

ROCHESTER RUNNERS REPORT

VOLUME 6 NUMBER 6

JUNE, 2003

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**Next Open
Meeting
Tuesday,
June 17, 2003**

7 p.m.

**Rochester
Community
Center**

Speaker:

To be announced

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Running Notes:

- π June 11th will be our last track practice at Spaulding for awhile. They are putting in new bleachers and lighting this summer. We will let you know what Plan B is.
- π Congratulations to Dan Poliquin for being the 1st Rochester Runner to cross the finish line at the Rye by the Sea Duathlon in 14th place in 1:24. We had club members compete in all three races – 5K, 10K and Duathlon and John Tuttle won the 5K in 16:59!
- π **Quote-unquote:**
“Completing a marathon is a feeling you can’t buy. You have to earn it.” Dan Morihiko
“Even the latest finishers aren’t back-of-the-packers. They’re still among the elite one-tenth of one percent of Americans who can and do finish a marathon.” Joe Henderson
- π We still need one male and one female to complete our mixed 12 person Reach the Beach Relay Team. Interested? Contact us!
- π We need volunteers to help with parking at the Nascar race at the NH International Speedway on Sunday, July 20th. If we can get 20 of us, we could raise \$1340 for the club in one day!!
Editorial Note: Those of us who helped last year had a great time. Where else can you tell someone “where-to-go”?
- π The new jackets and singlets are at Blue Dolphin being silk-screened. They should be ready the 3rd week of June.

Team Spirit

By Alison Black

Recently, while talking with some club members at the Cancer Relay for Life, we were discussing how some runners are hesitant to join a running club. They feel they are not fast enough to join a club, they don’t see the benefits of being in a club, and/or they feel it is too much of a commitment. Something happened recently that is an excellent example of one of the many benefits of being a part of a running club. It was at the Pack Monadnock race on June 1st; I was the second-to-last club member out on the course. As I was walking up that final steep hill that seemed daunting at the end of a tough race, I passed many club members on their way down the hill. Many encouraged me and cheered me on, and that motivated me to keep going. But one club member in particular, Phil Parker, actually chose to join me and walked back up the hill with me to the finish line. I did not ask Phil for help; he simply offered it to me in a totally selfless act. After completing a grueling race, Phil was willing to repeat the toughest part of the race just to support me. I cannot even adequately explain how much that meant to me. And the most amazing thing was that on our way back down the mountain, we ran into Marilyn Metcalf, who was being accompanied by Don Yeaton. Here was another example of a selfless act illuminating team spirit. If Marilyn and I had not been a part of a running club, we would have completed that final trek of the journey alone. Sure, we would have both finished, but we would not have had the strength, encouragement, and camaraderie of our club members to rely upon. The team spirit was strong that day, and for that I am grateful that I am a part of the Rochester Runners.

President's Corner

RUNNING and (well) BEING

Many of you know of Dr. George Sheehan, runner, philosopher, writer and cardiologist who died of prostate cancer at the age of 74 in 1993. He wrote many books on running and had a column in Runner's World for many years. I've always been a little sad that I never had the chance to hear him speak and meet him before he died.

One of his best known books was entitled, *Running and Being*, and was a collection of essays about running. It was on the New York Times best seller list for 14 weeks back in 1978. As I was reflecting on the events of last weekend – the Relay for Life and the Pack Monadnock 10 Miler – his book came to mind as I pondered what I should write about this month.

It was a very stressful time for me last weekend because of the difficulties we have encountered trying to buy a house in Rochester. (As I write this on June 7th, it's still in limbo) I didn't get to stay all night at the Relay for Life this year because of these problems, but got up at 4 AM and was back on the track at 5 running with David Smith for awhile as he was putting in one of his hours to run. I was on from 6 to 7 AM and the act of running was so good for my being. The stress and anxiety was gone and it felt good to be part of a team doing something worthwhile for such a worthy cause, the American Cancer Society.

