



Newsletter

Fall Edition 2005

Letter from the President

By Jim Ewell

Greetings fellow track club members:

To many members, the fall season is their favorite time of year for running. Gone are hot and humid days of summer. The air is crisp and the fall foliage, especially here, is postcard perfect. Enjoy it while you can.

The 2005 NH Grand Prix race series finds us still in 3rd place and with only three races remaining on the schedule and the separation of the clubs, it appears this is where we'll end up. In advance many thanks to Tim Wright for coaching us and the club's Grand Prix promoters, Mark Lutter and Colin O'Meara. This year's slate of 11 races made it a challenge and perhaps next year's schedule will be more agreeable. Colin is representing the club at an upcoming NH Grand Prix meeting to discuss next year's series so we'll see how that comes out. Forward any of your thoughts for next year's series to Colin through the club's web site link.

As you know, the annual dinner is coming up on Friday evening, November 18th – a great way to stop and celebrate a great racing season with the club and meet the members. At the dinner (as always), elections will be held for club officer positions for next year. All the details are included in the newsletter.

Looking ahead, the club sponsored races are the Turkey Trot, now in its 32nd year, held on Thanksgiving morning and the Boston Prep 16 Miler, now in its 11th year. Details are included in this newsletter and as always a massive club turnout of volunteers are needed to make these traditional signature events what they are. Please try to help out.

The club membership continues to grow and many new members are joining so welcome them to our great little club.

The web site has a new redesigned look, so check it out and thanks Mariano for the great job. Keep up the great work.

Those of you considering Boston for 2006 don't forget the lottery that the club offers (details enclosed).

Finally there is the member of the year nomination. It is your chance to recognize someone who you think has gone that extra mile, or done that extra bit for the club. To those of us who have won it, it is really a special recognition and worth being proud of. The form is enclosed so try to take a few moments to think of who deserves such recognition.

Have some great fall running season and I'll see everyone at the club's annual dinner and the Turkey Trot on Thanksgiving morning.

Best Regards,

Jim

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**From Your Co-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.

The Autumnal Equinox occurred on September 22nd at 6:23 pm EST (if you can remember back that far). Right off I'll apologize for not getting this edition out on time but it has been a very busy past 3 months since the last edition. I offer no excuses just poor management of my time and not enough of it.

I'm quite excited about the effectiveness of the new web page and continually get request from folks interested in what our club is all about. I respond, as president, to each and every one explaining the GDTC.

It is a little amusing to read the questions asked from potential members about the club. The perception of some is that a "track club" is a collection of sub 5 minute milers all with 0.2% body fat.

I try to instill in them that our

mission is to promote running as a healthy lifestyle no matter what skill level or physical condition you are in. I still feel so good about promoting running through the club after hearing, day after day, the obesity of the average American, and it's getting worse. The kid's Summer Fun run is so rewarding in that regard. Hopefully the message we give to them at that age will last a lifetime. It appears to be working as evidenced by some of the present members of the club who started at the fun run series years ago and are still running.

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. Feel free to offer me your criticism (both good and bad) when you see me.

**New & Returning
Members**

Joe Blouin & Family
Sam Burnett
Margaret DeFreest
Bill Einhorn
Roxane Gagnon

Steve & Maryann Grande
Michael Knott
Nicholas Marshall
Pauline Sullivan

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**

In 2004 we ended up with 77 memberships at year's end which was down from the 89 in 2003. Things are looking great for 2005 because as of press time we have 86 memberships and many are new members which is very encouraging in that we must be doing something right.

Many old members basically forget to renew so hopefully they'll realize they forgot and send in their application. If you see any of them ask if they rejoined, otherwise it's their loss!

Club Elections

It is that time of year again for the election of the club officers for the upcoming year. As of now all of the incumbents have decided to run again and serve another term (guess we're still crazy).

But don't let that fact discourage you if you have a desire to seek power and fame in the GDTC, so please step forward.

We always need some new enthusiasm, which has been seen at the member level and it would be great to see some at the officer level to help guide the shape of our club.

You can nominate someone or throw your own name into the race.

Usually it is an accepted courtesy to ask the nominee if they will accept the office, 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 your fellow members and officers.

Club Officers

President:

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Vice-President:

Eldon Burkinshaw 432-9805
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Treasurer:

Maureen Knepp 434-7858
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Secretary & Newsletter Editors

Dave Breeden & Jim Ewell

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Director-At-Large:

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Club Meetings



Meeting nights are the first Wednesday of every month. The next few meeting dates are October 5th, November 2nd, January 4th, February 1st, and March 1st.

There will be no meeting in December because the **Annual Club Meeting/Dinner**, is on Nov 18th (see elsewhere for details). The meetings are held at the Marion Gerrish Community Center formally known 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 18th** 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. We very much appreciate it if you could mail in payment so as we don't have to chase you during the dinner (we also want to enjoy the dinner).

We did consider again moving the date since there is a large group planning to run the Philadelphia marathon that weekend but all agreed that a later date would conflict with

Christmas parties and there were no earlier open dates. Also we said it was tradition so don't mess with tradition. Everyone can expect a courtesy call from Rosa or Barry asking if you plan to attend so to avoid such a call mail in your form early. The form is in this newsletter. Please RSVP by November 12th and see you there!

GDTC Member of the Year

Every year the club recognizes the individual who has done, seemingly everything, with the and for the club. He (she) gives much more than the average member and motivates others to get more involved. If by reading this, someone comes to mind and if you feel such an individual is worthy then use the form found in this newsletter to nominate her or him. Some of the previous winners include: Eldon Burkinshaw, Jim Ewell, Maureen Knepp, Vickie Kalil, Mark Lutter, Colin O'Meara, Rosa Tejada. The presentation will be made at the club's annual dinner, on Friday November 18th. 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 15th and you can respond using the enclosed form in this newsletter.

11th Annual Boston Prep 16 Miler

Mark your calendars for January 22nd because believe it or not this is the eleventh year of what recognized as one of New England's legendary races. The race that over the years has offered up every conceivable weather condition and last year was no exception when the temperature at starting time was below zero. Water bottles that the runners usually carry froze and the warm gatoraide was a big hit at one water stops. The race planning is well underway and this years application is enclosed.

This race has been classified as one of the 20 toughest races in all of New England by the Hockomock Swamp Rat (HSR) and many, who repeatedly attend this race every year, will agree.

To pull off a race of this magnitude requires a lot of club membership support by volunteering.

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 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). 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.

