

# ROCHESTER RUNNERS REPORT

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AUGUST, 2003

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**Next Open  
Meeting  
Tuesday  
August 19, 2003**

**6 p.m.  
(ice cream at 7  
p.m.)**

**Rochester  
Community  
Center**

**Fun Run to be  
announced**

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## Running Notes:

- ✦ The next NHGP race is the Sandown 5 Miler on Sat. Aug. 9<sup>th</sup> at 9:00 AM. We will once again be in Gate City Strider territory so we need as many of you as possible to be running on Saturday to hold onto our 2<sup>nd</sup> place in the standings. We had 35 of us at the Bill Luti race – can we top that? We will be carpooling from two locations. We will be leaving from the Rec Center in Rochester at 7:00 AM and stopping at Market Basket at the Lee Circle at 7:15 – 7:30 AM.
- ✦ We received the check from the NH International Speedway for our parking services at the Winston Cup Nascar Race on July 20<sup>th</sup>. We joined with the Dover Knights of Columbus again this year. Our half of the proceeds was \$501!
- ✦ A fond “farewell” and “thank you” to Nadine and Brian DuChateau as they move back to Wisconsin. Nadine has been the race director for our Free Fall Classic 10K planned for Oct. 25<sup>th</sup> and will be back for the race to finish what she started. We will miss you both!!

## Sunday Hike by Alison Black

Last fall, there were several hikes organized for members of the Rochester Runners. Hiking resumed again this year for the group on Sunday, July 27<sup>th</sup>. Five of us (Paul Lindsay, Lowry Lindsay, Scott Rowe, Craig Stephan, and me) set out to conquer the North Moat Mountain, near North Conway. This was Scott’s first hike in many years, so we were excited to re-introduce him to such a great endeavor. The weather was partly sunny, hot, and humid—perfect! Although the skies threatened to rain, not a drop came down upon us.

As is typical of most runners, I wore my digital watch and could not resist timing the hike! We decided to take the Moat Mountain trail up, which was 4.1 miles to the summit and the Red Ridge Trail down, which was 4.4 miles to the parking lot. The initial ascent was fairly level and scenic, as we passed by Diana’s Baths, a group of rocks, pools, and waterfalls. About 2 miles into the hike, we hit the elevation gain, which was pretty steady to the summit. I ventured ahead of the group for a bit, as I am typically slower and didn’t want to hold the group up. Boy, was I in for a surprise when I journeyed alone! I heard a loud noise drop from a tree, looked over, and saw a bird charging me, hissing at me, and raising its back feathers. I looked it up in my bird book later and determined it was some sort of grouse (Paul, you were right). I waited for the group before making the final ascension to the summit, which gave me a chance to recover from my encounter with nature. The summit was extremely windy, but with our brute force we were able to maintain our stance.

On the way down, I again ventured ahead of the group. Eventually I waited on a rock ledge for the rest to join me. But after waiting for 25 minutes, they had still not appeared. Starting to worry, I headed back up the mountain, when I ran into Lowry, who told me that the men could not keep their hands off of the blueberries and huckleberries! They had stuffed their faces until they were full, and then had some more! Our trip down the mountain was highlighted by a trip to Diana’s Baths, where we put our weary feet in the water and relaxed to the sounds of the waterfalls.

On the way home we stopped by for a much-welcomed visit to the Lindsay’s condo complex, where we were able to swim and relax in the hot tub. After that, we could not resist stopping by Café Noche for a bite to eat, which seems to be a tradition after these hikes. Won’t you join us for our next hike? We’re talking about the weekend of August 16<sup>th</sup>; check for an email and if you don’t have email, contact Paul Lindsay or me (our numbers are on the front of the newsletter). Happy hiking!

## President's Corner

### The Road Trip

I guess it means a runner has the “disease” pretty bad when vacations are planned around races and every road trip means an opportunity to find a new race. I have Dan DeFrees to thank for getting me hooked on the Utica Boilermaker 15K. My wife's parents live near Syracuse, a mere hour drive west of Utica, so it was only a matter of time before running the Boilermaker became a good excuse to go visit the in-laws.