I'm sure you must have some non-running friends who don't understand why you run. In fact, they think you are a little crazy or obsessed. And perhaps we are. Why else would we run marathons, race in the pouring rain, run through snow and ice or run to the top of Pack Monadnock? While the race to the top of Pack was certainly tough and much more difficult than the hilly Belmont 10 Miler, we all made it and we were pulling for each other. There's a special bond among runners that is hard to express, but it must be related to the shared pain and suffering that we have to endure to reach the goal of the finish line. Whether we get there fast or slow it really doesn't matter. We have run our best and our being has been changed for the better!!

Here's to a great summer of racing! ☺

- Don Yeaton

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
6/04/2003 Officer's Meeting
8:05 pm

Present: Chris Keller – host, Don Yeaton, Craig Stephan, Alison Black, Dave Smith, Nadine DuChateau, Paul Lindsey, Mary Ulinski, Brian Gallagher, Bill Paradis.

Special Guest: Dick Keller – an arch and knowing observer of the known universe.

Extra Special Guest: Judi Lemaire – Rochester Runners Book of the Month Discussion Group Facilitator.

Don Yeaton: still looking for a June guest speaker. Possibilities – a nutritionist (Sue Littlefield), Mark Coogan (Don Yeaton to follow up), sports psychologist (Brian Gallagher).

Don Yeaton: NH GP – Rochester Runners second to Gate City after 2 races.

Dave Smith: to write a newsletter blurb.

Paul Lindsey: a question from John Tuttle – are the distance events weighted enough in the club grand prix?
Rochester Runners: discussed relative merits – general consensus to leave as is. It encourages new members and more member participation.

Craig Stephan: suggested posting chart of the month on website.

Paul Lindsey: reminder – to always put Rochester Runner on every race application.

Chris Keller: will try to produce the newsletter in MS Word instead of MS Publisher.

Chris Keller: explained why the officer's meeting minutes were omitted from the last newsletter and also admonished Brian Gallagher for the graphic violence (Mary Ulinski) and gratuitous sex (Bill Paradis) the minutes contained.

Newsletter:

Alison Black: a blurb on Pac Monadnock 10 mile race.

Mary Ulinski: offered to write several amusing vignettes on what it is like to hide behind an innuendo.

Don Yeaton: will ask Marilyn M. to also write a blurb on the PacMad race.

Nadine DuChateau: update on FreeFall Classic.

Alison Black: member spotlight.

Ken Houle: a blurb on why I feel qualified to offer dating advice.

Don Yeaton: will ask Sue Littlefield to submit an article on the Relay for Life.

Dan DeFrees: will explain why graphic patterns in delectable colors are breaking out on shoes and bags, bowls and vases, and even a runner or two.

Don Yeaton: will write a blurb on the Speedway parking fundraiser.

Don Yeaton: 18 runners have signed up for the Lake Winni Relay so far.

Don Yeaton: has Rochester Runners paid for Relay entries in the past?

Brian Gallagher: couldn't find mention of it in the meeting minutes of past 10 years.

Don Yeaton: Track work outs – where will they be held this summer?

Dave Smith: will pursue options.

Craig Stephan: will post info on the club website.

Judi Lemaire: Book-of-the-Month Report –Herman Melville's Moby Dick. A romantic, fanciful & literal & enjoyable presentation of Whale Fishery. Not just a treatise on Cetology, but in fact, poetry in blubber.

Rochester Runners: Judi constantly piques the attention of Rochester Runners, keeping curiosity alive, and presenting the combined charm of surprise and haunting fascination. Thank you once again!

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Craig Stephan: should the Loudon speedway money be used to help pay entries to Reach the Beach?

Brian Gallagher: the idea behind the fundraising was to benefit the club as a whole.

Dave Smith: such as a canopy/tent to be used at larger races, relays, Grand Prix events as a focal point for the club and also to get in out of the weather. A 10' x 15' canopy costs about \$690.

Dave Smith: will pursue options (Rochester Runners logo, sponsors, size, etc.) and make a presentation to the officers at their next meeting.

Don Yeaton: FYI – in the March 03 issue of Running Times Ken Houle was listed as honorable mention for his age group.

Nadine DuChateau: FreeFall update – applications are ready, Student logo design winners will be at next meeting to receive their award and for a photo op, Spaulding High School gym reserved (no charge because Rochester Runners gives back to the boosters), still need to coordinate with booster on their needs, Rochester permit in process, sponsorship going good.

Dave Smith: state parade permit needed for Rte. 202.

