



# Newsletter

Fall Edition 2003

## Letter from the President

By Rich DiSalvo

Greetings fellow track club members,

I hope this edition of the newsletter finds you well rested after a great summer and ready to hit the roads and trails to enjoy some of the best running weather of the year.

Things have been moving along smoothly over the past few months – lots of club members racing in the NH Grand Prix series races as well as races all over New England. Mark Lutter deserves special mention and a great deal of credit for the work and energy he has put into encouraging the club membership to participate in the grand prix races as well as joining the Wednesday night track workouts with coach Tim Wright.

The annual Summer Fun Run Series was another big success. Many thanks to Debbie and Sue for continuing this great tradition and for all the volunteers that turned out to help with registration, watermelon, stretching, warm-ups, and the races.

The Mack's Apples Cross Country 5K was also a hit once again thanks to the hard work of Eldon and the long list of volunteers that helped out. There were 111 finishers this year!

Sadly, the club was hit with the loss of Elaine Grande of Sandown over the summer. She will be missed greatly. Visit the club web site to see a memorial page to remember Elaine and read what her friends and fellow runners wrote in her honor. In terms of upcoming events, the most significant is the annual dinner slated for Friday evening, November 21 at the Londonderry Country Club. See inside the newsletter for all the details. The turnout has been great the past couple years – let's try to keep the momentum going! Just days later, one of the clubs longest standing traditions – the Turkey Trot 5K – takes place again on Thanksgiving Day. Jim Ewell is directing the race again this year. Come on over to help out, run, or just say hello before heading off for Thanksgiving dinner...and don't forget the most important thing – the dry or canned food that all goes to those in need.

The last two events of the NH Grand Prix are slated for October 19<sup>th</sup> (5K in Manchester) and October 25<sup>th</sup> (10K in Rochester) Also, the Mill Cities Relay, a great 28-mile (5-leg) relay from Nashua to Lawrence will be on December 7<sup>th</sup>. The club always has at least three teams or more in this fun event. Keep an eye out for email updates from Mark, Rosa, and as always, in Eldon's Friendly Reminders.

And one final note – elections for officers will take place at the annual dinner. Jim has included who has placed their name back in the ring for another year of service. I have enjoyed my role as president over the past two years – and for the one other year I had the job back in 1999, and have decided to offer my services for another year if it meets with the approval of the club membership. If anyone ever has any club questions or concerns, please don't hesitate to contact me or any of the officers.

(And don't forget to send in your vote for member of the year!!!)

Thanks and have a great fall season!  
Hope to see you all at the annual dinner!

Best Regards,

Rich

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**From Your Editor  
Jim Ewell**



Welcome to the *Fall Edition* of the GDTC newsletter. I hope this edition of the newsletter finds you motivated and running injury free and enjoying for what, many refer to, as the best time of the year to run.

As usual I'm a little late in getting this to you by the time the Autumnal Equinox occurs which happened on September 23<sup>rd</sup> at 6:47 am EST.

One of these days I'll get my act together but I wouldn't count on it just yet because there just doesn't seem to be enough hours in a day anymore. I'm sure by now you're tired of the excuses so let's move on. The most significant event that has occurred is the tragic loss of a very dear friend Elaine Grande and running just hasn't been the same without her (see my article about her in this newsletter).

As usual the fall edition is quite large and packed with a lot of good and important stuff so I ask you to read all of it.

To summarize, the items of importance in this edition are: Membership Renewal, Annual Meeting/Dinner, Member of the Year Nomination, Election of Officers, Boston Marathon

Lottery, and Upcoming Club Races. Since this *is* such a large edition I won't ramble on so good luck in running your fall events and I hope to meet more members this year around the local race circuit so feel free to come up and introduce yourself, so look for me, in my usual garb, the old purple GDTC Shirt with the *Three Stooges* Ball Cap. Feel free to offer me your criticism (both good and bad) when you see me.

**New Members**

Amy Bernard  
Bob Flinn & Family  
Kathy Hamilton & Family  
Sinthy Kounlasa

**Welcome aboard!**

Feel free to introduce yourself to fellow members at any of the races and don't be afraid to ask your fellow members for help or advice at anytime. Member's names and other info are on our web site. Don't forget everyone was once a new member and don't forget we're a *running community*.

**Membership Renewal Update**

As of the press time we have 84 *memberships*, which is getting closer to the 98 GDTC *card-carrying* memberships we had at the end of last year. We lost some long time members and we don't know why. Last year the main reason was "*I forgot*" but some may have decided to move on. If you do decide *not to renew* I would ask you to send or convey to me as to the reasons why. By doing this

maybe we can change aspects of the club, which caused you not to renew. If you did renew and also want to voice your opinion, then feel free to contact myself or other club officers so we can look into doing something about any issues that you may have. Also if you enjoy our club and know of other runners who might also enjoy our club, then give them a little push. Give them a copy of the enclosed 2004 application, which also can be found on our web site at [www.gdte.org](http://www.gdte.org). You also may want to fill out **your own** 2004 application now to avoid the much-anticipated, highly over-rated, 2004 rush. **As always Thank You** for continuing to be part of the GDTC tradition.

**CLUB ELECTIONS  
(Vice president needed)**

It is that time of year again for the election of the club officers for the upcoming year. As of now all the incumbents, except one, have decided to run again and serve another term (guess most of us are still crazy).

Our vice-president *Julie Moore* has declined to serve another term so there is a vacancy. We want to thank her for the many years of helping with the club in many capacities but she now has decided to *move* on and give others a chance. So if you have a desire to seek power and fame please step forward. You can nominate someone or throw your own name into the race for vice president or any other

position. Usually it's accepted courtesy to ask the nominee if they will accept the office first prior to the nomination being submitted. There is no official deadline for submitting nominations and last year nominations were accepted from the floor just prior to the voting which takes place at the club's annual meeting and awards dinner. If you don't plan to attend the annual meeting then submit your nomination prior to the dinner to any club officer.

So think about it and don't worry, if elected, you'll get plenty of support from you fellow members and officers.

## CLUB OFFICERS

### President:

*Rich DiSalvo 425-2533*  
*(W)rich.disalvo@hp.com*  
*(H) richarddisalvo@attbi.com*

### Vice-President:

*Julie Moore 434-1452*  
*JMoore@EmploymentPG.com*

### Treasurer:

*Maureen Knepp 434-7858*  
*(W) maureen.knepp@*  
*hitchcock.org*  
*(H) KNEPP@peoplepc.com*

### Secretary & Newsletter Editor

*Jim Ewell 432-6409*  
*(W) jewell@systems.textron.com*  
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### Director-At-Large:

*Rosa Tejada 425-7999*  
*(W) Rosa.Tejada@state.ma.us*  
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## MEETING NIGHTS



The meeting night is the first Wednesday of every month. The next meeting is Nov 5<sup>th</sup>. There will be no meeting in December because the **Annual Club Meeting/Dinner** is on Nov 22<sup>nd</sup> (see below for details). They are held at the Marion Gerrish Community Center formally know to many as the Westside Community Center in Derry at 7:30 pm and usually last about 1 to 1.5 hours. Hopefully we will see you there to help determine what you want the club to be. Try one out you'll like it!

## GDTC ANNUAL DINNER & MEETING

This year the club's annual dinner & meeting will be held on **Friday November 21<sup>st</sup>** at the **Londonderry Country Club**. Last year we had a great turnout and the food was great as usual. Cocktail hour starts at **6:00 PM** followed by dinner at **7:00 PM**. After everyone has had his or her fill then a short meeting is conducted. The officers are elected for the upcoming year, the scholarship award winners are presented and the member of the year winner is announced. The Winter Fun Run Series signup sheet is also passed around and any other new business is discussed. It's a

great take and the price is only \$5 per person for the buffet dinner. The Londonderry Country Club (432-9789) is at 56 Kimball Rd in North Londonderry. From Route 102, follow 128/ Mammouth Rd north, turn left (west) on Litchfield Rd, cross High Range Rd then turn left (south) on Kimball Road. Please RSVP and the **preferred** method is to use the enclosed form and mail with payment. If you are a procrastinator then you can RSVP me at (603) 432-6409 or email me at *jewell@systems.textron.com* or *jcewellnh@earthlink.net*. Please RSVP by November 12<sup>th</sup>. See you there!

