



Striding Along

Newsletter of the Gate City Striders Running Club

WE DID IT!



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Editor's Note:

Cover photo by Michael Wade

Howdy fellow Striders,

It's that time of year again, when we have to work even harder to get ourselves out the door to run. There are many extra duties this time of year brings, which can thwart our best running intentions. Shopping for gifts, parties, and large family dinners and preparing our yards and vehicles for what Mother Nature has in store. The extra layers needed to protect ourselves from the cold air, and the alternate paths we may have to run on when our preferred trails are covered in snow and ice. The mental game we sometimes have to play with ourselves just to lace up the ol' sneakers can be more challenging than the actual run.

But all of those are precisely the reasons we should remember the benefits of our passion. After a nice run in the brisk air, your mind will be more at ease from the rush of the holidays. You'll be able to justify that extra piece of pecan pie. You'll be able to smile when someone asks you "What are you crazy?" for going outside in the cold weather.

Just remember that with this time of year, some extra caution is in order. Some tasks are easy to understand, such as making sure you have enough breathable layers, and on the extremely cold days, make sure every bit of exposed skin is covered or protected. (Frost bite is not a pretty sight.) Being aware of the running surface is also important. All it takes is one bad slip on the ice, and you can pull a muscle out of whack, or even break a wrist when you try to catch your fall. One seldom thought of danger when the temperature drops is dehydration. Just exhale on a cold day, and you'll see lots of water vapor exiting your lungs. Add that to the fact that your body is working extra hard to warm the air you breath in, and your normal 5-mile run can be more taxing than the same run in ideal conditions. So drink plenty of fluids, and wear proper layering, and you'll be rewarded by some peaceful runs.

Some of us run outside year round. There is nothing like being the first one on the trails when there's an inch or so of snow. The crisp, clean, crunching noise under your sneakers creates a nice rhythm to the otherwise calm and quiet day. I'm not yet a member of the treadmill crowd, but I know I'll be looking forward to Tuesday nights, when I can run in shorts and T-shirt inside of the Hampshire Dome. Whatever your method, keep it up. Just because the season is changing, it doesn't mean we have to let our running routines go away.

And just think... Only a few more weeks, and the daylight hours will be getting longer again!

Richie Blake.



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

Gate City Striders
PO Box 3692
Nashua, NH 03061

Visit our Web Site
www.GateCity.org

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



WE DID IT! The Gate City Striders are the 2008 Mill Cities Relay Champions! This past Sunday, more than 124 members ran on one of 26 GCS teams in the 25th Annual Mill Cities Relay, scoring enough points to win the overall team title- the first time since 2000 and only the second time ever in the history of the event. This year's victory helps ease the disappointment of last year's third place finish (we were edged out of first place by only 2 points in 2007.)

MCR has long been one of my favorite events of the year and after today I can tell you exactly what makes it so special: MCR exposes the true mettle of this club. I am amazed by the dedication and determination of our membership. The camaraderie and teamwork that I witnessed today was inspiring. I saw runners gritting it out in less-than-ideal conditions, teammates shuttling each other back and forth, and everyone cheering each other on from Nashua to Lawrence and every spot in between. And the best part about today? When it was all over, I saw a bigger post-race gathering of GCS members than I've seen all year!

While every member of every team played an instrumental role in today's win, there are a few members who deserve special recognition. First, I would like to thank Michael Wade for his hard work in creating the teams and maximizing our scoring potential. If you recall, Michael put out the official call for MCR way back in October at the Last Supper; since then, and right up until the final day, Michael has spent countless hours planning and tweaking the team rosters to give us the best possible chance of winning. Thanks also to Stan Klem, who is our club's rep on the MCR committee, and to Kevin Reynolds, GCS equipment manager, who once again did a fine job organizing the start of the race at the Nashua Y. To everyone who ran, and to those who otherwise played a supporting role: **thank you and congratulations!**

Now, for those of you who have no intention of slowing down now that the Mill Cities Relay is over, I have some good news. For the third consecutive year, we are offering a coached indoor track program at the New Hampshire Dome in Milford, NH with GCS coaches Jim Stronach, Richie Blake, and Keith O'Brien. This year we will meet for 12 weeks on **Tuesday** evenings. Visit our website for more information and to download forms if you haven't done so already. Act fast though, as our first session begins on Tuesday, December 9 and the number of participants will be limited to 40. Also, don't forget that we meet all winter on Wednesday nights at Pennichuck Middle School in Nashua for a 5-mile informal run in the neighborhoods adjacent to the school. (Remember to wear reflective gear!)

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If it's a fun, low-key race you're looking for this winter, you won't have to go too far. The Freeze Your Buns 5k Race Series is back again at Conway Arena in Nashua and consists of 5 races on the following Sundays: January 4 and 18, February 1 and 15, and March 1. Back by popular demand this year are post-race coffee, hot chocolate and light refreshments. So, bring a change of clothes and relax for a while after the race with friends and fellow teammates.

Speaking of relaxing and spending time with friends, our Annual Awards Dinner will be held on Friday evening, January 23, 2009 at Martha's Exchange in Nashua. All Gate City Strider members and their guests are invited. Please use the enclosed form or download a copy from our website if you wish to attend.

It may be the "off-season", but that doesn't mean there isn't going to be a lot of fun. Enjoy the holidays and have a happy new year, everyone!

The start of something good @ the Mill City Relays. Photo by Bob Thompson



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CANDLELIGHT RELAY 2008

The end of the 2008 outdoor track season was marked by another successful edition of the Night Relay. Many people arrived at the track, awaiting the dark, so the glow-stick baton relay could commence. As always, Kevin Reynolds went above and beyond to make sure all of the candles were set and ready around the track. We were again lucky with the weather, as the rain wtopped by the time the relay began. (Coach Camiere must have made a pact with Mother Nature this year, as somehow, we skirted almost all of the summer showers during our Wednesday night workouts. As for the relay, all who participated had a great time. There's just something about running around a candlelit track at night that makes running almost effortless.



Candlelight Relay photos by Steve Wolfe



LAST SUPPER 2008

Following the Candlelight Relay, the celebration moved to “Church”, where the 2008 edition of the Last Supper was held. Much thanks goes out to Mike Leary, Manager of Flints Corner Pizza in Tyngsboro, who catered the feast. Thanks also goes out to George LeCours, who coordinated the event and Club National for hosting us again this year.



Candlelight Relay and
Last Supper photos by
Dan Duggan.



YOU'RE INVITED!

*Gate City Striders
Annual Awards Dinner*

Martha's Exchange, Nashua, NH

Friday, January 23, 2009

(Cocktails* at 6:30, Dinner at 7:30)

\$15/Person

Enjoy an evening with friends and fellow Striders as the Executive Board reviews the highlights of 2008 and recognizes notable achievements and contributions made by members in competition and service.

Please Indicate Selection(s)

___ Baked Haddock(s) _____

___ Lemon Roasted Chicken(s) _____

(Vegetarian available upon request)

Please RSVP by January 14, 2009.

Mail dinner choice(s) and check payable to the Gate City Striders to:

Gate City Striders

PO Box 1065

Nashua NH 03061

Attn: Skip Cleaver

*Cash Bar including Martha's famous micro brews.

THANK YOU FOR A JOB WELL DONE

Natalie Doyle, the Events and Marketing Manager for the Nashua Telegraph, sent the following letter to the Gate City Striders for their help at this years Santa Fund 5k race. Thank you Kevin Reynolds, Joyce Oberholtzer, Julie McGuirk, and Mark Sage.



The Telegraph

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www.nashuatelegraph.com

November 6, 2008

Mr. Mark Sage
Dalau Incorporated
19 Star Drive, Unit F
Merrimack, NH 03054

Dear Mark,

Thank you for your help with The Telegraph's 32nd Annual Santa Fund Run on Sunday, November 2, 2008 at Nashua High School South. Your team from the Gate City Striders was very professional and did a great job of marking the course. Their expertise in organizing a road race was very apparent. Thank you for setting up and managing the start/finish line and water stop. Your organization and course management allowed us to have an excellent race that ran smoothly and without problems. I appreciate the work you put into organizing the race prior to it and the great job you did on race day.

We had a great turnout with over 340 runners and walkers participating in the race. Over \$7,500 was raised from donations and registrations for The Santa Fund. A large number of toys and clothing was also donated. The Santa Fund Run is the signature kick-off event to begin the toy drive and we are extremely pleased with this year's race.

Thank you for making the 2008 holiday season a brighter one for the less fortunate families in our community!

Sincerely,

A handwritten signature in cursive script that reads "Natalie Doyle".

Natalie Doyle

A handwritten note in cursive script that reads "Thank you!".

A TRIP TO GREENSBORO, NC

By: MILT SCHUMACHER

USATF National XC 5K Championship Greensboro, NC October 12, 2008

Six aging runners from New England representing the Gate City/TRIAD racing team found their way to a gem of a trail within Hagan Stone Park. Hagan is located approximately 1/2 hour from the center of Greensboro (very green) and a bit further from Raleigh-Durham, the airport of choice for these six. Brad Johnson, a “young” triad veteran and first to arrive, picked up Rick Stetson of Duxbury, Ma. and me at the Piedmont Triad airport (Greensboro) and chauffeured us between the hotel and the race site. (Why rent an extra car?). Harry Carter and his two other 70+ teammates, Jerry Levasseur and Jack Kick, arrived Sunday at noon a mere 45 minutes before race time. They would fly back home later that same day! Brad, Rick and I had already previewed the course, met some old friends from Atlanta and NYC Clubs, and quickly pointed Harry and Co. in the right direction.

The event was for Masters - men and women. The womens race had just begun and I was eager to see how Kathryn Martin (57 year old ace from Long Island) would fare against the 40 year old women. The USATF races all have 5 year divisions for individual awards (ten year for teams). Kathryn emerged from the woods to the hilly finish line and finished 5th, with just one 45 year and three 40 year women ahead of her. Kathryn's AG score was tops for the day among all runners@94.03 (the previous week she topped 99% in upstate NY) from her finish time of 19:43 (moderately difficult XC course).

Meanwhile, Harry and Co. had little time to orient themselves and warm up, but were ready when the gun went off. After the start I spotted a very young looking NY runner with a 70 bib on his back. (Just like Harry had on his back - a great tradition in these USATF races). Harry later told me he passed this guy (Joe) just after they entered the woods at about 3/4 mile. The guy was a heavy breather and Harry knew that he was close behind all through the woods, closing on every uphill and dropping back a bit on the downhills. After exiting the woods and seeing the climb to the finish, Harry told me he thought Joe (the heavy breather) would surely catch him before the finish, and unfortunately he was correct. Joe was so pleased to have finished ahead of a “nationally ranked” runner that he later introduced him to his wife.

The 60+ teams ran with the 70+ guys (after the 40-49 group, the 50-59 group and the women). Race conditions were very nice; It was a beautiful fall day... a bit warm in the open, but nice in the woods. The trail was mostly covered with a nice cushy layer of wood chips. With the exception of the start (the usual wide line leading into a narrow wedge within 100 yards or so), Brad, Rick and I were together over the entire course. We all held our positions, with the exception of one Atlanta runner who gradually found his way past all 3 of us). Our team singlets, with “TRIAD” on the front, brought a lot of cheers from the local spectators who assumed we were a local team (the area is referred to as Piedmont Triad for the 3 communities of Greensboro, High Point, and Winston-Salem, NC)

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The course was described as fairly flat, so we were a bit surprised at the constant ups and downs through the woods and we became a bit more fatigued than expected, but we all held our places very well (except for that one guy) and managed a 5,6,7 finish for the team (2 points behind the surprising Atlanta team, who showed up with a couple of newly turned 60 guys).

