



# *Striding Along*

Newsletter of the Gate City Striders Running Club



Team photo of “Flat and Fast” after winning 1st place in the Women’s Masters division. Left to right: Michelle Poulbon, Tammy Gaffey, Jan Platt, Karen Long, Karen Pattelena, Kathy Kirby, Cathy Merra.

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## Editor's Note:

Howdy fellow Striders. Let me start by saying it's an honor to inherit the editing reigns from Bill Farina. To follow such a long list of talented people is a challenge I'm looking forward to. I have no intention to reinvent the wheel, so to speak. We already have a great newsletter, and I intend to keep it that way.

Now onto the current issue. While I already knew of the wide range of talented runners we have in our club, I never realized that we also have a lot of articulate writers and adept photographers. I'm sure there are more of you that will surprise me in upcoming issues.

One bit of housekeeping: There were multiple phone numbers and e-mail addresses for the club directory. If you could check the numbers, and let me know if you'd like any changes made.

On September 29<sup>th</sup>, the Gate City Striders hosted a Coaches Clinic Night at Martha's Exchange in Nashua. This event was sponsored by Yankee Timing. Over 55 Gate City members enjoyed an open question and answer forum featuring two of the best coaches in the area: University of Lowell Hall of Fame Coach George Davis, and Nashua High South Cross Country Coach Art Demers. If you missed out this clinic, keep your eyes open for the next one.

I hope you enjoy this issue of the newsletter as much as I enjoyed working on it. If you have any questions, suggestions, additions, or subtractions just send me an e-mail.

Richie Blake.



Coaches Art Demers and George Davis answer training questions at the Coaches Clinic Night. Photo by Richie Blake



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Visit our Web Site  
[www.GateCity.org](http://www.GateCity.org)

## 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.

USA Track & Field Club # 157

## Membership meetings

Merrimack YMCA  
3rd Wednesday of month.

## Track workouts

Wednesday nights, Nashua High School South, April thru October.  
Weekly runs at Pennichuck JH starting the end of October



# PRESIDENT'S COLUMN

BY MICHELLE POUBLON



**I**t's official! Summer is over and fall has arrived. And for runners in New England, that means some of the year's best running weather. The schedule is full of races of all distances, including the longer ones for which the cool, crisp air is ideal. Fortunately, there are numerous half marathons and marathons to choose from, none better than our own Applefest Half Marathon and Relay, held this past weekend in Hollis, NH.

Kudos to Damian Rowe who did a fine job in his first year as race director and joins the list of Striders who have successfully led this event over the past 26 years. It was a record-setting year as the half sold out sooner than ever before, and for the first time since it was added in 2003, the relay reached its capacity of 150 teams! Both milestones are a testament to the efforts of the race directors, committee members, and volunteers who every year work hard to uphold the standard of excellence set by those who served before them. Congratulations to all who finished the race, and thank you to everyone who helped make it a great day!

**“...there are many other ways to get more involved in the club and meet fellow Striders.”**

I personally bid farewell to summer by spending a beautiful day at the lake with friends a few weeks ago at the Lake Winnepesaukee Relay. Only three GCS teams attended (plus several Striders who ran with corporate teams and a couple more who were there to provide moral support). Coaches Dave Camire and Jim Stronach were there, too, simultaneously timing the race and serving as an unofficial support crew for all three teams. Morning fog gave way to clear blue skies as the temperature climbed from 40 degrees at the 8 a.m. start to 70 degrees in the mid-afternoon. Team spirit was alive and well, with all three teams cheering each other on throughout the day. The “spirits” continued to flow in the late afternoon, as the teams relaxed together at our annual post-race cookout. To all of you who have never participated on a relay team, I highly recommend it. It's a great way to get to know fellow members of the club.

It just so happens that there is an opportunity coming up soon to do just that, at the Mill Cities Relay on Sunday December 7, 2008. It is a point-to-point relay in which teams of five wind their way along the Merrimack River from Nashua, NH to Lawrence, MA. If you think you might be interested in running on a team this year, please contact our competition coordinator, Michael Wade.

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Of course, there are many other ways to get more involved in the club and meet fellow Striders.

These include:

**Attend Wednesday night track workouts.** All members are invited to attend the Candlelight Relay on Wednesday, October 22. This final track workout mixes fun and some good-natured competition as randomly selected teams complete a 400-meter relay of sorts. I urge you to attend, even if for no other reason than to see the track lined with nearly 200 candle luminaries. It's truly amazing!

**Attend a GCS social event.** You also don't want to miss the Last Supper, our annual end of season buffet held at the Club National in downtown Nashua immediately following the Candlelight Relay. More details are provided later in this issue.


**Volunteer for a GCS-sponsored event.** There are many opportunities to lend a hand throughout the year. Being a volunteer gives one a sense of accomplishment and appreciation for the amount of work required to execute a major event.

**Compete in a Grand Prix race.** Our final two Grand Prix races of the year are both scheduled for October 19. The NHGP concludes with the Race for the Fallen 5K in Manchester, NH and the Baystate Marathon in Lowell, MA is the last race of the USATF New England series. So, don your team colors and come out to race or support one of these events!

**Submit a story to the newsletter editor.** Thanks to everyone who submitted an article for this newsletter, the first produced by our new editor, Richie Blake. New races, interesting trips, major milestones, great books, new products, bumps in the road- we want to hear all about these and other experiences.

**Join the GCS E-board.** The GCS nominating committee will soon be seeking candidates for next February's E-board elections. If you are interested in joining the GCS E-board, or would like to know more about what the position entails, please contact one of the current E-board members.

Happy fall running, everyone. I'll see you at the Last Supper!



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# TALES OF A WATER STOP VETERAN

By: ED DEICHLER

Many runners have favorite races that they look forward to running. The reasons why they are favorites are as varied as runners themselves: the course, the competition, the support, the post-race goodies, and on and on. One of the key things with races is the water stop that is a fixture of every race. I doubt many runners even give them a second thought until a stop runs OUT of water or just doesn't know how to do it right.

Over the past several years, I have had the pleasure of working with a great crew of Striders to manage the Applefest Half Marathon. One of my jobs is to coordinate with the Hollis-Brookline high school classes to organize the water stop groups. One of the trademarks of the Applefest race is the water-stops that are staffed by the school's freshman through senior classes and the cross-country runners or other groups. The fact that school doesn't get ramped up until after Labor Day and Applefest is a scant month later makes things interesting. I try to set up a meeting with the class officers a week or two before the race to let them know the general rules for the stops. The kids are encouraged to select a theme for the stops and get into to it, costumes and all. They can do anything they like as long as it is not illegal, immoral, fattening, or disrespectful.

The meeting with the kids reminds me of the flick "Mash" where Radar and the Colonel both keep talking simultaneously yet understand each other completely. Magnify that about ten times and you have an Applefest water stop "planning" meeting. At the end of what amounts to a cafeteria roar, I inform everyone to meet at the Hollis Village

Market on race day morning before sending them off to their assigned stops.

Race day finds me nervously pacing around the parking lot as kids dressed weirder than normal straggle in. It is now less than an hour before the race starts and only half the kids have showed up. Most of the kids are unperturbed; "Hey, man, we are so, like, connected", I'm told. With that, most of the kids flip out cell phones to tell the rest of their group where to meet. Only the freshmen look around somewhat anxiously for a Soccer Mom to drive them to their stop.

As I head back to the high school, I shake my head as I recall my own experiences with supervising an Applefest water stop. One of my first assignments was the stop at mile 6. Mile 6 is on a wide turn in the road in the large yards of some runner-friendly families who look forward to the activity each year. The kids set up with their theme of the Indians and Pilgrims (or was it Pirates of the Caribbean?). One fellow backed his car up and popped the tailgate to reveal a trunk area almost engulfed with killer woofers. Oh boy, I thought, this is going to be an Excedrin day. I explained some of the basic procedures to the kids on holding the water in the palm of the hand so a runner can grab it easily. It is also a good idea to spread out on either side of the water tables so runners aren't bunched up going for water. Finally, stay out of the middle of the runners.

**"Jack suggests we mention that it's free...  
Why not? Runners love a bargain like  
anyone else."**

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As the first runners came by, things went smoothly. The noise level was at the Category 1 shout level. It did not take long, however, before the din quickly became a Category 5. By now, there were more runners and the crew was moving almost at race pace to keep up. An occasional screech from one of the crew indicated that someone got most of a cup of water in the face. I kept an eye out for people wandering too far out into the runners. Sure enough, my worst fear materialized. The hyper-energetic kid with the water did not see a runner who was looking to the side for water running full tilt at him. At the last instant, each saw the other. What happened next would bring tears to an NFL running back's eyes. The runner jumped up, did a 360-degree turn past a frozen kid with jaw dropped, grabbed the cup from the outstretched hand, and kept going. If we had a category for runner style points, this would have won easily.

Another experience I remember involved the Derry Boston Prep 16-miler. I had run the inaugural race in 1996 on an overcast January day that never got above 20 degrees. A few years later, I volunteered to help out at a water stop for the race. Race day dawned with a light snow that quickly became a heavy snow as I drove over to the starting area. The snow was several inches deep by the time I arrived. I was assigned to work at the first water stop that was about 4 miles into the race.

When I got to the stop at the bottom of a small hill, there were several other Striders taking turns at shoveling the snow away from the water tables. Another group was carefully filling cups so as not to spill the water and make it icy. Finally, a third group huddled nearby with hands under their arms. At first I thought we had some wimps and slackers to contend with at the stop. After 10-15 minutes of filling cups, however, I felt my bare hands losing sensation as the driving snow and slopped water

sucked the heat out of them. Time for me to trade places with the "slackers".

We continued this rotation of pouring, shoveling and shivering until the first runners came through. Soon the lead pack emerged from the wooded road and made its way gingerly down the slope toward the water table. The normal spirited jostling among these guys gave way to caution since one errant step could mean a pulled muscle. I've always been amazed that the really good runners run a race in a snowstorm in shorts and a T-shirt or even a singlet. The only concession to the weather is a pair of gloves and maybe a nylon hat.

Not long after the lead runners pass through we spot a bigger group coming over the rise. These runners are more sensibly dressed for the weather and much more cautious. They looked like a pack of nervous penguins trying to make it down the hill and hoping one of them doesn't go down and take out the whole group like a bowling ball. I stand there wearing rubber gloves and timidly holding out water cups. The gloves may keep my hands dry but they have zero insulation so the shivering is noticeable. I try not to think of how many runners will miss and douse me with the icy water.

After dozens of runners go by I notice that few of them are taking any water. I hear several cries of "coffee!" "hot chocolate!" even "booze!" Looking down into the cups I can see why there are few takers – there is a crust of snow on top of the water. We look around at each other somewhat bemused until someone makes a brilliant observation: they look like Slushies. With that, we seized the moment and start yelling, "Get your Slushy here! Ice cold Slushy here! Only one flavor! Come and get it!" I think the noticeable increase in runners stopping to get a drink were those fantasizing that it was summer and time for a cold one.

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Fast forward from the frozen terrain of the Boston Prep to the teaming streets of Manchester for the CIGNA 5K Corporate Challenge. I have been helping the club with this race almost since its inception. Gate City has become a fixture at the Thayer Street water stop that is the halfway point in the race. The corporate muscle behind the race brings thousands of runners to the line, many running only this race during the year. Our job is to set up about a dozen water tables on both sides of the street and stack the cups in two or three layers. There is plenty of water and cups so there is no worry of running out of either. The only difficult job seems to be extricating the water jugs from their cartons. I find it rather odd that something meant to be opened and emptied should be so stubborn. Oh well, at least there are plenty of us to handle it.

Everything is filled and ready as the evening start time approaches. The blue strobe lights rounding the corner onto Thayer signals the first runners are coming through. Only a few of us stand ready with water since most of these people are the elite African runners who are focused on pace rather than thirst. The pack quickly thickens and more of us jump into action dispensing water. The scene quickly becomes worse than the bargain table at a Wal-Mart on December 26. I try to focus on any



Coach Jim Stronach demonstrating his water stop skills.  
Photo by Richie Blake

arm that may be reaching my way so I can move it and avoid spilling as much as possible. Needless to say, this is a waste of effort as I get more water on me than the runner. Oh well, at least it feels good on a muggy night.

After 15 minutes or so the crowd thins out and we have dispensed most of the poured water. I now have time to actually look at the runners now as they come by and thank us profusely for giving them water. Suddenly, my eyes perk up as I spot Silicone Sally bobbing her way toward the table. I stupidly hold out a cup hoping she will do the honor of stopping to take it. My trance is indignantly broken when Graceful George who was right behind her stabs wildly at an offered cup and succeeds in emptying it in my face. Yeah, it feels good on a muggy night.

The pack continues to thin as our table is nearly empty. It seems like minutes now before runners bother to take a cup. Jack Kick and I look at each other and start brainstorming how we can get some more action going. Jack suggests we mention that it's free. (And this guy is a PhD?) Why not? Runners love a bargain like anyone else. "Free water here! Get your free water here!" Not much change, so we follow this with "Water here! Buy one, get one free!" Still not much change but it does generate some smiles. Jack suggests that next year we have specially marked cups on the bottom and tell runners to redeem them at the finish line for ice cream. That way we would not have to clean up afterwards and the runners have something to hold the finish area food. Brilliant! Didn't I say the guy has a PhD?

