

# ROCHESTER RUNNERS REPORT

VOLUME 6 NUMBER 7

JULY, 2003

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**Next Open  
Meeting  
Tuesday,  
July 15, 2003**

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

**Rochester  
Community  
Center**

**Poker Fun Run**

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## Running Notes:

- π I somehow acquired a blue Nike windbreaker from the Boston Marathon. Is it yours?
- π There are two BIG events coming up that need your support. The 3<sup>rd</sup> NHGP race will be contested at the Bill Luti 5 Miler in Concord on Sat. July 19<sup>th</sup>. We need the help of as many Rochester Runners as possible to retake the lead in the NHGP series or at least hold onto our 2<sup>nd</sup> place position. On the next day, Sunday the 20<sup>th</sup>, we will be volunteering once again to park cars at the NASCAR Winston Cup Race at the NH International Speedway in Loudon. I signed us up for between 10 and 20 volunteers – so far I have only 6. We have the potential (with 20 of us) of raising almost \$1400 for the club.
- π We still need 4 more runners to complete a 3<sup>rd</sup> team for the Lake Winni Relay. The club is paying the \$18.75 registration fee this year. The distance of the 8 legs around the lake varies from 4 miles to 11 miles. If interested, e-mail Paul Lindsay at [bplindsay@hotmail.com](mailto:bplindsay@hotmail.com).
- π If you have an interesting running story that would be good for the newsletter or the web site, send it on to us @ [dryrun46@aol.com](mailto:dryrun46@aol.com), [rochesterrunners@aol.com](mailto:rochesterrunners@aol.com), or [stephan@enterasys.com](mailto:stephan@enterasys.com).

## No Where to go But Up!!!!

### Notes from the 43rd annual Mt. Washington Road Race

By--Dan DeFrees

I was "lucky" enough to get into the Mt. Washington race again this year via lottery. After running two years ago in less than ideal conditions, very hot and muggy. I was eager to test myself once again up the demanding auto road.

I believed that with my more consistent mileage from the last two years and my dedication to the Tuesday night hill workouts, I would be better prepared to meet the challenge. If you have never before run this unique and challenging event it is truly hard to describe what it is like. It is like nothing you have ever done and has very little to do with running. There are very few people who can claim to have actually run the entire course from start to finish; at least I haven't met any.

I think its biggest challenge is mental as opposed to physical. The unrelenting grind of constantly going up wears you down, especially between miles 5 and 7. Unlike running the hills on your favorite course around home, where you know there will be relief in a minute or so. On the "rock pile:" every corner only brings more up! Categorized as steep, steeper, and steepest, for mile after grueling mile.

The whole time you are running you are cursing yourself for ever have ever having signed up for this torture, who's idea was this anyways!!!!!! Yet within an hour after finishing I found myself thinking of ways that I could have run just a little bit faster.

It is truly the one event I've ever done that defies description; you have to experience first hand to truly understand its uniqueness. When is the sign up for next year's lottery????

## **President's Corner**

### **You Never Know?**

This past Monday on June 30th, I got an e-mail from the wife of a good friend in FL. John McAndrews and I had been best friends while in seminary in Hatfield, PA from 1974 – 77. We lived in the same apartment complex and used to walk the several blocks to class everyday at Biblical Theological Seminary. We spent many hours studying for tests together – especially Greek and Hebrew. In the summer of 1976, he worked with me at Hagey Tours – a charter bus company. I was a mechanic and driver and we worked together cleaning buses at night. This was before I started running, but John and I played tennis quite often as I had taken tennis as a Phys. Ed. Credit in college. While working for the bus company, I had taken a local tennis club to a Virginia Slims Tournament in Philadelphia and got to watch Chris Evert play.

John was the interim pastor for church there in FL, and while working on the Sunday bulletin on the computer in the church office on Friday night June 27<sup>th</sup>, he had a heart attack and died. Marie told me that they had just celebrated their 32<sup>nd</sup> wedding anniversary on Thursday and he was only 52 years old! We had celebrated birthdays together as he was only a year older and his birthday was on July 13<sup>th</sup> and mine is July 14<sup>th</sup>. You can imagine my initial reaction of shock and surprise. I also learned that he had been suffering some heart and breathing problems during the last few months.

Once again I was reminded that I need to thank God for my good health and not take it for granted. I may not run as fast as I would like, but I'm not injured and can run as much as I want. We often get cranky and depressed when sidelined by an injury that's often caused by our own stupidity. We need to enjoy each race and run we do and realize that it could be our last one. We just never know!

I will miss John's friendship, but am confident that I will see him again in eternity. Is there running and tennis in heaven – I sure hope so!