The results: Harry's team went 1,2,3 in the 70+ (only complete team) \$240 for the club

Vet's team 2nd \$150 for the club

<u>Name:</u>	<u>Time :</u>	<u>Age graded %</u>
Milt Schumacher	20:54	79.52
Brad Johnson	21:15	76.81
Rick Stetson	21:25	77.62
Harry Carter ("Joe" 79.60)	22:19	81.06 (silver 70-74)
Jerry levasseur	24:36	72.61 (bronze 70-74)
Jack Kick	25:33	75.48 (GOLD 75-79)

INDOOR TRACK

Indoor Track will be offered again this year by popular demand. Coached sessions will begin Tuesday, December 9th for 12 weeks at the Hampshire Dome. We will limit the program to 40 participants (Cost \$96). Please visit www.gatecity.org to find the link to the sign-up sheet and to the Hampshire Dome waiver.

Don't get locked out. Sign up now!

(There's still time to register, even though the first week has passed.)

And don't forget... we still meet at Pennechuck Middle School in Nashua on Wednesdays.



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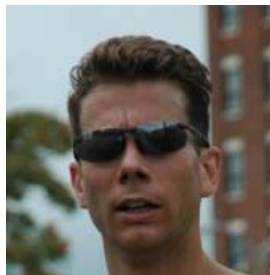
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THE REARVIEW MIRROR

A LOOK BACK AT SOME RECENT TRIAD RACING TEAM EVENTS

BY MICHAEL WADE



The 2008 Grand Prix season ended with a bang as the Triad Racing Team saw action on two separate fronts and two very different distances.

Baystate Marathon - Sunday, October 19th, Lowell, MA

17 TRT members toed the line for the final New England Grand Prix race of the year, the **Baystate Marathon**. There were PR's galore as the cool weather proved to be the perfect backdrop for some very quick times. Our fastest male was **Todd Callaghan** who finished in 2:54:40 and our fastest female was **Karen Long** who finished in 3:15:34. Karen also finished 10th in her age group. Not to be outdone, **Joe Noonan** took 7th place in his age group with a time of 3:36:47. But, to top them all was **Shu Minami** who won the 70+ age group award with a time of 4:19:39. Nice going Shu! We also had a couple of Masters runners who broke through the 3 hour barrier. **Steve Wolfe** – 2:58:29 & **Mike Wright** – 2:58:50. All in all, our team had 12 runners qualify for Boston and two **Dan Dugan** & **Janice Platt** who earned Iron runner status by completing all 7 NEGP races. Congrats to all who ran the full 26.2! Complete race results can be found here: www.baystatemarathon.com/

Race for the Fallen 5k - Sunday, October 19th, Manchester, NH

On the same day as Baystate we also had 17 TRT members run the last New Hampshire Grand Prix race, the **Race for the Fallen 5k**. Our fastest male was **Tim Burke** who finished in 18:06 and our fastest female was his daughter **Sarah Burke** who finished in 22:43. This fast father/daughter combination finished 3rd & 4th in their respective age groups. Also finishing in their own top 5 were: **Steve Tomasi, Len Hall, Terrance Kenney, Aline Kenney, Jane Levesque & George Bisson**. Way to go guys! But, the big story of the day was little 7 year old **Joey Mack** who finished 3rd in the under 29 division claiming 2 big points in the process! These strong finishes helped us to earn 77 team points which was good enough to hold on to the Overall NHGP Team Title for another year. Thanks to all who ran and particularly to **Mark Sage & Len Hall** who gained Granite Runners status by completing all 7 NHGP races! Complete race results can be found here: www.coolrunning.com/results/08/nh/Oct19_Footra_set1.shtml



MILL CITIES RECAP

By MICHAEL WADE

Hi Folks,

Well, after a few years of knocking on the door, The Gate City Striders have finally broken through and won the 2008 Mill Cities Relay. Our club scored 100 points on Sunday and needed every single one of them to hold off a strong, 96 point, challenge from The Winners Circle Running Club, a perennial MCR powerhouse. The Mill Cities Team Championship was only our second triumph in the 25 year history of the event and the first since 2000. The race itself proved to be quite an adventure indeed because, as luck would have it, the start of the relay just happened to coincide with the first snowfall of the season. Only an inch of snow fell over the course of the morning, but the flurries were enough to wreak havoc with the day's events. There were cars off the road everywhere and runners sliding this way and that during the early stages of the race.

Our club had a record 26 teams & 124 runners participate in this year's relay and countless others who volunteered, cheered and otherwise helped us on to victory. Our Male Open Team of Rich Smith, Mark Wimmer, Chris Merra, Justin Fyffe & Todd Callaghan finished second overall (just 3 minutes out of first) and scored 13 huge points for us, the most of any GCS team! Next was our Male Masters Team of Mike Wright, Michael Wade, Steve Wolfe, Joe Donnelley & Brian Crane who finished fifth overall and third in their division snagging 12 points. Also picking up 12 points was our Coed Masters Team of Jeff Hunt, Karen Ringheiser, Michelle Bociek, Mark Engerman & John Dalton and our fabulous Female Masters Team of Cathy Merra, Janice Platt, Carla Chandler, Karen Long & Lori Lambert. These "Chicks with Experience" proved just that, as they also took first in their division!

Our Male Senior Team of Jerry Fitzgibbon, Chuck Landry, Ken Snow, Steve Tomasi & Len Hall scored 10 big points for the club on their way to a second place finish in their division. Another team who scored 10 points (the hard way) was the Coed Open Team of Joe Rogers, Kerry Litka, Lauren Eyenation, Randy Macneill & JP Lewicke. These so called "Diamond Dogs" lost the scent and charged off course for a bit before finding their way and rallying back to finish strong. I'm starting to think that this Coed Open spot of ours may be a cursed one. Last year it was food poisoning, and this year was a poor sense of direction. So, just remember for next year, if asked to run on this particular GCS team, you do so at your own risk. J

Next on the scoring sheet was our "Grumpy Coed Seniors" who were anything but as the Team of Trevor Ward, Fiona McDonnell, Sharon Pescetta, Richard Galera & Dick Stockdale cruised to a second place finish and picked up 9 points in the process. Our Female Open Team of Callie Hartnett, Liz Hall, Leslie Reap, Karen Pattelena & Amber Cullen put the Woo in "WooHoo Girls" with their fourth place finish and 8 "Big Girl" points. Also scoring a snowman were the old men on our "Way Past Fast" Male Veteran Team. Rick Stetson, Bill Spencer, Denny Leblanc, Bill Borla & John Lewicke made every second count (and they needed it) to finish first in their division and hold off a WCRC Vet's team hot on their heels and just 52 seconds back!

Last, but certainly not least, were our "Sunshine Starters". This was our Female Senior Team of Robin Rocha, Pam Hall & Deb Roy and our Female Veteran Team of Jane Levesque, Aline Kenney & Heidy McGaffigan. Combined these 6 gals scored 5

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points total. While that may not seem like a lot, if you consider the small 3 point margin of victory in the overall Team Championship, it made all the difference in the world! And, not only did this small group of determined women prove to be the one of the deciding factors in the outcome of this important race, they also helped pick-up their fallen sunshine start comrades on the “Raring to Go, Antsy to Start” Coed Veteran Team who got to do neither when their car slid off the road and hit a telephone pole near the Presentation of Mary Academy in Hudson. Was that a “holy slip” I heard? Fortunately, no one but the car was injured. And, with any luck, Gary Circosta along with Steve & Judi Moland will give it another go with us next year instead of running a real “Sunshine Start” someplace a whole lot warmer, like Florida!

Complete race results and photos for all of our 26 teams who participated in this year’s Mill Cities Relay can be found at: www.coolrunning.com/results/08/ma/Dec7_25thAn_set1.shtml

And, photos/stories by your fellow club members will quickly be finding their way into our newsletter and onto our soon-to-be-updated club website at www.gatecity.org

Thanks again to everyone who came out and ran in this great, season ending, club event with us this year! It really did take a total team effort to pull this one out and without the great support and sacrifice of each and every one of you we couldn’t have made it happen. I hope you all had as much fun as I did and you consider running with us again in 2009! The Gate City Striders are the 2008 Mill Cities Relay Team Champions. Is it too early to start thinking “Repeat”?

Cheers,

Michael Wade

GCS-Triad Competition Coordinator

Exchange #1. Photos by Frank Georges @
www.jimrhoades.com



Michael Wade getting the baton from Michael Wright



Joe Rodgers passes off to Kerry Litka



Tim Burke passes to Steve Kelahunty

More photos begin on page

RACING AHEAD

A LOOK AT SOME UPCOMING TRIAD RACING TEAM EVENTS

BY MICHAEL WADE

WHAT'S AN IRON RUNNER?

The USATF New England Grand Prix is a series of races that draws the biggest and baddest running clubs from around our region to compete against each other for bragging rights. If you are one of the few runners that compete in all 7 races, you can earn the title of "Iron Runner". In addition, you earn an awesome "Iron Runner" jacket to show off to your friends and family.

WHICH GCS-TRIAD RUNNERS ARE IRON RUNNERS FOR 2008?

The following GCS-Triad Team Members are to be congratulated for completing all 7 races of this year's USATF NEGP Series:

Janice Platt, 43, Amherst, NH
Daniel Dugan, 35, Nashua, NH

WHAT RACES WILL COMPRISE THE USATF NEGP SERIES FOR 2009?

Feb 22 – DH Jones 10 Mile, Amherst MA
Mar 15 - New Bedford Half-Marathon, New Bedford MA
May 16 – Bedford Rotary 12K, Bedford NH
June 7 - Rhody 5K, Lincoln RI
Sept 12 - Ollie 5 Mile, South Boston MA
Sept 20 – Lone Gull 10K, Gloucester MA
Oct 18 - Bay State Marathon, Lowell MA

I hope many of you consider running these great races next year and earning the title of Iron Runner for yourself.

Michael Wade
GCS-Triad Competition Coordinator

WHAT'S A GRANITE RUNNER?

The New Hampshire Grand Prix is a series of local races that draw the most active running clubs from our great state to compete against each other for bragging rights. If you are one of the few runners that compete in all 7 races, you can earn the title of "Granite Runner". In addition, you earn an awesome "Granite Runner" Polo Shirt to show off to your friends and family.

WHICH GCS-TRIAD RUNNERS ARE GRANITE RUNNERS FOR 2008?

The following GCS-Triad Team Members are to be congratulated for completing all 7 races of this year's NHGP Series:

Len Hall, 55, Enfield, NH
Mark Sage, 53, Bedford, NH

WHAT RACES WILL COMPRISE THE NHGP SERIES FOR 2009?

Apr 5 – Great Bay Half Marathon, Newmarket NH
May 2 – Foot Health 5K, Derry NH
June 7 – Smuttynose 5K, Newmarket NH
July 25 – St. Anne's Lake 5 Mile, Hampstead NH
Aug 23 – Moose on the Loose 10 Mile, Nashua NH
Sept 12 – Alliance Against Cancer 5k, Manchester NH
Oct 10 – Fall Foliage 5 Mile, Warner NH

I hope many of you consider running these great races next year and earning the title of Granite Runner for yourself.