Hollis Fast 5K

171 Bill Cornelissen 22:46
268 Jim Gulla 25:54

Andover Days 5K

150 James Gulla 27:37

12th Annual Louise Rossetti Women's 5K Beverly, MA June 15, 2005

33 Linda Wegener 21:57
40 Eileen Pekarski 22:25
145 Rosa Tejada 28:23
Reggae Ramble 4.2 M
Cambridge, MA
June 16, 2005
315 Skip Cleaver 34:17

45th Mt. Washington Road Race 7.6M Pinkham Notch, Gorham, NH June 18, 2005

162 Mark Lutter 1:32:43
305 Steven Murphy 1:42:37
404 Eldon Burkinshaw 1:49:28
422 Linda Wegener 1:50:21
504 Maureen Knepp 1:54:53
531 Steve Moland 1:56:43
542 Eileen Pekarski 1:57:21
561 Scott Hamilton 1:58:48
588 Kathy Hamilton 2:01:05
593 Lisa Snyder 2:01:19
618 Robert Knepp 2:03:23
625 Mariano Santangelo 2:03:47
648 Skip Cleaver 2:05:59
734 Barry Neill 2:15:43
792 Alyssa Small 2:38:08
793 James Gulla 2:38:08

14th Annual Old Home Day 5K North Hampton, NH June 18, 2005

13 Colin O'meara 18:36
48 Tim Kemple 21:30

Father's Day Race for Wellspring 10K Rockport, MA June 19, 2005

26 Maryann Grande 44:41
27 Steve Grande 44:50

Moose Milers 5K Trail Race #12 Nashua, NH June 20, 2005

8 Robert Parent 21:35

Rosie Maguire's Great Womens Chase 5k Lowell, MA June 21, 2005

18 Dana Breeden 19:57
24 Mark Lutter 20:32
28 Samantha Moland 21:01
43 Steve Moland 21:55
46 Linda Wegener 22:02
53 Dave Breeden 22:24
61 Barry Neill 23:51

105 Judi Moland 27:41
116 Rosa Tejada 28:43
149 Diane Breeden 43:23

La Sportiva USATF NE Mountain Running Championships Northfield, MA June 25, 2005

Men's race - 15.3K
64 Eldon Burkinshaw 1:49:49
71 Skip Cleaver 1:58:56

Goffstown Gallop 5.2M Goffstown, NH June 25, 2005
5 Colin O'meara 31:51

Whirlaway 10K Methuen, MA June 26, 2005

193 Julie Moore 43:29
271 Linda Wegener 48:10
285 Eileen Pekarski 49:18
304 Tom Kendzulak 50:20
414 Rebecca Kendzulak 57:37
426 Barry Neill 58:25
449 Skip Cleaver 1:00:42
509 Rosa Tejada 1:11:40

Moose Milers 5K Trail Race #13 Nashua, NH June 27, 2005

9 Vickie Kalil 23:32 (1st woman)

Adirondack Distance Run 10M Lake George, NY July 3, 2005

137 Maryann Grande 1:12:58
156 Steve Grande 1:14:41

Good Times Summer Series Race #1 - 5K Lowell, MA June 28, 2005

31 Dave Breeden 22:50
38 Steve Moland 23:21
42 Barry Neill 24:00
69 Skip Cleaver 27:25
72 Rosa Tejada 28:09
80 Jim Ewell 30:28
98 Diane Breeden 45:48

Firecracker 5K Dunstable, MA July 4, 2005
29 Tom Varick 19:18

29th Annual 4 on the Fourth 4M Bridgton, ME July 4, 2005
889 Colleen Micavich 42:28

York Four on the Fourth 4M York, ME July 4, 2005
69 Robert Parent 27:03

Sparkler 5K Merrimack, NH July 4, 2005
53 Christopher Jones 20:26
332 John Nofle 38:31

4th of July Road Race - 10K North Andover, MA July 4, 2005
203 William Manning 54:02
235 Jean Manning 56:06

Peachtree Road Race 10K Atlanta, GA July 4, 2005
?? Charlie Bemis 49:27

Good Times Summer Series Race #2 - 5K Lowell, MA July 5, 2005

6 Dana Breeden 20:03
8 Steven Murphy 20:23
9 Roxane Gagnon 20:39
14 Kimberly Murphy 20:59
21 Maryann Grande 21:46
23 Steve Grande 21:54
31 Dave Breeden 22:52
59 Barry Neill 25:18
86 Rosa Tejada 29:45

Boilermaker 15K Utica, NY July 9, 2005
912 Mark Lutter 1:07:17
2687 Linda Wegener 1:17:30

10th Annual Harbour Trail 5K Portsmouth, NH July 9, 2005
453 John Nofle 36:49

Hugh Holt Memorial 5M
Raymond, NH July 10, 2005
14 Roxane Gagnon 34:23
31 Tom Koch 39:48
37 Eldon Burkinshaw 41:41

Take The Lake 5K
Wakefield, MA July 10, 2005
51 Steve Grande 20:52
52 Maryann Grande 20:56

The Stowe 8-Miler
Stowe, VT July 17, 2005
427 Steve Moland 1:09:41
559 Skip Cleaver 1:17:05

Good Times Summer Series
Race #3 - 5K Lowell, MA
July 12, 2005

15 Roxane Gagnon 20:32
30 Dave Breeden 22:06
64 Barry Neill 24:56
68 Skip Cleaver 25:16
88 Rosa Tejada 27:53
Berna's Great Leg's 5K
Lowell, MA July 13, 2005
18 Linda Wegener 22:24
91 Rosa Tejada 29:23

38th Annual Bill Luti 5M
Concord, NH July 16, 2005

48 Colin O'meara 31:25
54 Steven Murphy 31:47
56 Amy Bernard 31:48
57 Ken Martin 31:52
70 Mark Lutter 32:44
97 Kimberly Murphy 34:05
99 Christopher Jones 34:11
110 Wayne Stuck 34:53
132 Mariano Santangelo 35:54
135 Linda Wegener 36:04
136 Cayle Castor 36:05
150 Lynn-Marie Fawcett 37:02
185 Eldon Burkinshaw 39:07
201 Barry Neill 39:51
210 Bill Cornelissen 40:21
233 Lisa Snyder 42:00
279 Lynn Wiles 44:10
280 Michael Mandile 44:11
302 Bill Einhorn 45:28

317 Rosa Tejada 47:15
338 Roger Gosselin 49:56
365 John Nofle 1:07:10

Moose Milers 5K Trail Race
#15 Nashua, NH
July 18, 2005

10 Robert Parent 21:29

Moose Milers 5K Trail Race
#16 Nashua, NH
July 25, 2005

10 Robert Parent 22:25

Sugar Bowl 5M
Boston, MA July 21, 2005

1373 John Nofle 1:09:23

Good Times Summer Series
Race #4 - 5K Lowell, MA
July 19, 2005

9 Steven Murphy 19:50
10 Dana Breeden 19:57
18 Kimberly Murphy 21:03
33 Linda Wegener 22:31
35 Steve Moland 22:35
43 Dave Breeden 23:26
59 Barry Neill 24:59
62 Skip Cleaver 25:33
73 Rosa Tejada 28:33
74 Judi Moland 28:46

Johnny Kelly Road Race
Hyannis, MA July 24, 2005

10K

32 Julie Moore 41:57
159 Steve Moland 50:39
254 Skip Cleaver 55:13

5K

157 Judi Moland 29:25

17th Annual Firefighters 5M
Hamilton, MA July 26, 2005

22 Mariano Santangelo 36:52
51 Tom Koch 40:42

Good Times Summer Series
Race #5 - 5K Lowell, MA
July 26, 2005

9 Steven Murphy 19:33

61 Barry Neill 24:21
72 Skip Cleaver 26:01
86 Rosa Tejada 29:55

2nd Annual Bill Kelley
Memorial Road Race
Manchester, NH

July 28, 2005

10K

21 Christopher Jones 45:42
88 Roger Gosselin 1:05:19

5K

67 John Nofle 39:03

Peaks Island Road Race - 5M
Peaks Island, ME

July 30, 2005

55 Robert Parent 35:39
78 Steve Moland 37:07
226 Skip Cleaver 43:19
261 Judi Moland 44:50

Canterbury Woodchuck Classic
5K

Canterbury, NH

July 30, 2005

69 Lisa Snyder 24:56
82 Bart Gundersen 26:04

St. Anne's 13th Annual Lakes
Run 5M Hampstead, NH

July 30, 2005

32 Steve Grande 36:35
51 Eldon Burkinshaw 39:24
62 Sandy Huckins 40:33
80 Mark Traeger 42:54
118 Roger Gosselin 50:59
138 John Nofle 1:01:58