Nadine DuChateau: started an operations manual for the race and new race director (Craig Stephan).

Rochester Runners: outstanding, very impressive job! Thank you. Rochester Runners wishes you well in Wisconsin.

Dave Smith: volunteers and food next on the list of things to do. We should have 40 volunteers on the roads. Need authority figures, maybe the Rochester firefighters could be corner workers.

Don Yeaton: We all have a favorite story or two about how Mary Ulinski shot our childhood sweetheart. We want to hear yours. If you would like to see your story in print, just send Rochester Runners your favorite, along with your name and address, to: Harold or Fuzzy at 1132 Dreamsong Lane, Rochester, NH 03868.

Don Yeaton: Cathy Orlowicz is struggling to keep the Meetinghouse 5k race going. Should Rochester Runners help? If so how? Should Rochester Runners help other club members who are race directors?

Rochester Runners: general consensus is that Rochester Runners should help all Rochester Runners race directors but we need more information.

Dave Smith: volunteered to talk to Brain Barrington, Mike Dubois, Cathy Orlowicz to see what would be needed for the races from Rochester Runners and what benefits Rochester Runners would then receive. Topics to include volunteers (before, during and after a race), money (from Rochester Runners or sponsors), use of Rochester Runners logo, etc.

Chris Keller: I will be stepping down from newsletter editor at end of this club year.

Rochester Runners: Sorry to have you leave, you have done a wonderful job these many years!

Craig Stephan: offered to be new newsletter editor.

Bill Paradis: I am also planning on stepping down. (I would consider a new position as “*Spokes Person*”)

Don Yeaton, Chris Keller, Paul Lindsey: will work on the transition of the membership list.

Next meeting: Food = Bill Paradis & Drink = Dave Smith.

This meeting adjourned at 9:30pm without the faintest semblance to life and reality.

INAUGURAL 5K "RUN FOR THE GYM ROAD RACE

SPRINGVALE, MAINE

The race will be held this coming July 12th, 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 1st 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 www.nasson.org

And 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 (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

American Cancer Society's Relay for Life

Friday May 30 & Saturday May 31

Great "BIG" THANK YOU to all who raised money, gave a donation and participated in this year's event.

If it wasn't for all of you and your support the American Cancer Society wouldn't be where it is today in it's research, detection and prevention to being one step closer to finding a cure for cancer.

The relay theme this year was "Relay Goes to the Movies". So each team picked a movie to dress up as and also decorate their sites. Our team chose "Lilo & Stitch" a Disney movie and THANKS to Jenny & Melissa McDevitt for their thoughts & ideas for decorating the site and providing dress for some of our team it was a success. The weather turned out great! No rain, not too cold.

I'm really excited to give you all the final count for the money our team raised and how much the whole event raised but I'm unable to provide that to you at this time. I will be sure to provide it to you just as soon as I get it in the next newsletter and send an email as well.

Thanks to all who came out to the high school and walked or ran - great job!!

CONGRATULATIONS goes out to Jack Prescott for the many hours he spent on the track.

Hope to see you next year!

Sue Littlefield
Team Captain 2003

Rochester Runners Grand Prix Update

Here are the top two dozen up through the Pack Monadnock 10 miler. Congratulations to **Laurie Gaudreau** for winning her division in both New Hampshire Grand Prix races so far, and to **Marilyn Metcalf** for earning her first point for us in the NHGP. Thanks to all 14 RRs who journeyed to Wilton on a rainy day for the very tough NHGP race to the top of Pack Monadnock Mountain. At Pack, we placed 2nd among the N.H. running clubs and 1st among 8 male masters teams. **Faye Lowrey, John Tuttle, Ken Houle, and Jameson Harding** all ran races this past month in times under their national age standards. **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 bplindsay@hotmail.com.