Michael Wade
GCS-Triad Competition Coordinator

2009 New Hampshire Grand Prix

FINAL STATISTICS:

Triad Racing Team - NEGP Competition

Other NEGP results and statistics:

www.usatfne.org

			Points per race							
	Age	Sex	NB	MED	RHO	YHC	BOF	OLL	BAY	Totals
Mens Open										
Dan Dugan	35	M	6	8	6	7	6	6	6	45
Michael Wade	39	M				8	7	7	9	31
Rich Smith	38	M	7			9	8			24
Todd Callaghan	37	M							10	10
Mike Fraysee	36	M		9						9
Justin Fyffe	28	M					9			9
JP Lewicke	21	M							8	8
Mike Leary	38	M		7						7
Chris Bougopoulos	34	M							7	7
Chris Benson	38	M				6				6
Rich Blake	39	M		6						6
Mens Masters										
Randy Macneill	46	M	9	10			6	6		31
Mike Wright	41	M	8	8		8			6	30
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
Steve Wolfe	43	M							7	7
John Dionne	47	M		5						5
Jerry Duval	48	M		5						5
William Walker	43	M		5						5
Mens Seniors										
Reno Stirrat	53	M	10	10	6	10	8	8		52
Steve Tomasi	50	M	8	9		9				26
Dave Contrada	50	M	5	5			7		7	24
Frank Karpo	52	M			7		6	7		20
Jerry Fitzgibbon	51	M	9			9				18
Len Hall	54	M		5		7		6		18
Tom Conley	54	M	5	5		6				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
Jim Ecke	53	M							6	6
Paul Joyce	51	M				5				5
Mike Whelton	55	M		5						5

Mens Veterans

Joe Noonan	64	M	8			9	6	7	7	37
Denny Leblanc	66	M	9	8		8		8		33
John Lewicke	60	M	6	10			8		6	30
Rick Stetson	63	M			8	10	9			27
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					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

Points per race

Age	Sex	NB	MED	RHO	YHC	BOF	OLL	BAY	Totals
-----	-----	----	-----	-----	-----	-----	-----	-----	--------

Mens Ancients

Harry Carter	71	M	7	9	6	7		6		35
Shu Minami	70	M		7		6	7		6	26
Fred Zuleger	70	M	6				6			12
Bill Spencer	72	M		8						8
Bob Welts	74	M		6						6

Womens Open

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
Leslie Reap	38							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

Womens Masters

Janice Platt	43	F	8	8	6	7	6	6	8	49
Michelle Poublon	41	F	7			6			7	20
Karen Long	42	F				8			9	17
Cathy Merra	49	F		10						10
Tammy Gaffey	40	F		9						9
Pam Triest-Hallahan	47	F		7						7
Mary Slocum	44	F		6						6
Beth Whipple	41	F	6							6
Lori Hennessey	48	F						6		6
Joanne Pomeranz	42	F		5						5

Womens Seniors

Susan O'Connor	51	F	7	7	6	7	6	7		40
Aline Kenney	59	F	6	6		6		6		24

Womens Veterans

Jane Levesque	66	F		7						7
Maddie Larose	64	F		6						6

2009 New England Grand Prix

FINAL STATISTICS:

Gate City Striders

N.H. Grand Prix

Page 1 of 2

2008 NHGP - GCS Team Results Summary

Div	Runner	Soup	Bedf	Pack	Luti	Sand	StCh	Fall	2008
M29&u	Danny Ferreira	3	5	5	8				21
M29&u	Justin Fyffe			10					10
M29&u	John Paul Lewicke			8					8
M29&u	Isaac St Martin				9				9
M29&u	Alec Wolfe					4			4
M29&u	Chris Merra						5		5
M29&u	Joey Mack							3	3
M29&u	TOTAL	3	5	23	17	4	5	3	60
M30s	Justin Freeman	10							10
M30s	Rich Smith	9	10		10				29
M30s	Michael Wade	6	4		7				17
M30s	Chris Bougopoulos		6						6
M30s	Todd Callaghan			10					10
M30s	Lou Bregou			9					9
M30s	Mark Wimmer			7					7
M30s	Aaron Cleaver						2		2
M30s	TOTAL	25	20	26	17	0	2	0	90
M40s	Michael Wright	9			6	8	7		30
M40s	Justin Platt	3						1	4
M40s	Jim Velino	2	2						4
M40s	Randy MacNeill		10	10			10		30
M40s	Steve Delahunty			5					5
M40s	Dan Collison			4					4
M40s	Dave Dunham				10				10
M40s	Steve Wolfe					6			6
M40s	Tim Burke						5	8	13
M40s	Jim Hansen							2	2
M40s	TOTAL	14	12	19	16	14	22	11	108
M50s	Steve Tomasi	10			7	9		9	35
M50s	Len Hall	9	10	10	4	8	7	7	55
M50s	Ken Snow	8		7		5			20
M50s	Trevor Ward		8						8
M50s	Richard Stockdale		6	5	2				13
M50s	Tom Kolb							3	3
M50s	TOTAL	27	24	22	13	22	7	19	134
M60s	Terrence Kenney	8	6				3	7	24
M60s	Edward Auclair	7	5						12
M60s	Skip Cleaver	4		4			2		10
M60s	Richard Doyle		10						10
M60s	John Lewicke			8					8
M60s	Denny Leblanc			7					7
M60s	Roy Dennehy					3			3
M60s	David Pember						6		6
M60s	TOTAL	19	21	19	0	3	11	7	80
M70+	Bill Spencer	4			9		6		19
M70+	Bob Welts	3			3				6

M70+	Harry Carter			4					4
M70+	Shu Minami				4	7			11
M70+	Lloyd Slocum						7		7
M70+	George Bisson							5	5
M70+	TOTAL	7	4	4	19	0	13	5	52
F29&u	Amber Cullen	4	6	7	6				23
F29&u	Cassandra Wright	3			4		9		16
F29&u	Sara Graves			10					10
F29&u	Felicia Lombardi			6					6
F29&u	Peggy Lai				8				8
F29&u	Sarah Burke						8	5	13
F29&u	Helen Ntengeri						7		7
F29&u	TOTAL	7	6	23	18	0	24	5	83
F30s	Karen Pattelena	10							10
F30s	Suzanne Barker	5							5
F30s	Alison Findon	4	6		1				11
F30s	Elizabeth Fay		5			4		4	13
F30s	Kerry Litka				9				9
F30s	Sarah St Martin				4				4
F30s	TOTAL	19	11	0	14	4	0	4	52
F40s	Cathy Merra	9	10		9		9		37
F40s	Lori Lambert	8							8
F40s	Tammy Gaffey	7			7				14
F40s	Andrea Pierce		6	3					9
F40s	Heidi Havron			8					8
F40s	Michelle Poublon			6					6
F40s	Karen Long				10				10
F40s	Mary Slocum					3			3
F40s	Diane Quinlan						6		6
F40s	Beth Whipple							2	2
F40s	TOTAL	24	16	17	26	3	15	2	103
F50s	Linda Madden	5							5
F50s	Robin Rocha	4						4	8
F50s	Aline Kenney	1	4						5
F50s	Susan Kenney					10	9		19
F50s	Sharon Pescetta					6		5	11
F50s	TOTAL	10	4	0	0	16	9	9	48
F60s	Jane Levesque				4	4	6	3	17
F60s	Madeline LaRose					3			3
F60s	Aline Kenney							5	5
F60s	TOTAL	0	0	0	4	7	6	8	25
F70+	Barbara Robinson			4				4	8
F70+	TOTAL	0	0	4	0	0	0	4	8
All		155	123	157	144	73	114	77	843

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

WHAT IT TAKES BY DAVE CAMIRE

Striders Fuel Success of the 25th Annual Mill Cities Relay

Congratulations to the entire club on a terrific victory at this year's Mill Cities Relay. To win this event takes very good organizational skills (thank you Michael Wade) and very fast running skills (thank you Striders). The club exhibited both of these attributes on its way to capturing 25th Annual Mill Cities Relay.

Kudos also goes to GCS for organizational strength. For twenty-five consecutive years the club has hosted the start for the race and taken care of the first leg and a half of the course. Many Striders participated in making sure runners were safe and comfortable during this part of the relay.

Stan Klem has handled the responsibilities as club representative flawlessly. He lines up the YMCA takes care of the permits and make sure all of GCS's race day responsibilities are covered.

Skip Cleaver, who serves on our permanent committee, puts out all of the sandwich boards you see along the course. Typically he has to get up at 4:00 AM to make sure this task is completed in time for the race.

You can always depend on Kevin Reynolds being at the first major turn at the corner of Frost Road and Rte 3A. He makes sure runners stay on course and even hands out water.

Steve Moland came up with one of the most innovative solutions to one of our BIGGEST problems. The property managers for the exchange one and four would not allow a porta-john on their sites, so Steve put a porta-john on a trailer and move one exchange to the other – brilliant!

Finally a big shout out to GCS legend Phil Quinn who travelled from Maryland for this year's event. Phil is not one to just sit around and watch so he ended up scoring the event – now that's really cool!

Because of the effort of these folks and many others this was our largest and most successful relay to date. Please join me in thanking them for their outstanding efforts.

Dave Camire

Commissioner

Mill Cities Relay



Somebody's gotta do it.

Photos by Steve Moland



A true Porta-John.

THE NUMBERS

By STEVE MOLAND

“It is amazing what you can accomplish if you do not care who gets the credit.”

Harry S. Truman

HI All,

The quote above certainly applies to what you all did as runners, but it especially applies to Mike Wade who put countless hours into analyzing all your individual talents and putting together teams designed to finish fast in the right categories. Mill Cities Relay is really a group of separate races.

I think Michael's contract should be re-up'd for next year. What say you?

There are probably some kudos to be given to the club coaches who helped many of our runners believe they could be better runners.

But in the end the 5115 miles of feet pounding the ground is where the results were written, and the Gate City Strider runners ran their 683 miles faster and more effectively than the other clubs ran their collective 4432 miles.

Steve Moland

PS: Try this thought on for size. The Mill Cities Relay clubs ran a distance equal to a straight line run from Boston Harbor to the Pacific Ocean in San Diego and back to a point that is just about in Hopkinton MA. A useless but hard to believe number.

Swedish Massage
Deep Tissue
Lymphatic Drainage
Salt Glows
Reiki
Anti-Aging Facial
Teen Esteem Facial
Back Facials
Body Waxing
Reflexology
Ear Coning
Life Coaching
Henna Tattoo

BODY-OASIS

603-882-3832



Kimberly Savoie
Massage Therapist
Aesthetician
5 Northern Blvd.
Amherst, N.H. 03031
Body-Oasis.Com

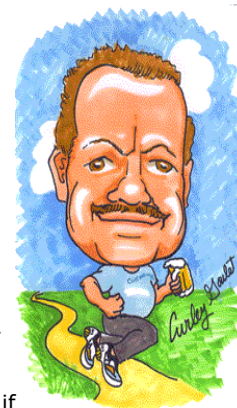
Out Calls - Phone Sessions - Spa Parties
Corporate Chair Massage - Fund Raising Events

PCA Skin Care * Natures Sunshine Herbs

RACES OF INTEREST:



7.3K Trail Run & Party



Mail to: Decemberfest, PO Box 3242, Nashua, NH 03061. **Checks payable to:** Gate City Striders

[illegible][illegible]

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11

[illegible][illegible]

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Response	Percentage
Appropriate	45%
Not Appropriate	55%

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Alternative House, The Gate City Striders, the City of Atlanta, its officers, directors, managers, employees, agents, representatives and successors from all claims, damages, injuries or 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. All fees are nonrefundable.

___ Husband/Wife division
 ___ Husband/Mistress division
 ___ Wife/Lover division
 ___ Boy Girl division
 ___ Boy Boy division
 ___ Girl Girl division
 ___ Other Couples division (legs must
 be tied together for entire run)
 Partner's Name (or
 alias)

more info: www.rundecemberfest.com

Gate City Striders Present:

The 16th Annual Freeze Your Buns 5K Series

Five races beginning Sunday, January 4, 2009 at 9:00 am

- Dates:** January 4, January 18, February 1, February 15 and March 1 (all 9:00 a.m.)
- Place:** The Conway Arena, West Hollis Street/Riverside Street, Nashua, NH
- Directions:** Exit 5, Route 111 off Route 3/Everett Turnpike. Go west toward Pepperell for ½ mile, turn right on Riverside Street. Turn first left into parking area (use stadium lot only, not arena lot.)
- Entry Fee:** \$5 per race. Please make checks payable to **Gate City Striders**.
- Amenities:** Flat, open, paved course; wonderful camaraderie; accurate timing by GCS; mile markers; prizes for Series winners in each 10-year age group at series end. Hot beverages and light refreshments after the race for runners and volunteers!
- Course:** 3.1 Mile measured, flat, double loop course. Relatively traffic free, usually plowed and clear.
- Awards:** Raffle prizes will be given out weekly to runners (and volunteers) and age group awards will be given at the end of the Series to the top male & female point scorers in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Info:** Skip Cleaver skipcleaver@comcast.net or skip@coolrunning.com
603-305-9871

To pre-register for the series, mail \$25.00 check (no cash please) to:
Gate City Striders, PO Box 1065, Nashua, NH 03061 (**Must be received by December 31.**)

NAME_____AGE_____ M F

ADDRESS_____PHONE_____

CITY_____STATE_____ZIP_____

CLUB AFFILIATION_____

EMAIL_____

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered at this event or while traveling to or returning therefrom.