The road trip to the Boilermaker has spread to other Rochester Runners besides Dan and myself as well. Herb Taylor ran it several years ago (and almost beat me!) when he had family living nearby out there. Nathan Huppe has made the trip three times with me now and last year, Kevin Scott also joined us. Most of you know that Nathan and I were joined by Craig Stephan this year and his article is printed elsewhere in this newsletter, truly captures the essence of the Boilermaker. Congratulations once again to Nathan and Craig for their 95<sup>th</sup> and 191<sup>st</sup> place finishes at this year's race.

There are road trips being planned for the fall – the Reach the Beach Relay, the Ultimate Road Trip, as well as many fall marathons. So where are you headed on **your** next road trip? Check out the calendar on Coolrunning or your favorite running mag and think about squeezing in a new race. You'll be glad you did – plus you get to wear a new t-shirt that nobody else from the club has!!

### NEWS FLASH!!

Nathan Huppe (or is it Hupple or Hup) has done it again. First he breaks into the top 100 at the Boilermaker and today (8/2/03) he has broken into the top 50 at the Beach to Beacon 10K. Nathan finished 49<sup>th</sup> with a new PR of 33:34! Way to Go!

- Don Yeaton

### August Birthdays

Paul Lindsay (1st)  
Ashley Michaud (10th)  
Caron Liberty (13th)  
Randy Gookin (18th)  
Dennis Ward (24th)  
Emma Chaffee (27th)

Evan Liberty (3rd)  
David T. Drago (11th)  
Christine Dubois (16th)  
Michael Davis (19th)  
Ernie Garland (25th)  
Ester White (28th)

Natasha Galarneau (5th)  
Brian Barrington (12th)  
Joseph Boyle (17th)  
Sandy Tremblay (24th)  
Darryl Cauchon (27th)  
Glen Tuttle (29th)

# Rochester Runners Member Spotlight

By Alison Black

**Member Name:** Kathy Paradis

**Age:** 48

**Residence:** North Berwick, Maine

**When did you first start running and what got you interested in running?** Kathy first began running in high school, when she was required to do so as an athlete in high school (Kathy played field hockey and basketball). She picked it back up again about three years ago, when her aerobics instructor quit and she needed to exercise. Running seemed like a good choice for her. With the help of her “personal trainer” husband *RunningBikingBill*, Kathy plugged away at running despite her aches and pains in her knees and lungs. She wanted to quit, but she had a tug of war between Ben & Jerry and herself! She thinks she is winning the battle so far! ☺

**What is your favorite distance to run?** Kathy prefers to run 5K races and also 5K in her training runs. She typically does not run more than 4 miles at a time (but she'll be running the Beach to Beacon 10K this month!).

**What do you most enjoy about being a member of the Rochester Runners?** Well, Kathy loves Barney and Barney is purple...so it's a great combination. Just kidding! Seriously, Kathy enjoys the support and encouragement everyone shows, especially to Bill who is a somewhat “new” athlete. Kathy had experienced sports camaraderie before, but Bill hadn't, so she is excited that they get to experience it together. An added bonus is the friendships she has formed, including traveling with club members to places such as Washington, D.C., Quebec City, and Boston.

**What advice would you give to new runners?** Don't slouch—posture is important! Stand up straight and keep your shoulders back while you run. Keep your head up and look ahead. Walk if you need to and don't feel guilty about it.

**What is your most memorable/favorite race?** One race that Kathy recalls with fondness is the first time she ran the Eliot 5K. It was the first time she used a champion chip and she was able to finish in less than 30 minutes—an accomplishment for her because it was not an easy course. She enjoyed the fantastic variety of food and prizes. She also got a free post-race massage and highly recommends it to all runners!

**Do you have any running goals?** Kathy's immediate goal is to finish the Beach to Beacon 10K race and in the long term Kathy wants to let her Achilles injury heal.

**What is your favorite post-race food/refreshment?** Pulled pork and cornbread (they have this at the Redhook and Eliot races).

**Do you have any race or running rituals?** Kathy really enjoys running to music (perhaps a throwback to her aerobics experience). She also makes sure to eat her normal breakfast two hours before a race, which consists of Cheerios and two cups of coffee. Another one of Kathy's rituals is that prior to a run, she keeps adjusting her shoelaces, and this drives Bill crazy! (Kind of reminds you of a Seinfeld episode, perhaps?)