## GDTC MEMBER OF THE YEAR

Every year the club recognizes an individual who has done a lot for the club. If you feel such an individual is worthy then use the form found in this newsletter. The presentation will be made at the club's annual dinner, on Friday November 22<sup>nd</sup>. Give it some thought to express a little thanks for those in the club who contribute that little extra. The deadline to respond is November 10<sup>th</sup> and you can respond using the enclosed form in this newsletter.

## 9<sup>th</sup> Annual Boston Prep 16 Miler

The race is on! Again with a little controversy to make it interesting. Seems the town wants the club's insurance policy to list Derry also as an

*insured*. This we have learned is very common but our new policy doesn't become effective until Jan 1<sup>st</sup> so we only have a conditional approval until they see the new policy. All other aspects of the race planning are well underway and this year's application is enclosed.

This year the race is again part of the Hockomock Swamp Rat (HSR) Grand Prix series, which involves the 20 toughest races in all of New England. This will increase the size of the race crowd considerably so volunteering becomes essential from the membership.

We encourage you to run the race but we ask if you can help out prior to the race or afterwards, please try. This is the **club's major event**, which raises the money to support the kid's fun run series during the summer, as well as other club endeavors. We are asking all club members and family members to try to help out because this race requires a lot of volunteer help. Don't think you have to be there all day, although that would be nice, but even a few hours will help a lot. If you know for sure you can help give Dave Breeden a call at 432-6865 or email him at [weluv2run@comcast.net](mailto:weluv2run@comcast.net) so he can start planning. See everyone there and hope for nice weather so we don't have to try out our cancellation policy!

## ***GDTC at the Races***

*Eldon's Friendly Reminders*, published weekly, are the sole source of the information presented here. *Great job Eldon!* If your name or race

result has been missed and you still want to see your name in "lights" and obtain the undying admiration of your fellow club members, please be sure to let Eldon or me know. Eldon's email ([eburkin@earthlink.net](mailto:eburkin@earthlink.net)). The format is that overall finishing position is listed next to each participant's name and in parenthesis ( ) is the finishing position in that individual's age group.

Sometimes, hard to believe as it is, Eldon will miss a race, especially if it is out of state/country so let him know. Finally if you discover this or an error in reporting please notify him or me via email to ensure that we get it right.

### *7/4 - 4th of July Road Race 5K/10K North Andover, MA*

#### *10K*

29 Colin O'Meara 41:04  
116 Bridget Lavigne 46:57

#### *5K*

65 Steve Grande 21:42  
108 Bill Cornelissen 23:48  
145 Anthony Guinto 24:40  
150 Marggie Foley 25:02

### *7/4 - Sparkler 5K Merrimack, NH*

52 Christopher Jones 19:59  
146 Skip Cleaver 24:31  
177 Tom Lewis 25:35  
196 Bob Gorham 26:25  
203 Jacqueline Lewis 26:44  
217 James Gulla 27:30  
288 Rosa Tejada 30:35  
316 John Nofle 33:04

### *7/8 - Good Times 5K Series Lowell, MA*

Age and gender adjusted times shown. Actual times in ( ).

3 Linda

Wegener 16:10 (23:13)

28 Skip Cleaver 20:37 (24:43)

35 Rosa Tejada 21:37 (29:29)

39 Anthony

Guinto 22:40 (23:53)

### *7/11 - Berna's Great Legs 5K Lowell, MA*

21 Linda Wegener 21:35

91 Rosa Tejada 27:43

### *7/11 - Pat Polletta 5M Newburyport, Ma*

123 Bill Einhorn 45:28

### *7/12 - Harbour Trail 5K Portsmouth, NH*

167 Bob Gorham 25:48

265 John Nofle 32:55

### *7/13 - East End Club 5M Lowell, MA*

67 Bridget Lavigne 36:19

88 Eldon Burkinshaw 37:35

89 Phil DiSalvo 37:35

### *7/13 - Hugh Holt Memorial 5M Raymond, NH*

40 James Gulla 46:45

### *7/13 - Khoury's Summer Steamer 4M Somerville, MA*

54 Mark Lutter 25:59

120 Linda Wegener 28:46

341 Rosa Tejada 38:05

**7/15 - Good Times 5K Series**  
*Lowell, MA*

47 Skip Cleaver 23:56

**7/19 - Bill Luti 8K Concord, NH**

25 Matthew Simpson (6) 28:47  
35 Timmy Plante (3) 29:57  
42 Angelo Santitto 30:23  
48 Jay Ihle 30:49  
85 Mark Lutter 32:51  
88 Tom Varick 32:57  
90 Christopher Jones 32:59  
95 Donald DuPaul (1) 33:10  
100 Joe Blouin 33:15  
101 Jim Peters 33:16  
106 Vickie Kalil 33:43  
119 Dana Breeden 34:31  
124 Amy Bernard (7) 34:46  
133 Linda Wegener (6) 35:07  
167 David Huckins 36:35  
177 Kevin O'Sullivan 37:14  
178 Eldon Burkinshaw(7) 37:17  
206 Dave Breeden 38:36  
223 Margaret Foley (2) 39:31  
232 Skip Cleaver 40:31  
243 Peter Darasz 41:17  
247 Maureen Knepp 41:26  
249 Gary Mooers 41:27  
254 Christine Rosenwasser 41:39  
269 Bob Gorham (4) 42:27  
284 Kenneth Folsom (4) 43:37  
309 Jason Daily 45:41  
317 Sachiko Burkinshaw (3) 46:34  
328 Rosa Tejada 48:10  
355 Gail Gorham 57:34  
356 John Nofle 57:47  
365 Maureen Marcotte(2) 1:10:50

Numbers in ( ) are NH Grand Prix points scored.

**7/20 - Stowe 8M Stowe, VT**

704 James Gulla 1:18:39

**7/20 - Lowell YMCA Triathlon**  
*Lowell, MA*

*1.5K swim - 40K bike - 10K run*

4 Jeff Litchfield  
27:36/1:02:34/41:57

**7/22 - Good Times 5K Series**  
*Lowell, MA*

29 Linda Wegener 21:39  
46 Skip Cleaver 24:04  
61 Rosa Tejada 27:28

**7/26 - St. Anne's Lakes Run 5M**  
*Hampstead, NH*

30 Bridget Lavigne 36:43  
35 Steve Grande 37:16  
41 Eldon Burkinshaw 37:51  
62 Anthony Guinto 40:42  
64 Mark Traeger 41:02  
95 Bob Gorham 45:29  
100 James Gulla 47:09  
108 Bob Downin 49:15  
134 John Nofle 1:03:37

**7/26 - Peaks Island 5M**  
*Peaks Island, ME*

130 Casey Darasz 39:59  
164 Skip Cleaver 41:56

**7/29 - Good Times Summer Series 3.79M Lowell, MA**

4 Linda Wegener 21:23 (26:51)  
51 Skip Cleaver 29:40 (29:40)

Gender graded times (actual)

**7/29 - Yankee Homecoming 5K & 10 Miler Newburyport, MA**

**5K**  
49 Dana Breeden 19:15  
90 Amy Bernard 20:28  
96 Vickie Kalil 20:50

133 Steven Grande 21:46  
169 Dave Breeden 22:31  
172 Anthony Guinto 22:37  
427 Bob Gorham 25:56  
479 Valerie Peters 26:37  
644 Rosa Tejada 28:39