SIGNATURE_____DATE_____

(Parent/Guardian if under 18)

MILLENNIUM MILE

"May all your miles be down hill with the wind at your back!"

Sunday December 28, 2008 Time: 2:00pm Londonderry NH



RACE DAY REGISTRATION / NUMBER PICK-UP:

12:00 p.m. to 1:45 p.m. at Londonderry High School Gym- \$15 adults- \$5 kids 12 and younger.

THE COURSE:- A point-to-point road 1-MILE race starting on Mammoth Road in front of Londonderry High School running south (DOWNHILL) on Mammoth Road and ending on Mammoth Road 1/8 mile south of Mack's Apples Farm.

2008 MILLENNIUM MILE Registration Form

Please make checks payable to **Millennium Mile** & Mail to:

Mail to:

John W. Mortimer
c/o Millennium Mile
2844 Bay Colony Lane
Lexington, KY, USA, 40511

Millennium Mile
859-333-9886
john.mortimer@uky.edu

Registration Fees: Adults- \$10 pre-race, Kids- \$5

Name_____

Age on race day_____

Address_____

City_____ State_____ Zip_____

Phone _____ Email _____

Sex: M / F Shirt Size: SMALL / MEDIUM / LARGE / XLARGE

Optional Donation to Jack and June Mortimer Scholarship Fund: _____

I hereby signify that I understand that the Millennium Mile, the City of Londonderry, the Millennium Mile sponsors, the area where I run or walk and all other organizations and

persons connected with this event are not to be held responsible for any injuries which I may suffer while taking part in this event or as a result thereof. In this connection, I

hereby waive any claim for damages to my person or property. I further state that I am in proper physical condition to participate in this event. I grant permission for the organizer

to use any photograph or any other record of this event for any legitimate purpose.

Participant's

Signature_____Date_____

If under 18,

parent or guardian's signature_____Date_____

For more information go to: <http://millenniummile.com>



The 31th Annual New Year's Day 3C Race Productions
Peanut Butter Chip Chase 5K Road Race
Presented by the Souhegan Lions Club

January 1, 2009 12 Noon Certified 5K Walk/Run & Kid's Race
5K Course: Through scenic Temple NH on rolling hills Kid's Race: 11:30 on the Town Green
Entry Fee Includes: T-shirts to the first 120 paid entrants, Goodie Bags,
Random prizes, hot food, refreshments
Awards: Top 3 men and women overall, 1st two men and women in 7 age categories
1st man and woman walkers, 1st Temple resident
Registration: 10:00 – 11:30 at the Temple Town Hall on Rte 45, 2 miles south of 101
Race Information: Contact Bill Moore, (603) 878-1912, wmoore1225@comcast.net
All proceeds are used by the Souhegan Lions to help people in Temple and neighboring towns
Please fill in an application for each participant

NAME _____ AFFILIATION _____

ADDRESS _____ WALKER / RUNNER (Circle one)

CITY/TOWN _____ STATE _____ ZIP _____ PHONE _____

EMAIL _____ T-Shirt Size: M L XL XXL SEX: M F (Circle one)

AGE: _____

Fees:

Kid's race Free

Temple Residents received by December 30, 2008 \$10.00 _____

Pre-registration received by December 30, 2008 \$12.00 _____

Pre-registration 18 and under received by December 30, 2008 \$10.00 _____

Registration on day of race \$14.00 _____

Registration 18 and under on day of race \$12.00 _____

****RAFFLE TICKETS:** 1 for \$1, 6 for \$5, # of Tickets _____ \$ _____

Make checks payable to: Souhegan Lions

TOTAL ENCLOSED: \$ _____

Mail Entry to Souhegan Lions

c/o Bill Moore
339 Colburn Road
Temple, NH 03084

Peanut Butter Chip Chase Waiver

I know that running or walking in a foot race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and/or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Lion's Club, 3C Race Productions, and 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 for any legitimate purpose. I understand that bicycles, skateboards, roller skates or rollerblades, and radio/cassette/CD headsets are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____

(Parent or legal guardian if participant is under 18 years)

Northfield Mountain Visitors Center
99 Millers Falls rd. Northfield MA

Directions: From Rt. 2 proceed North
on Rt 63 approx. 2 miles to the Visitors
center on your right.



Minimum snowshoe size = 120 square inches (all
current models meet this requirement)
A limited number of loaner snowshoes available
from Dion Snowshoe (www.dionsnowshoes.com)
please let me know if you wish to borrow shoes.

Pre-entry: **\$10** Checks payable to Dave Dunham.

WMAC Members - \$2 off on Pre-registration only.

Gate City Striders Members - \$2 off on Pre-registration only.

Central Mass Striders Members - \$2 off on Pre-registration only.

Send to 108 Ferry Rd, Bradford MA 01835

Sorry no refunds

Race day: **\$15** Registration 7:45 AM - 8:30 AM.

7th Annual Northfield Mountain Snowshoe race

Jan. 31, 2009
9:00 AM

Part of the wildly popular WMAC snowshoe series – www.runwmac.com

Please check WMAC website for updates and weather cancellations. If there is no snow the race will be held as a foot race if the trails are safe.

**Please do not go on the groomed trails in running shoes!
Snowshoes or skis only.**

Questions: dave.dunham@comcast.net

-----Cut Here and Mail with entry fee to: Dave Dunham 108 Ferry Rd Bradford MA 01835-----

Waiver: I understand that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry: I hereby, myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Northfield Mountain, USA track and Field, Dave Dunham, race sponsors, their agents, representatives, successors, and assign for any and all injuries suffered by me on the way to take part in the race, during the race, and leaving the scene of the race. I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT. The use of headphones and/or baby strollers is strictly forbidden.

Name _____ Age _____ Sex _____

City/Town _____ State _____ Zip _____

Email _____ Club/Team _____

Signature _____ Date _____



DATE:
January 25th, 2009

Location:
Durham, NH *

id write neatly.

**Be sure you
sign the card!**



First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Sex: ☐ M ☐ F Age on 1/25/2009 _____ Running club: _____

Please print clearly

Email address _____

T-Shirt ☐ S ☐ M ☐ L ☐ XL (* Unisex Size)

Race Entered

☐ 5K walk ☐ 5K Runner ☐ Student 21 years or younger 5K - \$15

2) Sign Waiver:

Signature _____

(A guardian signature is required if entrant is under 18 years of age)

Waiver and Release: The undersigned, in consideration for LOCO Sports, Inc. (LOCO) and Wings Your Way and the University of New Hampshire and the Town of Durham, New Hampshire, allowing my participation in the Inauguration 5K, acknowledge that my participation in the Inauguration Day 5K entails inherent risks such as death, injury and damage to property. Those risks include, but are not limited to, death, injuries and damages resulting from the following: 1. The negligence of LOCO or and Wings Your Way and the University of New Hampshire and the Town of Durham, New Hampshire, its owners, employees, representatives, volunteers or agents; the negligence of guests, visitors or persons who may be present at or participating in the Inauguration Day 5K; or the negligence of any applicable governmental entities; 2. Slips, trips, falls, crashes or other such accidents that occur while participating in the Inauguration Day 5K, or which may be caused by other persons? participation in the Inauguration Day 5K; 3. The negligence or lack of adequate training of LOCO or and Wings Your Way and the University of New Hampshire and the Town of Durham, New Hampshire representatives, volunteers, or agents who seek to assist with medical or other help either before or after injuries have occurred. I agree to release from all liability, discharge and promise not to take legal action against: (i) Inauguration Day 5K, its directors, owners, employees, representatives, volunteers or agents, (ii) any guest, visitor or person present or participating in the Inauguration Day 5K; (iii) any sponsor of the Inauguration Day 5K, their directors, owners, employees, representatives, volunteers or agents; or (iv) any applicable governmental entities, their directors, employees, representatives, volunteers or agents. I agree to release the aforementioned persons from any liability to me, my heirs, next of kin, assigns or personal representatives for any losses, damages, claims or demand arising out of my death, injuries or damages to property, even if their individual or collective negligence contributes to such death, injuries or damages. Assumption of Risk: I certify to Inauguration Day 5K that I am eighteen (18) years of age or older, physically fit, have sufficiently trained for participating in the Inauguration Day 5K, and have not been advised against participating in the Inauguration Day 5K by a qualified health professional. I freely and voluntarily assume complete personal responsibility for all risks and for my death or any injury or damage that may occur to me or my property as a result of these risks, even if such death, injury or damage occurs in a manner that is not foreseeable to me at this time. I realize that by voluntarily assuming the risks involved, I will be solely responsible for my death or any injury or damage that I sustain. I have read this Assumption of Risk thoroughly and understand the terms. My participation in the Inauguration Day 5K run and my execution of this Assumption of Risk are both purely voluntary and I elect to do so in spite of the risks. Moreover, I understand that Inauguration Day 5K, and/or those authorized by Inauguration Day 5K, will be taking photographs and making audio and video recordings of the Inauguration Day 5K and its related events. I hereby irrevocably consent to and grant Inauguration Day 5K, and/or anyone authorized by Inauguration Day 5K, the exclusive right to the ownership and use of (i) any and all photographs taken by Inauguration Day 5K, and/or those authorized by Inauguration Day 5K, that contain my person, image or likeness; (ii) any and all audio recordings made by Inauguration Day 5K, and/or anyone authorized by Inauguration Day 5K, that contain my person, name or voice, and/or (iii) any and all video recordings made by Inauguration Day 5K, and/or anyone authorized by Inauguration Day 5K, that contain my person, image, likeness, name or voice; for any lawful purpose whatsoever in connection with the Inauguration Day 5K and its related events.

Mail check and filled in application

Entry Fee: \$20 (non-refundable) \$26 after Jan 5, 2009

Checks payable to LOCO sports Inc.

Mail to: - LOCO Sports -

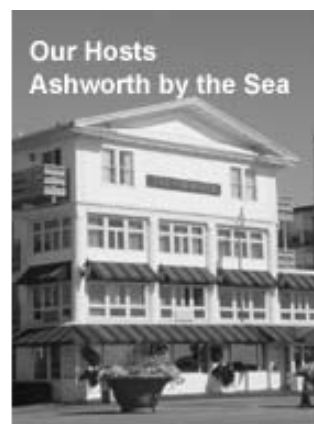
P.O. Box 423 - Newmarket, NH 03857 USA

www.locorunning.com

Questions: info@locorunning.com

*** Subject to final town approval**

<http://www.locorunning.com/ByebyeBush.php>



Step 1: Please fill in all information and write neatly.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Sex: ☐ M ☐ F Age on 2/15/2009 _____ Running club: _____

Email: _____ Phone: () _____ Please print clearly

Emergency Contact: _____ **Please**

Emergency Contact Phone () _____ **Print**

Race Entered: 1/2 marathon walk ☐ 1/2 Marathon run ☐ T-Shirt ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

2) Sign Waiver:

(A guardian signature is required if entrant is under 18 years of age) **Signature**
Questions: info@locorunning.com

Waiver and Release:

The undersigned, in consideration for LOCO Sports, Inc. (LOCO) and Ashworth by the Sea allowing my participation in the Half at the Hamptons Half Marathon, acknowledge that my participation in the Half at the Hamptons Half Marathon run entails inherent risks such as death, injury and damage to property. Those risks include, but are not limited to, death, injuries and damages resulting from the following: 1. The negligence of LOCO or The Ashworth by the Sea, its owners, employees, representatives, volunteers or agents; the negligence of guests, visitors or persons who may be present at or participating in the Half at the Hamptons Half Marathon run; or the negligence of any applicable governmental entities; 2. Slips, trips, falls, crashes or other such accidents that occur while participating in the Half at the Hamptons Half Marathon run, or which may be caused by other persons' participation in the run; 3. The negligence or lack of adequate training of Half at the Hamptons Half Marathon's employees, representatives, volunteers, or agents who seek to assist with medical or other help either before or after injuries have occurred. I agree to release from all liability, discharge and promise not to take legal action against: (i) its directors, owners, employees, representatives, volunteers or agents or, (ii) any guest, visitor or person present or participating in the run; (iii) any sponsor of the Half at the Hamptons Half Marathon run, their directors, owners, employees, representatives, volunteers or agents; or (iv) any applicable governmental entities, their directors, employees, representatives, volunteers or agents. I agree to release the aforementioned persons from any liability to me, my heirs, next of kin, assigns or personal representatives for any losses, damages, claims or demand arising out of my death, injuries or damages to property, even if their individual or collective negligence contributes to such death, injuries or damages. **Assumption of Risk:** I certify to Half at the Hamptons Half Marathon that I am eighteen (18) years of age or older, physically fit, have sufficiently trained for participating in the Half at the Hamptons Half Marathon run, and have not been advised against participating in the Half at the Hamptons Half Marathon run by a qualified health professional. I freely and voluntarily assume complete personal responsibility for all risks and for my death or any injury or damage that may occur to me or my

Step 3) Mail check and filled in application

Entry Fee: \$38 (non-refundable) \$45 after Jan 1, 2009
 Checks payable to LOCO sports/ Hamptons Half marathon
 Mail to: Hampton Half Marathon, C/O LOCO Sports -
 P.O. Box 423 - Newmarket, NH 03857 USA

By:



<http://www.locorunning.com/hamptonhalf.php>

2009

Great Bay Half Marathon

Sponsored By

Exeter Hospital



Please print clearly

Step 1: Please fill in all information and write neatly.

www.greatbayhalf.com

Questions: info@locorunning.com

First Name _____		Last Name _____		T-shirt (Men's Size)	
Address _____				XS _____	
City _____ State _____ Zip _____				Small _____	
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Age on 4/5/2009 _____ Running club: _____				Medium _____	
Email _____				Large _____	
				XL _____	
				XXL _____	
Emergency Contact _____				Emergency Phone: (____) _____	
Race: _____		1/2 Marathon RUN _____		1/2 Marathon WALK _____	
Entered _____		5K RUN _____		5K WALK _____	
2) Sign Waiver: _____				First time ever 1/2 marathon <input type="checkbox"/>	
				(I have never competed in an official half marathon race)	
				Signature _____	

(A guardian signature is required if entrant is under 18 years of age)

Waiver and Release:

The undersigned, in consideration for LOCO Sports, Inc. (LOCO) allowing my participation in the Great Bay Half Marathon, sponsored by the Exeter Hospital, acknowledge that my participation in the Great Bay Half run entails inherent risks such as death, injury and damage to property. Those risks include, but are not limited to, death, injuries and damages resulting from the following: 1. The negligence of LOCO or Exeter Hospital, its owners, employees, representatives, volunteers or agents; the negligence of guests, visitors or persons who may be present at or participating in the Great Bay Half run; or the negligence of any applicable governmental entities; 2. Slips, trips, falls, crashes or other such accidents that occur while participating in the Great Bay Half run, or which may be caused by other persons' participation in the Great Bay Half run; 3. The negligence or lack of adequate training of Great Bay Half's employees, representatives, volunteers, or agents or Exeter Hospital who seek to assist with medical or other help either before or after injuries have occurred. I agree to release from all liability, discharge and promise not to take legal action against: (i) GREAT BAY HALF, its directors, owners, employees, representatives, volunteers or agents or Exeter Hospital; (ii) any guest, visitor or person present or participating in the GREAT BAY HALF run; (iii) any sponsor of the GREAT BAY HALF run, their directors, owners, employees, representatives, volunteers or agents; or (iv) any applicable governmental entities, their directors, employees, representatives, volunteers or agents. I agree to release the aforementioned persons from any liability to me, my heirs, next of kin, assigns or personal representatives for any losses, damages, claims or demand arising out of my death, injuries or damages to property, even if their individual or collective negligence contributes to such death, injuries or damages. Assumption of Risk: I certify to GREAT BAY HALF that I am eighteen (18) years of age or older, physically fit, have sufficiently trained for participating in the GREAT BAY HALF run, and have not been advised against participating in the GREAT BAY HALF run by a qualified health professional. I freely and voluntarily assume complete personal responsibility for all risks and for my death or any injury or damage that may occur to me or my property as a result of these risks, even if such death, injury or damage occurs in a manner that is not foreseeable to me at this time. I realize that by voluntarily assuming the risks involved, I will be solely responsible for my death or any injury or damage that I sustain. I have read this Assumption of Risk thoroughly and understand the terms. My participation in the GREAT BAY HALF run and my execution of this Assumption of Risk are both purely voluntary and I elect to do so in spite of the risks. Moreover, I understand that GREAT BAY HALF, and/or those authorized by GREAT BAY HALF, will be taking photographs and making audio and video recordings of the GREAT BAY HALF run and its related events. I hereby irrevocably consent to and grant GREAT BAY HALF, and/or anyone authorized by GREAT BAY HALF, the exclusive right to the ownership and use of (i) any and all photographs taken by GREAT BAY HALF, and/or those authorized by GREAT BAY HALF, that contain my person, image or likeness; (ii) any and all audio recordings made by GREAT BAY HALF, and/or anyone authorized by GREAT BAY HALF, that contain my person, name or voice, and/or (iii) any and all video recordings made by GREAT BAY HALF, and/or anyone authorized by GREAT BAY HALF, that contain my person, image, likeness, name or voice, for any lawful purpose whatsoever in connection with the GREAT BAY HALF and its related events.

Step 3) Mail check and filled in application

1/2 Marathon Entry Fee: \$38 (non-refundable) \$45 after JAN 1, 2009

5K Entry Fee: \$22 (non-refundable) \$25 after March 1, 2009

Checks payable to LOCO Sports/ GB Half marathon

Mail to: Great Bay Half Marathon - c/o LOCO Sports -

P.O. Box 423 - Newmarket, NH 03857 USA

Hosted Club LOCO

By:



<http://www.locorunning.com/greathalf.php>

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 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.

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 if you are interested or if you have any questions about what this volunteer position entails.

Inventory: <http://www.gatecity.org/AA/striderwear.shtml>

Updated as of 12/7/08

<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>
Mizuno	Singlet	Triad	White	\$20	\$20	4	4		4
<u>Clearance</u>									
Brooks	Singlet	GCS	White	\$18	\$10				6
Sport Hill	Long Sleeve Tech shirt	GCS	White	\$15	\$10				1
Sport Hill	Singlet	GCS	White	\$18	\$5				1
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>
Mizuno	Singlet	Triad	White	\$20	\$20	9	10	12	4
<u>Clearance</u>									
Brooks	Singlet	GCS	White	\$18	\$10	3			1
Best of Times	Singlet	GCS	White	\$18	\$5				3
<u>Unisex</u>									
<u>Brand</u>	<u>Item Description</u>	<u>Logo</u>	<u>Color</u>	<u>Regular</u>	<u>Sale Price</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>
Brooks	Long Sleeve Tech shirt	GCS	White	\$20	\$20	18	13	14	4
	Mesh Running Hat	GCS	White	\$10	\$10			Plent - One Size	
	Bumper Sticker	GCS						Free	

2009 BOSTON MARATHON BUS

THE 17TH ANNUAL MARATHON BUS TRIP TO THE 113TH BOSTON MARATHON SPONSORED BY THE GATE CITY STRIDERS APRIL 20, 2009

PRICE: \$40 / person. Please make checks payable to the "Gate City Striders".

PLACE: The 99's Restaurant /Granite Inn lower parking lot off Exit 7 in Nashua.

GEAR BAGS: Runner gear bags can be dropped off at 22 Cabot Drive, Nashua, NH between the hours of 9AM – 9PM on Friday or Saturday only. Leave gear bags in the garage. Bags will be delivered early Sunday morning to the Hotel. If you drop your bag off on Sunday or bring it to the bus on race morning we cannot guarantee your bag will make it to the room.

DEPARTURE: Please arrive before 6:45AM at the 99's Restaurant/Granite Inn Hotel parking lot off Exit 7 in Nashua, NH. The bus will be leaving from the lower parking lot promptly at 7:00AM no exceptions. The bus must arrive in Hopkinton by 8:00AM per the Boston Athletic Association.

POSTRACEPARTY: Held at the newly renovated Hotel Buckminster in Kenmore Sq., overlooking the 25 mile mark. Food and refreshments will be served and runners will have access to two showers this year for your convenience.

RETURN: The bus will be leaving the Hotel Buckminster at approx 5:30 - 6:00PM.

LIMIT: 47 people. Seats will be filled in the order we receive payment.

SPECTATOR INFO: In Hopkinton, spectators will need to return to the bus 15 minutes after the start of the second wave. At this time, the bus will be heading into Boston to drop spectators off at the hotel to watch the marathon.

MORE INFO: Dan Dugan at (H): 603-595-0668 or (C) 603-557-6755.

Make checks payable to the "Gate City Striders"

Mail application with check to Dan Dugan, 22 Cabot Drive, Nashua, NH 03064

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Circle One - Runner / Spectator Circle one - Return Trip?: Yes / No

22 CABOT DRIVE, NASHUA, NH 03064

DIRECTIONS TO GEAR BAG DROP-OFF

FROM THE SOUTH

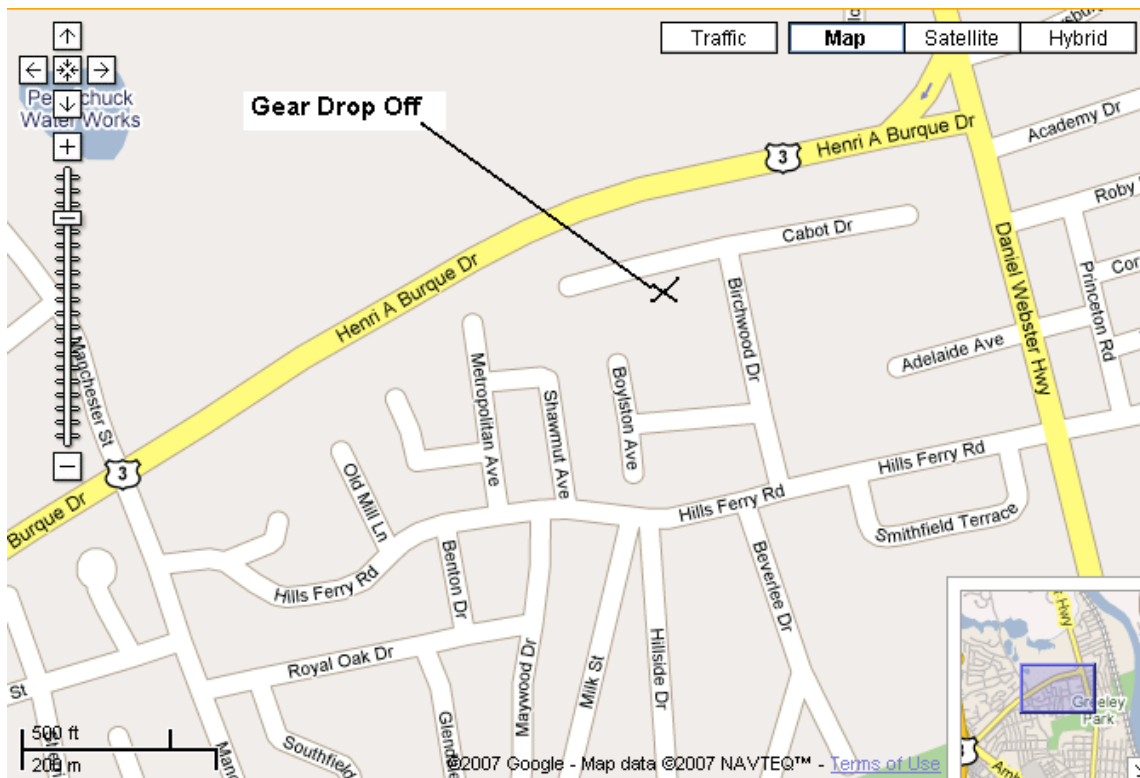
From Route 3 North, take exit 7E. At the end of the exit ramp, go straight at the lights on the Henry Burke Highway. Turn right on Manchester Street. Take an immediate left onto Hills Ferry Road and take your 5th left on Birchwood Drive. At the end of Birchwood Drive turn left. My house is the 3rd on the left. It is a white Colonial on a small hill. Drive up the driveway and drop your gear bag in the garage.