So if you see me at a water table in the future, be sure and stop by for a drink. Only make sure you drink it first before checking the bottom of the cup...



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# THANK YOU VOLUNTEERS

## Cigna/Elliot Corporate 5k Road Race



**Cigna/Elliot Corporate 5k volunteers in alphabetical order: (Not all volunteers are pictured.)**

Pam Adams, George Bisson, Eldon Burkinshaw, Sachiko Burkinshaw, Hermina Cabebe, Dave Camire, Marion Crane, Chantal Croteau, Teanna Croteau, Alisa de Bruyn Kops, Ed Deichler, Dave Delay, Dan Dugan, Jim Ecke, Jeremiah Fitzgibbon, Katrina Holman, Jack Kick, Stan Klem, Ellen Kolb, John Lai, Molly Lai, Peggy Lai, Maddie LaRose, Jane Levesque, John Lewicke, Bob Ludwig, Richard McDonald, Bob Michaud, Shu Minami, Judi Moland, Shelby Moland, Spencer Moland, Steve Moland, Michelle Poublon, Laurie Renke, Kevin Reynolds, Damian Rowe, Deb Roy, Kathie Roy, Rick Roy, Brian Sanborn, Genia Sanborn, Rose Shajenko, Ken Snow, Rich Stockdale, Bill Sturgeon, Sandra van den Heuvel

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## 26th Annual Applefest Half- Marathon and Relay



Applefest Photos by Dave Delay



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# THANK YOU FOR A JOB WELL DONE

Dear Applefest Volunteers,

I just want to thank you all for a job VERY well done last Saturday. We came together to put on another amazing event. Applefest would not be what it is today without you. I hope each and every one of you is proud of yourself and your running club.

The positive feedback we've gotten from runners who participated in the event has been outstanding. There were numerous comments about how well run the event was, how friendly and helpful the volunteers were, and how well supported the runners felt while they were on the course. This race really has become a premier event on the New England Fall running calendar.

So, to those of you who baked for the food tent, set up the course, parked cars, greeted runners at registration, worked in the food tent, helped runners at the finish line, and cleaned up afterward, a hearty "thank you" and "congratulations". Your teamwork and enthusiasm made this event the success that it was.

With Deepest Gratitude,

Lynn Kisselbach  
Volunteer Coordinator, Applefest Race Committee



Applefest photos by Dave Delay





# THE 26TH RUNNING OF APPLEFEST

By: DAMIAN ROWE

Nature treated us very well. Race day weather for Applefest was as great as it gets, 53 degrees and partly cloudy at race start. Runners from 27 different states chose to race Saturday and enjoyed perfect running weather. Trees starting to color, over 80 volunteers to oversee a great athletic event, a sell out crowd, what more could you ask for? Applefest made history by selling out both the ½ marathon and the relay with 1487 registered runners.

Mark Mayall was the first runner to cross the finish line with a time of 1:13:22.

Another Applefest historic event occurred as Juile Spolidoro set a new women's race record of 1:17:17 breaking Patti Laliberte's previous record of 1:18:22.

It was a pleasure to watch the lead runners duel it out over 13 miles. GCS Ethan Crain was leading the front pack of five till mile 7, and then a few lead position changes occurred before Mark Mayall took the lead for good about mile 8. This was Ethan's first ½ marathon. He finished in a blazing 1:14:09 and carried home 3rd place overall.



Ethan Crain Photo by Dave Delay



Karen Pattelena Photo by Dave Delay

Other club finishers were: Shu Minami 1st in his age group; Samantha Moland, John Paul Lewicke, Denis Tranchemontagne, Michael Wright, Jim Hansen, John Saunders, Richard Stockdale 2nd in their age group; Lori Lambert, Trevor Ward, 3rd in their age group; Michael Leary 3rd Clydesdale.

For the relay teams: Brian Coates & Kevin McIntyre, Brian Sanborn & Terry Kenny, Tammy Gaffey & Leslie Reap, Karen Long & Karen Pattelena 1st in their age group. Andrea Pierce, & Fiona McDonnell, Barbara Joy & Beth Birkett 2nd in their age group.

Support from many local groups: Hollis Police, Hollis Fire, Amateur Radio, Civil Air Patrol, Girls Scouts, HBHS students and The Turtles assisted us in making this a near flawless event. Runners favorites: the Band, Chet Rogers ? sign, George LeCours music before running up Merrill Ln., Heather Deary's voice for the National Anthem, and apple crisp.

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The simple truth about Applefest and many other running events like ours, is they occur by the efforts of the volunteer staff. Great job to all the 82 Applefest volunteers:

AJ, Aline Kenney, Allan Miller, Amanda Maselli, Beth Whipple, Bill Grady, Bill Sturgeon, Bob Ludwig, Bob Pelletier, Bob Thompson, Brian Sanborn, Bridget Austin, Chet Rogers, Cindy Rogers, Chuck Rossier, Claudia Marchetti, Dan Dugan, Dave Contrada, Dave Cormier, Dave Ferris, Deb Miner, Deb Roy, Debbie Auclair, Dick Bersani, Dick Doyle, Ed Lopez, Eddie Auclair, Ethan Crain, Frank Pil, Genia Sanborn, Brian Sanborn, George Bisson, George LeCours, Gerry Rocha, Gig Walsh...



**Shu Minami enjoys some applecrisp after the race.**  
**Photo by Dave Delay**

...Heidi Havron, Hermena Cabebe, Jane Levesque, Jim Ecke, John Lewicke, Judi Moland, Julie Boilard, Karen Long, Karen Pattelena, Kathy Kirby, Kathy Roy, Kathy Tata, Ken Kisselbach, Ken Snow, Kevin McIntyre, Laura Rallis, Leann Ward, Lisa Klashman, Liz Fay, Luke Croteau, Maddy Larose, Marie Mathews, Mark Sijka, Mark Snyder, Mary Ellen Bersani, Mary Schmidt, Mary Slocum, Erin Slocum,

Kara Slocum, Mary Thomas, Martha Burns, Melissa Sylvester, Mike Wade, Mike Whelton, Millie Mugica, Pam Hall, Pat Kiesselbach, Rebecca Neville, Rebecca Vandenberg, Rich McDonald, Heidy McDonald, Rick Roy, Robin Roca, Roy Dennehy, Stan Klem, Steve Wolfe, Susan Rube, Tammy Gaffey, Tom Conley, Trent Hayden, Trevor Ward, Yeleni Rogers, and Zeb Brundage.

We thank you very much for your time and efforts in making our club's 1/2 marathon one of the favorite running events in the Northeast.



**Liz Fay is all smiles after finishing the race.**  
**Photo by Dave Delay**

Applefest race Committee members are:

Brian Bigelow, Ed Deichler, Dave Delay, Bill Farina, Mike Hagerty, Lynn Kisselbach, Laurie Kofstad, Michelle Poublon, Kevin Reynolds, Damian Rowe, Mark Sage, and Emily Strong. We begin the race planning about January, with the race process ending about November.

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One of the most difficult and complex aspects of the race is traffic control and parking. Mike Hagerty in concert with the Hollis Police Dept and Civil Air patrol, have a process that works extremely well to get all the runners and spectators to and from the HBHS on time and minimize traffic congestion.

Emily Strong our co-director designed a very popular race shirt this year, and was the communications point person for the Police and fire during the race. The shirt was so popular many runners bought extra shirts after the race. Michelle and her food team provided the usual signature race food of apple crisp, along with a variety of other food and drinks. This was Mark Sage's first year organizing the race registration, he and his team performed impeccably. Laurie Kofstaf and her Turtles ran the relay area for their 6th year, and provided an early notice to the second leg runners by posting the approaching 1st leg runners numbers.

Lynn Kisselbach pulled off another year of recruiting over 80 volunteers to support Applefest. Bill Farina's team provided all the course supplies setup and collection. Brian Bigelow managed the difficult task of organizing the finish line and chip corral. Kevin, well, Kevin does so much, parking assistance, equipment setup and return to our storage shed. Two very long days for him. Ed Deichler organizes the HS water stop teams, contracted all race equipment we can't provide, and spends all day Friday collecting supplies for Saturday. Dave Delay provides some great race day pictures and manages the unseen task of clean up. These are just a few of the tasks we perform to make this a successful race for our club. I would love to hear from other club members who ran the race or volunteered, on your experiences of the race.

Check out the Applefest web site for your times or a friend's time, hopefully it was a PR.

<http://www.gatecity.org/AF/index.shtml>



**Tammy Gaffey** Photo by Dave Delay



**Trevor Ward** Photo by Dave Delay

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## Running

Running has been part of my life for the last nine years. When in elementary school at the fourth grade level, my gym teacher Missy Cussack told us we were going to be running two days a week after school to practice for the City meet with all the other elementary schools. I was happy to practice because it gave me the opportunity to hang out with my sister and her friends who were all sixth graders. Mrs. Cussack had a very simple approach to running. It was simply “I can”. All our gym teacher wanted us to do was our best, and to have fun. Nine years later I still remember “I Can” and I still have fun.

Now I am in a position to take running into my College life, and have been recruited by eight Colleges. My biggest dilemma is where I will go. I am so fortunate to have eight Colleges to choose from. This is a great example of how running has played such a significant role in my high school life and also personal accomplishments. These Colleges want me to run for them. I have choices of Division 1, Division 2 and Division 3 schools. I would never have imagined that in 1999, while lining up at Nashua South for a City meet of elementary schools, that my life was about to and still is influenced with the joy of running.

Running for the PAL teams and joining Gate City Striders introduced me to a new world of friends and Coaches. One of my fondest memories as a Bantam was winning Gold at the Junior Olympic Championships. I still have that picture and all the newspaper articles. Running for PAL and the Gate City Striders helped me to make new friends and new Coaches. One of those Coaches to this day is still and will always be my hero Bill Spencer. Bill coached me as a Midget, he knew my style what motivated me. Bill’s love of running and commitment is part of my greatest memories in my early stages of running. I was able to introduce when I coached last year at Andover elementary school some of his techniques on how to motivate young runners.

Last Summer Bill helped me get back into shape for my final year as Cross Country Captain at Proctor Academy. Bill is always around at Mine Falls to help, and coach runner’s of all ages. Bill inspired me last year to pursue becoming an assistant coach. Proctor Academy does not have a Track and Field Program. I chose, along with my Coach from Proctor Ross Young, to be his assistant Coach at Andover Elementary school for the Track and Field team. I took all the wonderful coaching techniques from Missy Cussack, Deb Frazier, MJ Cody and Bill Spencer and implemented them with the students I coached. I very quickly realized how much I knew because of all the great role models I had, when I started out running. It was fun and rewarding to see the students doing well and having fun. The key phrase was of course “I can”.

Running at a young age gave me an identity and a great sense of self worth. When I was diagnosed in 8<sup>th</sup> grade with a non verbal learning disability; I learned I would have to go away to a boarding school that would assist me, with my high school education. I was initially devastated to learn I would have to leave home and friends. It was running that stabilized me. I was, and continued to be throughout my high school career, the fastest girl on the girls cross country team at Proctor Academy. I was the Captain for the last three years. It was the running, that I knew would keep me from being scared, worried about academics, and assist in relieving the stress during exam times. I know as I go into College in the fall that running will play a large part of my College life, that to win feels great, to be a part of a team even greater. Thank you Gate City Striders for giving me this opportunity to apply for a scholarship.

Brittaney Plante

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Editor’s Note: Brittaney is currently attending Endicott College in Beverly MA.

( [http://ecgulls.cstv.com/sports/w-xc/mtt/plante\\_brittaney00.html](http://ecgulls.cstv.com/sports/w-xc/mtt/plante_brittaney00.html) )

# THE REARVIEW MIRROR

A LOOK BACK AT SOME RECENT TRIAD RACING TEAM EVENTS

BY MICHAEL WADE



## St. Charles 5k - Monday, September 1st 9:00 am - Portsmouth, NH

The Triad Racing Team celebrated Labor Day on the grounds of the Pease International Tradeport in Portsmouth, NH at the St. Charles 5k. 19 of our runners showed up and scored a combined 114 points to put us in 4th place on the day and keep us in first place overall in the NHGP Team Competition. Our fastest Male was Randy Macneill who finished in ninth place overall with a time of 16:47. And, our fastest female was Cathy Merra who finished in a time of 20:52. Both Randy and Cathy finished first in their age groups as well. Our other first place age-group finisher was Lloyd Slocum who took the top prize in the Mens 70+ division.

We also had 11 others who finished in the top five in their respective age groups. They included: Cassie Wright (2nd female under 29), Sarah Burke (3rd female under 29), Helen Ntengeri (4th female under 29) and her sister Heidi Ntengeri (5th female under 29), Michael Wright (5th male 40-49), Diane Quinlan (4th female 40-49), Len Hall (4th male 50-59), Susan Kenney (2nd female 50-59), David Pember (5th male 60-69), Jane Levesque (4th female 60-69) & Bill Spencer (2nd male 70+)



Randy Macneill



Janice Platt

## Ollie 5m - Saturday, September 6th 10:00 am - Boston, MA

A week later at the 68th annual Ollie 5m Road Race our team did not fare quite as well. Only 13 Triad Racing Team members made the trip down to Boston. Our fastest Male runner was Randy Macneill (again) with a time of 28:10. Our fastest female runner was Janice Platt who ran a fine 37:01 as a training run for BayState. On the bright side, Reno Stirrat did take home the 3rd place trophy for the Men's 50-59 individual 5m Championship. And, our Mens Seniors team of Harry Carter, Joe Noonan & Denny LeBlanc managed to finish in 4th place for the Men's 60+ division 5m Championship. Way to go fellas!