**10 Miler**

174 Tom Varick 1:07:45  
264 Christopher Jones 1:10:40  
317 Rich DiSalvo 1:12:17  
321 Philip DiSalvo 1:12:22  
441 Bridget Lavigne 1:15:29  
767 Bob Downin 1:41:43

**8/2 - Peoples Beach to Beacon 10K Cape Elizabeth, ME**

1129 Casey Darasz 47:05  
2512 Peter Darasz 54:40

**8/2 - Kingston Fireman's 5M**  
*Kingston, NH*

6 Anthony Guinto 36:41

**8/3 - High Street Mile**  
*Newburyport, MA*

47 Jim Peters 5:26  
80 Anthony Guinto 6:13  
95 Eric Guinto 6:29

**8/3 - York Day 5K York, ME**

208 John Nofle 33:54

**8/5 - Good Times Summer Series 5K Lowell, MA**

**Women**

5 Linda Wegener 21:50  
27 Rosa Tejada 28:01

**Men**

29 Anthony Guinto 21:52  
44 Skip Cleaver 23:58

**8/7 - Thunder Chicken 5K**  
*Portsmouth, NH*

239 Kenneth Folsom 27:00  
**8/9 - Sandown Old Home Days**  
*5M Sandown, NH*

6 Matt Simpson 29:56  
8 Timmy Plante 30:08  
19 Patrick Maloney 32:10  
25 Tom Varick 32:54  
32 Jim Peters 33:27  
33 Charles Perry 33:35  
36 Donald Dupaul 33:52  
39 Mark Lutter 34:16  
43 Phillip DiSalvo 34:45  
52 Amy Bernard 35:14  
63 Vickie Kalil 36:22  
65 Linda Wegener 36:25  
68 Steve Grande 36:33  
70 Gary Mooers 36:41  
72 Bridget Lavigne 36:50  
81 Anthony Guinto 37:43  
82 Peter DiSalvo 37:48  
84 Sinthy Kounlasa 37:53  
94 Eldon Burkinshaw 38:43  
95 David Huckins 38:47  
107 Dave Breeden 39:54  
112 Kathy Hamilton 40:53  
116 Marggie Foley 41:08  
138 Paula Bonin 43:44  
142 Jean Manning 44:01  
143 Sue Wentworth 44:10  
149 Bob Gorham 44:32  
158 Hayley Traeger 46:00  
165 Valerie Peters 46:56  
180 Rosa Tejada 49:20  
184 Roger Dufresne 49:50  
190 Jim Ewell 50:01  
212 Samantha Bonin 56:12  
214 John Nofhle 59:11

**8/9 - Run For Love 5K**  
*Tifton, GA*

11 Mike Beeman (pushing  
Jarod) 18:54

The race was at 7:45 at  
night...the humidity was at 95%  
at the time!!!

**8/9 - Bridge of Flowers Classic**  
*10K Shelburne Falls, MA*

813 James Gulla 1:08:14

**8/12 - Good Times Summer**  
*Series 5K Lowell, MA*

Guess your time race - finish  
place is difference.

5 Anthony Guinto 21:29  
8 Mark Lutter 22:03  
15 Jason Daily 25:54  
17 Linda Wegener 22:03  
35 Dave Breeden 27:44  
45 Rosa Tejada 27:40  
46 Skip Cleaver 23:34  
50 Jim Ewell 27:37  
79 Steve Grande 21:21

**8/14 - Nahant Beach**  
*Triathlon Nahant, MA*  
*Swim 1/4M - Cycle 4.8M -*  
*Run 2.7M*

19 Robert Falciola 57:21

**8/14 - Cigna Healthcare**  
*Corporate 5K Manchester, NH*

72 Matt Simpson 17:15  
118 Timmy Plante 17:59  
398 Steve Grande 21:18  
480 Dana Breeden 21:46  
593 Colin O'meara 22:37  
603 Stephen Robertshaw 22:23  
673 Dave Breeden 22:51  
753 Casey Darasz 23:18  
926 Dylan Kalil 24:32

927 Vickie Kalil 24:33  
941 Peter Darasz 24:29  
1032 Nicholas Marshall 25:24  
1119 Bob Gorham 25:32  
1278 Bob Downin 26:49  
1551 Rosa Tejada 28:34  
1789 Brian Blouin 28:12  
1894 Roger Dufresne 29:38  
2196 Alex Blouin 30:52  
2199 Joe Blouin 30:53  
2460 John Nofhle 33:33  
2918 Maureen Marcotte 44:16

**8/16 - Old Home Days 5K**  
*Londonderry, NH*

11 Jim Peters 19:19  
14 Donald DuPaul 19:29  
24 Mark Lutter 20:21  
27 Amy Bernard 20:43  
31 Vickie Kalil 20:58  
34 Steve Grande 21:20  
37 Linda Wegener 21:23  
47 Colin O'Meara 22:07  
51 Eldon Burkinshaw 22:27  
55 Bill Cornelissen 22:37  
69 Robert Knepp 23:29  
73 Bridgit Lavigne 23:41  
83 Marggie Foley 24:14  
87 Maureen Knepp 24:33  
106 William Manning 25:36  
124 Bob Gorham 26:06  
141 Kenneth Folsom 26:38  
148 Amanda Cornelissen 26:44  
160 Sachiko Burkinshaw 27:21  
168 Bill Einhorn 27:49  
172 Patrick Knepp 28:02  
177 Rosa Tejada 28:20  
192 Priscilla Joseph 30:11  
193 Paul Pignone 30:12  
218 John Nofhle 32:39

**8/16 - Granite Man Triathlon**  
*Wolfboro, NH*  
*Swim 3/4M - Cycle 15M -*  
*Run 3.7M*

24 Kyle Litchfield  
21:20/47:39/29:57

**8/16 - Timberman Half Iron  
Man Gilford, NH**

512 Mark Traeger  
40:16/2:58:31/2:20:33

**Sprint**

14 Jeff Litchfield  
12:31/39:55/18:10

**8/19 - Good Times Summer  
Series 5K Lowell, MA**

Handicap Race First time is  
handicap, second is actual

1 Dave Breeden 12:09 22:46  
7 Mark Lutter 15:14 21:10  
26 Skip Cleaver 15:52 23:19  
63 Jason Daily 16:52 26:39  
69 Linda Wegner 17:04 22:36  
80 Rosa Tejada 17:59 28:20

**8/12 - NH State Police DARE  
Classic 5K Loudon, NH**

40 Steve Grande 22:23  
90 Ryann Gibbons 24:46  
130 Kenneth Folsom 26:31  
148 Kaleigh Gibbons 27:10

**8/21 - Nahant Beach  
Triathlon Nahant, MA**

Swim 1/4M - Cycle 4.8M -  
Run 2.7M

31 Robert Falciola 60:00

**8/23 - Barnstead Old Home  
Days 5K Barnstead, NH**

7 Jim Peters 18:54  
24 Colin O'Meara 21:00

**8/24 - Mack's Apples 5K XC  
Londonderry, NH**

4 Matt Simpson 17:08  
11 Donald Dupaul 19:07

12 Jim Peters 19:23  
18 Philip DiSalvo 20:14  
21 Anthony Guinto 20:47  
27 Matthew Pezone 21:05  
43 Kevin O'Sullivan 22:52  
48 Peter Darasz 23:35  
49 Paul Pezone Jr 23:42  
75 Bill Einhorn 25:44  
97 Patrick Knepp 28:44  
110 John Noftle 38:07  
112 Roger Sweeper 40:40

**8/24 - Downtown Mile  
Lowell, MA**

29 Tom Lewis 6:59

**8/24 - Mast Yard State Forest  
5K XC Hopkinton, NH**

3 Kyle Litchfield 18:57  
19 Philip DiSalvo 21:53  
31 Peter DiSalvo 22:57  
72 Dylan Kalil 26:48  
73 Vickie Kalil 26:50  
79 Zachary Litchfield 27:18