FROM THE NORTH

From Route 3 South, take exit 7E. At your first set of lights, take a left on the Henry Burke Highway. Turn right on Manchester Street. Take an immediate left onto Hills Ferry Road and take your 5th left on Birchwood Drive. At the end of Birchwood Drive turn left. My house is the 3rd on the left. It is a white Colonial on a small hill. Drive up the driveway and drop your gear bag in the garage.

FROM DOWNTOWN NASHUA

Head towards Greeley Park. Pass Greeley Park and turn left onto Hills Ferry Road. Turn right onto Birchwood Drive. At the end of Birchwood Drive turn left. My house is the 3rd on the left. It is a white Colonial on a small hill. Drive up the driveway and drop your gear bag in the garage.



The 25th Annual Mill Cities Relay

Gate City Wins The Championship with a Tough Four Point Victory

BY SKIP CLEAVER

December 8, 2008

The Gate City Striders, one of three founding clubs in the Mill Cities Relay Alliance, pulled out all the stops and the victory after a long series of very close second and third place finishes. The final score was Gate City 100, and Winner's Circle 96, with Merrimack Valley and North Medford Club challenging with 77 and 75 respectively. Gate City's last—and only other—victory was in 2000, when there was another hotly contested rivalry and a one point margin of victory. Since then Gate City has been one of the top three clubs along with the Winner's Circle Running Club, and the Merrimack Valley Striders, and each has won or been within striking distance of the coveted Mill Cities Championship trophy several times.

Gate City entered 26 teams in this event, which is the last club invitational relay in the country. As a result of their large number of teams (13.5% of the entire field), Gate City also won the annual participation award. Points are scored according to total clubs entered in a division (18 possible), and finishing place within that group of clubs. Gate City had 11 scoring teams, garnering three firsts, four runner-up slots, a third, two fourth places, and a seventh—total 100 points, an event record. The previous high score was 90 by both Winner's Circle and Merrimack Valley Striders last year (MVS won on a tie breaker for the second consecutive year). This year there were a record 193 teams entered, and a record 191 finished.

The balanced GCS attack engineered by Competition Coordinator Michael Wade, included 9 teams in Coed Divisions, 7 women's teams, and 10 men's teams. Also on balance, there were 9 open teams, 7 masters, five seniors, and five veterans. The power of the Gate City Striders lies in both balance and depth across all age groups.

During the period since 2000, Winners Circle has won five championships (5 consecutive from 2001 to 2005), had three second place finishes, and placed third once. Gate City has won two championships and racked up two second place finishes with three third place showings. The Merrimack Valley Striders won twice also with two runner-up finishes and one third place. Please check out www.millcities.com for past results and information on this remarkable event. Results for this year are available on Cool Running, of course: http://www.coolrunning.com/results/08/ma/Dec7_25thAn_set1.shtml

The Mill Cities Relay celebrated 25 years with the December 7, 2008 running of this legendary event, which winds along the famous and picturesque Merrimack River, Nashua, New Hampshire to Lawrence, Massachusetts. 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

Continued on page 33

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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.

This year a morning snowfall made things very interesting in the early going with very slippery conditions for the first two legs (the relay has actually been postponed twice because of winter storms). However, the snow was mostly gone in the latter stages, and conditions were very good for running.

The relay is proof each year 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 original clubs were the Gate City Striders, the Greater Lowell Road Runners, and the Merrimack Valley Striders.

The Mill Cities Relay began with those three clubs and now includes 18 clubs of the Merrimack Valley—New Hampshire and Massachusetts—in a 5-leg, 27.1-mile journey 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—started at the Nashua YMCA at 8:00 a. m. (This will be the last year for the YMCA, as the property has been sold and will be developed commercially.)

Adding to the excitement regarding the championship, the Gate City Striders also captured much of the attention at awards time with many

division awards. But there were also three special highlights of which all GCS members can be proud: The legendary Phil Quinn was in attendance. Phil is one of the founding members of the Gate City Striders (also former president) and the helped found the Applefest Half Marathon, and was one of the founders of the Mill Cities Relay. The “Phil Quinn Award” is presented annually at the Mill Cities Relay to recognize outstanding contributions to the sport in the Merrimack Valley.

One of the other founders of the Mill Cities Relay, along with many other races, is Gate City Head Coach Dave Camire, who has directed the famous Mill Cities Alliance for all 25 years of its existence. And lastly, the only person to have run ALL 25 of the Mill Cities Relays, Gate City's own Warren Church, was awarded a special Silver Commemorative Brick for his fantastic achievement and longevity. Warren is also a past recipient of the “Phil Quinn Award”, and served on the Mill Cities Board for many years, as well as the Board of Directors for the Gate City Striders.

MCR BEGINNINGS

As with many outstanding running events, the concept was hatched in a bar. In this case in Lowell, Massachusetts following a long training run. A combined group of runners from Nashua's Gate City Striders joined with a group of neighboring Greater Lowell Road Runners, along with a sprinkling of Merrimack Valley Striders from nearby Methuen and Lawrence, Massachusetts. It was 1983 and a group of about 60 ran from the Nashua YMCA to the Hynes Tavern in Lowell, a 16.7-mile training trek.

The Presidents of the three Clubs were discussing the long run and the recent running season when Dave Camire, then President of Greater Lowell,

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Continued from page 33

suggested a relay to GCS President Phil Quinn and MVS President Marty Cardoza. He suggested their clubs organize a relay along the route they had just run, and perhaps extend it along the river to Lawrence. The trio had recently experienced the Plymouth to Provincetown relay in Southeastern Massachusetts (later moved to become the Lake Winnepesaukee Relay in New Hampshire), and wanted to organize their own relay as an end-of-season celebration. As usual for this running trio, the talk immediately turned to action. The relay was born.

FIRST OF 25

The first annual Mill Cities Relay was run in December of 1984 along much the same route as their long run. It began at the Nashua YMCA and bridged the Merrimack into Hudson, New Hampshire. The course ran across the border into Tyngsboro, Massachusetts, then on into Lowell on the east bank of the river. The river and the course turn northeast from Lowell into Dracut and Methuen, and the course then entered Lawrence, Massachusetts on the final leg. They began with five legs, and there are still five today, although the leg lengths and handoff points have changed often due to construction and revamped roadways.

EXPANSION

The 1984 inaugural was a booming success, and other clubs in the region wanted to join in the excitement. By agreement, each of the three clubs could admit two other clubs of their choice. Six clubs were added to the Alliance in 1985, and a total of 54 teams participated. The class of '85 included the New Hampshire Athletic Alliance, the Winner's Circle Running Club, the Andover Striders, the Sanders Snails (Nashua), the Wang Road Runners (Lowell), and the Middlesex Striders. Of the six, only Winners' Circle and the Andover Striders have

continuously remained as MCR Alliance members. Additional clubs have been added bringing the total to 18.

THE PRIZE—THE MILL CITIES TROPHY

Gate City will keep the Mill Cities Trophy for one year, and it will be on display at Martha's Exchange and at the Club National in downtown Nashua on a rotating basis. The goals of all 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 metal top of the trophy was artfully designed and built by Ken Camire, brother of Dave Camire, 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.



Photo by Michael Wade

Continued on page 35

THE PHIL QUINN AWARD

A very meaningful presentation for all participating clubs and members is the annual Phil Quinn Award. It is given for outstanding, lasting, and meaningful contributions to running in the Merrimack Valley. Quinn helped to found the Gate City Striders, served on the club's executive board for six years, and co-founded the Mill Cities Relay and the Applefest Half Marathon, among other events. He now resides in Montgomery County, Maryland. Quinn participate in the 25th annual MCR and help to present the 2008 "Phil Quinn" Award at the post race celebration.

He was the first "Phil Quinn Award" winner when he returned to participate in the relay in 1990 and was given special recognition by the clubs. Since 1991 the award has been presented annually as determined by the MCR Alliance Committee. Dave Camire, who also co-founded the event and has guided it ever since, was the Phil Quinn Award

OTHER AWARDS

Another long-time unique feature of the Mill Cities Awards has been the presentation of bricks with a small, engraved plate to each member of every

team. This was modified in 2000, and bricks are now presented only to teams placing 1-2-3 in their division. All other participants are given a unique MCR award. Attractive MCR clothing memorabilia sales help to fund the celebrations, including vests, caps, shirts, and mugs. The committee is determined to keep the event fees low and affordable for all.

Divisions have been expanded to include 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. Women's seniors, veterans, and mixed veterans are 3-person teams with sunshine start (last three legs). Mixed teams must have a minimum of 2 females (one female, mixed vets).

Planning is already underway for the 2009 Mill Cities when the Gate City Striders and Triad Racing Team return for the 26th time and will defend their championship.



Members of the 2008 Mill Cities Champoinship team: the Gate City Striders. Photo by Michael Wade

PHOTO PAGES

Exchange #1. Photos by Frank Georges @
www.jimrhoades.com





Exchange #1. Photos by Frank Georges @
www.jimrhoades.com



Exchange #3 Photos by Jim Rhoades @
www.jimrhoades.com



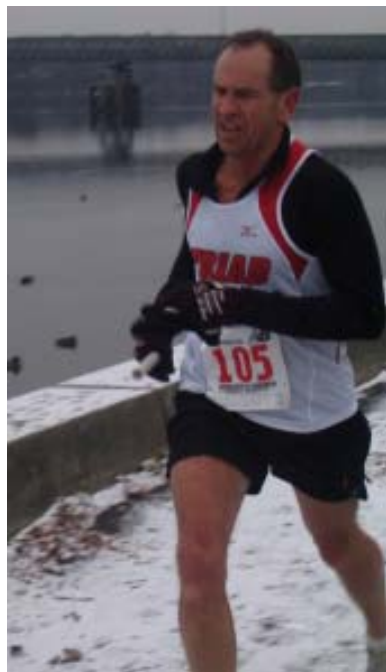


Exchange #3 Photos by Jim Rhoades
@ www.jimrhoades.com





Above Photo by LEEANNE WARD.
All other photos on this page by
MICHAEL WADE.



SPECIAL DAYS FOR MEMBERS

December Birthdays:

Chris Allen	Heidi MacSweeney
George Bisson	Kaitlyn McManus
Richard Blake	Judi Moland
Julie Boilard	Cameron Murphy
Peter Brigham	Maureen O'Leary
Brenda Conlin	Liam O'Neil
Jessica Costa	Sean O'Neil
Raelyn Crowell	Krista Oberholtzer
Richard Davis	Meredith Peabody
John Dowling	Mary Phillis
Erin Dresser	Gabriela Piercy
Gigi Ferris	Leandra Piercy
Alex Flynn	Laura Piercy
Jessica Gagnon	Isabella Piercy
Barbara Goebel	Cameron Prolman
Bill Hall	Peter Rearick
Haley Heinrich	Margaret Rearick
Rich Hillman	Karen Ringheiser
Mathew Houghton	Bonnie Ritchotte
Jassine Jakib	Lauren Rush
Azeddine Jakib	Jonathan Slocum
Jill Kearney	Rich Smith
Susan Kenney	Mark Snyder
Kristen King	Isaac St Martin
Marylou Klum	Bob Thompson
Kent Kofstad	Peg Turcotte
Peggy Lai	Andrew Van Hoogenstyn
Michael Levesque	Savannah Werne
Norman Long	Michael Whelton
Karen Long	Patricia Williams
Marie Lopez-Reyes	David Williams
Maureen Lorden	Jessica Wolfe
Mark T Lorden	Emily Zimmerman

January Birthdays:

Pamela Adams	Molly McCabe
Jeff Auclair	Chris Merra
Pam Beahm	Deborah O'Leary
Martha Burns	Kellie Oberholtzer
Yuki Chorney	Michael Pattelena
Lisa Christie	Mark Peabody
Eric Conlin	Mary Ann Picard
Janie Deshaies	Christiana Pike
John Dionne	Suzanne Pinal
Daniel Dolan	Mary Prindle
Gerry Duval	Kevin Reynolds
Elizabeth Fay	Elizabeth Ridinger
Tammy Gaffey	Damian Rowe
Mark Gamrat	Genia Sanborn
Ken Goodin	Anthony Schilling
Joshua Green	Erin Slocum
Jim Hansen	Ken Snow
Hannah Hansen	Bill Studley
Dawn Heinrich	Peter Szydluk
Kirsten Hewitt	Steve Tomasi
Ouafaa Jakib	Louise van den Heuvel
Bill Juris	Sandra van den Heuvel
Leah Kovitch	Will Walker
Chuck Landry	Liam Walker

Welcome Back!