Good Times Summer Series
Race #6 - 5K Lowell, MA

August 2, 2005

32 Steve Moland 23:05
42 Barry Neill 24:10
62 Rosa Tejada 28:55
44th Yankee Homecoming
Road Race Newburyport, MA
August 2, 2005

10M

67 Tim Wright 1:02:17
167 Ken Martin 1:09:36
202 Tom Varick 1:11:12
322 Christopher Jones 1:15:54
428 Mariano Santangelo
1:19:29
434 Steve Grande 1:19:38
554 Maryann Grande 1:22:34
561 Nicholas Marshall 1:22:43
912 Mark Officer 1:30:49
961 William Manning 1:32:04
5K
33 Dana Breeden 18:43
44 Amy Bernard 19:30
117 Dave Breeden 22:04

13th Annual Thunder Chicken
5K Portsmouth, NH
August 4, 2005
271 John Nofle 39:25

Kingston Firemen's Road Race
5M Kingston, NH
August 6, 2005
3 Colin O'meara 31:21
41 James Gulla 47:18

Irish Pub Road Race 5M
Harwichport, MA
August 6, 2005
22 Julie Moore 34:34

22nd Annual New London
Triathlon New London, NH
August 7, 2005
Swim .25m - Run 2.6M - Bike
5.7M
1 Jeffrey Litchfield
5:21/16:14/15:25

18th Annual Cranmore Hill
Climb 13.8K
North Conway, NH
August 7, 2005
54 Eldon Burkinshaw 2:02:29

Greenfield Triathlon
Greenfield, MA
August 7, 2005
Sprint results (.3M/15M/5K)

Swim - Bike - Run
58 Dana Breeden
11:31/51:57/22:20
Moose Milers 5K Trail Race
#16 Nashua, NH
August 8, 2005
11 Robert Parent 21:38

Good Times Summer Series
Race #7 - 5K Lowell, MA
August 9, 2005
7 Steven Murphy 19:43
19 Kimberly Murphy 21:20
24 Dana Breeden 21:36
34 Dave Breeden 22:12
57 Barry Neill 24:35
71 Rosa Tejada 27:54
90 Diane Breeden 43:33

13th Annual Cigna Healthcare
5K Manchester, NH
August 11, 2005
49 Tim Wright 17:18
155 Tom Varick 19:21
178 Cayle Castor 19:27
212 Joseph Blouin 20:11
260 Robert Parent 20:51
342 Christopher Jones 21:16
398 Steve Grande 21:51
410 Dylan Kalil 21:58
438 Vickie Kalil 22:13
460 Nicholas Marshall 22:27
882 Lisa Snyder 25:01
1051 Bart Gundersen 26:07
1221 James Gulla 27:11
1248 Roger Dufresne 27:23
1456 Alex Blouin 28:11
1532 Bryan Blouin 28:38
1534 Rosa Tejada 29:22
1538 Barry Neill 29:22
2442 John Nofle 38:25

Belmont 10M
Belmont, NH August 13, 2005
16 Christopher Jones 1:18:03
53 Roger Gosselin 1:52:30
Brew Run - 5.2M
Brewster, MA
August 13, 2005
49 Julie Moore 35:53

3Way Bash & Dash Triathlon
Devens, MA August 13, 2005
Swim 0.5M - Bike 12M - Run
3M
122 Jean Manning
22:52/40:24/25:32

Lamprey Health Care 5K
Newmarket, NH
August 13, 2005
110 John Nofle 39:10

Sandown OHD 5M
Sandown, NH
August 13, 2005
10 Jim Peters 34:31
50 Eldon Burkinshaw 42:50
56 Lisa Snyder 44:13
69 Sue Wentworth 46:54
72 Bill Einhorn 48:14
77 Frederick Newman 49:40
79 Bart Gundersen 50:11

33rd Annual SBLI Falmouth
7M Falmouth, MA
August 14, 2005
583 Wayne Stuck 52:37
1526 Julie Moore 58:47
2047 Tom Koch 1:00:52
3481 Suanne Nader 1:06:19
5316 Sara Nader 1:13:26

Good Times Summer Series
Race #8 - 5K Lowell, MA
August 16, 2005
34 Steve Moland 22:19
47 Barry Neill 23:51
67 Rosa Tejada 27:29

NH State Police 15th Annual
DARE Classic 5K
Loudon, NH August 17, 2005
144 Lynn Wiles 25:25
148 Mike Mandile 25:42
278 Roger Gosselin 34:06
307 John Nofle 37:56

Saunders at Rye Harbor 10K
Rye Harbor, NH

August 18, 2005

82 Dave Camire 42:43
122 Steve Grande 44:57

White Mountain Family Fun
Run 4M Waterville Valley, NH

August 20, 2005

18 Tom Koch 32:11

26th Annual Lundgren 5K
Londonderry, NH

August 20, 2005

6 Colin O'Meara 18:36
15 Amy Bernard 19:20
31 Wayne Stuck 20:36
34 Mariano Santangelo 21:06
53 Charlie Bemis 22:15
56 Nicholas Marshall 22:25
59 Robert Knepp 22:46
77 Bill Cornelissen 23:26
87 Ryan Cornelissen 23:44
94 Eldon Burkinshaw 24:00
103 Marggie O'Meara 24:26
120 Maureen Knepp 25:08
129 Lynn Wiles 25:16
189 Chris Renke 27:41
203 Sachiko Burkinshaw 28:30
209 Roger Gosselin 29:02
265 John Nofle 35:32

Timberman Sprint Triathlon
Ellacoya State Park, Gilford,
NH August 20, 2005

swim 1/3M - bike 15M - run
3M

11 Jeff Litchfield
7:34/40:39/17:45
133 Mark Lutter
10:12/49:00/18:43
245 Brenda Litchfield
10:29/53:10/21:04
248 Linda Wegener
12:39/50:25/20:51

Timber Kids Youth Triathlon
(100YD/2M/.5M)

12 Dylan Kalil 14:29

Moose Milers 5K Trail Race
#20 Nashua, NH

August 22, 2005

6 Robert Parent 21:30

Good Times Summer Series
Race #9 - 5K Lowell, MA

August 23, 2005

61 Barry Neill 24:18
71 Skip Cleaver 25:16
81 Rosa Tejada 27:25

5th Annual Mast Yard State
Forest XC Race - 5K
Hopkinton, NH

August 24, 2005

63 Vickie Kalil 23:31
74 Zach Litchfield 24:04
76 Brenda Litchfield 24:05

Sons of Italy Road Race 5M
Lawrence, MA

August 26, 2005

21 Dave Camire 34:55
49 Barry Neill 40:26
97 Rosa Tejada 47:45

Stride for New Hampshire Pride
5K Concord, NH

August 27, 2005

30 James Gulla 26:43

24th Annual Kiwanis Classic
5K Exeter, NH

August 27, 2005

5K
28 Steve Grande 21:18
53 Maryann Grande 23:45
149 Isabel Parke 31:58
166 John Nofle 36:04