**8/26 - Good Times Summer  
Series 5K Lowell, MA**

43 Anthony Guinto 21:20  
47 Linda Wegener 21:54  
59 Dave Breeden 22:30  
66 Skip Cleaver 23:08  
93 Jason Daily 25:55  
95 Jim Ewell 27:05  
105 Rosa Tejada 28:07

**8/28 - Brie Burger in Paradise  
4.2M Cambridge, MA**

55 Mark Lutter 27:58  
98 Linda Wegener 29:48

**9/1 - Around Cape Ann 25K  
Gloucester, MA**

434 William Manning 2:15:41  
582 Jean Manning 2:26:56

**9/1 - St Charles Children's  
Home 5K Rochester, NH**

174 Kenneth Folsom 25:12  
328 John Noftle 32:28

**9/1 - Frankestown Five 5M  
Frankestown, NH**

10 Matt Simpson 29:38  
21 Ted Norton 30:57  
38 Tim Wright 32:07  
43 Rich Disalvo 32:17  
46 Donald Dupaul 32:24  
47 Jim Peters 32:29  
60 Mark Lutter 33:56  
73 Vickie Kalil 34:37  
75 Philip Disalvo 34:47  
92 Kevin O'Sullivan 35:52  
99 Linda Wegener 36:19  
102 Gary Mooers 36:32  
104 Maryann Macrlal 36:46  
113 Dave Breeden 37:16  
116 Sandy Huckins 37:21  
117 Colin O'Meara 37:22  
118 Eldon Burkinshaw 37:27  
144 Marcela Norton 38:58  
149 Robert Knepp 39:32  
156 Marggie Foley 39:54  
181 Maureen Knepp 42:03  
205 Bob Gorham 44:19  
217 Sachiko Burkinshaw 45:51  
223 Rosa Tejada 46:21  
236 Jim Ewell 48:36

**9/6 - Police Chace 5K  
Litchfield, NH**

Jim Peters 18:25  
Tom Varick 18:57

**9/6 - Seafood Festival 5K  
Hampton, NH**

80 Ryann Gibbons 22:16  
132 Kaleigh Gibbons 24:25

**9/6 - Union Leader Classic 8K**  
*Manchester, NH*

15 Rich Disalvo 30:49  
41 Colin O'Meara 35:10  
110 Kenneth Folsom 41:38  
134 Bob Gorham 44:21  
151 Roger Dufresne 47:23  
180 John Noftle 54:43

**9/1 - Mt Washington/ Great Glenn 5K XC**  
*Gorham, NH*

Varsity Girls  
21 Casey Darasz 21:58

Varsity Boys  
25 Tim Plante 18:12  
48 Dana Breeden 18:55

**9/4 - Atkinson 5K**  
*Atkinson, NH*

2 Matt Simpson 17:20  
13 Charles Perry 19:07  
15 Philip Disalvo 19:30  
30 Steve Grande 20:38  
33 Anthony Guinto 20:45  
98 Paula Bonin 24:38  
108 Susan Wentworth 25:11  
123 Kenneth Folsom 25:56  
211 John Noftle 33:42

**9/7 - Maple Leaf Half Marathon**  
*Manchester, VT*

43 Steve Grande 1:39:34

**9/13 - Caritas Norwood Hospital 4M**  
*Norwood, MA*

17 Matthew Pezone 26:20

**9/13 - Burbank Wakefield YMCA 5K**  
*Wakefield, MA*

5 Jim Peters 18:29  
163 John Noftle 32:00

**9/14 - Run Walk for the Whisper 5K**  
*S Boston, MA*

5 Mark Lutter 19:39  
16 Steve Grande 21:05  
25 Linda Wegener 22:18  
27 Robert Flinn 22:32  
101 Rosa Tejada 29:38

**9/14 - Wolfeboro Metric Marathon - 26.2 Km**  
*Wolfeboro, NH*

22 Chris Jones 2:04:31  
68 William Manning 2:24:49

**9/20 - Bar Harbor Half Marathon**  
*Bar Harbor, ME*

169 William Manning  
1:51:24

**9/20 - Children's Miracle Network 5k**  
*Nottingham, NH*

12 Bob Gorham 27:21  
25 John Noftle 35:00

**9/20 - Lake Winnepesaukee Relay Results**

*Leg 1 = 10.7M, Leg 2 = 11M,  
Leg 3 = 9.3M, Leg 4 = 4M,  
Leg 5 = 10.8M, Leg 6 = 6.4M,  
Leg 7 = 8.5M, Leg 8 = 4.4M*

**GDTC Team # 1 (Mixed Open)**

Leg 1.....Rich DiSalvo 1:13:20  
Leg 2.....Don Depaul 1:32:08  
Leg 3.....Julie Moore 1:12:40  
Leg 4.....Michelle Moraros 30:30  
Leg 5.....Matt Simpson 1:17:21  
Leg 6.....Linda Wegener 47:14  
Leg 7.....Angelo Santitto 52:44  
Leg 8.....Lynn Gendreau 34:15

GDTC #1 team was 7<sup>th</sup> out of 28 teams in the division- Mixed Open, and 32<sup>nd</sup> overall out of 121 teams.

**GDTC Team # 2 (Men's Open)**

Leg 1.....Chris Jones 1:17:46  
Leg 2.....Larry Cormier 1:19:04  
Leg 3.....Joe Blouin 1:15:16  
Leg 4.....Dave Breeden 28:32  
Leg 5.....Phil DiSalvo 1:21:56  
Leg 6.....Mark Lutter 44:09  
Leg 7.....Gary Moores 1:08:16  
Leg 8.....Colin O'Meara 33:15

GDTC #2 team was 17<sup>th</sup> out of 35 teams in their division- Men's Open, and 36<sup>th</sup> overall out of 121 teams.

**GDTC Team # 3 (Derry Fun)**

Leg 1....Maureen Knepp 1:40:07  
Leg 2.....Fritz Newman 1:32:00  
Leg 3.....Bill Gibney 1:25:06  
Leg 4.....Rosa Tejada 40:33  
Leg 5.....Steve Robertshaw 1:30:53  
Leg 6.....Ann Tassinari 1:00:53  
Leg 7.....Marggie Foley 1:09:06  
Leg 8.....Steve Grande 33:48

GDTC #3 team was 5<sup>th</sup> out of 5 teams in their division and 98<sup>th</sup> overall out of 121 teams.

**9/21 - Fox Point Sunset 5M**  
*Newington, NH*

44 Kenneth Folsom 41:34

**9/21 - Halfway to St. Patty's Day 5K**  
*Manchester, NH*

22 Steve Grande 21:12  
44 Nicholas Marshall 22:21  
91 Tom Lewis 25:18  
150 Rosa Tejada 29:08  
192 John Noftle 33:34

**9/27 - Eliot Festival 5K**  
*Eliot, ME*

535 Kenneth Folsom 25:53  
544 Bob Gorham 25:56  
748 Rosa Tejada 298:44  
926 John Nofle 32:50

**9/28 - Amherst XC**  
*Amherst, NH*

5K Steeple Chase  
13 Bob Knepp 29:22

5K Open XC  
6 Jim Peters 21:12  
12 Bob Knepp 25:38

**9/28 - McCourt Classic 5M**  
*S. Boston, MA*

91 Mark Lutter 33:35  
134 Linda Wegener 35:46

**10/3 - Friday Night Fiver 3.5M**  
*Lawrence, MA*

43 Rosa Tejada 31:35

**10/4 - Great Bay 5K**  
*Stratham, NH*

126 Bob Gorham 25:24  
265 John Nofle 32:37

**10/4 - Applefest Half Marathon & Relay**  
*Hollis, NH*

Half Marathon

35 Rich Disalvo 1:27:15  
338 Nicholas Marshall 1:46:52  
443 Bill Cornelissen 1:50:58  
452 William Manning 1:51:34  
641 Peter Darasz 1:59:00