Marie Mullins
Brian Bigelow
Kerry Litka



Photo by Michael Wade

MEMBERSHIP INFORMATION

December Renewals

Bill Borla	Amber Cullen
Ernest Brake	Dan Ferreira
Peter Brigham	Alison Findon
Jeffrey Brown	John Forde
Robin Carlson	Katja Fox
Harry Carter	Len Hall
Carla Chandler	Dawn Heinrich
Gary Circosta	Haley Heinrich
Ben Clemence	Hanne Heinrich
Cathy Clemence	David Herr
Christa Clemence	
George Clemence	

Welcome New Members:

Todd Callaghan	Christiana Pike
Sharon Chirban	Elizabeth Ridinger
Brian Crane	Jody Secules
Richard Davis	Lori Szydlik
Rob DeClement	Peter Szydlik
Sarah DeClement	Stirling Thomas
Joe Donnelly	Kerry Tocci
Lauren Eynation	Patti Falbo-Toupin
John Forelli	Daniel Toupin
Erin Guertin	Brian Toupin
Courtney Hawkins	David Wilson
Brad Johnson	Shannon Wright
Kaitlyn McManus	Marielle Yost

January Renewals

Thomas Astolfi	Bob Ludwig
Jeffrey Atherton	Don Morrier
Brandon Beauley	Eveline Morrier
David Beauley	Isaac Morrier
Frankie Beauley	Marie Morrier
Samantha Beauley	Simon Morrier
Vincent Beauley	Rebecca Neville
James Belanger	Heidi Ntengeri
Janine Cowell	Helen Ntengeri
Chantal Croteau	Joyce Oberholtzer
Dan Croteau	Kellie Oberholtzer
Teanna Croteau	Krista Oberholtzer
Ed Donovan	Raymond Oberholtzer
Erin Dresser	Karl Patnode
Kaitlin Dresser	Bob Pelletier
Sarah Dresser	Deb Pelletier
Todd Dresser	Allison Pinal
Bill Engle	Marc Pinal
Kathy Engle	Stephanie Pinal
Marianne Gage	Suzanne Pinal
Richard Gage	Kevin Reynolds
Ron Gagnon	Chet Rogers
Mark Gamrat	David Salvas
Carol Gould	Dave Swallow
Denny LeBlanc	David Swallow



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- ✓ 65 Ionic, Plant-Derived Minerals

- ✓ Increased Energy*
- ✓ Powerful Antioxidants*

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603.210.2799

* Statements not evaluated by the FDA.

GCS RACING RESULTS

Miles for Myles 5 K Memorial Road Race

Lunenburg, MA, October 26, 2008

173 Raymond Boutotte 26:45

Orchard House 10K

Concord, MA, October 26, 2008

43 ROY DENNEHY 58:15

2nd Annual Dignity Dash 5K

Groton, MA, October 26, 2008

2 TIM BURKE 19:03

4 KEITH OBRIEN 20:09

13 SARAH BURKE 22:27

22 MELLISSA WU 25:25

Great Pumpkin 10K

Saco, ME, October 26, 2008

3 Andrew Van Hoogenstyn 33:30

9 Randy MacNeill 35:14

Hampton Half Marathon & Rockfest

Hampton, NH, October 26, 2008

7 Tyler Brannen 1:22:46

13 Jeremiah Fitzgibbon 1:23:50

93 Zebulon Brundage 1:41:53

140 Paul Joyce 1:45:31

342 Mary Schmidt 1:58:48

391 Debra Stellato 2:02:38

407 Skip Cleaver 2:04:02

White Mountain Milers 23rd Annual Half Marathon and Relay

North Conway, NH, October 26, 2008

2 Rich Smith 1:14:46

6 Dave Birse 1:24:42

104 Alison Findon 1:48:24

10th Annual Great Bay 5K

Stratham, NH, October 25, 2008

11 Steve Wolfe 17:53

16 Chris Benson 18:13

253 Traci Moorcroft 24:29

560 Jane Levesque 29:40

12th Joshua's Run

Scituate, MA, October 25, 2008

13 RICK STETSON 34:31



Dave Contrada battles the crowd at the Bay State Marathon.
Photo by Dave Delay

20th Annual BayState Marathon Lowell, MA, October 19, 2008

66 Steve Wolfe 2:58:29

67 Michael Wright 2:58:50

79 Michael Wade 3:00:22

174 Chris Bougopoulos 3:14:00

193 Karen Long 3:15:34

354 Janice Platt 3:30:02

386 Dave Contrada 3:32:12

419 Leslie Reap 3:34:35

482 Michelle Poulblon 3:38:29

494 Daniel Dugan 3:38:56

535 Jim Ecke 3:42:10

902 Linda McCarthy 4:11:21

965 Shu Minami 4:18:35

1036 Ron Gagnon 4:32:11

1/2 Marathon

149 Nancy Peabody 1:42:16

168 Scott Casa 1:43:47

219 Pam Triest-Hallahan 1:46:38

223 Kate Naples 1:46:44

483 Allan Sabiski 1:58:44

639 Stacey Alcorn 2:05:18



Pam Triest-Hallahan at the Bay State. 1/2 Marathon.
Photo by Dave Delay

Groton Town Forest Trail Races

W. Groton, MA, October 19, 2008

39 Heidi Havron 1:21:31

Paddy's Pub Shillelagh Shuffle

West Newton, MA, October 19, 2008

165 Susan Kenney 21:57

Lawrence Vietnam Memorial 4-mile

Lawrence, MA, October 19, 2008

36 STAN KLEM 32:48

58 RAYMOND BOUTOTTE 35:28



Thank you veterans Stan and Ray.
Photos by Richie Blake



3rd Annual Phil Soule 5k Phlail

Brunswick, ME, October 19, 2008

29 Jerry Levasseur 24:02

Mount Desert Island Marathon
Mt. Desert Island, ME, October 19, 2008

1 David Herr 2:36:45

Footrace For The Fallen
Manchester, NH, October 19, 2008

1 Rod Viens 16:27
9 Tim Burke 18:06
17 Steve Tomasi 18:25
26 Jim Hansen 18:59
28 Justin Platt 19:02
30 Len Hall 19:10
52 Tom Kolb 20:18
80 Robert Knight 21:11
100 Steve Moland 21:52
118 Sarah Burke 22:43
147 Mark Sage 23:32
156 George Bisson 23:54
178 Elizabeth Fay 24:29
187 Aline Kenney 24:41
208 Sharon Pescetta 25:15
213 Robin Rocha 25:18
230 Judi Moland 25:30
266 Terrence Kenney 26:04
270 Beth Whipple 26:06
337 Barbara Robinson 27:21
408 Sachiko Burkinshaw 28:33
445 Bridget Austin 29:09
511 Jane Levesque 30:55
594 Jennifer Mack 33:26

2008 Kelly Mann Memorial 5K Road Race

Nashua, NH, October 18, 2008

10 Brian Sanborn 24:30
12 Barbara Joy 24:51
17 Robin Rocha 25:48
21 Traci Moorcroft 26:57
24 Terrence Kenney 27:20
36 Genia Sanborn 29:14
38 Shu Minami 29:46
55 Jane Levesque 31:48
57 Robert Joy 32:24

SANFORD-SPRINGVALE YMCA 5K TRAIL RUN

SANFORD, ME, October 18, 2008

17 Jerry LeVasseur 28:45

Grace Race

Chelmsford, MA, October 18, 2008

75 ROY DENNEHY 49:25

**“To give anything less than your
best is to sacrifice the gift.”
—Steve Prefontaine**

Tufts 10K for Women
Boston, MA, October 13, 2008

126 Callie Hartnett 43:46
567 Aline Kenney 50:32
575 Kathie Roy 50:34
2615 Carol Pelletier 1:00:57
4537 Susan Rube 1:19:34

BOBBY BELL 5 MILER
HAVERHILL, MA, October 12, 2008

33 SUSAN KENNEY 33:22
34 KEN GOODIN 33:23
35 DANIEL HOUSTON 33:27
70 DAVID PEMBER 35:53
76 STEVE MOLAND 36:21
83 DENNY LEBLANC 36:53
95 STACEY ASCONE 37:42
125 JESSICA COSTA 39:04
142 GEORGE H. BISSON 39:52
165 STAN KLEM 41:14
206 SKIP CLEAVER 44:15
244 ROY K. DENNEHY 47:17

Oak Bluffs Columbus Day 5K
Oak Bluffs, MA, October 12, 2008
16 ROBERT KNIGHT 20:43

B.A.A. Half Marathon
Boston, MA, October 12, 2008
1580 David Delay 1:54:48
Milford's on Track 5k / 10k
Milford, NH, October 12, 2008
10K:

3 Mike Wright 37:16
6 Corey Hahnl 37:49
7 James Kallfelz 42:26
11 Yuki Chorney 45:19
17 Heidi Havron 46:18
22 Cecelia Muller 48:04
28 Eric Chorney 51:30
29 Cassandra Wright 51:48
38 Laura Rallis 53:55
5K:
2 Nick Muller 17:49
3 Tim Burke 17:52
5 Rich Hillman 20:05
14 Suzanne Barker 22:37

15 Sarah Burke 22:38
30 Barbara Joy 24:23
31 Dina Pitsas 24:27
33 Joey Muller 24:39
38 Jack Nichols 25:12
59 Rebecca Vandenberg 26:57
72 Richard Macdonald 27:42
76 Theresa Muller 28:02
140 Jennifer Mack 35:20
160 Betsey Kallfelz 40:57

Great Island 5K
New Castle, NH, October 12, 2008

7 Rod Viens 16:16
10 Randy MacNeill 16:47
341 Andrew Najberg 25:44
856 Jane Levesque 34:08

Craig Cup 5K Run for Life
Cumberland, ME, October 11, 2008

10 T.J. Hesler 17:31
56 Jerry LeVasseur 25:55
64 Bob Payne 26:33

Warner Fall Foliage Festival 5 Mile Road Race
Warner, NH, October 11, 2008

1 Rich Smith 28:31
39 Alison Findon 41:29

Peterborough Harvest Classic 5K Road Race
Peterborough, NH, October 11, 2008

26 Kathy Engle 30:09
28 Bill Engle 35:23

17th Maine Marathon
Portland, ME, October 5, 2008

57 CATHY MERRA 3:16:37
71 DANNY FERREIRA 3:19:11
359 DAVID SALVAS 4:01:48
Half Marathon
4 Andrew Van Hoogenstyn 1:11:24
190 LISA LAWRENCE 1:38:10
544 JERRY LEVASSEUR 1:51:59

**Jogging is very beneficial. It's good
for your legs and your feet. It's also
very good for the ground.**

It makes it feel needed.