**What do you like to do besides running?** Kathy loves to do a lot of things, such as: walking, eating potato chips, bicycling, hiking, snow shoeing, cross-country skiing, kayaking, spoiling her kids, trying to be an artist, devouring ice cream, reading fiction, and watching movies.

**Anything else?** Kathy's philosophy is that you only have one body and you should treat it like a temple. However, once in a while you need to punish it because it feels great when you stop! “LIFE IS GOOD!”

## Rochester Runners Grand Prix

The most popular races for RRs in July were the Bill Luti 8K (35 club members!), the Meetinghouse 5K, the York 4 on the 4<sup>th</sup>, the Yankee Homecoming 10 mile, the Harbor Trail 5K, the Run for the Gym 5K, and the Jason Hussey 5K. **Laurie Gaudreau, Dan Poliquin, and Diane Levesque** held onto the top three RRGP positions, and **Craig Stephan** moved up into fourth. Several RRs had their best races in over a year in July: **Craig, Chris Blanchette, Dan Poliquin, Scott Rowe, John Rancourt, James Gagne, John Dinella, Lisa Hart, Ruthanne Laine, Andy Schachat, Greg Gaudreau, Pam Parker, Cheryl Mathieu, Melissa McDevitt, Holly Clark, Peggy Foster, and Ron Foster**. Congratulations to **John Tuttle, Ken Houle, Bob Randall, and Faye Lowrey**, who added more races below their national age-group standards. John also took the lead in the NHGP individual male age-graded standings. Laurie leads all NHGP runners in team points scored for their clubs, with 30 out of a possible 30 after three NHGP races, and John is tied for 3<sup>rd</sup> with 27. Welcome to new club members **Keith Shields** and **Scott Burrill** and his family. So far this year 108 RRs have run over 685 races. Our most avid runner has been **Mike Kimball**, with over 35 races this year so far. Below are the top two dozen in the current RRGP standings. **S**=speed points, **D**= distance points, **T**= total, **n**=number of races (please check to see if all your races this year are accounted for). Send corrections, questions, and comments to Paul Lindsay at [bplindsay@hotmail.com](mailto:bplindsay@hotmail.com).

S	D	T	n		S	D	T	n	
19	54	79	16	Laurie Gaudreau	15	46	63	10	Sue Littlefield
25	47	78	27	Dan Poliquin	7	55	62	11	Bill Paradis
22	53	77	19	Diane Levesque	13	47	60	10	Jen McDevitt
13	56	75	14	Craig Stephan	1	54	59	12	Kevin Scott
18	51	73	14	Laura Harding	9	45	58	32	Mike Kimball
17	49	72	16	John Tuttle	3	51	58	17	Dick L'Heureux
27	42	71	13	Greg Gaudreau	0	54	58	10	Don Yeaton
12	55	69	18	Brian Gallagher	16	38	56	7	Lisa Hart
19	49	68	11	Melissa McDevitt	13	41	56	11	Ken Houle
18	48	68	22	Bob Randall	7	47	56	9	Dan DeFrees
25	41	66	18	Cliff Parkinson	3	46	53	12	Pete Dubois
13	48	65	16	Alison Black	11	41	52	12	Darryl Cauchon

## TRAIL RUN TO DEVIL'S DEN

(IF YOU DARE??!!)

SUNDAY, AUGUST 17TH

8:00 AM

MEET AT THE STATE BOAT LAUNCH ACROSS FROM COVE COTTAGES  
AT MERRYMEETING LAKE IN NEW DURHAM, NEW HAMPSHIRE

I WILL BE STAYING AT THE COTTAGES THAT WEEK AND WE CAN PICNIC AND SWIM AFTER  
THE RUN AT OUR PRIVATE BEACH WITH BEACH HOUSE. A LIGHT BRUNCH WILL BE  
PROVIDED, BRING A DISH TO PASS.

REMEMBER TO BRING YOUR FLASHLIGHT!!!!

CALL ME AT 335-7124 OR E-MAIL ME AT [DANDANSHOEMAN@AOL.COM](mailto:DANDANSHOEMAN@AOL.COM)

## 2003 Boilermaker 15K Road Race - Utica, NY

The weekend started out as Nathan Huppe, Don Yeaton, and I headed off in Don's Metro on our 5-hour journey over Hogback Mountain in VT on our way to the largest 15K road race in the country. Nathan was well-behaved as long as we kept him fed with Dunkin Donuts coffee, banana muffins, and wheat thins crackers. Our first stop in Utica was the distance running Hall of Fame, a small 3-story building in downtown Utica. We were able to see the new conference room dedicated solely to the Boston Marathon, as well as Bill Bowerman's famous running shoes that he made with a waffle iron. These shoes rivaled those of the great Yoda.