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# RACING AHEAD

A LOOK AT SOME UPCOMING TRIAD RACING TEAM EVENTS

By MICHAEL WADE

## Race for the Fallen 5k - Sunday, October 19th – 11:00 am - Manchester, NH

The last race in the 2008 **NHGP** is the Race for the Fallen 5k in Manchester, NH. The Manchester Police Department's Foot Race for the Fallen first ran in October of 2007, almost a year to the day after Officer Michael Briggs was killed in the line of duty. This race reflects the commitment of their department and community to memorialize their fallen brothers: Officer Briggs, Officer Ralph Miller, Inspector William Moher and Sgt. Henry McAllister.

This marks the first time that the Race for the Fallen has been part of the New Hampshire Grand Prix Series. The Race for the Fallen offers a USATF certified course that's flat & fast! The race registration fee is \$20 with a moisture-wicking t-shirt guaranteed to the first 500 runners. Race day registration is still \$20 (but, likely no shirt), from 8:30-10:30 a.m. at the Manchester Police Department on Chestnut Street in Manchester. The current records holders for this race are by Larry Sayers (16:29), and Heidi Westerling (17:44).

After 6 races, our team is in still first place but only 100 points ahead of second place Greater Derry. With only one race to go in the NHGP series our team has two runners that are still alive for the "Granite Runner" title. Mark Sage & Len Hall have run all 6 NHGP races to this point and we wish them luck in completing the job!

**"Lost time is never found again."  
Benjamin Franklin**

## Baystate Marathon - Sunday, October 19th – 8:30 am - Lowell, MA

The 2008 **NEGP** Grand Prix Series wraps up with the 20th annual Baystate Marathon, in Lowell, MA. This flat and fast Boston Qualifier starts a Boarding House Park in Lowell and runs long along the Merrimack River through Lowell, North Chelmsford & Tyngsborough. The course finishes with a lap of LeLachuer Park, home of the Lowell Spinners who are the Class-A affiliate of the Boston Red Sox. Long sleeve t-shirts are guaranteed to all of the 1500+ runners who participate. The pre-race day registration fee (prior to Oct 1st) is \$55 and goes up to \$65 for registrations received by Oct. 18th. Please note that there will be No Race Day Registration this year. The course records are 2:21:36 by our own Dave Dunham & 2:45:43 by someone else's Mary Ellen Kelly.

This is the first year, after many years of trying, that Baystate will be part of the New England Grand Prix. So that means that the 2008 edition of this local 26.2 mile favorite is bound to be quite a fast race. But, if you are reading about this for the first time now, it's probably too late for you to start your training. So, why not consider coming out for a great day by the river and cheer on 20-30 of your teammates?

With only one race to go in the NEGP series our team also has two runners that are still alive for the "Iron Runner" title. Dan Dugan & Janice Platt have run all 6 NEGP races to this point and we also wish them luck in completing their mission!



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# 2008 MILL CITIES RELAY

## THIS IS OUR YEAR

**T**he Mill Cities Relay is a 5-leg, 27.1 mile race from Nashua, NH to Lawrence, MA. It began in 1984 as a way of celebrating the end of the local road racing season and determines bragging rights among the 18 participating Merrimack Valley running clubs. The race starts not with a starting gun, but with the drop of a ceremonial brick. The five leg distances are 5.6, 4.9, 2.5, 9.4 & 4.7 miles and points are awarded to teams in each of the 12 age/gender categories. Teams finishing in the top 3 get a brick trophy with a small plaque on it. After 24 years of competing, GCS has received enough brick trophies to build a small house! Any current club member is eligible to participate in this year's race free of charge. Each relay runner gets a commemorative Mill Cities Relay gift and the post-race party at the Claddagh Pub in Lawrence is not to be missed. As it is every year, the party is a great place to meet new members as well as catch up with old ones.

Last year GCS had more teams (27) than ever before for the Mill Cities Relay. And, we also had and more runners (125) than we've ever had for any single club event. We had representatives from each of the 6 New England states and even a few from further away than that. We had 20 hearty runners caravanning from Maine at 5:00am just to make it in time for the 8:00am start. The dedication of these, and all our MCR runners, is testament to our club's vitality. Our Men's Open team went toe to toe with the best runners in the region and didn't back down at bit. Ultimately finishing in second place overall (by a mere 47 seconds) to a Greater Lowell team that included an Olympic Marathon Qualifier. Our Men's Veterans & Seniors teams proved they are to be counted among the best in the area with first and second place finishes in their respective divisions.

And, our Female & Coed Masters teams also stepped up big with each taking second in two very deep divisions. Our team scored a club record 88 points but came up just 2 points short of the Team Title behind Merrimack Valley & Winners Circle who each scored 90. Although we came up short of our goal of winning the Overall Championship, I think there were lots of signs that our club is moving in the right direction. Since every point counts in this race, the team captains and I will be working hard to assemble the most competitive teams possible and all team registrations will need to go through us. Remember, "Pick-up" teams will not have their entry fees paid by the club. So, please let me know, as soon as possible, if you're interested in running and we'll get you registered and on a team.

This year's race is being held on **Sunday, December 7th**. I believe that 2008 is our year to win back the Club Championship Trophy. With a club the size of ours, there is no reason why we shouldn't own this race every year. In 2000, when GCS last won the whole thing, it was a source of great pride among the members of this club. And, justly so! This year I'd like to see us reclaim what is rightfully ours. The Mill Cities Relay starts in our own back yard, and it should finish with the trophy ending up here as well. Gate City Striders - 2008 Mill Cities Champions! It can be done, but we everyone's help to make it happen!

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**"I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win—if you don't, you won't." —Bruce Jenner**

# 2009 New England Grand Prix

## STATISTICS:

	Age	Sex	NB	MED	RHO	YHC	BOF	OLL	BAY	Totals
<b>Womens Open</b>										
Karen Pattelena	39	F	9	10	6					25
Peggy Lai	15	F	8			7	7			22
Alison Findon	36	F	6			6	6			18
Leah Kovitch	14	F		9						9
Yuki Chorney	36	F		8						8
Sarah Neilson	24	F	7							7
Cassie Wright	12	F		7						7
Liz Fay	34	F		6						6
Stacy Ascone	34	F		5						5
Jennier Mack	34	F		5						5
Lindsay Wright	8	F		5						5
Taylor Studley	14	F		5						5
<b>Womens Masters</b>										
Janice Platt	43	F	8	8	6	7	6	6	X	41
Michelle Poulblon	41	F	7			6			X	13
Cathy Merra	49	F		10						10
Tammy Gaffey	40	F		9						9
Karen Long	42	F				8			X	8
Pam Triest-Hallahan	47	F		7						7
Mary Slocum	44	F		6						6
Beth Whipple	41	F	6							6
Joanne Pomeranz	42	F		5						5
<b>Womens Seniors</b>										
Susan O'Connor	51	F	7	7	6	7	6	7		40
Aline Kenney	59	F	6	6		6		6		24
<b>Womens Veterans</b>										
Jane Levesque	66	F		7						7
Maddie Larose	64	F		6						6
	Age	Sex	NB	MED	RHO	YHC	BOF	OLL	BAY	Totals
<b>Mens Open</b>										
Dan Dugan	35	M	6	8	6	7	6	6	X	39
Rich Smith	38	M	7			9	8			24
Michael Wade	39	M				8	7	7	X	22
Mike Fraysee	36	M		9						9
Justin Fyffe	28	M					9		X	9
Mike Leary	38	M		7						7
Chris Benson	38	M				6				6
Rich Blake	39	M		6						6

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	Age	Sex	NB	MED	RHO	YHC	BOF	OLL	BAY	Totals
<b>Mens Masters</b>										
Randy Macneill	46	M	9	10			6	6		31
Mike Wright	41	M	8	8		8			X	24
Justin Platt	42	M	7	7	6					20
John Green	44	M	6	6		6				18
Dan Houston	46	M		5		7				12
Ernest Brake	46	M		9						9
John Dionne	47	M		5						5
Jerry Duval	48	M		5						5
William Walker	43	M		5						5
<b>Mens Seniors</b>										
Reno Stirrat	53	M	10	10	6	10	8	8		52
Steve Tomasi	50	M	8	9		9				26
Frank Karpo	52	M			7		6	7		20
Jerry Fitzgibbon	51	M	9			9				18
Len Hall	54	M		5		7		6		18
Dave Contrada	50	M	5	5			7		X	17
Tom Conley	54	M	5	5		6			X	16
Tom Kolb	52	M	7	5						12
Steve Piper	53	M	6	5						11
Trevor Ward	58	M		8						8
Richard Stockdale	57	M		6						6
Paul Joyce	51	M				5				5
Mike Whelton	55	M		5						5
<b>Mens Veterans</b>										
Denny Leblanc	66	M	9	8		8		8		33
Joe Noonan	64	M	8			9	6	7	X	30
Rick Stetson	63	M			8	10	9			27
John Lewicke	60	M	6	10			8		X	24
Milt Schumacher	63	M	10		7	6				23
Terry Kenney	67	M	5	7		5		6		23
Robert Knight	63	M		9		7				16
Gary Circosta	61	M	7		6				X	13
Steve Moland	64	M		5		5				10
Dick Doyle	60	M	5			5				10
Stan Klem	61	M	5			5				10
David Pember	65	M					7			7
Ed Auclair	61	M		6						6
<b>Mens Ancients</b>										
Harry Carter	71	M	7	9	6	7		6		35
Shu Minami	70	M		7		6	7		X	20
Fred Zuleger	70	M	6				6			12
Bill Spencer	72	M		8						8
Bob Welts	74	M		6						6

Other NEGP results and statistics: <http://nhgp.nhrunning.com/>

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# TAPERING TACTICS TO IMPROVE RACE TIMES

By: TREVOR WARD

I read an article about this in a “Runner’s World” magazine from 1996 and I would like to share my experience with using tapering to improve race times.

Basically tapering is a combination of speed work and rest during the week before a race. For a 5k or 10k race the speed work will consist of 400 meter intervals at 5k race pace.

The first day you will do six or seven 400 meter repeats, then each day of the week you will decrease the number by one per day.

Note: To avoid sore muscles it is important that you have done some speed training at this pace previous to starting the taper.

Of course you will need to do your usual warm up and cool down and I usually jog a slow 400 recovery after each interval, this is the only running for that week so your mileage will be much lower, (that’s the resting part).

Because of the lower mileage, I would not recommend doing this for every race, I try to plan which races are important (like NHGP club races).

I have tried this on several occasions over the last few years before key races and have seen good results, this method can help you set a PR, I have reduced my 5k times by about 30 seconds on those races that I have tapered for.

The article that I read referenced several university studies where the athletes had cut way down on training mileage and focused on speed intervals and all showed improved race times by an average of 29 seconds.

According to that article, tapering produces greater muscle-glycogen stores, expanded blood plasma, increased aerobic enzymes, and improved running economy.

On occasion I have made modifications to the taper, skipped a day and played some easy tennis instead, or decided to have total rest the last day before the race and still had good results, the combination of speed work and low mileage is critical.

I have tried it and it worked for me, give it a try.



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## IMPORTANT INFORMATION By Dave Camire

### Paula Quinn Remembered

**T**he Striders lost an original member of the club recently when Paula Quinn passed away at age 57. Some of you knew Paula, but many of you may not have because she moved away from Nashua many years ago. Paula and her husband of 36 years Phil were instrumental in development of the Gate City Striders. During the formative years of the club Paula and Phil were involved with just about every aspect of club organization. Many of the races and programs we enjoy today like Applefest, Fitness University and the Mill Cities Relay are all a result of the passion Paula and Phil brought to our sport.



Paula was also an avid runner who competed in many local road races. She remained an avid runner after moving to Maryland competing in the Marine Corp Marathon. At her wake, Paula's sister told me that Paula's time with the Striders was the happiest time of her life. Her comment reminded me how lucky we all are to live in such a wonderful running community and how fortunate we all are to have had Paula Quinn as a member.

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### 25th Annual Mill Cities Relay Set for December 7th

**I**t is difficult for me to comprehend that it has been a quarter century since the first Mill Cities Relay took place. In May of 1984, Phil Quinn, Marty Cardoza and I had our first official meeting in Phil's back yard in Nashua. We had grandiose plans to creating this terrific club relay race that would perpetuate itself for many years. Of course after a few adult cocktails all race plans become grandiose. I don't think any of us realized the scope of what we were creating.

Fast forward to 2008 and the Mill Cities Relay is the oldest continuously run road relay race in New England. Its history and lore grows yearly. While other relay races have taken on the persona of fun running teams, Mill Cities remains a team race that is fun to run. It is the last great bastion of club competition. Winning the Mill Cities trophy not only gives a club bragging rights but immortalizes a group of runners forever with the engraved words "Mill Cities Relay Champions."