- Don Yeaton

P.S. I'm sorry to report that Barb and I will not be moving to 25 Cross Rd. in Rochester. Unknown and unforeseen complications with our foreclosure back in 1996 caused the underwriters to deny our financing.

## **2003 New Hampshire Grand Prix Series**

Bill Luti 8k, July 19, Concord  
Sandown Old Home Days 5 Miler, August 9, Sandown  
Francetown 8k, September 1, Francetown  
Lake Winnepesaukee Relay, September, Laconia  
Citizens Bank Run for Shelter 5k, October 19, Manchester  
Rochester Runners FreeFall Classic 10k, October 25, Rochester

**Rochester Runners**  
**Officer's Meeting**  
**6/25/03**  
**Location - UNH Track**

Officers present: Mary Ulinski, Alison Black, Craig Stephan, Paul Lindsay, David Smith and Don Yeaton. Chris Blanchette had to go home to do his homework.

1. July meeting on the 15th. Fun Run at 6 PM will be a "Poker Run". Dave Smith will come up with a course - perhaps Girl's Inc. 5K course. Ice cream to follow at 7 PM. Perhaps a Mystery Run for August.
2. We received confirmation for parking detail at NHIS on Sun. July 20th. Dave Smith will attend orientation meeting at noon on 7/12 at NHIS. Don Yeaton to send e-mail for more volunteers. If 10 people we get \$5 per person bonus - if 20 we get \$250 bonus.
3. Officers for fall elections. Please let Diane Levesque or Faye Lowrey know if you are willing to stay on as an officer. Don Yeaton offered the President's job to someone else if they would like it. He enjoys the job but doesn't want to "hog" the position with all its perks and stock options. He would stay on as VP in charge of membership if someone would like a turn as President.
4. Sept. meeting – Andy Schachat has scheduled Mark Coogan as speaker. Will try to get nutritionist from Kittery for Oct. Don Yeaton will contact Sue to have her call nutritionist.
5. Lake Winni Relay - we have 20 members signed up - need 4 more for 3 teams. Paul had some suggested names for mixed NHGP team. Paul Lindsay will contact members. Leg 4 may be in trouble. Ken R. reported that Wolfeboro may not allow us to run thru town. We may have to bypass Wolfeboro. Surprise - surprise - your 4 mile "easy" leg just became 15 miles!
6. Reach the Beach Relay - one more female runner needed for mixed 12 person team. "Petey" DuBois came up with a team name: "Ali-Bob and the 11 Thieves!"
7. Bill Luti 5 Miler - we need HUGE turnout to regain NHGP lead. We need someone in every age group.
8. Need to get Free Fall 10K apps to Strawberry Festival.
9. Rochester Fire Department is helping with traffic control for our race. We need to supply some volunteers for their 4 Miler on Aug. 16th.
10. Meetinghouse 5K - Dave Smith talked to Cathy Orlowicz and she needs more volunteers. This may be last year for race so Rochester Runners Club needs to do what we can to help save this race.

We ended our meeting at 8:30 pm with a sub 60 second lap around the track in a "Le Man's" type sprint to the cars. We all got smoked by Alison Black.

- Don Yeaton

## FreeFall Classic Update

To begin I want to let you know (in case you haven't heard) I will be moving to Milwaukee, Wisconsin at the end of July. My husband and I are relocating, for many reasons, one being a new job which will also bring us in closer (in proximity) to both our families. We will miss all the friends we have made in New Hampshire! This was definitely a bitter-sweet decision for us. But before I leave, I am trying to get the majority of responsibilities finished or at least started regarding the FreeFall Classic. Craig Stephan has volunteered to take over as race director—Woo who!

The art contest for the T-shirt logo has been finalized. We will have 2 winners this year as 2 artists provided concepts for our 2003 T-shirt design. At our June meeting the two winners were presented their American Express gift cheque (for \$50)! You can see a part of this T-shirt logo on the race application.

Hence this leads me into the applications. A big THANKS goes out to Chris Keller for spending many hours with me designing and revising the application. Now they have been printed, 3000 of them, so please let me or Dave Smith know if you need some or if you think of someplace for them to be displayed. You should begin to see them appearing at Miltner's, Red's and Runners Alley. With Chris' help, we created the application on some software which enabled us to present a copy to Craig Stephan (big THANKS here too!!) so that "the app" could be posted on and printed from our Rochester Runners Club website! Kudos!! Like last year, we will be sending out packets of applications to the various race clubs this September.