10K

15 Colin O'meara 39:25
96 Frederick Newman 56:49
106 Roger Gosselin 1:01:22

9th Annual Citizens Bank
Women Running Wild 5K
Osterville, MA

August 28, 2005

6 Julie Moore 20:17

Mack's Run for the Apples 5K
XC Londonderry, NH

August 28, 2005

18 Jim Peters 19:38
32 Vickie Kalil 21:19
36 Patrick Knepp 22:04
42 Sam Burnett 22:45
49 Steve Moland 23:10
56 Ryan Cornelissen 23:49
58 Bill Cornelissen 23:52
75 Mike Mandile 25:59
80 Chris Renke 26:32
86 Max Renke 27:33
87 Judi Moland 27:43
92 Valerie Peters 28:14
94 Roger Gosselin 28:27
95 Pauline Sullivan 28:44
106 Laurie Renke 30:59
113 Jim "Sweeper" Gulla 37:10

Good Times Summer Series
Race #10 - 5K Lowell, MA

August 30, 2005

38 Barry Neill 24:17
57 Skip Cleaver 26:20
60 Rosa Tejada 27:59
61 James Gulla 28:00
70 Laurie Renke 32:44

Atkinson Road Race 5K
Atkinson, NH

September 1, 2005

13 Ken Martin 18:55
26 Mariano Santangelo 20:26
33 Steve Grande 20:52
65 Eldon Burkinshaw 23:14
103 Frederick Newman 26:01
121 James Gulla 26:44
214 John Nofle 36:13

Maine Running Hall of Fame
5K Portland, ME

September 2, 2005

23 Robert Parent 21:01

5 Star Road Race 5K
Penacook, NH

September 3, 2005

6 Cayle Castor 20:21

18 Lisa Snyder 24:55
20 Bart Gundersen 26:50

8th Annual "Good Sport" RR
4M Gilford, NH
September 3, 2005
86 John Nofle 51:06

The Boston Triathlon (Sprint)
Boston, MA September 4, 2005
Swim 0.5M - Bike 12.4M - Run
3.1M
18 Jeff Litchfield
11:41/30:45/20:16

9th Annual St. Charles
Children's Home 5K
Portsmouth, NH
September 5, 2005
286 Roger Gosselin 28:20
428 John Nofle 37:03

7th Annual Frankestown Five
5M Frankestown, NH
September 5, 2005
136 Isabel Parke 53:55

23rd Annual Union Leader
Classic 8K Manchester, NH
September 10, 2005
11 Tim Wright 28:10
24 Colin O'meara 30:17
37 Ken Martin 31:36
39 Steven Murphy 31:40
44 Jim Peters 32:00
48 Mark Lutter 32:12
58 Julie Moore 32:58
61 Wayne Stuck 33:20
62 Christopher Jones 33:32
77 Mariano Santangelo 34:52
82 Steve Grande 35:00
87 Charlie Bemis 35:20
96 Linda Wegener 35:30
97 Vickie Kalil 35:34
98 Lynn-Marie Fawcett 35:35
99 Ted Carey 35:47
106 Dave Breeden 36:42
108 Tom Koch 36:56
110 Nicholas Marshall 37:01
132 Eldon Burkinshaw 38:33

141 Marggie Foley O'meara
39:46
142 Lisa Snyder 39:49
157 Jason Daily 41:10
166 Lynn Wiles 41:52
169 Roger Dufresne 42:04
173 Michael Mandile 42:15
197 James Gulla 44:43
210 Sachiko Burkinshaw 45:57
213 Rosa Tejada 46:05
217 Roger Gosselin 46:22
241 Frederick Newman 49:30
271 John Nofle 1:01:50

8th Annual Tri Clough
Triathlon Weare, NH
September 10, 2005
0.5M Swim - 14M bike - 5K
Run
116 Jean Manning
18:14/55:43/27:00

Ogunquit Beach Lobster Dash
5M Ogunquit Beach, ME
September 10, 2005
25 Robert Parent 36:05
176 Isabel Parke 56:11

Cheesehead Half Marathon
Hilbert, WI
September 10, 2005
17 Tom Varick 1:34:33

15th Annual 1/2 Way to St.
Patrick's Day 5K
Manchester, NH
September 11, 2005
111 Frederick Newman 25:38
115 Mike Mandile 25:41
147 Roger Gosselin 27:42
225 John Nofle 39:46

28th Annual Bar Harbor Bank
& Trust Half Marathon
Bar Harbor, ME
September 17, 2005
215 Jean Manning 2:05:35
267 William Manning 2:18:11

Team With a Vision 5K

Brighton, MA
September 17, 2005
97 Skip Cleaver 25:37

Second Annual Fun Run for
Justice 5K Concord, NH
September 17, 2005
168 John Nofle 38:13

Moose Milers 5K Trail Race
#24 Nashua, NH
September 19, 2005
3 Dave Camire 20:47
5 Robert Parent 21:51

13th Annual Eliot Festival Day
5K Eliot, ME
September 24, 2005
187 Steve Grande 21:01
244 Maryann Grande 22:09
687 Bob Gorham 29:23
770 Isobel Parke 31:28

Third Annual Run for the Kids
5K Raymond, NH
September 24, 2005
28 James Gulla 25:58

Milly's Tavern 5K
Manchester, NH
September 24, 2005
35 Vickie Kalil 22:38
95 Roger Gosselin 27:56
128 John Nofle 38:15

4th Annual Boston Marine
Corps Honor Run 10K
Milton, MA
September 25, 2005
221 Frederick Newman 53:42

Wilmington's 275th Birthday
Half Marathon
Wilmington, MA
September 25, 2005
28 Jim Peters 1:36:19
Run for the Ribbon 5M
Gloucester, MA
September 25, 2005
7 Mariano Santangelo 35:38

Moose Milers 5K Trail Race
#25 Nashua, NH
September 26, 2005
5 Robert Parent 21:35

Apple Harvest Ramble 10M
Harvard, MA October 1, 2005
337 John Nofle 2:17:33

23rd Annual Applefest Half
Marathon Hollis, NH
October 1, 2005

18 Colin O'meara 1:26:33
439 Maureen Knepp 1:59:46
497 Shawn Larocque 2:02:58
505 Robert Knepp 2:03:27
506 William Manning 2:03:32

Kerouac 5K
Lowell, MA October 2, 2005
74 Barry Neill 23:34
158 Rosa Tejada 28:11

Sportshoe Center Maine Half
Marathon Portland, ME
October 2, 2005
33 Ken Martin 1:26:03
542 Scott Hamilton 1:56:23
615 Bart Gundersen 1:59:02

Ollie 5M
Boston, MA
October 2, 2005
246 Mark Lutter 34:08
309 Steve Moland 36:45
320 Linda Wegener 37:11

RACE RECAP:

Summer has the highest number of races and participants and this year was no exception because 87 of our hot weather club members ran in 115 races. Tri's and 5Ks were the most popular. The types of races where GDTC was represented in were:

5 K	53 races
4 Mile	5 races
5 Mile	17 races
10 K	9 races
7.6 Mile	1 race
7.8 Mile	1 race
15 K	2 races
10 Mile	5 races
8 Mile	1 race
½ Marathon	5 races
13.8 Mile	1 race
Triathlon	15 races

The *Bragging Rights* for this period go to the following for the number of races they ran:

John Nofle	20 races
Rosa Tejada	19 races
Barry Neill	17 races
Skip Cleaver	14 races
Steve Grande	12 races
Robert Parent	12 races
Roger Gosselin	12 races
Steve Molland	11 races
Linda Wegener	11 races
Jim Gulla	11 races

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

Upcoming Races

Next Club Races:

11/24/05 – 32nd Annual 5K Turkey Trot 9:00 AM
Galliens Beach (Beaver Lake)
Derry, NH 603-432-6409
Contact Jim Ewell
jewell@systems.textron.com
jcwellnh@earthlink.net

1/22/06 - 11th 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@attbi.com

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:

9/24/05- Newport 5K Mansion Run, 8:30 AM Salve Regina University Newport, RI 401-341-2156 boxlerm@salve.edu

9/25/05- Marcia Lemkin 5K 10:00 AM JFK Plaza Lowell, MA 978-323- 4400
glrrmc@aol.com

9/25/05- Wilmington 275th Anniversary Half Marathon 10:00 AM Wilmington, MA 978-658-6640
tompaz@comcast.net

10/1/05- 22nd Applefest Half Marathon & Relay 10:00 AM Hollis, NH applefest1@aol.com

10/1/05- Claremont Chili Cook-Off 5K 9:00 Am Claremont, NH 603-542-6015
boblaura99@yahoo.com

10/1/05- NH Marathon, 10K, 5K, 9:00 AM Bristol, NH 603-744-3335
littletown@fcgnetworks.net

10/1/05- NRun/Walk for Eternity 9:00 AM Bypass 28 Manchester, NH 603-606-7930
kim_Hamilton@MZCS.org

10/1/05- Rhode Island College Homecoming 5K, 9:00 AM
Providence, RI 401-456-9651
dthomson@ric.edu

10/1/05- Apple Harvest Ramble 10 Miler, 10:00 AM
Broomfield HS, Harvard, MA 978-456-8750
jwilee@charter.net

10/2/05- 5K Run/Walk-a-Thon, 10:00 AM
Pelham, NH 603-508-3008
aperriello@pelhampolice.com

10/2/05- 10th Annual Somerville Homeless Coalition 5K Road Race, 10:00 AM
Davis Square Somerville, MA 617-623-6111
majf@somervillehomelesscoalition.org

10/2/05- Ollie 5M Road Race – McCourt Classic 9:00 AM
Fleet Boston Pavilion Boston, MA 617-268-1619
info@ollieroadrace.org

10/2/05- 16th Annual Apple Harvest 5M, 12:30 PM
West Newbury, MA 978-255-2204
info@appleharvestrun.org

10/2/05- Jack Kerouac 5K, 12:00 noon
Lowell, MA 978-649-6189
run@kerouac5k.com

10/2/05- Maine Marathon and Half, 7:45 AM
Portland, ME 207-741-2084
racedirector@mainemarathon.com

10/3/05- Moose Milers 5K Trail Run 6:00 PM
Stellos Stadium Nashua, NH 603-429-8879
moosertm@moosemilers.org

10/6/05- Over the River and

Through the Woods 5K, 5:00 PM
Concord, NH 603-223-1345
FDonovan@nedelta.com

10/8/05- United Technologies Greater Hartford Marathon, half marathon, 5K 8:00 AM
Bushnell Park, Hartford, CT
info@hartfordmarathon.com
860-652-8866

10/8/05- Presidential 5 Miler 10:00 AM
Consolidated school Kennebunkport, ME 207-985-8300
paul.wolf@lpl.com

10/8/05- 5th Annual Peterborough Harvest Classic 5K, 9:00 AM,
MacDowell Dam, Peterborough, NH 603-563-8072
shaun_mcmahon@millipore.com

10/8/05- Jack Sharkey 5K, 9:00 AM
Epping, NH 603-679-3301
rec@townofepping.com

10/8/05- Jennifer's Run 5K, 10:00 AM,
UMASS Lowell, MA 978-934-2342
umltrack@uml.edu

10/8/05- Burbank/Wakefield YMCA 5K Classic 9:00 AM
YMCA Wakefield, MA 781-944-9622
jcotton@ymcaboston.org

10/8/05- Gregory Reeves Memorial Run 4.6 Miles 10:30 AM
Townsend, MA 978-597-5859
debillr@earthlink.net

10/9/05- 12th Annual Great Island 5K, 10:00 AM
New Castle, NH 603-431-0839
greatisland5k2005@comcast.net

10/9/05- Along the Thames 5K,

11:30 AM New London, CT 860-688-2236
sue_griffin@loomis.org

10/9/05- 19th Annual Bobby Bell 5M, 11:00 AM,
Lasting Room Pub, Haverhill, MA 978-373-3408
icky@mva.net

10/9/05- 14th Newport Half Marathon and 5K, 9:00 AM
Middletown, RI 401-847-9200
jeffr@newportymca.org

10/9/05- CCBA Fall Run 5K, 9:00 AM
Lebanon, NH 603-448-6477
marie.dumont@joinccba.org

10/10/05- Moose Milers 5K Trail Run 6:00 PM
Stellos Stadium Nashua, NH 603-429-8879
moosertm@moosemilers.org

10/10/05- 29th Tufts Health Plan 10K for Women, 12:00 noon,
Boston Common, Boston, MA 617-439-7700
thp10K@conventures.com

10/9/05- BAA Half Marathon 8:00 AM
Clemente Field Boston, MA 508-435-6905
mile27registration@baa.org

10/15/05- 8th Annual Bridges 4 Friendship 10K, 10:00 AM
Portsmouth, NH 603-431-6703
wsegit@smhc-nh.org

10/15/05- Hopkinton Lion's Club 5K, 11:00 AM
Contoocook, NH 603-746-4347
theodore.story@comcast.net

10/15/05- UNH Homecoming 5K, 9:00 AM
Durham, NH 603-862-4515

linda.hayden@unh.edu

10/16/05- Baystate Marathon, Half-Marathon, 10K, 8:00 AM
Tsongas Arena, Lowell, MA
978-323-4400 *glrrmc@aol.com*

10/16/05- 9th Annual Lawrence Vietnam Memorial 4M, 11:00 AM
Claddagh Pub, Lawrence, MA 978-685-7407
thecooze14@yahoo.com

10/21/05- SNA 5K by the Bay, 5:00 PM
Naval Station
Newport, RI 401-841-4964
eric.krohne@navy.mil

10/22/05- Great Bay 5K, 9:00 AM, NH Tech College, Stratham, NH 603-778-0015
stewards@greatbay.org

10/22/05- 2nd Annual Grace Race 5 Miler 10:00 AM
Grace Church Chelmsford, MA 781-442-3453 *feehrer@comcast.net*