The last time we stepped up onto the winner's podium was in 2000. For those of us who were there can attest it was one of the proudest competitive moments in our club's history. I say it is time for the Striders to get back up on that podium. Do you have what it takes to help the Striders become Mill Cities Relay Champions in 2008?

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# RACES OF INTEREST:



1<sup>st</sup> Annual Farm Critter Frolic

Rugged 5K Trail Race

Sunday, October 19, 2008 – Rain\* or shine

Race Start: 1:00 PM

All proceeds benefit

The Educational Farm at Joppa Hill, Inc.

174 Joppa Hill Road, Bedford, NH

**\$20 pre-entry fee (thru 10/17) — \$25 post entry fee (day of race only)**

**Colorful Farm Critter Frolic T-Shirts to first 100 Entrants**

**Goodie Bags to all runners including Udderly Smooth Udder Cream**

**Register On Line at [http://www.active.com/event\\_detail.cfm?event\\_id=1638075](http://www.active.com/event_detail.cfm?event_id=1638075)**

For more information go to <http://www.3CRaceProductions.com/RacePages/FarmCritterFrolic.htm>

or email: [FarmCritterFrolic@comcast.net](mailto:FarmCritterFrolic@comcast.net) - or call the Farm at (603) 472-4724

Make check payable to The Educational Farm at Joppa Hill, Inc. and mail to:

Farm Critter Frolic, c/o The Educational Farm at Joppa Hill, Inc, 174 Joppa Hill Rd, Bedford, NH 03110


For more information go to: <http://www.3craceproductions.com/RacePages/FarmCritterFrolic.htm>

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## THE JACK LONDON TRAIL RACE

**Date:** Saturday, November 1, 2008. **Time:** 10:00 a.m. race start. Packet pickup begins at 8 a.m.

**Place:** Mine Falls Park in Nashua. **Distance:** 10K **Entry Fee:** \$20.00

**Amenities:** Plenty of parking and bathroom facilities. Food, beverages and baked goods will be handed out after the race, and water will be available on the course. High-quality, custom Jack London Trail Race running socks guaranteed for the first 175 runners. A \$10 value in itself.

**Awards:** Awards will be handed out at the end of the race for overall winners and 10-year age group winners. Other random raffle prizes also provided by Fuel Belt, Vasque, Trail Runner Magazine and Road ID.

**Terrain:** Some trail race disclaimers try to scare entrants into believing that they will fall off cliffs, be attacked by porcupines, or drown if they dare enter their race. This is not one of those races. The trails of Mine Falls are safe, wide, and used by thousands of Nashua citizens every week. You can wear your regular running shoes. Come see the trails before the race. Miles of great running trails await you any weekend this summer.

**Environmental Impact:** The race is dedicated to the concept of Leave No Trace. Last year we were proud to recycle 100% of all race day material. Every cup was recycled. Every banana peel was composted. Thoughtful runners and hard-working volunteers combined to leave Mine Falls in better shape than we found it. This year, our goal is to again increase environmental awareness of the trails and woods of the park. Taking only pictures, leaving only footprints.

For more information go to: <http://www.jacklondontrailrace.org/>

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## 5K Race on the beautiful trails of Beaver Brook

December 14, 2008 10:00 AM



Beaver Brook, Hollis, NH The Beaver Brook 5K Race\* is running the old fashioned way — great off road course — great competition — beautiful T-Shirts — useful awards (pint glasses) — plain water, not flavored water at the finish line — no squeezable yogurt — plus bad jokes by the race director before and after the race!!! Pre-Entry Fee: \$16.00 — Post Entry Fee: \$20.00

Colorful Beaver Brook 5K T-Shirts guaranteed to all runners! Beaver Brook 5K Pint Glasses to top 3 Male and Female Overall and top 2 Male & Female in 7 Age Groups 2 Pairs of Vasque Trail Racing Shoes will be raffled off to race finishers!!! Additional raffle prizes include: RoadID Kits, FuelBelts, & more!!! Goodie Bags to all runners!

\* The races are actually 4.5K, but it will FEEL like 5K!!

For more information go to: <http://www.3raceproductions.com/RacePages/BeaverBrook5K.htm>

## 5K Road Race & Walk

Sunday, November 2, 2008

10:00 AM Start at

Nashua High School South

36 Riverside Drive, Nashua, NH

**REGISTER NOW**

Race assistance by GATE CITY STRIDERS

For additional information call (603) 594-6581

Name	Age	M or F	Phone
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School \_\_\_\_\_ Total Collected \$ \_\_\_\_\_

Donations are tax deductible.

[illegible]

Sheet with donations: Bring to race.

Please make a donation or bring a new unwrapped toy or gift to donate to the Santa Fund Drive.

Bring sponsor form and ALL donations to the race. Those who turn in ALL donations by race time qualify for the Race Day Donation Turn-In Drawing for a \$50 cash prize. ATTACH ADDITIONAL PAGES FOR MORE SPONSORS

## Santa Fund Run Entry Form

**ENTRY FEE:** Pre-register by Mon., Oct. 27:

\$15 - Adults; \$12 - 18 & under

**Race Day Registrations: \$20 - Adults; \$15 - 18 & under**

**PRE-REGISTRATION DEADLINE 19 OCTOBER 27**

Make checks payable to: **SANTA FUND RUN**

and mail entry form to:  
The Telegraph

E7 Executive Drive

For official use only

															<input type="checkbox"/>																
LAST NAME															INITIAL		FIRST NAME														
ADDRESS																															
																				<input type="checkbox"/>							I plan to: Walk Run <input type="checkbox"/> <input type="checkbox"/>				
CITY																				STATE		ZIP									
<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>																						SIGNATURE OF RUNNER OR WALKER (parent or guardian if under 18)								
SEX	AGE ON 10/1/2007		SCHOOL NAME																												
E-MAIL :																															

Mail Entry form to Garda Fund Run before Oct. 27

[illegible]

For more information go to: [www.nashuatelegraph.com/santafund](http://www.nashuatelegraph.com/santafund).



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**8th Annual Larry Robinson 10 Miler & 5K Race**  
**A distance and pace for everyone.**  
**Sunday, November 9, 2008 Andover, Massachusetts**

Join 1000+ runners to benefit cancer research, so one day soon we will have a world without cancer! USATF certified course (MA01034RN), chip timing by BayState Timing Services with results/awards immediately given out, digital clocks on both courses.

**Time:** 9:00 AM = 10 Miler 9:10 AM = 5K

**Place:** Andover High School Cafeteria (start/finish), Shawsheen Road (Off Route 133)

**Distance:** 10 Miles 5K Race (3.1 Miles)

**Entry Fee:** [Online registration](#) OR Mail-In Form (\$20 for 10 Miler; \$15 for 5K) OR you may register on Saturday November 8 from 10am to 6pm at Athlete's Corner, 10 Main St, Andover MA, OR on race day morning from 7:00 AM to 8:45 AM. Race day registration will be \$25 for the 10 Miler and \$15 for the 5K.

**Course Description:** Scenic neighborhood roads around Indian Ridge CC with no severe hills! (Double 4 mile loop from mile 2 to 9) Water stops every two miles. [Course MAP](#)

**Age Groups:** Top overall male/female, top 3 (male/female) 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+, and 80+ (5K only)

**Awards:** New Balance Shoes, Gift Certificates from Athlete's Corner, NE Runner magazine subscriptions, Dunkin Donuts Gift Certificates

**Amenities:** Full access to Andover HS men's/women's locker rooms (showers & bathrooms)

**T-Shirts:** First 500 registered participants receive long-sleeve custom shirts (Register early to get one!)

**Sponsors:** Wyeth Bio Tech, The Savings Bank, Athlete's Corner of Andover, New Balance, Soup from Cote's Market, Dunkin' Donuts, Yoplait Colombo yogurt, Nantucket Nectars, Regenie's All Natural Snacks

**Directions:** From Boston area, travel north on Route 93 to exit 43A, right off ramp, go one mile to second light, right onto Shawsheen Road 1/2 mile to Andover HS on right.

**Additional Registration Information:** Day of registration in the cafeteria from 7 AM to 8:45 AM. Pre-registration and race packet pickup on Saturday, 11/8, from 10 AM to 6 PM at Athlete's Corner, 10 Main St., Andover (978-474-1800).

**Contact:** Roy Dennehy, PO Box 4437, Windham, NH 03087 Call 978-687-2709 E-mail [rk6d@msn.com](mailto:rk6d@msn.com)

**Make checks payable to:**

Larry Robinson 10 Miler (\$20)

Larry Robinson 5K Race (\$15)

**Mail entry form to:**

Larry Robinson Race

P/O Box 4437

For more information go to: <http://www.coolrunning.com/major/08/larryrobinson/>



# Free Fall Classic

## 5k Run/ Walk

### THANKSGIVING DAY

November 27, 2008

Rochester Community Center, Community Way, Rochester, NH 03867

#### ENTRY FEES

\$5 INDIVIDUALS

\$20 FAMILIES

Registration at the Community Center Entrance (Follow Signs)

**To Benefit: Strafford County Homeless Shelter**

The course is a flat, fast, out and back certified 5k: NH07019RF

8:30 a.m. race start (Registration opens at 7:15 a.m.)



NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ GENDER: M F  
RUNNING CLUB \_\_\_\_\_

#### ENTRY FEE:

\$5 FOR INDIVIDUALS

\$20 FOR FAMILIES \*

\$10 T-SHIRT (PLEASE ORDER BEFORE 11/1/07)

SIZE: Kids M \_\_\_ Adult XS \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

TOTAL ENCLOSED

**\* PLEASE ATTACH ONE APPLICATION PER FAMILY MEMBER**

**PLEASE STAPLE FAMILY APPLICATIONS TOGETHER**

MAKE CHECKS PAYABLE TO: ROCHESTER RUNNERS FREE FALL CLASSIC

MAIL TO: P.O. BOX 727, ROCHESTER, NH 03866

QUESTIONS: Contact abbetfamily@verizon.net

RELEASE/WAIVER: I KNOW THAT RUNNING AND ROAD RACING ARE POTENTIALLY HAZARDOUS ACTIVITIES. I WILL NOT ENTER AND RUN IN THE ROCHESTER RUNNERS' FREE FALL CLASSIC 5K RUN/WALK UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ALL DECISIONS OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO COMPETE SAFELY IN THE EVENT. I ASSUME ALL RISKS ASSOCIATED WITH PARTICIPATION IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, WEATHER, TRAFFIC AND THE CONDITIONS OF THE ROAD. ALL SUCH RISKS ARE KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY APPLICATION, I, MYSELF, AND ANYONE ENTITLED TO ACT ON MY BEHALF WAIVE AND RELEASE ROCHESTER RUNNERS CLUB, ALL RACE ORGANIZERS, THE CITY OF ROCHESTER NH, THE STATE OF NEW HAMPSHIRE, ALL VOLUNTEERS, ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS NAMED IN THIS WAIVER. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE. I ACKNOWLEDGE THAT ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE FOR ANY REASON.

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

For more information go to: <http://www.rochesterrunners.com/index.php>

Presents  
Alternative House's  
7th Annual

# Thanks- 4-Giving 5K & new 5 mile Road Race & Walk

Lowell Elks  
Thanksgiving Day 2008  
8:00 AM



*Join the **TEAM** to end  
Domestic Violence!*

**Free Pies to all Finishers!**

**When:** Thanksgiving Day, November 27, 2008

**Place:** Lowell Lodge of Elks, 40 Old Ferry Road,  
Lowell, MA

**Course:** A flat fast 5K and 5 mile course that  
begins and ends at the Lowell Lodge of Elks.  
(see website for course map)

**Chip Race Timing** – The race will be timed with the DAG  
Chip Transponder System supplied by Yankee Timing. Each entrant will be  
assigned a computer chip to be attached to their shoe which will determine  
start and finish time. Chips must be returned at the finish line when picking  
up a pie. There is a \$50 replacement cost if the chip is not turned in the day  
of the race.