S	D	T	n		S	D	T	n	
17	53	74	17	Dan Poliquin	3	47	52	11	Dick L'Heureux
21	48	73	21	Marilyn Metcalf	16	29	47	7	Greg Gaudreau
16	54	72	11	Diane Levesque	9	34	43	6	Tom Littlefield
13	53	68	13	Brian Gallagher	10	30	42	5	Lisa Hart
25	40	65	14	Cliff Parkinson	2	36	42	6	Craig Stephan
13	48	65	14	Alison Black	12	25	39	5	Sue Littlefield
15	45	64	9	Laurie Gaudreau	12	25	37	5	Dave Smith
16	44	62	13	Bob Randall	6	29	37	5	Mike Davis
13	44	61	9	John Tuttle	1	33	36	6	Kevin Scott
11	42	55	22	Mike Kimball	1	32	35	6	Dawn Heinrich
7	48	55	9	Bill Paradis	5	28	33	7	Darryl Cauchon
11	41	54	8	Laura Harding	4	26	32	5	Paula Warner

Rochester Runners Member Spotlight

By Alison Black

Member Name: Janet Glazier

Age: 52

Residence: Dover

When did you first start running and what got you interested in running? Janet was encouraged to run 20 years ago by some running books she read, because she was always athletic but had never run. She began to run to stay fit and to challenge herself, and she set a goal to run every day for three years (which she achieved!). She had a very busy life at the time with a husband and small children, but she used running as her “me” time and as a form of therapy. She even ran on Christmas day one year in weather that was 20 degrees below zero!

What is your favorite distance to run? Janet’s favorite distance to run is 5 miles. She runs mostly 5K races but occasionally likes to challenge herself with a 10K race.

What do you most enjoy about being a member of the Rochester Runners? Janet joined the club two years ago after a friend encouraged her to join. Janet loves how the club is supportive of all members, regardless of their speed. She thinks it’s a fun group and enjoys all of the other things that the club does, such as biking, x-c skiing, and special events like the Halloween Fun Run. She is proud to be a part of the club and tries to spread the word about it to as many people as she can.

What advice would you give to new runners? Janet suggests that new runners keep track of what they do, either through a calendar or a running log. (In fact, Janet has been tracking all of her exercise—even days off—since 1978!). Janet also encourages new runners to try to be consistent and also to run in moderation (to prevent injuries). Know yourself and what you can do, and know how far to push yourself. Janet feels she has tried to be an encourager and a mentor to new runners and others who are beginning to exercise.

What is your most memorable/favorite race? Since Janet typically races about 2 times per month and most of her races are 5Ks, one of her memorable races was a 10K race—the Saunders 10K in Rye last year. Janet says it was an incredibly hot day, about 80 degrees, and that there were approximately 6 sprinklers throughout the course, so much so that she was drenched at the end of the race. A 10K race is a good challenge for Janet, and she enjoyed the challenge of the race in the heat. Janet also had a great time at the after party of the Run for the Roses in May. This was a women’s only event and Janet enjoyed it.

Do you have any running goals? Janet wants to continue to race once or twice a month, and to keep up her fitness level. One of the reasons Janet runs is to keep up her aerobic fitness so that she can be a better tennis player. (Janet plays tennis about 100 days a year and running helps with her endurance.)

What is your favorite post-race food/refreshment? Beer! ☺

Do you have any race or running rituals? Janet always runs with a watch to keep track of her time. She also always goes into a run wanting to do it, not having to do it.

What do you like to do besides running? Janet is very active and loves to cross-train. Janet feels that by cross-training and doing everything in moderation, she is better able to ward off injuries (and cross-training reduces boredom!). She has had knee and back problems over the years so feels that moderation is key. Janet tries to do a different sport each season. She plays tennis, skis (both downhill and cross-country), bikes, and occasionally hikes if someone drags her along. ☺

Anything else? Janet has two grown sons and is proud of their achievements. Both sons are celebrating special events this month. One of her sons is graduating from McIntosh College and the other son is bringing home his newborn baby from Brazil. Janet became a grandmother on February 28 and will get to meet her grandson Andy on June 17th! (so if she’s not at the club meeting that night, she has a good excuse!)

June Birthdays

Alison Black (4th)

John Dinella (24th)

Kurt Douglas (6th)

Brian Geiger (25th)

Samuel Geiger (15th)

Lisa Houle (20th)

Michelle Nelson (4th)

Donald Norris (27th)

Bill Paradis (29th)

Walter Shyska (1st)

David Smith (29th)

Herb Taylor (5th)

Jere Thompson (26th)

Adam Tuttle (13th)



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