Two-person Relay

4 Vickie Kalil/Colin O'meara  
1:30:42

**10/5 - Sportshoe Center Main**  
*Half Marathon Portland, ME*

483 William Manning 1:53:18  
two half marathons in one  
weekend – great job!

**10/5 - Apple Harvest 5M**  
*West Newbury, MA*

138 Kenneth Folsom 41:36

**10/5 - Ro-Jack's 5M**  
*Attleboro, MA*

250 Steve Grande 34:10  
437 Bill Einhorn 43:55

**10/5 - Trot for Special Tots 5K**  
*Andover, MA*

5 Jim Peters 18:48

**10/5 - Kerouac 5K**  
*Lowell, MA*

189 Rosa Tejada 28:11

**RACE RECAP:**

The past months were busy because there were 93 of our club members who ran in 74 races. The types of races where GDTC was represented in were:

1 Mile	2 races
5 K	36 races
3.5 Mile	1 race
3.79 Mile	1 race
4 Mile	2 races
4.2 Mile	1 race
8 K	2 races
5 Mile	12 races
10 K	3 races
8 Mile	1 race
10 Mile	1 race
½ Marathon	4 races

25 K	1 race
26.2 K	1 race
Triathlon	5 races
Relay	1 race

The *Bragging Rights* for this period of time was very competitive and the results below show:

Rosa Tejada	21 races
John Nofle	17 races
Linda Wegener	17 races
Steve Grande	14 races
Bob Gorham	13 races
Anthony Guinto	12 races
Skip Cleaver	11 races
Mark Lutter	11 races
Jim Peters	11 races
Ken Folsom	10 races
Dave Breeden	8 races
Phil DiSalvo	8 races
Vickie Kalil	8 races
Colin O'Meara	8 races
Matt Simpson	7 races

**Congratulations to these and all the club members out there racing! Keep up the great effort!**

**UPCOMING RACES**

**Next Club Races:**

**11/27/03 – 30<sup>th</sup> Annual 5K**  
*Turkey Trot 9:00 AM*  
*Galliens Beach (Beaver Lake)*  
*Derry, NH 603-432-6409*  
*Contact Jim Ewell (yours truly)*  
*jewell@systems.textron.com*  
*jcewellnh@earthlink.net*

**Editors Note:** Also Kevin Lucey's, our webmaster, Birthday (oops I forgot to keep it quiet). How old now?

**1/26/03 - 8<sup>th</sup> Annual Boston Prep 16 Miler** through the rolling hills of Derry.  
10:00 AM West Running Brook school Rt 28 Bypass Derry, NH  
David Breeden 432-6865  
dave.breeden@vsea.com  
weluv2run@comcast.net

**Check the applications for both races enclosed or our web site for all the details.**

Run, volunteer or do both. Give the race director a call if you can help out in any way. We really need your help and every little bit helps.

**Local Area Races:**

**10/11/03- Fall Festival 5K,**  
10:00 AM Lebanon, NH  
603-448-6477  
Shana.Ricker@ccba-leb.com

**10/11/03- Great Island 5K,**  
10:00 AM New Castle, NH  
603-431-0839  
info@greatisland5k.org

**10/11/03- Jennifer's Run 5K,**  
10:00 AM, UMASS Lowell, MA  
617-448-1104  
scottdamour@hotmail.com

**10/12/03- Tufts Health Plan 10K for Women,** 12:00 noon,  
Boston Common, Boston, MA  
888-767-7223  
tufts10k@conventures.com

**10/12/03- 17<sup>th</sup> Annual Bobby Bell 5M,** 11:00 AM, Lasting Room Pub, Haverhill, MA 978-373-3408 icky@mva.net

**10/18/03- Bridges 4 Friendship 10K,** 10:00 AM Portsmouth, NH  
603-431-6703 bridges10K@seacoastmentalhealth.org

**10/18/03- Hopkinton Lion's Club 13<sup>th</sup> Annual Autumn 5K,** 11:00 AM Hopkinton, NH  
603-746-4347  
theodore.story@comcast.net

**10/19/03- "Angles on Foot" 5K,** 10:00 AM Hampton Beach, NH 978-821-6218  
mrktamdeborah@aol.com

**10/19/03- Baystate Marathon, Half-Marathon, 10K,** 8:00 AM Tsongas Arena, Lowell, MA  
978-323-4400  
baystatemarathon@earthlink.net

**10/19/03- Lawrence Vietnam Memorial 4M,** 11:00 AM Claddagh Pub, Lawrence, MA  
978-685-7407  
EFCurran@ci.methuen.us.ma

**10/19/03- Making Strides 5M,** 1:00 PM Memorial Field Concord, NH 603-624-7803  
dan.gettens@adc.com

**10/19/03- Ravenswood Trail Race,** 9:00 AM, Gloucester, MA  
978-281-9856  
info@tcamloucester.com

**10/19/03- 19th Annual Very Fine Littleton Rotary Road Races,** 5M, 2.4M, 1:05 PM, Veryfine Products, Littleton, MA 978-486-3522  
miscovr@hh.veryfine.com

**10/25/03- Fall Frolic 5K,** 10:00 AM New England College, Henniker, NH 603-428-2484  
enott@nec.edu

**10/25/03 - Hampton Community Challenge 5K,** 9:00 AM, Hampton, NH 603-926-3932  
dlassonde@town.hampton.nh.us

**10/25/03- United Against Domestic Violence 5K,** 10:00 AM Police Dept, Pelham, NH  
603-635-2411  
aperriello@pelhampolice.com

**10/25/03 - Vlasich Classic 5K Deer Run,** 9:00 AM, Candia, NH 603-628-7059  
jpm@fnjgp.com

**10/26/03 - Great Pumpkin 10K,** 9:30 AM, Wormwood's Restaurant Camp Ellis, ME  
207-883-8662  
runnar@gwi.net

**10/26/03- GrotonTown Forest Trail Races 9.5M/3.4M,** 12:30 PM, Grotonl, MA 978-448-2813  
pgfunch@charter.net

**10/30/03- Harpoon Brewery "Oktoberfest Blues Run & Bar-B-Que" 7:10 PM,** VFW Post Somerville, MA 617-625-2140  
BAEvents@aol.com

**10/26/03- The Old Nancy 5K,** 9:00 AM, Perley School Georgetown, MA 978-352-8189  
blkforstgrnwalet@aol.com

**10/26/03 - Shirt Factory Five,** 11:00 AM, Boys/Girls Club, Salem NH 603-898-4181  
marthabreen@netscape.net

**10/26/03- White Mountain Milers Half Marathon,** 10:00 AM, Eastern Slope Inn, North Conway, NH 603-447-8933  
half@whitemountainmilers.com

**10/26/03- YMCA Dualathon**  
10:00 AM, YMCA Lowell, MA  
978-454-7825  
ccloutierYMCA@aol.com

**11/1/03- 2<sup>nd</sup> Annual Fall Into Fitness 4M, 9:00 AM,**  
Hampstead Health & Fitness,  
45 Danville Rd, East  
Hampstead, NH  
603-382-9291  
wentmasg@gsinet.net

**Editor Note:** Race by our club member Sue Wentworth

**11/1/03- 16<sup>th</sup> Annual 5K, 10:00 AM,**  
West Lebanon, NH  
603-448-5794  
t-jgilligan@juno.net

**11/1/03- 4 Mile Turkey Trot and 1 Mile Turkey/Dog Walk, 9:00 AM,**  
Sanford Jr HS, Sanford, ME 207-324-9130  
ljhegarty@sanfordmaine.org

