroke, over a 2 mile course and swept the first five places in ex-

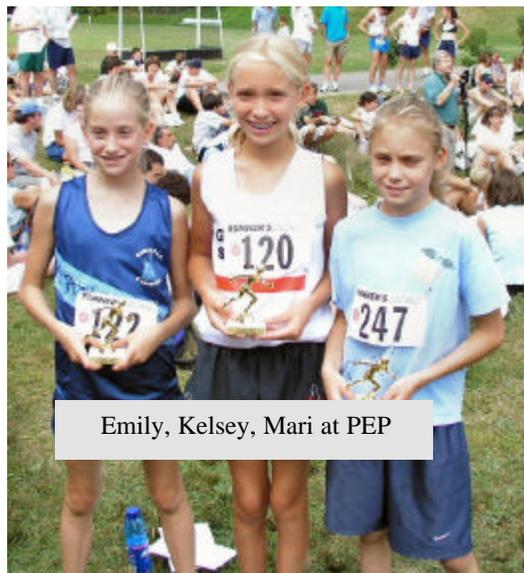


Lindsay, Kelsey, Kelsey, Kelsey, Emily at Pembroke

cellent time. They followed up with a sweep of the first three places in the PEP 2K, and have continued their domination at the

recent Amherst 3k Cross Country race.

At the High School level, the top runners at Nashua, Londonderry, Pinkerton, Bishop Guertin, Hollis and Milford High Schools are Gate City Striders. Likewise, at the Middle School level, our youths are the leaders at Amherst, Pelham, Windham, Nashua, Nashua Catholic, and Bedford. Going to a Middle School or High School meet leaves one wondering what team to cheer for.



Emily, Kelsey, Mari at PEP

Energy Systems and how to develop them

Our bodies convert food or chemical energy into mechanical energy in order to run. The initial chemical energy for movement comes from carbohydrates, fats, and proteins contained in the food we eat. To convert this food into usable energy for running, the body uses five different energy Pathways.

These five energy pathways convert relatively weak chemical bonds from food into high-energy chemical bonds that are used by the muscles for running at various speeds and distances.

These pathways are called:

1. ATP Pathway
2. CP Pathway
3. Anaerobic glycolysis Pathway
4. Aerobic glycolysis Pathway
5. Aerobic oxidative Pathway

For the purposes of this article, I will refer to the pathways by their number. Pathway number 1 (ATP) can provide about 10 seconds worth of energy at sprinting speed and then it is exhausted. At that point, Pathway 2 (CP) kicks in to supply energy to the muscles and provides about 20 seconds more of energy. From about 30 seconds to four minutes, Pathway 3 takes over and, depending upon how fast we are running may also gain energy from Pathway 4. At the end of about 4 minutes, Pathway 4 tends to become the primary energy source. After about 15 minutes, Pathway 5 becomes the prime source.

To summarize the Pathways.

Pathways 1 and 2 are used when you are sprinting at the start or finish of a race and are good for about 30 seconds of energy.

Pathway 3 is used for races of up to a mile and for mid races surges or hills and is good for 3 minutes.

Pathway 4 is used for races of 3k to 5k and lasts for about 12 minutes.

Lastly, Pathway 5 is used for races beyond 5k and provides the energy source beyond 15 minutes.

In order to properly train, one needs to know which Pathway to develop.

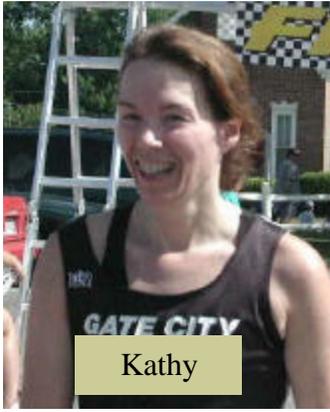
For a 3k race, Pathway 1 provides 2% of the energy needs, Pathway 2 provides 3%, Pathway 3 provides 35%, Pathway 4 provides 50%, and Pathway 5 provides 10%. For the 5k race, the numbers are 1%, 2%, 17%, 60%, and 20%. The 4k race falls in between.

Training for Pathway 3 and Pathway 4 which provide 85% of the energy during a 3k race consists of 800 to 1600 meter intervals at race pace with an equal recovery time or 1600 meter intervals at race pace plus 20 seconds with a short recovery. Running 200 to 400 meter repeats at your mile pace with equal to twice the recovery time enhances pathway 3 as well as 1 and 2. The main training for Pathway 5 consists of long easy running.

So, in preparing for major races, one needs to first establish a strength and endurance base in the early stages of the training cycle. Once that has been established thru long runs and hill work, the focus needs to shift to twice a week interval work, primarily directed at Pathways 3 and 4. During the last several weeks leading up to the focus race the workouts need to back down and use short intervals to maintain sharpness.

Although, this article is directed at our youth runners, it applies to any runner that wishes to improve their time in 5k races.

Strider Wear



Hello Fellow Striders!

We have the following items in stock ready to be purchased:

- ✦ Singlets (\$20)
- ✦ Ultimate Gear Bags and sport bags (\$40 & \$30)
- ✦ Lycra "Bike style" shorts (\$26)
- ✦ Team Jackets – we will be ordering more so get your order in now! (\$55)
- ✦ Pocket Pants (\$35)
- ✦ Assorted kids t-shirts, sweat-shirts and sweatpants (\$5 - \$10)

Clearance items:

- ✦ Cotton, drawstring shorts at \$5.00 each. Great sleepwear!
- ✦ Jog Bras with GCS logo (large only) at \$15 each.

You can purchase items by phoning me at (603)465-3868. I also attend many of the Wednesday night track workouts and have the gear with me.

New email address (until further notice): kkirby@hartehanks.com.

Happy running!

Gate City Strider Merchandise Discount and Club Revenue Program

We are pleased to announce that we have added two additional links to our Strider Discount and revenue program. The links are for Road Runner Sports and Activa Sportswear for Women. If you log onto [by clicking] one of these web sites from the Logos or the links on the Club Web Site our club is entitled to an 8% rebate on all purchases which will help control dues fees and allow for greater club race and participation perks back to the membership. The good news is that you are still entitled to get your full Run America Club discount, for those who are RAC members, and Gate City gets the 8% rebate. This is also applicable for the Activa site. We will be looking to add on other links which provide potential sources of revenue to our fine club and its 500 plus active members. Thanks for your participation.

The overall Strider Discount Program enables Striders to purchase many running related items, such as shoes, clothing, stop watches, and even trips to far-off races at a discount over regular prices. In addition, a percentage of each sale will be returned to the club treasury to support various club activities.

Runners Alley

New Hampshire's only *runners-only* retail store has a branch on Hanover Street in downtown Manchester and has agreed to give all Gate City Strider members 10% off everything in the store. Just shop as usual and before you pay the bill ask for your Gate City Strider 10% Discount.

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