There have been some changes to the race and many can be noted on the app. We will have 11 age divisions this year, in hopes of spreading out the talent over a short age group range. Also the race entry fee will be \$15 and the first 125 apps received will be eligible for a race T-shirt. And as mentioned before, the logo will incorporate some ideas from the art contest but it will also keep the "runner" from last years' design too. Some items that have not changed are the course, awards for 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> overall, award depth in age groups and last but not least our major sponsor will continue to be MILTNER'S SHOES!!

Permits for the race are also being acquired. We require a NH State Parade permit (for Route 202) and also a permit from Rochester to hold the race. I am also in the process of getting specific permission to use the Spaulding High School gym.

We are still in need of volunteers for help with traffic and other areas as well as the need for TONS of food and drinks. So start thinking about some of your favorite dishes to make and eat. We will need your help soon.

Let me, Craig Stephan, Dave Smith, Don Yeaton, etc... know if you would like to help out with this race. This could include putting apps in stores, helping get sponsors or raffle prizes or....well just let us know how you would like to contribute!!!☺

Nadine DuChateau

## Rochester Runners Grand Prix Update

June was an active month for RRs in the local races, including good turnouts for the Rye-by-the-Sea Duathlon, Market Square 10K, Mt. Washington, and Strawberry Festival 5 mile. **Laurie Gaudreau** took a slim lead in the RRGp standings, one point ahead of **Dan Poliquin** and **Diane Levesque**. Several runners have already run 10 or more races so far this year, which will give others a chance to catch up in the weeks ahead (only your best 10 races count in the standings for the year). Some of the highlights in the last month included **John Dinella**, **Greg Gaudreau**, and **Brian Barrington** with strong outings in the duathlon; **Dan DeFrees** ditto at Mt. Washington; and **John Tuttle's** two 5K wins at Rye and Newfields. Congratulations to John as well as to **Ken Houle**, **Faye Lowrey**, and **Bob Randall** for running times below their national age-group standards this past month. Several RRs had their best races in over a year recently, including **Laurie Gaudreau**, **Scott Rowe**, **John Dinella**, **Laura Harding**, **Lisa Houle**, **Ruthanne Laine**, **Greg Gaudreau**, and **Lisa Hart**. Below are 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 [bpilindsay@hotmail.com](mailto:bpilindsay@hotmail.com).

S	D	T	n		S	D	T	n	
18	54	76	13	Laurie Gaudreau	15	42	59	9	Sue Littlefield
23	48	75	23	Dan Poliquin	10	45	57	28	Mike Kimball
19	54	75	14	Diane Levesque	3	51	56	14	Dick L'Heureux
21	48	71	11	Greg Gaudreau	1	49	52	9	Kevin Scott
17	50	69	11	Laura Harding	9	41	50	10	Darryl Cauchon
12	55	69	15	Brian Gallagher	13	34	49	6	Lisa Hart
9	56	69	11	Craig Stephan	11	37	48	9	Ken Houle
15	49	68	13	John Tuttle	11	37	48	7	Melissa McDevitt
18	47	67	20	Bob Randall	5	38	45	7	Dan DeFrees
25	41	66	16	Cliff Parkinson	6	36	44	6	Mike Davis
13	48	65	15	Alison Black	2	40	44	9	Pete Dubois
7	55	62	11	Bill Paradis	9	34	43	6	Tom Littlefield

Here are answers to some common questions about the RRGp. **Why is my total higher than the sum of my speed and distance points?** If you ran in one or both NHGP races your total includes two points for each (not shown as a separate column to save space). **Why do I get two versions of the update by e-mail?** Some folks don't use MS Word and some e-mail programs jumble up the column spacing in the e-mail message, so I send it both ways. (If you aren't getting weekly e-mail updates and want to, send me your e-mail address or check the club website.) **Why did I get less than three speed points for a race in which I set a PR?** Speed points are based on a comparison with the best of *all* your races in the past year, and your best one (your "baseline" race) could have been at a different race distance. **Why did I lose some speed points?** If you have more than 10 races, a race with a higher total but fewer speed points could have replaced one of your previous top 10. **How can I find out what time I need to run to get speed points?** Contact me (e-mail is best) and I can give you your time goals for 1, 2, or 3 speed points for any race distance. These are 5%, 3%, and 1% above your current 5K baseline but you need to know the conversion factor for other distances. **Can I get a copy of my race chart like the example on the club website?** I can give you a printout next time I see you or send an Excel file if you are an Excel user.

Have a good summer of running. Hope to see you at the next NHGP race on July 19<sup>th</sup>, the Bill Luti 8K in Concord. A good club turnout could give us a chance to retake the series lead, and it's fun to be part of a team when you travel to a race.