**11/8/03 – 15<sup>th</sup> Bruce Ellis Memorial 5K 10:00 AM,**  
Exeter, NH 603-778-9114  
kevin.oleary@comcast.net

**11/9/03 – BAA 16<sup>th</sup> Annual 5Miler, 11:00 AM, BAA Summer ST Boston, MA 617-269-4300**  
jsuddy@bostonathleticclub.com

**11/9/03 – Run for All Ages 5K, 10:00 AM, Best Western Wakefield, MA 781-334-4591**  
jpanarese@aol.com

**11/11/03 – Veterans Memorial USATF 11K, 11:11 AM, Town Hall Stoneham, MA 781-279-4970**  
vets11K@hotmail.com

**11/11/03 – VFW Post Harvest Moon Couples Team Relay 2(3.2Mile loops), 7:10 PM,**  
Somerville, MA 617-625-2140  
BAEvents@aol.com

**11/15/03- The Bow Run Around the Town 5Miler, 10:00 AM,**  
Bow HS, Bow, NH 603-224-8817  
GMac982@yahoo.com

**11/15/03- 2<sup>nd</sup> Annual Girl's on the Run 5K, 10:00 AM, Town Hall, Newfields, NH 603-778-1389**  
gotrnh@yahoo.com

**11/22/03- Jingle Bell Run for Arthritis 10K, 10:00 AM, Little Harbor School Portsmouth, NH 603-224-9322**  
cleearthritis.org

**11/23/03- 8<sup>th</sup> 3<sup>rd</sup> Annual Curley Goulet Novemberfest 6.3M-ish Trail Run and Party, Nashua High track, 11:33 AM**  
603-595-8932  
rdtskis@aol.com

**11/27/03- Galloping Gobbler 5M, 9:00 AM, Bishop Brady HS, Concord, NH, 603-225-0269**  
petahe@comcast.net

**11/27/03- 2<sup>nd</sup> Annual Thanks4giving 5K, 8:00 AM, Elks Lodge, Lowell, MA 978-656-5867**  
Michael.Riordan@ebtc.com

**11/27/03- Portland Thanksgiving Day 4 Miler, 9:00 AM, Bay Club Portland, ME 207-780-5595**  
gtowle@usm.maine.edu

**11/27/03 - Feaster Five 5M & 5K, Main St, Andover, MA, 8:30 AM 978-774-3842**  
info@feasterfive.com

**11/30/03- 24<sup>th</sup> Annual Andover Country Club 3.5M XC, 12:00 noon, Andover Country Club Andover, MA 978-373-3408**  
icky@mva.net

**12/6/03- Jingle Bell 5K for Arthritis, 10:00 AM, Rundlett Middle School, Concord, NH 603-224-9322**  
cleearthritis.org

**12/14/03- Larry Robinson/Alex Milliotis 10M/5K, 9:00 AM, Andover HS, Andover, MA 978-937-4200**  
info@larryrobinsonrace.com

**12/14/03 – Khoury's 4.13M Winter Challenge, 11:00 AM, Khoury's State Spa Somerville, MA bhuddarrow@comcast.net**

**12/21/03- Khoury's "Winter Solstice" Yule Candle 4.13M, 10:00 AM, Khoury's State Spa, Somerville, MA 617-625-2140**  
BAEvents@aol.com

**12/28/03 - 5<sup>th</sup> Annual Millennium Mile, 2:00 PM High School, Londonderry, NH 603-219-8855**  
jmortiii@hotmail.com

### **Local Area Race Series:**

**Every Thursday thru 12/25/03**  
Khoury's 4.13 Miler Khoury's State Spa, 7:15 PM, Somerville, MA 617-718-0187  
khourys@srr.org

**Every other Thursday thru 11/06/03**  
VFW Post 3.21284566 Mile, 7:10 PM, West Somerville, MA 617-625-2140  
BAevents@aol.com

**Every Friday thru 10/31/03**  
*Charles River 4 Mile Fun Run,*  
*6:00 PM Cambridge Racquet &*  
*Fitness club, Cambridge, MA*  
*781-275-1584*  
*Steviep669@hotmail.com*

**Every Wednesday thru**  
**11/5/03** *Back Cove 5K, 6:00*  
*PM, Portland, ME 207-725-*  
*5178 palmerstu@hotmail.com*

To obtain the latest up-to-date race information check **Eldon's Friendly reminder** and/or go to the source where many, many races are found and that is: **www.coolrunning.com**. It has all the races listed as well as maps, email addresses, previous results, and online registration, if available, for that race.

### **New Hampshire RRCA Grand Prix Race Series**

The Grand Prix series consists of 8 races (all in NH) with the club getting points for each club member who places in the top ten of their respective age group (provided you list GDTC as your organization). If you place first in your age group you get 10 points. If you place 10<sup>th</sup> in your age group you score 1 point. If there are not 10 various club members placing in an age group the scale is adjusted accordingly. This year there was a relay race with each club fielding one team of 4 males and 4 females. As in the past each GDTC participant receives a \$5 credit towards his or hers annual dues. So do the math, if you run in 4 races, your dues are free!

The 2003 series began in May and as of press time after 6

races the standings are:

<u>Club</u>	<u>Points</u>
Gate City Striders	565
Rochester Runners	520
Granite State	416
Monadnock Regional	299
<b>Greater Derry Track</b>	<b>230</b>
Athletic Alliance	131
Coastal Athletic Assoc	45
Sandown Rogues	20
White Mountain Milers	17
Club New England	0
Lake Sunapee Run Club	0

There are two remaining races on the schedule as shown below, so try to make it and be sure to list GDTC as your organization.

**10/19/03-** *7<sup>th</sup> Annual 5K Run for Shelter, 1:00 PM, Citizens Bank Elm Street Manchester, NH 603-627-3491 eileen@thewayhomenh.org*

**10/25/03** *-Rochester Runners Free Fall Classic 10K, 9:00 AM Spaulding HS, Rochester, NH 603-749-7820 stephan@enterasys.com*

### **Web Page**

Our web page is designed and managed by our webmaster Kevin **Lucey** and our new web page is still evolving after the changeover to a new internet provider. The new address is:

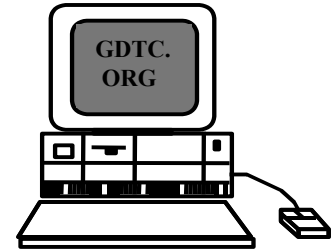
**www.gdgc.org**

When done it will contain a lot of great stuff about our club as well as links to other local club sites, race results links and much more. Great job and

thanks again Kevin.! Happy Birthday!

If you have any input, including compliments, about our new site contact Kevin at

*www.kjlucey@comcast.net*



### **Kids Summer Fun Run Series Recap**

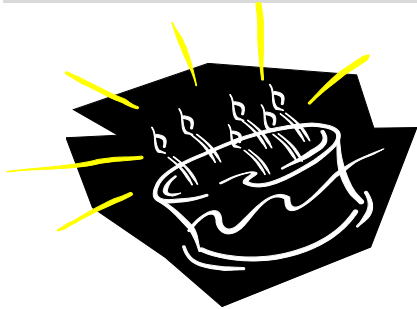
Well the 28<sup>th</sup> Edition of the club's Kids Summer Fun Run series for 2003 is now history. Again it was another successful year and again several hundred pounds of food was collected and donated to the Derry Human Services Department for distribution to local families in the greater Derry/Londonderry area. More importantly the event has introduced running to kids.

The co-directors Suanne Nader and Debbie Officer again did an outstanding job and the GDTC extends its congratulations and appreciation. Great job! Not to be overlooked are the many club volunteers who also showed up to help out each week and many thanks go to you also.

On the final night awards were given out, with trophies to age group winners and medals and tee shirts to all the participants. This annual tradition *is* the essence of what the club is all about, "*to promote running*",

and to see the excitement of these kids is an unbelievable payoff for you when you help out. It's contagious! Thanks Sue and Deb!  
See everyone next year!