**Registration Time:** 7:00 AM

**Race Start Time:** 8:00 AM

**Cost:** 5K \$17 pre; \$20 post

**5 Mile** \$20 pre \$25 post

**Awards for 5K and 5 Mile:** \$100 prize to the first  
male and female finisher overall and \$25 for top boy  
and girl finishers in the 12 and under group. Medals to  
the top male and female finisher in each age division  
13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ . **Special  
prize to the walker who raises the most pledge  
dollars!**

Your extra pledge dollars buys:

\$3.00 laundry detergent band-aids; cereal,  
bread, milk

\$10.00 Diapers

\$20.00 Twin sheets and pillow; shoes

\$75.00 Night in emergency safehome  
for woman and child(ren)

**Amenities:** Heated indoor facilities and DJ

**T-Shirts:** Long sleeve t-shirts will be given to  
the first 500 registrants

**For more information contact:**

- Michael Riordan – (978) 656-5635 or
- Kathy Kelley – (978) 937-5777

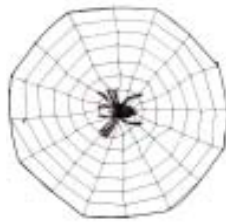
**Visit our website to register  
online or for more information:  
[www.thanks4giving.org](http://www.thanks4giving.org)**



# Lowell Monster Dash Duathlon October 26, 2008



Hosted by:  
The Lowell Elks  
Proceeds going to:  
Lowell Elks Charity of Choice



Run – 3 miles  
Bike 14.5 miles  
Run – 3 miles

On line registration  
[www.active.com](http://www.active.com)  
Or visit our website  
[www.doublecracing.com](http://www.doublecracing.com)  
Race Director:  
[ccloutiertri@aol.com](mailto:ccloutiertri@aol.com)

**DOUBLECRACING**  
3 Dickens Lane  
Tyngsboro, MA 01879

## Registration Form

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Email: \_\_\_\_\_  
Age: \_\_\_\_\_ Sex: \_\_\_\_\_ D.O.B \_\_\_\_\_  
Home ph# \_\_\_\_\_

Single \_\_\_\_\_ Team \_\_\_\_\_  
Team: Male \_\_\_\_\_ Female \_\_\_\_\_ Co-ed \_\_\_\_\_  
**Teams can be 2 or 3 people**

Team Name: \_\_\_\_\_  
Run: \_\_\_\_\_  
Bike: \_\_\_\_\_  
Run: \_\_\_\_\_

## NO REFUNDS

Amount Paid: \$ \_\_\_\_\_  
Checks Payable to: DoubleCRacing  
Mail: Attn: Claire Cloutier  
3 Dickens Lane, Tyngsboro, Ma 01879  
Please read waiver before signing:  
In consideration of this entry being accepted, I  
herby for myself, my heirs, executors, and  
administrators waive any and all rights and  
claims for damages I may have against the  
Lowell Elks, Staff, contributors, organizers,  
and all sponsors of this event.

Athlete's signature \_\_\_\_\_

Team Member signature \_\_\_\_\_

Signature of parent/guardian (if under 18 years old) \_\_\_\_\_

## IMPORTANT INFORMATION

Course: Run is flat . Bike course has some rolling hills in the middle.

**\*\* Day of race packet pick up only**

\*\*\*\*\*

**\*\* Long sleeve T-shirts to first 100 participants.**

**\*\* Race day check in 8:30 – 9:45 am at the**

Lowell Elks

\*\*\*\*\*

**\*\* Wonderful refreshments will be served after the Duathlon in the Elks parking lot.**

**\*\* Confirmations will be sent via email 1 week prior to the race.**

**\*\* Please bring your receipt if you sign up on Active.com after the 24th.**

Photocopied entries are accepted

## Race Fees

Single (Oct. 27, 2007) \$45

Single (Day of) \$50

Team (Oct. 27, 2007) \$60

Team (Day of) \$70

Teams can be 2 or 3 people

### Directions:

From the south: Take Rte 3 North, exit #32 take a sharp right at the end of the ramp, Drum Hill Road/Lowell exit.

Sears will be on the left, continue for 1& ¼ miles and go over the Rourke Bridge, turn left onto 113 west, take your first right onto Old Ferry Road.

Elks is on the right.

From the North: Take Rte. 3 South, Take Exit 32, Go around the rotary and take Drum Hill Road/Lowell exit.

Then proceed as per the above directions.

## Duathlon

### Race Details

10:00 am. Start time

3 mile run

14.5 mile bike\*

3 mile run

\*Helmet is required

### Awards

Top 3 men Overall

Top 3 women Overall

1st,2nd,3rd, place men & women in the following age Categories: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, & 70 & up

Awards will go to first place for 2 person teams: men, women & mixed.

You can also register online at [www.active.com](http://www.active.com)



# STRIDER WEAR

## What we wear? Strider Wear

Our colors are red, black & white and we wear our club singlets, long sleeve tech shirts, hats, warm up jackets & pants. The pricing and quantity on hand for each item can be found below. You may place your order for desired items with Deb Miner at [Miner5449@charter.net](mailto:Miner5449@charter.net) or you may pick them up at a Wednesday night track work out. Items are delivered on a “first ordered, first served” basis. Items can be shipped with an additional shipping charge.

## Are you dog tired? Sick as a dog? Or, just plain tired of being chased by dogs?

Do you feel like the club has gone to the dogs? Well, the dog days are over.

We just can't stand to let sleeping dogs lie. So, it's time to call off the dogs, we are taking the dog out of circulation.

Let us teach your old dog new tricks by trading for your new “dog-gone” singlet.

The Gate City Striders Board is now offering a trade in of your old Triad Racing Singlet with a dog on the back for a new Triad Racing Singlet with our Gate City Strider logo on the back. In order to take advantage of this trade in opportunity, please contact Deb Miner to arrange for a trade. You must have your old dog singlet with you in order to trade in for a new one, no exceptions. Deb can be reached at [Miner5449@charter.net](mailto:Miner5449@charter.net) or at 978-323-2343. Contact Deb quickly so that arrangements can be made before upcoming races.

## How to get a GCS Club Jacket & Pants Set

The GCS Club Jacket & Pant set, including your name on the jacket & pants are a special order and can be ordered from Embroidery Creations in Londonderry NH. For more details see the GCS website, which includes a link to the order form which can be faxed to Embroider Creations.



## HELP WANTED !!!!!

Looking for an organized, fashionable, outgoing individual to take over the management of the Gate City Striders Striderwear and become the new Striderwear coordinator. This entails managing the level of Striderwear on hand; placing new orders, updating the club website and sales of Striderwear at Wednesday night tracks, at various race events, and from our club website. This is a great opportunity for you to help out the club and be able to put your two cents into how we look! Please contact Deb Miner at [Miner5449@charter.net](mailto:Miner5449@charter.net) if you are interested or if you have any questions about what this volunteer position entails.

Updated as of 10/12/08

Womens									
Brand	Item Description	Logo	Color	Regular Price	Sale Price	Small	Medium	Large	Extra Large
Mizuno	Singlet	Triad w/ GCS logo on back	White	\$20	\$20	4	2	1	
Clearance									
Brooks	Singlet	GCS	White	\$18	\$10	1	1	7	
Sport Hill	Bike Short	GCS	Black	\$25	\$10	3	1	3	
Sport Hill	Running Short w/ back pocket	None	Black	\$21	\$10		3	7	5
Sport Hill	Running Short	None	Black	\$21	\$10		1	6	5
Sport Hill	Long Sleeve Tech shirt	GCS	White	\$15	\$10			2	1
Sport Hill	Singlet	GCS	White	\$18	\$5			1	
Mens									
Brand	Item Description	Logo	Color	Regular Price	Sale Price	Small	Medium	Large	Extra Large
Mizuno	Singlet	Triad w/ GCS logo on back	White	\$20	\$20	4	8	13	1
Clearance									
Brooks	Singlet	GCS	White	\$18	\$10	5			1
Sport Hill	Bike Short	GCS	Black	\$25	\$10			1	
Sport Hill	Running Short	None	Black	\$21	\$10				11
Best of Times	Singlet	GCS	White	\$18	\$5				3
Best of Times	Bike Short	None	Black	\$25	\$5			1	
Cotton Deluxe	Shorts	GCS	Black	\$25	\$5				2
Cotton Deluxe	Long Sleeve	GCS	Black	\$15	\$5				2X - 1
Unisex									
Brand	Item Description	Logo	Color	Regular Price	Sale Price	Onesize	Medium	Large	Extra Large
Brooks	Long Sleeve Tech shirt	GCS on back	White	\$20	\$20	1	15	15	6
	Mesh Running Hat	GCS	White	\$10	\$10	Plenty			
Clearance									
Sport Hill	Warm up pant	None	Black	\$20	\$10				1
Sport Hill	Warm up pant	GCS	Black	\$20	\$10				5
Sport Hill	Wind pant	None	Black	\$20	\$10				3
Best of Times	Warm up pant	None	Black	\$20	\$5			1	2
Cotton Deluxe	Warm up pant	None	Black	\$20	\$5		2		

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## SKIP'S CORNER BY: SKIP CLEAVER

### Last Supper Celebration and End of Outdoor Track Season

Our final outdoor track session will be held on Wednesday, October 22nd, and will include our traditional “Relay” run on the track. Inspiring luminaries will be lighting and surrounding the entire 400-meter oval (thanks to our Super Volunteer Kevin Reynolds). This is always quite a sight and a unique experience. Don’t miss it!

This final workout will be followed by our traditional “Last Supper”, our pasta bash at the Club National on Pine Street in downtown Nashua. Please join us for both. The track session will be at 6:00 p.m. (those not going to the track may go straight to the Club National). Dinner will be served around 7:30, preceded by a lot of enjoyable conversation about our competition/track season to date.

The Club National has been a long time supporter of Gate City, and our “Last Supper” was attended by 107 hungry runners last year. It promises to be even more enjoyable this year. George LeCours

coordinates with the Club National and our own Mike Leary, Manager of Flints Corner Pizza in Tyngsboro, will be catering our food for the third consecutive year. Mike and George have done a terrific job in preparing for this end-of-season celebration. You will definitely enjoy the camaraderie in a relaxed setting after months of workouts.

The food is provided free by your Gate City Striders (feel free to bring a favorite desert). Pasta will be served with meat sauce and meatballs, as well as a vegetarian option, along with salad and garlic bread, and perhaps a few surprises. There is a cash bar too, with a variety of alcoholic and non-alcoholic beverages available (this celebration is limited to those members 21 and older).

Please note that our “Last Supper” Celebration will be our October Club Membership Meeting.

We thank the Club National for hosting us, and for their continued support of the Gate City Striders.

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### GCS Is Gearing Up for the Mill Cities Relay Entry Fees Paid by the Club--Be Part of the Legend

The Gate City Striders Running Club is one of three Founding Clubs of the famous Mill Cities Relay Alliance. And we are preparing for our best overall performance ever in this tremendously enjoyable event. All members—new members to charter members—should be part of this effort.

The Mill Cities Relay celebrates 25 years with the December 7, 2008 running of this legendary team outing, which winds along the picturesque Merrimack River, Nashua, New Hampshire to Lawrence, Massachusetts. Tradition! The Mill Cities Relay is a celebration of the sport, the embodiment of running in the Merrimack Valley—strong, tough, powerful, and as lasting as the mill cities it represents. It is a closed, invitation-only event established and administered by the running clubs of the region. The Valley’s member clubs have created a powerful competitive legacy, crowned by this outstanding and unique event in a region known for strong runners and high-level racing. And Gate City was a part of it from the beginning.

Continued on page 31

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**Continued from page 30**

Save the date and make plans to be on one of our many 5-person teams for the 27.1-mile run. We will be competing against the other 16 clubs of the alliance, including last year's champion, the Merrimack Valley Striders, along with the Winner's Circle Running Club, winner of five consecutive titles from 2001 to 2005. Gate City won in 2000, and has been in the top three each year since. This is our year to take back the prized Mill Cities Trophy!

This relay is proof every season that the Merrimack Valley is one of the greatest hotbeds of running in the country. The Mill Cities Relay was founded in 1984 to celebrate the sport, and to provide camaraderie between clubs at the end of a grueling competitive season. It is a celebration of running, and honors the traditions of the venerable mills and lore of the Merrimack Valley.

The Relay began with three clubs and now includes 16 clubs of the Merrimack Valley from New Hampshire and Massachusetts. The 5-leg journey travels along the river through Nashua and Hudson, New Hampshire, to Tyngsboro, Lowell, Dracut, and Methuen in Massachusetts, finishing in Lawrence at the Claddagh Pub. The 25th annual MCR—as with the first 24—will start at the Nashua YMCA at 8:00 a. m. on Sunday, December 7, 2008.

Every member of our club should be a part of this competition and celebration. Entry fees will be paid by the club (sign ups must go through Competition Coordinator Michael Wade). Please sign up and be sure you are assigned to a team. We will field our most competitive teams in all 12 divisions.

### **The Prize-The Mill Cities Trophy**

The goals of all Mill Cities Alliance clubs are participation and celebration, and secondarily to

earn the coveted Mill Cities Trophy as the Champions of the Merrimack Valley. The trophy is as unique as the event itself, and is nearly three feet tall. The beautiful hardwood base carries brass plates with the names of the top three clubs engraved each year.

The enormous trophy was artfully designed and built by Ken Camire, brother of Dave Camire, Gate City Coach, Mill Cities founder and long-time Director of the Mill Cities Executive Committee. It was built from salvaged mill machine parts and gears, obtained by Tom Carroll of GLRR when a mill in Lowell was being gutted and remodeled. The trophy was introduced in 1985. Champions hold the trophy for one year. This one should be our year once again!

Divisions have been expanded to 12 categories, double the original number. They include women's and men's open, mixed open, women's and men's masters (40-49), and mixed masters, women's and men's seniors (50-59), and mixed seniors, and women's and men's veterans (60 and over) and mixed veterans. All divisions require 5 person teams except female seniors, female veterans, and mixed veterans; theirs are 3-person teams with sunshine start (last three legs). Mixed teams must have a minimum of 2 females (one female, mixed vets). Points are scored by team placement in each division.