Paul Lindsay

## **Rochester Runners Member Spotlight**

By Alison Black

Club Members: I am on vacation and am sorry that there will not be a Member Spotlight in this issue. However, I am seeking nominations of club members to be featured in a future column, so please send me your suggestions to [rtsb@aol.com](mailto:rtsb@aol.com) or leave me a message at 603-860-4190. Also, ideas for questions to be asked are welcome as well. Thanks, and have a good July! Alison Black

## **INAUGURAL 5K “RUN FOR THE GYM ROAD RACE**

### **SPRINGVALE, MAINE**

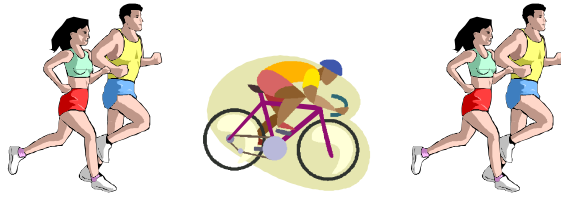
The race will be held this coming July 12<sup>th</sup>, starting at 8:00 A.M. at Nasson Common on Main St. in Springvale, ME and is being hosted by the Nasson Community Center. All proceeds will benefit the Nasson Gym Restoration (future home of SSYAA), Little Theater and Chapel. Commemorative T-Shirts to 1<sup>st</sup> 100 runners. Post race Raffles & Refreshments. Music and fun! Awards to Male & Female in 5 year age groups! ½ Fun Run for kids under 9 is “Free”. Collect \$25 in pledges and your registration fee is waived! Enter early to receive a “T” Shirt! Entry fee is \$10 Post, \$12 day of race. Students \$6. Application forms for runners, walkers and kid’s fun run are now available on the Web at:

<http://xenia.unh.edu/wcrc> [www.coolrunning.com](http://www.coolrunning.com) [www.nasson.org](http://www.nasson.org)

And [www.maintrackclub.com](http://www.maintrackclub.com) For more information or if you would like an application mailed to you, call Bob at 207-490-1386 or email: [runbob@metrocast.net](mailto:runbob@metrocast.net) (Rochester Runner Bob Randall)

A cookout is being planned by Gregory & Laurie Gaudreau after the race at 21 Webster St., Springvale, ME 207-490-3237

Have you hugged  
your bike today?



**FREE**  
Two children's  
bikes, ready for  
adoption.  
Not much to look at,  
but everything  
works.  
If interested, call  
Bill.

"Spokes Person"  
by Bill Paradis

RUN 3.1 mi. - BIKE 17 mi. - RUN 3.1 mi.! Many Rochester Runners participated in the *Rye-by-the-Sea Duathlon* June 7, 2003:

**Dan Poliquin** 1:24 (*3rd*), **Craig Stephan** 1:31, **Dan DeFrees** 1:31,  
**Phil Parker** 1:32 (*3rd*), **John Dinella** 1:35, **Bill Paradis** 1:40, **Kevin Scott** 1:43, **Brain Barrington** 1:48, **Don Yeaton** 1:52, **Greg Gaudreau** 1:59, **Mary Ulinski** 1:59 (*1st*), **Bob Randall** 2:01 (*1st*), **Kathy Paradis** 2:10, **Melissa McDevitt** 2:17 & **Jen McDevitt** 2:27.

This was a very challenging event - congratulations to all who participated! I would have to say that the most confusing part of this race is the transition area. I can remember Melissa yelling "where is my helmet!" & me saying "which way do I go?" Then there was Bob Randall, who kept smiling, in spite of a flat tire! He was rescued (tire repaired) by some helpful touring bicyclist.

And now I know what they mean when they say your legs feel like jelly after getting off the bike! I don't think I would do it again, yet I hear Greg Gaudreau had so much fun that he has signed up to do a triathlon! ~ *Kathy* ~

Group Bike rides anyone?

I am planning to get cyclists together on Thursday evenings at 5:30 at the Rec Center (or occasionally from our house in North Berwick). Please email us at [billnkathy@psouth.net](mailto:billnkathy@psouth.net) if interested in participating in this activity, then we can form a contact list.

## July Birthdays

Judith Beaudoin ( 31st)  
Holly Clark (18th)  
Peggy Foster (29th)  
Janet Glazier (15th)  
Joan Michaud (9th)  
Jack Prescott (18th)

Bob Brown (23rd)  
James Cowan (26th)  
Mark Galarneau (27th)  
Diane Levesque (14th)  
Mike Nelson (2nd)  
Savannah Smith (31st)  
Don Yeaton (14th)

Margaret Chaffee (18th)  
Serah Crothers (6th)  
Roberta Gilman (2nd)  
Amy Lindsay (21st)  
Dan Poliquin (3rd)  
Ted Vogel (17th)