## UPCOMING BIRTHDAYS



### October

- 10/8 Michelle Moraros
- 10/8 Lusann Wishart
- 10/14 Valerie Peters
- 10/15 George Moore
- 10/19 Phil DiSalvo
- 10/22 Jason Daily
- 10/24 Mark Lutter
- 10/26 Peter Darasz
- 10/30 Diane Beeman
- 10/30 Diane Breeden
- 10/31 Robert Flinn
- 10/31 Alex Moore

### November

- 11/2 Kaleigh Gibbons
- 11/2 Nicholas Marshall
- 11/3 Ken Folsom
- 11/5 Kathi Boulter
- 11/5 Kimberly Murphy
- 11/6 Paul O'Sullivan
- 11/6 Walter Prescott
- 11/8 Kelly Blais
- 11/11 Jim Ewell
- 11/17 Aaron Prescott
- 11/19 Hayley Traeger
- 11/20 Margaret Defreest
- 11/21 Kaleigh Gibbons
- 11/25 Bob Falciola
- 11/26 Stephen Robertshaw
- 11/27 Kevin Lucey

11/29 Maureen Marcotte

### December

- 12/3 Mark Durcan
- 12/5 Michael Pezone
- 12/6 Juan Arboleda
- 12/15 Bill Einhorn
- 12/19 Anthony Sabutis
- 12/21 Jeffrey DiSalvo
- 12/23 John Farley
- 12/28 Alison Kemple
- 12/29 Christopher Jones
- 12/29 Rosa Tejada

When you see these club members wish them a Happy Birthday!

## In Memory of Elaine Grande

Well, I'm sure you've heard by now but in July we lost a very dear club member Elaine Grande, who lost the battle to cancer.

I've probably started this piece at least eight times by now and every time it seems that the words are totally inadequate when paying tribute to the "Queen of the Rogues".

For those of you who didn't have the opportunity to know her, check out the tribute page on our club's web site, and read about how others felt about her and you'll begin to get an idea of the kind of person she was. I could use all the standard clichés about how good a person she was but that would be just a statement of the obvious and so seemingly inadequate.

Perhaps what I, and all of us, will miss is her *presence* at

every race. I really felt this *presence* at the last race I saw her which was the club's Foothealth race around Beaver Lake. She always had words of encouragement to her fellow runners and the usual friendly outgoing attitude, what a spirit! Even though she was struggling, she completed the race and later at a post race party commented that that was one of her worst performances. Most people wouldn't even consider running but that was her attitude and outlook on life. Unfortunately I was away at a family wedding in the midwest and could not attend the funeral but I understand that it was one everyone long will remember for a long time.

Another way to tell what kind of person she was is by the reaction to her passing, which I can say was profound and very heartfelt.

It certainly can be said that she touched many people's lives so, wherever Steve runs, he will always have support of those running beside him, which is what I'd like to believe a close running community is all about, another *family*.

One person said it best, on the club's web tribute page, words to the effect that they look forward to racing, and even being passed by her again, in the better place where she is now. Until then, when we can lace up our sneakers again together, we'll miss you Elaine. To close the words just seem so inadequate but I gave it a try so rest in peace Elaine and we'll all be running with you again one day so until then...we'll miss you.

## ***Official GDTC Merchandize***

Wondering where your fellow club members obtain those excellent looking, highly sought after, GDTC articles of clothing?

Our own GDTC member Larry Martin and his wife, Marguerite are the official source of our clubs' clothing. The location is Embroidery Creations of Londonderry 80 Nashua Rd in Londonderry 421-9654. Stop by or contact them. Every so often, the club will usually buy in a bulk quantity to reduce the cost so if there is enough interest we can do a bulk buy. They also have some extra stock from previous orders.

## ***On the Road with your Newsletter Editor***

Recently I visited Denver on a short business trip (fly out Monday returning Wednesday). Well the work part of the trip was long hours, as usual, but fortunately four out of the six of us on the trip were runners so we definitely had the upper hand as to when we would go eat and that was only after a good run on Monday and Tuesday. Another stroke of luck occurred because the place which we had business with was halfway between Denver and Boulder on the Northwest side. We ended up in a town called Westminster and the hotel abutted a running path the likes of which none of us had ever seen before after running on it.

The running path was part of a very deliberate plan by the city to provide a long and extensive system of paths and recreation areas for its residents. The multiple paths ran for many miles and was designed to avoid crossing any roads by building underpasses and overpasses. Some paths passed by a complex of soccer and baseball fields and open green park areas. The grass was at least five inches and lush green and you felt like you were running on your deep shag carpet in your house (it was that nice). All of this sounds nice doesn't it well it has some extra unadvertized side features. When we were stretching and preparing to go out the first early evening we noticed a coyote strolling along the path that passed near the back of our hotel. Well it wasn't the first one or the last one we observed during our run. We had four runners and we observed many other runners and cyclist during our run so we figured it was safe to proceed. After we stared out we figured out that they weren't after us but the prairie dogs. The running paths meandered their way through vast areas of land with hundreds of prairie dog mounds on each side. It was comical to see as we ran by the groups of prairie dogs on each side bobbing their heads out of the mounds of dirt checking us out. They'd get up and start *yapping* some sort of communication to their neighbors (probably were laughing and talking something about our Boston accent we surmised). We ran for an hour and fifteen minutes the first

evening without repeating the same path on the pretty extensive system. The altitude did affect us a little but we were having more fun watching the prairie dogs so we really didn't notice it.

Always knew Boulder was a running mecca but never expected to experience this and can't wait to return.

Remember you can always find a place to run when you travel and usually each has a memorial experience that you'll remember forever...only if you go out to try it.

## **Boston Marathon Numbers**

The application and instructions for the lottery for Boston Marathon numbers is enclosed in this newsletter. The lottery for the numbers will held at the January 7<sup>th</sup> meeting. Deadline for submitting the application is January 4<sup>th</sup>. Please read the instructions carefully and Good luck!

## **Quotes of the Month**

*From Runner's World January 2000 article of anonymous responses from runners when asked to complete this phrase*  
**"From running, I've learned..."**

*"...that no matter your ability, there is a level and intensity that will always challenge you.- Age 15"*

*"...that pain is nothing compared to the emptiness that comes from quitting.-Age 15"*



# Greater Derry Track Club Boston Marathon Lottery Policy

*Revised March 6, 2002*

Each year, the Greater Derry Track Club receives waived entries for the Boston Marathon from the Boston Athletic Association in return for the work the club does for the running community. Entries are reserved for members of the Greater Derry Track Club and are non-transferable. The following policy details how race numbers are given out by the GDTC:

## **Eligibility**

All individuals requesting a number must have been a paid member for the full year preceding the lottery. Members are not eligible to receive a number for more than two consecutive years, unless there are more numbers available than applicants. Members who are qualified for the Boston Marathon or who have secured an official number through other means (such as through the official BAA charity program) are not eligible for the drawing.

## **Point System**

The lottery is based on a simple point system. Each applicant is awarded points based on contributions made to the club over the past year. Consideration will also be given to long-term contributions to the club. The number of times the applicant's name will be placed into the pool of names will be equal to the number of points awarded to that applicant.

The attached form must be filled out and signed by each applicant and submitted to the Board of Directors for review by the designated date. The "honor system" is to be used by each applicant when filling in the appropriate information. The Board of Directors has the final decision making authority when it comes to assigning points to each applicant or awarding race numbers to individuals under special circumstances.