### **The Course**

The start of the race is traditionally signaled when the ceremonial brick is dropped. The 2003 edition is a five-leg, 27.1-mile journey that begins at the Nashua YMCA, and bridges the Merrimack into Hudson. The course parallels the Merrimack south along Route 3A, with the first of four exchange points at the Sears Warehouse (just beyond the BAE facility near the Hudson, New Hampshire/

**Continued on page 32**



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Continued from page 31

Tyngsboro, Mass. border). The second leg runs south to the Greater Lowell Technical High School, exchange point number two. The U-Mass Lowell Boathouse on Pawtucket Boulevard is the third point of exchange, followed by the Griffith Industrial Park on Route 110 in Methuen. The Relay finishes at the Claddagh Pub on Canal Street. Legs are 5.6, 4.75, 2.5, 9.5, and 4.75 miles. The Merrimack River is in sight during most of the event, some of which is along bike paths immediately adjacent to the river's banks.

### **The Party and Celebration**

The running of the Mill Cities Relay is always followed by a terrific party that usually includes chili, pasta, salad, liquid refreshments, and music. This year we will have Sean the DJ upstairs and a live band downstairs. Camaraderie is evident among and between all clubs in the end-of-season bash. The food-fest and music are only interrupted briefly for the presentation of awards. All team members will receive a nice participation award. Bricks with brass plates will be presented to the top three teams in each division.

There are many excellent running events in and around the Merrimack Valley of New England. There are strong traditions and many reasons why road racing is intriguing for so many in the valley region, and Mill Cities is a highlight. With phenomenal advances of technology—waterpower to computer power—there remains the pure athleticism of

running. There are no mechanical or electronic aids. It's the runner, the road, the distance, the competition, and the clock. No excuses, no help. In this event team members watch and cheer their teammates every step of the way. Five-person teams have one runner on the road and four in support at any given time. This is club running as it should be. Be a part of our winning team in 2007!

Manchester, Nashua, Lowell, Lawrence and the other cities and towns of the Merrimack Valley share much more than locale. They share seasons, history, technology, lore—and they support running. The running clubs of the Merrimack Valley share the love of the sport, and they are good at it. They have inherited the philosophy, expertise, dedication, persistence, ingenuity, and enthusiasm that are long-held traditions of the Valley. And those attributes are evident in the creation and maintenance of a unique and wonderful event, the Mill Cities Relay, one of the outstanding events in New England racing.

Note: Warren Church of Gate City is the only person to participate in all 24 Mill Cities Relays; he will be there running on December 7th. Jane Levesque of Gate City is the only woman to complete the first 20 consecutive relays, and has done 22 of 23. And thanks as always to Stan Klem, who is a member of our Executive Board and also serves as Gate City's Representative on the Mill Cities Alliance Committee.

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## **GCS at 20th Annual Lake Winnepesaukee Relay**

The Fred Brown Lake Winnepesaukee Relay, celebrated its twentieth year on September 20, 2008, and Gate City teams were there competing just as they have for the past 19 years. Not likely anyone in the club has done all 20, but there has been a core group that has participated in all of them, starting as masters for the first one, and now competing as Veterans.

The Winnepesaukee relay was moved from Cape Cod to the New Hampshire lakes region in 1988 (originally the Plymouth to Provincetown Relay in Massachusetts) when the Barnstable Chief of Police refused to let

Continued on page 33

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**Continued from page 32**

the runners pass through his town. This bump in the road didn't stop the legendary Fred Brown and his North Medford Club, the second oldest running club in America, from keeping this spectacular running event alive. Instead, they headed north to another of New England's hotspots, and the camaraderie and traditions continue.

Gate City has its own traditions associated with this event, including the P to P and all 20 years at the Big Lake. This year we sent three plus teams with outstanding results: the Women's Masters Team, running under the Name "Flat and Fast", captured first place in the Women's Masters and were the second women's team. They were 19th overall out of 100 teams, an outstanding performance with a time of 7 hours, 50 minutes, 35 seconds, a 7:14 pace for 65.1 miles around the lake.

The Gate City Veteran Men, running as "525 Years of Experience" (combined ages of the 8 runners), finished first in their division for the fifth consecutive year, placing 61st overall.

Our mixed open team, which was comprised of members in each age group—open, masters, seniors, and one veteran—zipped to 36th overall, 12th of 39 in their mixed open division with an outstanding 8:25:08, a 7:46 per mile pace.

A few club members competed on other teams, including Treasurer Deb Minor on the "Electric Rhythm" team, finishing 71st in 9:18:17.

Yes, it is eight legs and 65.1 miles of hilly terrain, a logistical and athletic challenge. Legs are 10.7, 1.0, 9.3, 4.0, 10.8, 6.4, 8.5, and 4.4. The course is breathtaking, the views spectacular. The race begins and ends at the parking lots of Fun Spot at Weirs Beach. Gate City set up their traditional Tailgate Cookout, and dozens of club members exchanged stories of the relay and the day. The 20th was run

on a simply gorgeous day in the Lake Country. The all-you-can-eat (and required beverages) party continued before and after the awards ceremony. In fact many club members made a full weekend of it, including Friday evening, Saturday race and party, Smokehouse Restaurant celebration, and a Sunday mini vacation. All members should participate in this terrific event.

## **The Teams:**

"Flat and Fast": Karen Long, Karen Pattalena, Tammy Gaffey, Kathy Kirby, Cathy Merra (legs 5 and 6), Janice Platt, and Michelle Poublon.

"The Transatlantics": Neil Graves, Sara Lewicke Graves, Mark Sage, Laura Rallis, John Lewicke, Dave Cormier, Andrea Pierce, and Fiona McDonnell.

"525 Years of Experience": Gary Circosta, Steve Moland, Skip Cleaver, Eldon Burkinshaw, Denny LeBlanc, Stan Klem, Samy El-Guebaly, and Jack Kick.

**(For Winnie photos turn to page 36)**

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The day after the coaches Halloween party at Denny's last year.



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# FITNESS U. FINALS DAY

PHOTOS SUBMITTED BY: KAREN PATTELENA









# WINNI RELAY PHOTOS

PHOTOS SUBMITTED BY: MICHELLE POUBLON, STEVE MOLAND, AND JIMRHOADES.COM







# SPECIAL DAYS FOR MEMBERS

## October Birthdays:

Suzanne Barker	Bob Ludwig
Brandon Beauley	Judy Lurie
Samantha Beauley	Jennifer Mack
Dick Bersani	Patrick J. McCabe
Janice Boutotte	Wayne McLeod
Emily Burns	John McManus
Harry Carter	Therese Muller
Jack Conlin	Sarah Nadeau
Richard Cuvellier	Scott Ordway
Steve Delahunty	Peter Paelinck
Jim Ecke	Bob Pelletier
Samy El-Guebaly	Tim Piercy
Jeremiah Fitzgibbon	Dina Pitsas
Melanie Forte	Elaine Rush
Justin Freeman	Shaun Scanlon
Griffinn Gagnon	Kevin Slattery
Jeff Hammond	David Swallow
Erik Hamnqvist	Pam Triest-Hallahan
Robert Joy	Rebecca Vandenberg
Brian Kane	Peter Vendituoli
Aline Kenney	LeeAnn Ward
Laurie Kofstad	Michael Wright
Gary Lambert	Samatha Zimmerman
Ryan LeCours	Abigail Zimmerman

## November Birthdays:

Rachel Albert	Dottie Lopez
Stacey Ascone	Samantha Moland
Karen Burke	David Pattelena
Sue Carey	Lisa Paul
Brian Coates	David Pember
Ed Donovan	Stephanie Pintal
Kathy Engle	Justin Platt
Laurie Gormley	Ashley Prindle
Michael Hagerty	Justin Prindle
Corey Hahnl	Brian Sanborn
Lisa Harrison	Mary Schmidt
Peter Hennessey	Cathy Schult
John Hennessy	Kara Slocum
TJ Hesler	Lee Stanek
Kevin Klasman	Nancy Stronach
Sara Klum	Bill Sturgeon
Andrew Law	Deborah Sullivan
Jerry LeVasseur	Martin Tower
John Lewicke	Michael Wade
Sara Lewicke	Kelly Walker
Victoria Lizotte	Trevor Ward
Alyss Lombardi	Gary Zimmerman
Katie Lopez	



**Lisa Klasman, ND**  
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- Gastrointestinal Issues
- Cardiovascular Health

---

# MEMBERSHIP INFORMATION

## Welcome New Members since June 1st:

Frank Pilhofer  
Sunkara Sindhura  
Dasari Yugandhar  
Andrea Nicolaisen  
Martin Tower  
Bridget Austin  
Kallfelz Family  
Mark Snyder  
Deborah Sullivan  
Jodie & Daniel Dolan  
Kristen King  
Carlos Repetto  
Kristina Buckley  
Laura Rallis  
Eduardo & Marie Lopez-Reyes

## November Renewals

Greg Anthony	Jane Levesque
Brian Coates	Jennifer Mack
Dave Contrada	Cameron Murphy
Raelyn Crowell	Jack Nichols
Janie Deshaies	Grace Ouellette
Richard Doyle	Dina Pitsas
Jill Duffield	Bill Spencer
Kristen Ewing	Richard Stockdale
Haley Farwell	Walter Swanbon
Jessica Gagnon	Susan Thievon
Leah Kovitch	Steve Tomasi

---

## October Renewals

Howard Berman	Jeff Hunt
Michelle Bociek	Lisa Lawrence
Carl Bunis	Linda McCarthy
John Dalton	Joanne Pomeranz
Sarah Dennechuk	Chris Reap
Mark Engerman	Leslie Reap
Jeremiah Fitzgibbon	Karen Ringheiser
Daniel Houston	Katherine Roy



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\* Statements not evaluated by the FDA.



# GCS RACING RESULTS

## Plymouth Rock Iron Distance Triathlon

**Plymouth, MA, August 31, 2008**

76 Christine Sweetser 1:17:01

## The Circle Triathlon

**Ashland, NH, August 31, 2008**

1 Brian Coates 1:05:02

12 Leslie Reap 1:13:50

## Swanzy Covered Bridges Half Marathon - Elijah's Run

**Swanzy, NH, August 31, 2008**

1 Justin Fyffe 1:12:28

14 Steve Wolfe 1:24:50

16 Michael Fraysse 1:26:19

19 Michael Wade 1:28:16

30 Cathy Merra 1:31:07

45 Mike Merra 1:33:59

86 Heidi Havron 1:45:29

123 Shu Minami 1:55:23

182 Allan Sabiski 2:06:25

## Loco Moose Concord 5K

**Concord, NH, August 31, 2008**

34 ANDREW NAJBERG 25:07

## Nashua PAL Mine Falls River Run 3K & 5K #3

**Nashua, NH, August 30, 2008**

### 5k

6 MICK FORTIER 20:32

10 JULIE HANOVER 21:57

13 LEAH KOVITCH 23:12

37 RAYMOND BOUTOTTE 26:56

39 GARY LERUDE 27:11

56 JENNIFER VINCENT 31:33

### 3K

6 GRANT LERUDE 13:23

7 VICTORIA LIZOTTE 13:28

8 HELEN NTENGERI 13:35

9 CAMERON MURPHY 14:04

10 HEIDI NTENGERI 14:06

## Alliance Against Cancer 5K

**Manchester, NH, August 30, 2008**

8 Bill Boyd 21:27

## Cooperative Covered Bridge 5k

**Plymouth, NH, August 30, 2008**

31 David Pember 22:26

189 Ellen Kolb 13:54

## 5K Race For The Lakes

**Belgrade Lake, ME, August 30, 2008**

12 STEVE MOLAND 22:23

23 Jessica Costa 24:32

24 JERRY LEVASSEUR 24:35

37 JUDI MOLAND 26:10

## CMS 52-Week 5K Series Race #35

**Devens, MA, August 27, 2008**

26 Ray Bouttote 26:38

## Moose On The Loose 10 Mile Trail Race & Relay

**Nashua, NH, August 24, 2008**

2 Rich Smith 56:28

5 Michael Wright 1:02:03

10 Mike Fraysse 1:08:20

16 Jeff Hammond 1:10:44

18 Peggy Lai 1:11:39

20 Chris Bougopoulos 1:12:55

35 Pam Triest-Hallahan 1:21:27

50 Alison Findon 1:25:29

69 Allan Sabiski 1:34:15

## Mack's Apple 5K Cross Country Run Londonderry, NH, August 24, 2008

4 TIM BURKE 17:35

15 STEVE DELAHUNTY 19:21

19 KELSEY HUNT 19:45

33 MOLLY MCCABE 21:02

52 SARAH BURKE 22:08

62 NATHAN PEABODY 22:52

64 NANCY PEABODY 23:06

76 VICTORIA LIZOTTE 23:48

78 MARK PEABODY 23:52

83 HELEN NTENGERI 24:31

84 TRACI MOORCROFT 24:34

100 MEREDITH PEABODY 25:37

103 DAVE DELAHUNTY 25:45

108 CHELSEA SHOEMAKER 25:58

114 HEIDI NTENGERI 26:56

## 35th Annual Marshfield Road Runners 20K

**Marshfield, MA, August 24, 2008**

32 Rick Stetson 1:33:12

## Marathon des Deux-Rives

**Quebec City, Quebec August 24, 2008**

### 10K

Barbara Joy 52:19

Brian Sanborn 53:04

Judi Moland 56:16

Genia Sanborn 1:00:48

Robert Joy 1:18:57

### Half Marathon

Richard Doyle 1:48:21

Steve Moland 1:48:31

Tom Conley 1:57:15

Stan Klem 2:08:25

## 6th Annual Marcia Lemkin 5K

**Lowell, MA, August 24, 2008**

103 Roy Dennehy 29:06

## Fireman Triathlon

**Kennebunk, ME, August 24, 2008**

284 LINDA MCCARTHY 1:48:48

## L/A 5K Bridge Run

**Auburn, ME, August 24, 2008**

60 Peter Rearick 21:01

126 Jerry LeVasseur 23:51

151 Bob Payne 24:32

## Mt. Toby Trail Race

**Sunderland, MA, August 24, 2008**

1 Justin Fyffe 1:26:06

## Thomas Chamberas XC 6K

**Carlisle, MA, August 24, 2008**

49 Keith O'Brien 23:57

## Barnstead Old Home Day 5K Road Race/Walk

**Barnstead, NH, August 23, 2008**

59 BARBARA ROBINSON 27:51

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**Saunders at Rye Harbor 10K****Rye, NH, August 21, 2008**

