

Rochester Runners Grand Prix Update


28Jul10: This update includes the Yellow Brick Road 8K (Chittenango, N.Y.), Shortcake Shuffle (Damariscotta, Me.), Mt Ascutney 3.7 mile (Vt.), Boilermaker 15K (Utica, N.Y.), Bill Luti 5 mile NHGP race (Concord), Pemi Youth Center Half Marathon (Plymouth), Clam Festival 5 mile (Yarmouth, Me), Jason Hussey 5K (Greenland), Stowe (Vt.) 8 mile, Marathon Sports 5 mile (Weston, Mass.), Blessing of the Fleet 10 mile (Narragansett, R.I.), Stratham Fair 5.7 mile, and Yankee Homecoming 10 mile. Congratulations to Bill Luti age group winners **Scott Rowe** (who was also 2nd overall), **Ken Houle, Judi Lemaire, Mary Ulinski, and Judy Brenner**; and to Stratham Fair age group winners **Mary Ulinski and Judy Brenner**. Mary and Judy both finished faster than their USATF age-group performance standards at Bill Luti. After earning her asterisk for her 5 mile time in the morning, Mary achieved another age group standard that evening, at the Jason Hussey 5K. Congratulations also to **Dan Poliquin, Diane Levesque, Brian Gallagher, and Melissa McDevitt**, who completed all six races in the grueling New England Mountain Series this year. **Robyn Cucinotta** had a very impressive evening at the Yankee Homecoming 10 mile, where she finished first out of 105 runners in her age group, while turning in her best performance of the past year by far, lowering her RRGP 5K baseline nearly a full minute (after already lowering it by over a minute earlier this year)!

In the standings below, **S**=speed points, **D**=distance points, **t**=team points, **T**=total points, and **n**=number of races (check to see that all yours are accounted for). Send corrections, questions, and comments to bpilindsay@hotmail.com. For a detailed explanation of the RRGP, visit rochesterrunners.com.

P.S. Here's a message from one of our newest club members:

Hello for those of you who don't know me I am Jessica Goldman. I believe I am still RR's newest member. As a hobby I do puppet shows and short videos and I want to work on something for the club. Being new, I don't know everyone so I need your help. I am looking for photos, video clips, and character profiles. So please email me some photos and include:

- Members name
- What are they famous for?
- What are they notorious for?

Also, even if you don't have photos to share, funny stories or historical information about the club will help me out too. If everyone sends me at least one photo/story I should have enough to get started!! I hope to have something ready to show you all by winter. Beware, I only produce comedies!! Thanks for your help.  Jess

S D t T n

11	66	0	77	20	Sin Kounlasa
7	50	6	63	26	Wendy Yeaton
3	52	6	61	23	Diane Levesque
8	49	3	60	13	Alison Black
14	41	3	58	14	Mike Barry
0	52	6	58	26	Don Yeaton
9	45	0	54	20	Bob Randall
3	48	3	54	14	Ken Houle
0	51	3	54	20	Mary Ulinski
10	37	3	50	8	Jessica Goldman
9	41	0	50	8	Diane Casselberry
9	41	0	50	9	Robin Cucinotta

0	47	3	50	11	Dan Poliquin
11	38	0	49	8	Ben Jones
0	46	3	49	18	Brian Gallagher
0	45	3	48	10	Melissa McDevitt
12	32	3	47	7	Paul Lindsay
2	41	3	46	8	Britt Schuman
5	33	3	41	6	Scott Rowe
5	35	0	40	7	Cliff Parkinson
5	28	6	39	7	Judy Brenner
1	38	0	39	8	Nathan Huppe
0	36	3	39	8	Walter Shyska
12	25	0	37	6	Tracy Jones
5	26	3	34	6	Judi Lemaire
1	30	3	34	6	Mike Andrews
6	22	3	31	4	Kevin Scott
5	25	0	30	5	Bob Rondeau
1	20	3	24	5	Randy Spencer
3	16	3	22	4	Nancy Moonsamy
6	12	3	21	3	Don Norris
4	14	3	21	3	Clayton Lewis
0	21	0	21	4	Chuck Zerbinopoulos
4	14	0	18	3	Patty Crothers
2	13	3	18	3	Manya Hult
2	12	3	17	3	Tracy Gagnon
4	12	0	16	2	Astrid Claassen
1	12	3	16	3	Kathy Paradis
0	16	0	16	4	Joe Boyle
2	12	0	14	3	Mike Dubois
0	14	0	14	3	Dan DeFrees
3	10	0	13	2	Sue Littlefield
2	11	0	13	2	Lori Scott
2	8	3	13	2	Judi Rogers
1	9	3	13	2	Petr Brym
0	13	0	13	2	Dick L'Heureux
0	12	0	12	3	Liz Bowden
2	8	0	10	2	Amy Lindsay
1	8	0	9	2	Jamie Houle
0	9	0	9	2	Mark Chrusz
2	6	0	8	1	Sandra Woehr
1	4	3	8	1	Tom Littlefield
0	8	0	8	2	Jeff Crothers
3	4	0	7	1	Arie Oosten
3	4	0	7	1	Karen Norris
0	4	3	7	1	James DeJohn
0	4	3	7	1	Dennis Graves
0	6	0	6	1	Laurel Valley
0	4	0	4	1	Jack Prescott
0	4	0	4	1	Zak Jones
0	4	0	4	1	Tom Jones
0	4	0	4	1	Kristin Houle