Points are awarded on the following basis:

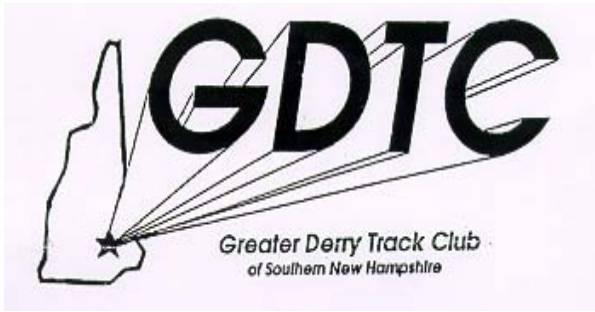
Paid member of the GDTC	1 point
Volunteer at club or club related event	1 point (per event)
Race director/coordinator of GDTC event/ webmaster	3 points
Long-term contributions to the club	1 point

## **Lottery System**

The names of all applicants are placed in a bin (1 time for each point earned). The names are drawn and are awarded numbers in the order they are pulled until all names have been drawn. As an example, if the club has five entries to give out, then the first five names will be awarded the entries. The remaining names will be kept as alternates (in the order they were chosen) in case one of the original recipients cannot run the race.

## **Winners who are unable to compete**

In the event that a recipient finds himself or herself unable to compete in the marathon after being awarded a waived entry, that person must return the entry form to the club – so long as they have not already submitted the form to the BAA. The next person in line will be given the entry. If the form has already been submitted to the BAA, standard Boston Marathon rules apply and the GDTC has no influence on the situation.



# Boston Marathon Waivered Entry Application

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

email Address \_\_\_\_\_

Phone \_\_\_\_\_

Are you a paid member of the GDTC? (at least one year) \_\_\_\_\_ 1 point if yes  
*(If no, application is not eligible for submission)*

Were you a race director or coordinator of a club event within the last year?  
if yes, please list each event – OR – did you serve as the webmaster of the club website?

\_\_\_\_\_ 3 points per event

\_\_\_\_\_ 3 points per event

Did you volunteer at a club related event within the last year? If so please list each event.

\_\_\_\_\_ 1 point per event

\_\_\_\_\_ 1 point per event

\_\_\_\_\_ 1 point per event

Other long-term contributions to the GDTC? (please list)

\_\_\_\_\_ 1 point per contribution

\_\_\_\_\_ 1 point per contribution

Signature \_\_\_\_\_ Total points

# Member of the Year

It's that time of the year again when club members can select the member of the year. The presentation will be made at the annual dinner, on November 21<sup>st</sup>. The selection process is simple with each member casting a vote for a member who has demonstrated the following:

1. Positive attitude and support for all club members.
2. Volunteer time and energy to benefit the club and it's many activities.
3. Provide enthusiastic support at GDTC events.
4. Display community involvement.
5. Promoting and representing the GDTC.

Please make your selection mail to:

Greater Derry Track Club  
PO Box 402  
Derry, NH 03038

or email your vote to: Rich DiSalvo  
richarddisalvo@attbi.com  
Rich.Disalvo@hp.com

All votes need to be received by November 12<sup>th</sup>, 2004.

My selection for 2004 GDTC member of the year is \_\_\_\_\_.

# Annual Club Dinner and Meeting

## ANNUAL CLUB DINNER/MEETING RSVP

(reply requested by November 12, 2004)

I plan to attend the GDTC annual dinner and meeting on November 21<sup>st</sup> and the total number attending will be \_\_\_\_\_ persons.

Enclosed find \$5 per person attending (checks payable to GDTC)

GDTC Member Name \_\_\_\_\_ Phone \_\_\_\_\_

Mail to: Greater Derry Track Club  
P.O. Box 402  
Derry, NH 03038



# Year 2004 Membership Application

Name \_\_\_\_\_ DOB \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Receipt of Club Newsletter: \_\_\_\_\_ regular mail \_\_\_\_\_ emailed to me \_\_\_\_\_ read from club web site

Please check if Renewal: \_\_\_\_\_ Membership Type: \_\_\_\_\_ Individual \_\_\_\_\_ Family

Other family members who would also be active members of the club:

Name \_\_\_\_\_ DOB \_\_\_\_\_  
 Name \_\_\_\_\_ DOB \_\_\_\_\_  
 Name \_\_\_\_\_ DOB \_\_\_\_\_

All track club functions need help from our members. Following is a list of our club races and the Kid's Summer Fun Run series. Please indicate which event you would like to volunteer for this year. A race director will contact you.

January – Boston Prep 16-Miler \_\_\_\_\_ May – Foot Health 5K \_\_\_\_\_  
 July/August – Kid's Summer Fun Runs \_\_\_\_\_ August – Mack's Apples Cross Country 5K \_\_\_\_\_  
 November – Thanksgiving Turkey Trot \_\_\_\_\_

Please list any potential sponsors you may know of for the above races \_\_\_\_\_

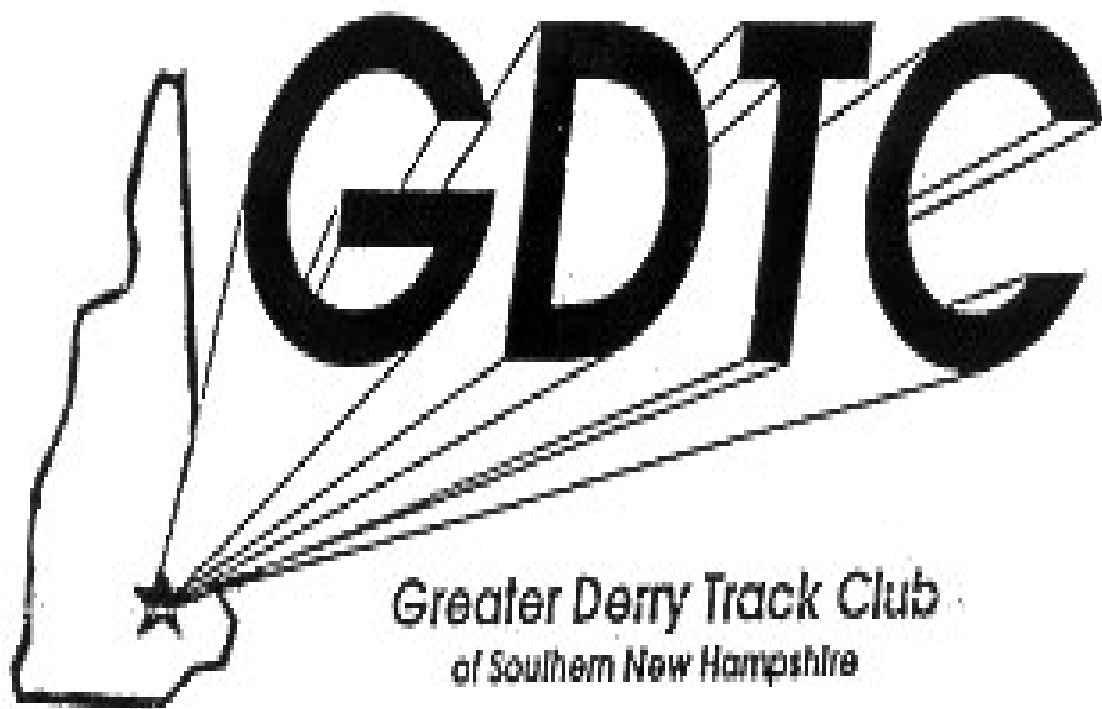
Annual dues are \$20, for both membership types and include full privileges of membership, a club newsletter, weekly email Friendly Reminders, annual subscription to RRCA *Footnotes*, lottery chances for Boston Marathon numbers and Mount Washington numbers, track workouts and much more.  
 New member payment after 10/1/03 grants membership for remainder of 2003 and 2004.

Please make checks payable to: Greater Derry Track Club, PO Box 402, Derry, NH 03038  
 Web site address: **www.gdtc.org**

Club Membership Application Waiver. This must be signed.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 and volunteering to work in club races 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 for membership, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Greater Derry Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the persons named in this waiver.

Signature (parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_



**Greater Derry Track Club**  
**P.O. Box 402**  
**Derry, NH 03038**