10/22/05- Breakers Marathon, 50K, 50Miler 7:00 AM
Second Beach Newport, RI 781-340-0616 *don-allison@comcast.net*

10/23/05- The Boogie Woogie 5K & Somerville Neighborhood Block Party 11:00 AM
DAV Club Somerville, 617-625-2140
BAEvents@aol.com

10/23/05- Trot for Special Tots 5K, 10:00 AM
32 Osgood St, Andover, MA 978-475-3806
lisa.professionalcenter@comcast.net

10/23/05- The Way Home 9th Annual Run for Shelter 1:00 PM
Citizens Bank Elm St
Manchester, NH 603-627-3491
barbara@thewayhomenh.org

10/23/05- Witch City 5K 9:00 AM
Willows Park Salem, MA 978-744-0351
legaultw@northshoreymca.net

10/23/05- Arts at the Capital Theater Scholarship 5K, 10:00 AM
Willimantic, CT 860-465-5636 *tpelletier@eastconn.org*

10/23/05- Groton Town Forest Trail Races 9.5M/3.4M, 12:30 PM, Groton, MA 978-448-2813
pgfunch@charter.net

10/30/05 – Shirt Factory Five, 5K, & 1M, 11:00 AM, Boys/Girls Club, Salem NH 603-425-1850
jeremy@lifeisgood.com

10/30/05 – 4th Annual Run for All ages 5K 12:00 Noon
Best Western Wakefield, MA 781-334-4591
gpanarese@yahoo.com

10/30/05 – Essex Art Center 1st Annual Halloween 5K 10:00 AM
56 Island St Lawrence, MA 978-685-2343
leegarcia@comcast.net

10/30/05 – Endurance Halloween 4 Miler, 9:00 AM
Keene, NH 603-357-3232
info@gotEndurance.com

10/30/05- YMCA Dualathon 10:00 AM, YMCA Lowell, MA 978-454-7825
ccloutierYMCA@aol.com

10/30/05- First Parish Family Five Miler 3:00 PM, First Parish Church, E. Derry, NH 603-490-0335
weluv2run@comcast.net

11/5/05- 4th Annual Fall Into

Fitness 4M, 9:00 AM, Hampstead Health & Fitness, 45 Danville Rd, East Hampstead, NH 603-382-9291
HHF2005RoadRace@comcast.net

11/5/05- DWC Good Turn for America 5K 9:00 AM
Manchester, NH 603-463-9725
youngsfamily1@msn.com

11/6/05- 4th Annual Flower Day 5K 10:00 AM
White Park, Concord, NH 603-224-7450
bhigg@csd.k12.nh.us

11/06/04 – Murphy Morse Memorial 5K, 8:30 AM
Windsor, VT 802-674-6344
Bob_Hingston@windsor.k12.vt.us

11/07/04 – 11th Annual Country Club Classic 5K, 9:15 AM, Merrimack Golf Course
Methuen, MA 978-685-3336
bmartin@kidzgame.com

11/06/05 – Veterans Memorial Greenway 5K, 1:00 PM
YMCA Willimantic, CT 860-456-4451
thelastmileracing@yahoo.com

11/06/05 – Tarzan Brown Mystic River Run – 5.5 M, 1:30 PM, Mystic, CT 860-536-3575
mcollins@wpymca.org

11/13/05- Larry Robinson/Alex Milliotis 10M/5K, 9:00 AM, Andover HS, Andover, MA 978-937-4200
rkd6@msn.com

11/13/05 – Operation Uplink 5K, 10:00 AM, Cohas Brook Fire Station
Manchester, NH 603-647-8146
opuplink@comcast.net

11/19/05- Jingle Bell Run for

Arthritis 10K, 10:00 AM , Little Harbor School Portsmouth, NH 603-224-9322
info.nne@arthritis.org

11/21/04- 9th Annual Curley Goulet Novemberfest 6.3M-ish Trail Run and Party, 11:30 AM Mines Falls Park, Nashua, NH, 603-595-8932
Novemberfest1@aol.com

11/20/05- Lil' Rhody Runaround 8M Trail Race, 11:00 AM Burlingame State Park, Charlestown, RI 401-596-7404 nbotjr@efortress.com

11/24/05- 7th Annual Galloping Gobbler 5M, 9:00 AM, Bishop Brady HS, Concord, NH, 603-226-5013
mspirlet2005@aol.com

11/24/05- 4th Annual Thanks4giving 5K, 8:00 AM, Elks Lodge, Lowell, MA 978-656-5635
Michael.Riordan@ebtc.com

11/25/04 - Feaster Five 5M & 5K, Main St, Andover, MA, 8:30 AM 978-774-3842
katie_mcgillivray@comcast.net
info@feasterfive.com

11/25/05- 6th Annual Amherst Junior Women's Club Turkey Trot (1M, 5K courses) 10:00 AM Village Green Amherst, NH 603-424-0687
mullensFam5@aol.com

11/26/05- Turkey Trot 5K, 11:00 AM Elementary School York, ME 207-363-1040
parks-rec@yorkmaine.org

11/26/05- 6th Annual Trot Off

your Turkey 5K 10:00 AM Barrington, RI 401-245-6044
lbdolanlaw@aol.com

11/27/05- 26th Annual Andover Country Club 3.5M XC, 12:00 noon, Andover Country Club Andover, MA 978-373-3408
icky@mva.net

12/3/05- Jingle Bell 5K for Arthritis, 10:00 AM, Rundlett Middle School, Concord, NH 603-224-9322
info.nne@arthritis.org

12/4/05- Jingle Bell 5K, 10:00 AM High School Freeport, ME 800-639-2113
info.nne@arthritis.org

12/11/05- Santa's Toy Trot 2M, 4M, 6M 1:00 PM Sweetsir School Merrimac, MA 978-521-9389 shly17@msn.com

12/17/05- Norfolk Pub 10 Milers 11:00 AM Town Hall Norfolk, CT 860-485-1506
info@greystoneracing.net

12/31/05 - 7th Annual Millennium Mile, 2:00 PM High School, Londonderry, NH 603-219-8855 mortimjo@bc.edu

Area Race Series:

Every Wednesday:
Lord Wakefield Weekly 5K 6:30 PM Lord Wakefield Hotel, Wakefield, MA 781-246-4832
karen.rapallo@tch.harvard.edu

Back Cove 5K, 6:00 PM, Portland, ME 207-725-5178
palmerstu@hotmail.com

Every Thursday:
Khoury's 4.13 Miler Khoury's

State Spa, 7:15 PM, Somerville, MA 617-718-0187
khourys@srr.org

Every Thursday:
Shamrock Running Club 3 or 5 Mile 6:30 PM Irish American Club Main Street Woburn, MA Free Pizza 617-281-4405
wobprint@tiav.net

Every Thursday:
DAV Somerville 5.15K 7:10 PM 617-625-2140
BAEvents@aol.com

Every Friday:
Charles River 4 Mile Fun Run, 6:00 PM Cambridge Racquet & Fitness club, Cambridge, MA 781-275-1584
Steviep669@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.

Kid's Summer Fun Run Series Recap

Well the 30th Edition of the club's Kids Summer Fun Run series for 2005 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 continued success of the series was due to Bob Knepp, who agreed to be the focal point for 2 years in a row now.