— Charles M. Schulz

**4th Annual Frank Fanning Memorial
Scholarship 3.5 Mile Road Race
Plymouth, MA, October 5, 2008**

8 Rick Stetson 25:53

**RiverWalk 6k Run & Walk
Lawrence, MA, October 5, 2008**

28 Tom Lopez 33:03

**Irish American Club 5 Miles
Woburn, MA, October 5, 2008**

26 DAVID PEMBER 35:44

35 SUSAN KENNEY 36:49

**Apple Harvest Ramble 10 Miler
Harvard, MA, October 5, 2008**

5 RICH SMITH 56:12

66 GARY CIRCOSTA 1:15:40

114 ALISON FINDON 1:21:45

177 EDWARD AUCLAIR 1:30:49

244 MARY SLOCUM 1:47:38

245 Michael Whelton 1:50:13

255 Madeleine Larose 1:59:51

**New Hampshire Marathon, 10k
Bristol, NH, October 4, 2008**

58 Barbara Robinson 58:32

**26th Annual Applefest Half Marathon
& Relay
Hollis, NH, October 4, 2008**

12 Michael Wright 1:20:40

36 Jim Hansen 1:28:41

38 Richard Stockdale 1:29:26

43 Trevor Ward 1:30:35

56 Lori Lambert 1:34:22

71 Michael Leary 1:36:49

73 Ken Goodin 1:37:26

79 Rich Hillman 1:37:54

94 Martin Tower 1:39:07

138 Hein Van Den Heuvel 1:42:48

155 George Clemence 1:44:05

174 Laura Joyce 1:45:10

189 Paul Joyce 1:46:14

216 Deborah Miner 1:47:37

227 Pam Triest-Hallahan 1:48:32

244 Susan Thievon 1:49:24

261 Richard Roy 1:50:37

348 Shu Minami 1:55:14

363 Richard Gage 1:55:32

414 Elizabeth Fay 1:57:24

426 Jolynne Wightman 1:57:50

462 Ron Gagnon 1:59:00

504 Allan Sabiski 2:00:51

654 Deborah Roy 2:09:17

722 Marylu Klum 2:14:05

799 Jeffrey Brown 2:22:06

810 Karen Zielinski 2:23:16

841 Leni Hodgins 2:27:13

**4th Annual Wilmington Half Marathon
and 5K RR**

Wilmington, MA, September 28, 2008

11 David Birse 1:24:41

59 Heidi Havron 1:45:14

126 Linda McCarthy 2:04:53

**5th Annual Kerouac 5K Road Race
Lowell, MA, September 28, 2008**

5 Tim Burke 18:02

23 Richie Blake 20:06

24 Ken Goodin 20:07

29 Michael Leary 20:14

38 Daniel Houston 20:32

68 Steve Moland 22:00

117 George Bisson 24:04

167 Jessica Costa 25:35

194 Judy Moland 26:23

238 Pat Kiesselbach 27:49

281 Roy Dennehy 29:45

**31st Clarence DeMar Marathon
Keene, NH, September 28, 2008**

132 Samy El-Guebaly 4:13:53

187 David Salvias 4:38:29

**Cottage Hospital 8k Race
Woodsville, NH, September 28, 2008**

31 Barbara Robinson 47:09

**Greenfield Firefighter's 10K Road Race
Greenfield, NH, September 27, 2008**

1 Dave Birse 38:47

3 Jim Ecke 46:10

8 Andrea Pierce 49:51

**Dixville 1/2 Marathon
Colebrook, NH, September 27, 2008**

1 David Herr 1:11:51

**Pathfinders Trail Run 5K
New Gloucester, ME, September 27,
2008**

31 Jerry LeVasseur 28:36

**Eliot Festival Day 5k
Eliot, ME, September 27, 2008**

23 T J Hesler 16:42

**15th Annual Rise 'N Shine 5K
Augusta, ME, September 26, 2008**

43 Jerry Levasseur 23:56

**CMS 52-Week 5K Series Race #39
"Guess Your Handicap"
Devens, MA, September 24, 2008**

11 Ray Boutotte 27:41

**Maine Coast Half Marathon
York, ME, September 21, 2008**

562 Margaret Rearick 2:40:57

564 Joanne Pomeranz 2:41:36

**5th Annual Run for Ryan's Cup /
Chelmsford Police 5K
Chelmsford, MA, September 21, 2008**

17 KEN GOODIN 19:58

40 SARAH BURKE 22:50

70 JESSICA COSTA 25:41

73 DAVID CORMIER 26:02

**Chicken Run 5K
Nashua, NH, September 21, 2008**

8 HELEN NTENGERI 24:24

9 HEIDI NTENGERI 24:38

**Jordan's Dash For Dreams 5K
Brookline, NH, September 20, 2008**

2 Tyler Brannen 17:27

21 Heidi Ntengeri 23:26

22 Helen Ntengeri 23:28

23 Melissa Wu 23:47

37 Chuck Rossier 26:39

**Mustang 5K
Waterboro, ME, September 20, 2008**

1 Andrew Van Hoogenstyn 15:40

32 Jerry LeVasseur 23:39

39 Christine Hesler 24:47

**Lobster Dash 5 Mile Beach Race
Ogunquit Beach, ME, September 20,
2008**

75 TRACI MOORCROFT 41:32

156 MARY SLOCUM 51:39

177 MADELEINE LAROSE 57:11

Over the River and Through the Woods 5K Road Race and Walk
Concord, NH, September 18, 2008
 16 Robert Knight 21:46

CMS 52-Week 5K Series Race #38
Devens, MA, September 17, 2008
 13 Ray Boutotte 27:27

Eastern Bank Flutie 5K Road Race
Natick, MA, September 14, 2008
 27 Dave Contrada 20:54
 51 David Pember 22:21
 64 Susan Kenney 23:05

North Shore Triathlon
Beverly, MA, September 14, 2008
 2 DANNY FERREIRA 2:07:15

Nahant 30K Road Race
Nahant, MA, September 14, 2008
 89 Gary Circosta 2:31:32
 211 Anthony Schilling 2:59:28

18th Half Way to St. Patricks Day
Manchester, NH, September 14, 2008
 3 Tim Burke 18:26
 23 Sarah Burke 22:50

Halfway to St. Patrick's Day 4 Miler
Lawrence, MA, September 14, 2008
 5 KEN GOODIN 27:55
 11 DENNY LE BLANC 29:33
 14 RICHARD DOYLE 30:29
 20 GEORGE BISSON 31:07
 23 STAN KLEM 31:36
 33 JUDI MOLAND 33:32
 34 STEVE MOLAND 33:34
 39 RAYMOND BOUTOTTE 34:16

The Crackerbarrel Classic 5k
Wrentham, MA, September 13, 2008
 30 Harry Carter 21:19

Doc & Mardie 3rd Annual 5K Road Race
Waterville, ME, September 13, 2008
 14 Jerry LeVasseur 25:19

**"No bird soars too high, if he soars
 with his own wings."
 —William Blake**

Lobsterman Triathlon
Freeport, ME, September 13, 2008
 46 CHIP GEISLER 2:16:18

Get Up And Go 10K
Titusville, FL, September 13, 2008
 Pat Kiesselbach 58:53

CMS 52-Week 5K Series Race #37
Devens, MA, September 10, 2008
 22 Ray Boutotte 28:07

Race For Space 4 Miler
Brunswick, ME, September 7, 2008
 16 JERRY LEVASSEUR 31:51

Run Like a Girl 8K
Carlisle, MA, September 7, 2008
 5 KAREN RINGHEISER 37:51

Komen Massachusetts Race for the Cure
Boston, MA, September 7, 2008
 1037 Jennifer Mack 32:47

North Medford Club Overlook 7M Trail Race and 5K Walk/Run
Fitchburg, MA, September 7, 2008
 23. Ray Boutotte 1:11:11

Title 9 Womens Sprint Triathlon
Hopkinton, MA, September 7, 2008
 9 LESLIE REAP 1:10:05
 19 LYNN KISSELBACH 1:15:12
 503 KATHY ENGLE 1:51:05

8TH Annual Run 2 Fall 5k
Northwood, NH, September 7, 2008
 2 Andrew Van Hoogenstyn 16:32
 119 Traci Moorcroft 26:07

Pumpkinman Half Ironman Triathlon
South Berwick, ME, September 7, 2008
 13 Jeremiah FITZGIBBON 4:38:54
 24 TYLER BRANNEN 4:52:21

7th Annual Fox Point Sunset 5 Mile Road Race
Newington, NH, September 6, 2008
 269 CHUCK ROSSIER 46:55

Ollie Five Mile Road Race
South Boston, MA, September 6, 2008

60 Randy MacNeill	28:10
182 Franc Karpo	32:48
188 Michael Wade	33:04
194 Len Hall	33:26
305 Harry Carter	36:46
319 Janice Platt	37:01
442 Daniel Dugan	40:25
452 Denny LeBlanc	40:40
554 Terrence Kenney	43:03
656 Aline Kenney	45:39



Randy MacNeill at the Ollie 5-miler
 Photo by Ted Tyler @
 JimRhoades.com



Terrence Kenney at the Ollie 5-miler
 Photo by Ted Tyler @
 JimRhoades.com

CHaD Half Marathon and Relay
Hanover, NH, September 6, 2008

2 Rich Smith 1:15:59
 51 Jill Kearney 1:40:26

ATKINSON 5K ROAD RACE

Atkinson, NH, September 4, 2008

4 MIKE FRAYSSE 18:30
 61 GEORGE BISSON 24:03
 84 RAYMOND BOUTOTTE 25:39

12th Annual St. Charles Children's Home 5K

CMS 52-Week 5K Series Race #36

Devens, MA, September 3, 2008

18 Ray Boutotte 29:22

Bangor Labor Day 5-Miler

Bangor, ME, September 1, 2008

57 Jerry LeVasseur 40:00

12th Annual St. Charles Children's Home 5K

Portsmouth, NH, September 1, 2008

9 Randy Macneill 16:46
 14 Michael Wright 17:30
 23 Tim Burke 18:06
 47 Len Hall 19:18
 98 Cathy Merra 20:50
 103 Mike Merra 20:57
 119 Bill Spencer 21:19
 125 Robert Knight 21:29
 138 David Pember 21:51
 174 Chris Merra 22:31
 198 Cassie Wright 23:00
 200 Susan Kenney 23:04
 203 Sarah Burke 23:06
 204 Nancy Peabody 22:59
 207 Helen Ntengeri 23:08
 240 Mark Sage 23:49
 245 Heidi Ntengeri 24:03
 317 Nathan Peabody 25:19
 318 Terrence Kenney 25:15
 319 Judi Moland 25:27
 380 Skip Cleaver 26:09
 431 Eldon Burkinshaw 27:13
 461 Meredith Peabody 27:55
 468 Aline Kenney 27:57
 487 Sachiko Burkinshaw 28:24
 512 Jane Levesque 28:50
 575 Michael Whelton 30:10
 878 Ellen Kolb 43:44

Francestown Five (5k/8k)

Francestown, NH, September 1, 2008

5K

1 Dave Birse 19:28

8K

7 Peter Vendituoli 34:07
 18 Yuki Chorney 36:58
 20 Zebulon Brundage 37:09
 21 Bill Boyd 37:47
 33 Eric Chorney 41:38
 37 Pamela Hall 42:31
 41 Mary Schmidt 43:43
 49 Bill Springer 44:43
 50 Greg Neilley 44:46

Run for the Hills - 5k

Marshfield Hills, MA, September 1, 2008

19 Rick Stetson 20:13

The 4th Annual Laborious Labor Day Ten Miler

Marlborough, MA, September 1, 2008

23 Jim Ecke 1:27.52
 25 Andrea Pierce 1:28.28

75th Annual Around Cape Ann 25K
Gloucester, MA, September 1, 2008

259 Steve Moland 2:19:16
 260 Richard Doyle 2:19:16
 378 Kevin Reynolds 2:34:00

Photos on this page by Steve Moland





And one more thing ...
After the MCR awards ceremony on Sunday the Championship Trophy wanted to stretch its "legs" a bit. Here is the photographic journey of its "Victory Lap" around to all the usual GCS haunts. Enjoy!
Fittingly, it finished at Martha's.

Photos by Michael Wade



December 2008 - January 2009

Striding Along

49



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