The next stop was the expo where there were a bunch of people wearing beads. This was Utica's version of Mardi Gras. The people had just completed an 8K fun walk on the streets of Utica, and all finishers were given beads instead of medals. At the expo, we picked up our race numbers a box of spaghetti, a pint glass, and many brochures that are in the race bags for all big races. The expo, held in a large field under a bunch of tents, had dozens of tables with representatives from many different races, organizations, and companies.

Every year, 2 local restaurants sponsor the road race by offering free meals to runners. Nathan, Don, and I chose to go out to Babes, located a short walk from the luxurious Motel-6 where we spent the night. The room did have running water just a bit faster than Nathan with cramps, and the shower was nice after the race. At Babes, we all had Saranac root beer in a Mug and home-made pasta and sauce. The restaurant got into the race weekend theme, and all the waitresses wore Boilermaker shirts. Nathan asked just about everyone in the restaurant, "Are you running tomorrow?" He was just a bit excited.

One reason that Don and Nathan travel to the Boilermaker road race every year is to see the induction ceremony for the distance running Hall of Fame. This years inductees were George Young, Jim Ryun, and Mary Decker-Slaney. Larry Rawson, the emcee, spoke so eloquently about the inductees and running that you should go to Utica to hear the ceremony even if you chose not to run the race. We met Frank Shorter in the lobby, and Amby Burfoot, Bill Rodgers and Billy Mills attended the ceremony along with most of the elite Kenyan runners.

The next stop on our journey was to go to the Friendly's restaurant for "dinner." The forbidden chocolate cone that Nathan had surely did not hurt his run any the next day. While eating our cones, we walked downtown and visited an area along the river where a fortification for protecting the city against intruders once stood.

The morning of the race, Nathan, Don, and I drove the car to the finish line area and took a school bus to the start line. There we met up with Dan DeFrees who had come up earlier in the week to visit old childhood friends. Dan has run every Boilermaker 15K. The bus ride was a short trip, but just long enough for Nathan to tell just about every person on the bus that he was an "elite." The people probably wondered if he had he overslept and missed the bus with the Kenyans.

We all ran well, and the weather was great. The skies gave us a mist and a sprinkle of rain and then turned to clouds. The temperatures were in the middle 60's at the start and approached the middle 70's at the finish line. The race had about 10,000 runners in it, and there were runners of all abilities from former race winners, Olympians, current and past world record holders from 800 meters to 15K, hall-of-fame distance runners, and many thousands of recreational runners. I had the privilege to run near Bill Rodgers from mile 2.5 to the finish. He started in the front of the 2nd corral with Nathan, but I was late into the shoot and had to make my way through the crowds for the first 2 miles. That was so much of a treat. The cheers of "Go Bill" or "That's Billy" kept my feet moving. Nathan went out fast and finished with his best time ever at the event. As he said more than once "the third time's a charm." Don looked strong at mile 2.4, and was successful in his yearly mission to make it to mile 8 with enough energy to give the guy on the stilts a high-5.

The post-race party was a real treat. The sun came out and the day became very nice. There was a local band on stage, food, beer, fireworks, a fighter jet flyover, and so much fun. The whole town seems to come out for the big race of the year. The thousands of spectators line the streets like parts of the Boston Marathon and cheer you all the way to the finish line. And after the race, thousands of them come down to the party. It was quite a fun time for everyone, even those who prefer drier beverages.

After hearing about the amount of fun that the 4 of us had at the race, a bunch of Rochester Runners are planning to venture west to Utica next year. I estimate that at least 6 of us will be making the trip. Anyone who is interested is welcome (even people who don't want to run). The induction ceremony on Saturday night alone is worth the trip. The race has people running anywhere from 42 minutes to over 2 hours. All abilities are welcome. This is one race where the majority of runners are not running under 1 hour, so don't be intimidated. We hope to see you in Utica next year.

-Craig Stephan