He ran most of the races and the members of the club filled in for the final two weeks while he and his family take their annual vacation.

The lesson is that you don't have to be there for every event and any help, even one week, is how these things get accomplished.

The club expresses its appreciation to Bob and hopes he intends to do it next year.

The event continued this year due to the many club volunteers who showed up each week to help each week and many thanks go to you as well.

So being the director of this series is really quite easy.

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 payback for you when you help out. It's contagious! See everyone next year!

New Hampshire RRCA Grand Prix Race Series Update

Well the Grand Prix series for 2005, that is lasting forever, has an end in sight. Eight of the planned 11 races have been completed.

Well last year was a banner year for the club, one in which everyone who participated

should feel proud. What a great job and team effort by all.

To remind everyone how we did last year compared to recent years past:

<u>Year</u>	<u>Finish</u>	<u>Number of teams</u>
2002	6 th	10
2003	4 th	9
2004	2 nd	10

So how are we doing?

The standings after the first eight races are:

<u>Club</u>	<u>Points</u>
Gate City Striders	803
Rochester Runners	670
Greater Derry Track	516
Monadnock Regional	346
Granite State Racing	302
White Mountain Milers	151
Athletic Alliance	127
Coastal Athletic Assoc	111
Club New England	9

It looks like the first three positions are pretty well decided with only 3 races remaining.

Hats off to Rochester who has become very competitive considering last year they finished 266 points behind us.

This year's edition continues to be more of a commitment because there are 11 races in total (up significantly from the usual 7 or 8 races) and the scoring was based on the best 10 races.

The scoring for each race is still the same with the club getting points for each club member who placed in the top ten of their respective age group (provided you listed GDTC as your organization). For a first place finish in your age group,

you got 10 points. If you placed 10th in your age group you scored 1 point. If there were not 10 various club members placing in an age group, the scale is adjusted accordingly.

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!

Many thanks go out to the main Grand Prix proponents who got the members to participate and they are Mark Lutter, Colin O'Meara, and Tim Wright.

The **2005 Remaining Schedule** is as follows:

10/8/05 – 5th Annual Harvest Classic 5 Miler, Edward MacDowell Lake, Peterborough, NH, 10:00 AM, 603-563-8072, shaun_mcmahon@millipore.com

10/15/05- 8th Annual Bridges 4 Friendship 10K, Portsmouth, NH 10:00 AM 603-431-6703x3203, bridges10K@smhc-nh.org

11/13/05 – Operation Uplink 5K, Fire Station #8, Manchester, NH, 10:00 AM, 603-647-8146, opuplink@comcast.net

History of the GDTC

Well I often wonder about some of the history of the club, as I hope you do.

Recently I received a copy of an article that appeared in a Derry News column and our club's first president John Nofle

authored the column. John was kind enough to send me the article and I feel the club will also enjoy it as much as I did.

Many thanks John for the article which is repeated below.

From *Derry News* in a Column entitled “*Striding Along*” by John Nofle dated March 8, 1979.

“Happy Birthday, GD Track Club”

It was a year ago this month, on March 5, 1978, when the Greater Derry Track Club (GDTC) was officially organized at the West Side Community Center and a slate of officers were elected.

Since that initial start, 142 people have joined Derry’s most prestigious and fastest growing club. It is a club made up of healthy, disciplined, dedicated, and good-living people. These runners have found a way of life that brings satisfaction, enjoyment and other benefits too numerous to mention here. Only a consistent runner can tell you the unusual, natural “high” derived from the running discipline.

Running Capital

It is considered by some “experts” that the Derry area is the running capital of New Hampshire. This could very well be true. When you think of the tremendous success of the boys’ and girls’ cross-country and track teams at Pinkerton Academy, the phenomenal growth of the Greater Derry Track Club, the numerous runners plodding the streets of

Derry at any hour of the day, the news coverage in the Derry News, the number of races directed by the GDTC and the financial support from the business community, the growing number of marathoners in our area, and the high degree of enthusiasm among the running population – then you have a pretty good idea that this area can well be the running capital.

Where in all of New Hampshire can you find a better-organized running club with a dedicated group of officers and members? Even the community at large is very sympathetic to runners. We have received wonderful support from our business friends. We were delighted to know that the management of Weeks Restaurant in Derry is planning to entertain all of the local runners who participate in the Boston Marathon for an evening meal the day of the run. How we appreciate this kind of support!

Promote running

The by-laws of our constitution reads: “It is the purpose of the Greater Derry Track Club to promote sports with an emphasis on track and field, cross-country, and road running, and to provide the maximum competitive opportunity for man and women, boys and girls, residing within the ‘New England Association.

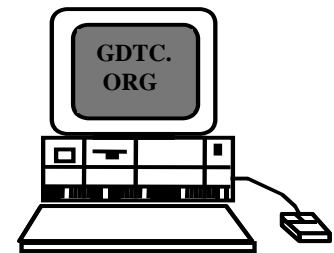
“The AAU club program is the perfect complement to a school athletic program in that it provides the opportunity for continuing, with

athletic competition after graduating from high school.”

The GDTC is a very active club. If you want to see the club in action, why not go to the West Side Community Center on Saturday, March 24, at 12:30 p.m., and see a well-organized race. Better still, why not join in the 1 mile fun run or the 5 mile race. Allen Dodge is supplying some beautiful trophies for the age division awards.

Perhaps this quote from the club’s by-laws sums up the real feeling of our club: “The club exists to serve the needs of the athletes in the Greater Derry area.”

Web Page



Well if you haven’t visited our web site lately then you are in for another surprise because our new Web Master **Mariano Santangelo** has redesigned the look of the page again. The new look is exciting and is still producing great results. We constantly get inquiries from people who are interested in joining our club after reviewing the site.

Our web page has the latest club information and many photos of events and members. It also has links to other area clubs and running information.

You can send info to any of the officers through links on our web site and only the intended recipient will see it. Also, feel free to contact our web master with your comments or suggestions. We want to make the site useful for our members as well as other potential members.

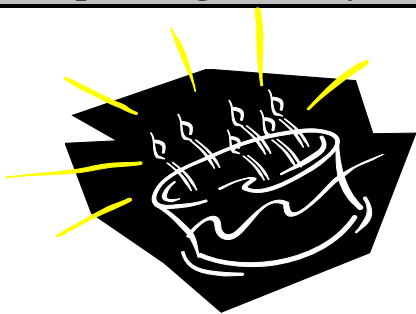
Check out the latest revision and many thanks to Mariano!

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.