11 RANDY MACNEILL	34:39
23 JEREMIAH FITZGIBBON	38:30
144 DAMIAN ROWE	45:08
415 KEVIN REYNOLDS	53:56
428 REBECCA NEVILLE	54:20
521 JANE LEVESQUE	57:21

**18th Annual New Hampshire State  
Police DARE Classic****Loudon, NH, August 20, 2008**

13 Leonard Hall	19:50
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**CMS 52-Week 5K Series Race #34  
Devens, MA, August 20, 2008**

24 Raymond Boutotte	28:00
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**Last Call 5K****Lowell, MA, August 19, 2008**

4 TIM BURKE	17:53
20 KEN GOODIN	20:09
70 SARAH BURKE	22:56
85 GEORGE BISSON	23:49
87 LINDA MCCARTHY	23:56
109 STACEY ASCONE	24:53
113 KEVIN REYNOLDS	24:58
127 JESSICA COSTA	25:57

**Mine Falls Summer Trail Series -  
Race #10****Nashua, NH, August 18, 2008****5k**

8 Jim Hansen	34:06
11 Ben Platt	34:37
12 Danielle Poublon	35:09
14 Dave Delahunty	35:33
15 Cassie Wright	37:47
16 Jack Nichols	37:56

**5m**

3 Laura Rallis	52:16
4 Mike Wright	52:49
5 Peggy Lai	52:51
7 Frank Pilhofer	53:32
11 Jeff Hammond	54:34
12 Steve Delahunty	54:44
14 Jennifer Vincent	58:43

**Sharon's Back Triathlon****Sharon, MA, August 17, 2008**

41 STEVE TOMASI	1:21:53
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**Breakaway 5K****Old Orchard Beach, ME, August 16,  
2008**

7 T.J. Hesler	16:22
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**Cigna/Elliot Corporate 5k Road Race  
Manchester, NH, August 14, 2008**

34 Rich Smith	16:22
54 Randy Macneill	16:56
57 Rod Viens	17:06
79 Danny Ferreira	17:44
85 Michael Wright	17:52
93 Isaac St. Martin	18:05
104 Frank Pilhofer	18:11
112 Michael Fraysse	18:25
139 Richard Galera	18:46
178 Kelsey Hunt	19:22
191 Len Hall	19:35
195 Peter Vendituoli	19:39
218 Richard Stockdale	19:53
219 Jeff Hammond	19:45
221 Rich Hillman	19:47
243 Jim Hansen	20:10
245 Ken Snow	20:05
255 Martin Tower	20:10
301 Dan Sweet	20:36
333 Eric Trabucco	20:57
334 Sarah St. Martin	20:52
390 Hein Van Den Heuvel	21:21
397 Bill Boyd	21:24
408 Raelyn Crowell	21:11
409 Brian Coates	21:11
417 Ben Clemence	21:19
440 Bill Spencer	21:47
557 George Clemence	22:16
584 Amy Lacroix	22:40
592 Denny LeBlanc	22:42
644 Cassie Wright	22:53
656 Helen Ntengeri	23:17
675 Heidi Ntengeri	23:25
736 David Salvas	23:52
797 Alison Findon	23:55
897 Traci Moorcroft	24:50
927 Andrew Najberg	25:01
1025 Christina De Bruyn Kop	25:19
1098 Peter Clayman	24:37
1133 David Cormier	25:42
1195 Sherry Breen	25:58
1428 Allan Sabiski	26:48
1435 Robin Rocha	25:46

1552 Edward Donovan	27:21
1858 Bridget Austin	29:14
2047 Daniel Dugan	29:15
2231 Christina Clemence	31:15
2271 Jennifer Mack	30:59
2352 Jennifer Vincent	30:33
2423 John Panny	31:59
2617 Cathy Clemence	33:52
3142 Mary Prindle	37:49
3782 Richard Cuvellier	47:14
3849 Annette Cuvellier	48:11

**CMS 52-Week 5K Series Race #33  
Devens, MA, August 13, 2008**

32 Ray Boutotte	28:27
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**Kill Dave 5K****Lowell, MA, August 12, 2008**

2 TIM BURKE	18:07
11 KEN GOODIN	19:55
47 DAVE CAMIRE	22:57
58 GEORGE BISSON	23:36
69 LINDA MCCARTHY	24:24
84 JESSICA COSTA	25:29
85 KEVIN REYNOLDS	25:32

**Mine Falls Summer Trail Series -  
Race #9****Nashua, NH, August 11, 2008  
5K**

8 Jim Hansen	21:23
10 Leah Kovitch	22:17
15 Cassie Wright	25:14
18 Danielle Poublon	28:01
21 Linda Delahunty	36:59
22 Dave Delahunty	37:17
23 Jim Delahunty	37:21

**5Mile**

5 Steve Wolfe	31:51
6 Frank Pilhofer	32:17
7 Corey Hahnl	32:28
8 Mike Wright	32:35
9 Steve Delahunty	33:17
10 Peggy Lai	35:55
11 John Dionne	37:06
12 Laura Rallis	44:55
14 Jennifer Vincent	53:24

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**30th Annual Bridge of Flowers 10K & 2 Mile Road Races**

**Shelburne Falls, MA, August 9, 2008**

14 JUSTIN FYFFE	33:17
46 RICHARD SMITH	35:28
66 RANDY MACNEILL	36:32
143 MICHAEL WADE	40:56
228 RICK STETSON	45:07
229 PEGGY LAI	45:08
236 DAVE CONTRADA	45:19
292 JOHN LEWICKE	47:33
312 DAVID PEMBER	48:01
334 JANICE PLATT	48:40
351 DAN DUGAN	49:23
460 ALISON FINDON	53:25
504 SHU MINAMI	55:37
580 RAY BOUTOTTE	59:33

**Tri for a Cure Women's Sprint Triathlon**

**S Portland, ME, August 9, 2008**

244 MARGARET REARICK	1:38:25
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**6th Annual Sandown Old Home Days 5-Miler**

**Sandown, NH, August 9, 2008**

5 MICHAEL WRIGHT	30:23
7 STEVE TOMASI	31:07
8 STEVE WOLFE	31:23
10 LEN HALL	31:28
26 ALEC WOLFE	33:39
28 KEN SNOW	33:48
48 DAMIAN ROWE	35:56
69 SUSAN KENNEY	38:01
74 NANCY PEABODY	38:35
84 MARK SAGE	39:40
101 ELIZABETH FAY	41:47
106 SHARON PESSETTA	42:12
141 ELDON BURKINSHAW	47:10
143 JANE LEVESQUE	47:42
153 SACHIKO BURKINSHAW	50:10
159 MEREDITH PEABODY	51:14
160 MARY SLOCUM	51:41
162 ROY DENNEHY	52:01
167 MICHAEL WHELTON	55:42
170 MADELINE LAROSE	58:03

**6th Annual Crisman Memorial 5K Run/Walk**

**Amherst, NH, August 9, 2008**

1 Anthony Merra	16:39
10 Chris Merra	18:58

11 Alex Werne	19:15
12 KRISTEN KING	19:20
14 RICH HILLMAN	19:31
18 Cathy Merra	19:45
22 Felicia Lombardi	20:11
52 David Salvas	23:49
53 Kristina Buckley	23:50
54 Lisa Lombardi	23:51
59 Alyss Lombardi	24:23
60 Anthony Lombardi	24:24
62 TERRENCE KENNEY	24:33
72 BARBARA JOY	25:00
74 ALINE KENNEY	25:05
167 GENIA SANBORN	37:14

**Lamprey Health Care 5k**

**Newmarket, NH, August 9, 2008**

1 Steve Delahunty	19:07
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**Belmont 10 Miler**

**Belmont, NH, August 9, 2008**

7 FRANK PILHOFFER	1:07:09
40 JIM ECKE	1:23:29
46 ANDREA PIERCE	1:27:28

**16th Annual Thunder Chicken 5k Portsmouth, NH, August 7, 2008**

184 Laura Rallis	25:59
258 Jane Levesque	28:33

**CMS 52-Week 5K Series Race #32 Devens, MA, August 6, 2008**

19 Ray Boutotte	26:52
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**Bikini Run 5K**

**Lowell, MA, August 5, 2008**

13 KEN GOODIN	19:48
19 DANIEL HOUSTON	20:15
50 DENNY LEBLANC	22:11
78 GEORGE BISSON	23:24
83 LINDA MCCARTHY	23:35
93 SARAH BURKE	24:06
118 JESSICA COSTA	25:21
123 KEVIN REYNOLDS	25:49

**Mine Falls Summer Trail Series - Race #8**

**Nashua, NH, August 4, 2008 5K**

1 Tim Burke	18:32
5 Steve Delahunty	19:33
6 Jim Hansen	20:22

7 Felicia Lombardi	20:33
11 Leah Kovitch	21:57
12 Evan Carey	22:11
15 Anthony Lombardi	22:29
20 Tom Conley	23:15
21 Alyss Lombardi	23:19
25 Lisa Lombardi	24:28
27 Sarah Burke	24:40
28 Cassie Wright	24:41
29 Kristina Buckley	24:55
31 Ed Auclair	25:36
38 Danielle Poublon	27:42
39 Michelle Poublon	27:46

**5Mile**

6 Mike Wright	32:08
7 Frank Pilhofer	33:32
9 Peggy Lai	36:55
10 Laura Rallis	44:44
12 Jennifer Vincent	57:36

**Maine Lobster Festival 10K Rockland ME, Aug 3, 2008**

Steve Moland	45:52
Judi Moland	53:19

**Pittsfield Rotary Club Balloon Rally 5K Road Race**

**Pittsfield, NH, August 3, 2008**

24 Kaitlin Dresser	23:34
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**11th Annual TD Banknorth Beach to Beacon 10K**

**Cape Elizabeth, ME, August 2, 2008**

56 T.J. Hesler	34:06.2
316 Michael Trundy	40:47.0
584 Harry Carter	43:53.9
644 Peter Rearick	44:25.5
877 Robin Carlson	46:26.5
1509 Jerry Levasseur	50:03.8
3039 Christine Hesler	57:38.6
4642 Margaret Rearick	1:10:40

**Kingston Firemen's Road Race Kingston, NH, August 2, 2008**

32 TRACI MOORCROFT	25:24
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**Mine Falls Summer Trail Series - Race #7**

**Nashua, NH, July 28, 2008 5K**

3 Jim Hansen	19:43
13 Lisa Lombardi	24:05

15 Alyss Lombardi	24:21
16 Anthony Lombardi	24:23
18 Cassie Wright	25:13
21 Kristina Buckley	26:18

#### 5Mile

5 Kelsey Hunt	31:38
8 Corey Hahnl	33:12
9 Frank Pilhofer	33:50
11 Jeff Hammond	36:24
12 Mike Wright	40:14
13 Peggy Lai	40:14
14 Paul Joyce	45:20
15 Laura Rallis	45:30

#### Massachusetts State Triathlon Winchendon, MA, July 27, 2008

31 STEVE TOMASI	2:20:14
50 AMBER CULLEN	2:26:08
65 DANNY FERREIRA	2:30:08
92 DEBRA STELLATO	2:36:17
153 BETH WHIPPLE	3:01:22

#### Beaver Brook Summer 5K Hollis, NH, July 27, 2008

1 MICHAEL FRAYSSE	15:18
56 LAURA RALLIS	21:54

#### Emily's 5K Run Auburn, ME, July 26, 2008

114 Jerry Levasseur	24:47
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#### Peaks Island Road Race Peaks Island, ME, July 26, 2008

53 Steve Moland	36:54
127 Stan Klem	40:39
161 Pamela Hall	41:56
204 Judi Moland	43:47

#### 16th Annual St. Anne's Lakes Race Hampstead, NH, July 26, 2008

81 Roy Dennehy	48:53
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#### 12th Annual 24 Hour Around The Lake Marathon Wakefield, MA, July 25-26, 2008

8 Gary Circosta	3:52:20
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#### CMS 52-Week 5K Series Race #30 Devens, MA, July 23, 2008

17 Ray Boutotte	29:59
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#### Dynamic Duo Team Night 5K Lowell, MA, July 22, 2008