Upcoming Birthdays



October

- 10/3 Marie Valvis
- 10/4 Robert Parent
- 10/6 Kathryn Sunday
- 10/14 Valerie Peters
- 10/15 George Moore
- 10/19 Scott Sunday
- 10/22 Jason Daily
- 10/24 Mark Lutter
- 10/26 Peter Darasz
- 10/30 Diane Breeden
- 10/31 Alex Moore

November

- 11/2 Nicholas Marshall
- 11/3 Joseph DiSalvo
- 11/3 Ken Folsom
- 11/5 Kimberly Murphy
- 11/7 Roxane Gagnon
- 11/11 Jim Ewell
- 11/19 Hayley Traeger
- 11/20 Colleen Cronin
Miravich
- 11/20 Margaret Defreest
- 11/28 Becky Kendzulak
- 11/28 Wayne Stuck
- 11/29 Maureen Marcotte

December

- 12/1 Lauren Shuffleton
- 12/3 Charlie Bemis
- 12/3 Mark Durcan
- 12/6 Juan Arboleda
- 12/10 Tom Koch
- 12/11 Judi Moland
- 12/15 Bill Einhorn
- 12/19 Michael Mandile
- 12/19 Anthony Sabutis
- 12/21 Jeffrey DiSalvo
- 12/22 Shawn Larocque
- 12/26 Ken Martin
- 12/28 Alison Kemple
- 12/29 Christopher Jones
- 12/29 Rosa Tejada
- 12/30 Max Renke
- 12/31 Eileen Pekarski

When you see these club members wish them a Happy

Birthday!

On the Road with your Newsletter Editor

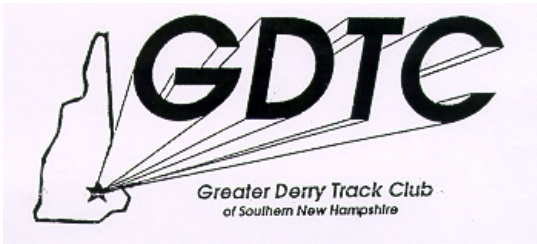
No story this edition due to the fact that I haven't gone anyplace new lately. Remember you can always find a place to run when you travel and usually each has a memorial experience that you'll remember forever...only if you go out to try it.

Quotes of the Month

"pressure is nothing more than the shadow of great opportunity." - Michael Johnson

"I'm going to go out a winner if I have to find a high school race to win my last race." - Johnny Gray

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens



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) (each fun run counts as 1)
	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 18th. 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: Jim Ewell
jcewellnh@earthlink.net
jewell@systems.textron.com

All votes need to be received by November 15th, 2005.

My selection for 2005 GDTC member of the year is _____.

Annual Club Dinner and Meeting

ANNUAL CLUB DINNER/MEETING RSVP

(reply requested by November 12, 2005)

I plan to attend the GDTC annual dinner and meeting on November 18th 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 2006 Membership Application

Name _____ DOB _____ GENDER: M ___ F ___
 Address _____
 Town _____ Zip _____
 Phone _____ E-mail Address _____

Receipt of Club Newsletter: emailed to me _____ read from club web site _____
 (Note: Newsletter will be mailed, via Post Office, only if member doesn't have access to email) Indicate here _____

Please check if Renewal: _____

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

Name _____ DOB _____ Gender: M ___ F ___
 Name _____ DOB _____ Gender: M ___ F ___
 Name _____ DOB _____ Gender: M ___ F ___

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, and include full privileges of membership, a club newsletter, weekly email Friendly Reminders, lottery chances for Boston Marathon numbers and Mount Washington numbers, track workouts and much more.

New member payment after 10/1/05 grants membership for reminder of 2005and 2006.

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



Who we are: We are a non-profit charitable organization formed in 1978 to promote running. The club membership usually has approximately 85-100 members (individuals and families) from ages 7 to 75 of all different running abilities.

Our mission: To promote running as a recreational activity in the Greater Derry Community.
 To provide scholarships for members attending college.
 To provide activities furthering the running abilities of members.

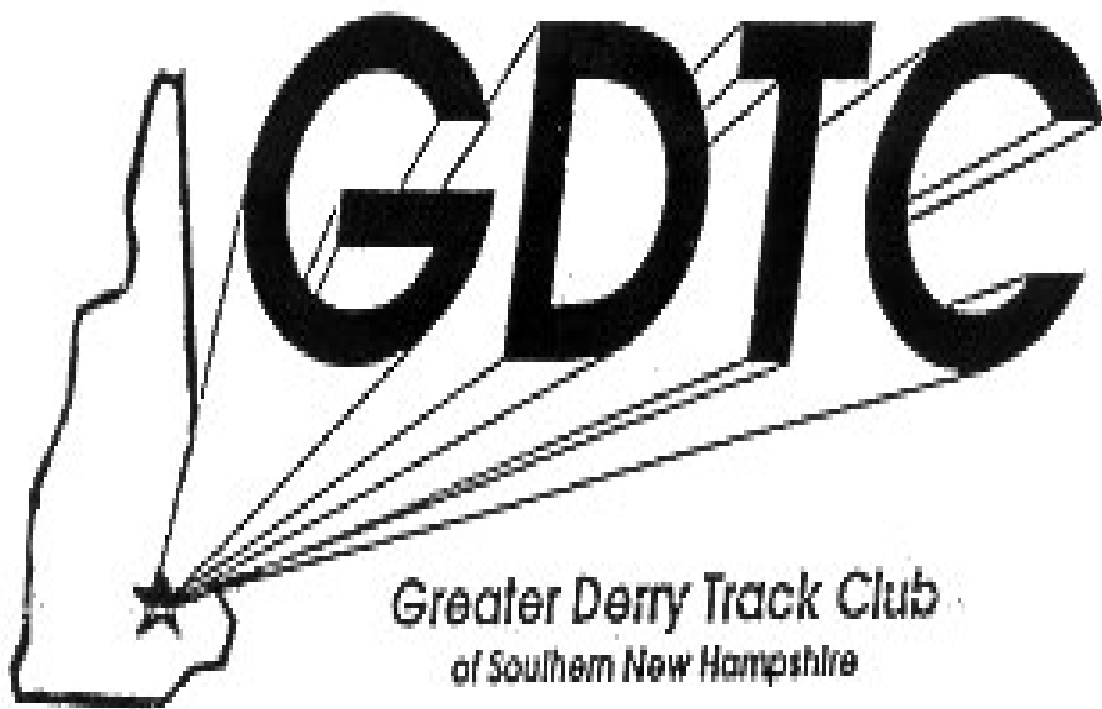
What we do: We sponsor and conduct 4 races and 1 race series over the course of the year.

- Boston Prep 16 Miler Race, West Running Brook School, Derry (January)
- Foot health 5K Race, Beaver Lake, Derry (May)
- Kid's Summer Fun Run Series, Pinkerton Track, Derry (6 weeks Jun-Jul)
- Mack's Apple Cross Country 5K Race, Mack's Apples, Londonderry (Aug)
- Turkey Trot 5K Race, Beaver Lake, Derry (Thanksgiving morning)

The Kid's Summer Fun run Series and the Turkey Trot entry fees are a food donation and all food goes to the Derry Human Services Food Pantry for distribution to the needy in the Greater Derry Area.

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|------------------|---|---|
| Benefits: | Boston Marathon Number Lottery | Mount Washington Number Lottery |
| | Coached Track Workouts (Summer) | Weekly Fun Runs (Winter) |
| | Annual Dinner/Dance | Eldon's Friendly Reminder via email |
| | Quarterly Newsletter | Web page |
| | Team competition in New Hampshire and New England Grand Prix Series | Chance to win one of two college scholarships |
| | New England Mountain Series | |

More Info: Visit our club web site at www.gdtc.org to read past newsletters and friendly reminders. Also are links to any of the officers if you have questions or need more information. The 2005 membership application is on the reverse of this form.



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