1 ANTHONY MERRA	15:59
17 KEN GOODIN	20:05
81 LINDA MCCARTHY	23:48
84 GEORGE BISSON	23:58
99 JESSICA COSTA	25:00
116 KEVIN REYNOLDS	26:39



#### Mine Falls Summer Trail Series - Race #6

#### Nashua, NH, July 21, 2008

#### 5K

7 Jim Hansen	20:45
9 Kelsey Hunt	20:49
10 Felicia Lombardi	21:07
13 Kaitlin Dresser	22:30
14 Cassie Wright	22:39
15 Anthony Lombardi	22:48
16 Lisa Lombardi	23:49
23 Ed Auclair	26:11

#### 5Mile

3 Mike Wright	32:04
6 Frank Pilhofer	32:39
9 Peggy Lai	34:53
11 Jeff Hammond	36:34
13 Jan Platt	38:58
16 Laura Rallis	46:12
18 Jennifer Vincent	56:08

#### Mill City Triathlon Lowell, MA, July 20, 2008

4 MICHAEL FRAYSSE	1:16:42
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#### 13th Annual Mashpee 5K Woodlands Run

#### Mashpee, MA, July 19, 2008

18 Pam Triest-Hallahan	23:45
56 Bill Hallahan	29:11

#### Rockville Rotary Twilighter 8km Rockville, MD, July 19, 2008

248 Jim Velino	35:10
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#### 4th Annual Lovell Old Home Day5K Lovell, ME, July 19, 2008

105 Chet Rogers	32:24
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#### Pat's Pizza Clam Festival Classic Yarmouth, ME, July 19, 2008

14 T.J. HESLER	27:28
390 JERRY LEVASSEUR	40:12

#### 41st Annual Bill Luti 5-Miler Concord, NH, July 19, 2008

9 Mike Peabody	27:38
10 Rich Smith	27:45
29 Michael Wright	30:41
30 Michael Wade	30:46
34 Steve Tomasi	31:00
40 Danny Ferreira	31:18
43 Len Hall	31:31
67 Karen Long	33:20
69 Richard Stockdale	33:23
73 Cathy Merra	33:36
75 Peggy Lai	33:42
89 Jim Hansen	34:28
106 Jonathan Green	35:50
109 Tammy Gaffey	35:59
112 Ted Carey	36:05
123 Sarah St Martin	36:48
124 Michelle Poublon	36:51
137 Robert Knight	38:18
145 Bill Spencer	38:39
187 Cassie Wright	41:30
189 Mark Sage	41:34
198 Andrew Najberg	42:22
209 Alison Findon	42:52
227 Shu Minami	43:55
228 Elizabeth Fay	43:57
263 Jane Levesque	47:12
323 Bob Welts	59:19



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**Terry Dwyer Memorial 5K Road Race**  
**Dublin, NH, July 19, 2008**

5 Dave Birse 19:00  
44 Bill Springer 27:16  
53 Kathy Engle 28:32  
61 Chuck Rossier 31:01  
69 Bill Engle 34:06

**22nd Sapienza Road Race**  
**Haverhill, MA, July 17, 2008**

83 GEORGE BISSON 33:00  
141 ROY K DENNEHY 38:14

**CMS 52-Week 5K Series Race #29**  
**Devens, MA, July 16, 2008**

16 Ray Boutotte 26:26

**Lynn Woods Race Night**  
**2.5 mile Steel Tower**  
**Lynn, MA, July 16, 2008**

1 DAVE DUNHAM 14:12

**Nostradamus Mystical Predict Your Time 5K**

**Lowell, MA, July 15, 2008**

15 KEN GOODIN 20:07  
77 LINDA MCCARTHY 24:26  
83 GEORGE BISSON 24:46  
100 JESSICA COSTA 25:52  
117 KEVIN REYNOLDS 26:55

**Take the Lake 5K**  
**Wakefield, MA, July 13, 2008**

202 ED DONOVAN 26:28  
589 LOUISE ROSSETTI 50:26

**Hugh Holt Memorial 5 Miler**  
**Raymond, NH, July 13, 2008**

5 DAVE BIRSE 32:10  
17 WALTER SWANBON 39:13

**Paul White Memorial 4.81 Miles**  
**North Falmouth, MA, July 12, 2008**

23 RICK STETSON 32:34  
60 YUKI CHORNEY 35:36  
169 ERIC CHORNEY 41:17

**Moxie Day 5K**  
**Lisbon Falls, ME, July 12, 2008**

59 Steven Moland 21:43  
98 Jerry LeVasseur 24:11  
115 Jessica Costa 24:59

156 Judi Moland 26:47

**13th Annual Harbour Trail 5K**  
**Portsmouth, NH, July 12, 2008**

124 Andrew Najberg 24:47  
239 Jane Levesque 28:42

**Bernas Great Legs**  
**Lowell, MA, July 11, 2008**

23 STACEY ASCONE 24:24  
37 SUE DONOVAN 25:56

**Hillsboro Balloon Festival 5K**  
**Hillsboro, NH, July 11, 2008**

31 William Boyd 22:09  
59 Shu Minami 24:49

**Harrison Old Home Day's 5K**  
**Harrison, ME, July 10, 2008**

3 T.J. HESLER 16:19  
13 PETER REARICK 20:58  
40 BOB PAYNE 25:31  
71 PEG REARICK 33:40

**CMS 52-Week 5K Series Race #28**  
**Devens, MA, July 9, 2008**

20 Ray Boutotte 28:27

**Reverse the Course 5K**  
**Lowell, MA, July 8, 2008**

10 DANIEL HOUSTON 19:50  
33 STEVE MOLAND 22:04  
67 LINDA MCCARTHY 24:48  
71 GEORGE BISSON 24:57  
108 KEVIN REYNOLDS 27:16

**Mine Falls Summer Trail Series - Race #4**

**Nashua, NH, July 7, 2008**

**5K**

2 Corey Hahn 18.41  
8 Jim Hansen 20.56  
9 Felicia Lombardi 21.11  
13 Anthony Lombardi 22.26  
18 Leah Kovitch 23.16  
19 Brittaney Plante 23.36  
21 Cassie Wright 25.26  
24 Robin Rocha 25.51  
25 Alyss Lombardi 25.58  
26 Lisa Lombardi 25.58  
28 Ed Auclair 26.23  
31 Amanda Clark 27.15

37 Mary Prindle 29.33

41 Jennifer Vincent 32.40

**5Miles**

2 Mike Wright 31.51  
5 Steve Wolfe 32.50  
6 Chris Bougopoulos 33.01  
8 Jeff Hammond 35.01  
10 Peggy Lai 36.25  
11 Chantal Croteau 37.02  
14 Jan Platt 38.34

**Loon Mountain Race**  
**Lincoln, NH, July 6, 2008**

2 Justin Fyffe 49:28  
8 David Herr 51:39  
19 John Paul Lewicke 59:49  
20 Len Hall 61:08  
28 Bob Mulvaney 63:03  
40 Chuck Landry 66:47  
63 Carla Chandler 73:13  
71 Richard Stockdale 74:35

**Patriot Triathlon (Long Course)**  
**E Freetown, MA, July 5, 2008**

58 STEVE TOMASI 5:15:16

**4th Annual Strawberry Shortcake Shuffle 5K**

**Damariscotta, ME, July 5, 2008**

35 Jerry LeVasseur 24:22

**Bradford 5K**  
**Bradford, NH, July 5, 2008**

42 Mark Loehr 22:45  
49 Bob Thompson 23:19  
93 Kristina Thompson 26:15

**L.L.Bean 10K**  
**Freeport, ME, July 4, 2008**

187 Peter Rearick 44:59  
198 Harry Carter 45:19  
375 Jerry Lavasseur 50:14

**Bridgton Four on the Fourth Road Race**

**Bridgton, ME, July 4, 2008**

5 Tj Hesler 21:35

**Friend's on the 4th 5K**  
**Winthrop, ME, July 4, 2008**

86 Steve Moland 21:45  
169 Jessica Costa 24:57

174 Judi Moland 25:05

**Lawrence Sons of Italy 5K and 5 Miler**  
**Lawrence, MA, July 4, 2008**  
**5K**  
 50 RAYMOND BOUTOTTE 25:19

**5 Mile**  
 23 KEN GOODIN 37:55  
 52 STAN KLEM 41:56

**John Carson 2 Mile Road Race**  
**Chelmsford, MA, July 4, 2008**  
 29 Chris Bougopoulos 11:14  
 97 Michael Leary 12:29  
 166 Bill Spencer 13:20  
 401 Cameron Murphy 15:51  
 654 Stacy Beaudoin 17:38  
 1077 John Panny 20:41  
 1451 Teresa Kolb 25:25  
 1645 Louise Rossetti 41:12

**Duxbury 4th of July Road Race**  
**Duxbury, MA, July 4, 2008**  
 40 Rick Stetson 27:35

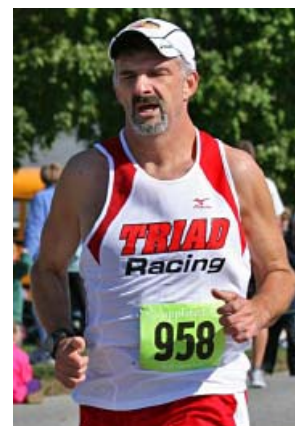
**Harvard Fourth of July 5 Miles**  
**Harvard, MA, July 4, 2008**  
 56 TAMMY GAFFEY 34:54  
 61 DAVE CONTRADA 35:06  
 112 JIM ECKE 38:50  
 166 ANDREA PIERCE 41:50

**Merrimack Sparkler 5K**  
**Merrimack, NH, July 4, 2008**  
 5 TYLER BRANNEN 17:27  
 8 JACK CONLIN 17:39  
 17 MICHAEL FRAYSSE 17:57  
 18 MICHAEL WRIGHT 18:06  
 19 STEVE WOLFE 18:08  
 23 MICHAEL WADE 18:35  
 38 TREVOR WARD 19:24  
 49 KAREN LONG 20:04  
 59 CARL HEFFLEFINGER 20:29  
 63 JOHN DIONNE 20:35  
 66 MIKE MERRA 20:37  
 102 YUKI CHORNEY 22:06  
 123 CHANTAL CROTEAU 22:41  
 125 HEIDI HAVRON 22:43  
 133 LAURIE KOFSTAD 23:14  
 137 TOM CONLEY 23:22  
 139 KENT KOFSTAD 23:24

141 PAM TRIEST-HALLAHAN 23:28  
 161 SHU MINAMI 24:05  
 175 SAMY EL-GUEBALY 24:26  
 180 LINDA MADDEN 24:35  
 191 ROBIN ROCHA 24:53  
 199 CASSIE WRIGHT 24:59  
 204 RICHARD GAGE 25:04  
 214 ERIC CHORNEY 25:16  
 219 EDWARD AUCLAIR 25:22  
 231 ALLISON RICHARDS 25:40  
 239 BILL HALLAHAN 25:52  
 248 RON GAGNON 26:08  
 261 HELEN NTENGERI 26:30  
 265 HEIDI NTENGERI 26:37  
 299 JANE LEVESQUE 27:45  
 302 CYNDE CLEARY 27:49  
 305 CHUCK ROSSIER 27:56  
 360 MARY SLOCUM 29:36  
 383 BRIAN RICHARDS 30:16  
 392 BOB WELTS 30:29  
 412 LINDSAY WRIGHT 30:55  
 414 BRENDA CONLIN 31:03  
 427 WILLIAM GOEBEL 31:47  
 431 JENNIFER VINCENT 31:58  
 456 KELLEY DUGAN 32:54  
 488 MADELEINE LAROSE 35:16  
 550 ELLEN KOLB 42:46

**CMS 52 week 5K series #27**  
**Devens, MA, July 2, 2008**  
 12 Ray Boutotte 27:27

**Pat Polletta 5 K**  
**Salisbury, MA, July 2, 2008**  
 40 DANIEL HOUSTON 20:02  
 93 Denny LeBlanc 22:48  
 101 MICHAEL LEARY 23:28  
 109 GEORGE BISSON 23:55





# Gate City Striders

## Member Application and Membership Renewal Form

Mail To: Gate City Striders, PO Box 3692, Nashua NH 03061

First Name	
Last Name	
Address	
Town	
State	
Zip	
Gender	
Date of Birth	
Phone	
Email Address	

Membership Type      NEW ☐      Single 1 year \$25 ☐      Single 2 years \$50 ☐      Single 3 years \$75 ☐  
      Family 1 year \$30 ☐      Family 2 years \$60 ☐      Family 3 years \$90 ☐  
      Renewal ☐      Youth 1 year \$10 ☐      Youth 2 years \$20 ☐      Youth 3 years \$30 ☐

(Family membership means in same household)

If Family membership, please list all members who may participate in club activities.

First Name	Last Name	Gender	Birthdate	Email Address

### WAIVER,

I know that running, volunteering at Gate City Strider (the "club") races and participating in club events are potentially hazardous activities. I should not enter, run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete a run or take part in any event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with another person, high heat and/or humidity, the conditions of the road and traffic on a course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration for the Gate City Striders accepting my application for membership of a renewal of membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gate City Striders Inc, and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of a person or entity named in this waiver. (Parent/Guardian must for those under age 18)

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Questions – Contact Stan Klem at stanatgcs@aol.com