

ROCHESTER RUNNERS REPORT

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Next Open Meeting

Tuesday,
November 18, 2003

7 p.m.

Rochester
Community Center

Speaker:

To Be Announced

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President's Corner

At the September or October 2000 officers' meeting, we met in Sue Littlefield's living room to discuss the possibility of the club hosting our own race again. Rochester Runners Club had put on many races in the past, but for the past several years there had been no race with the RRC name. Monique Tenander volunteered to be our race director and we were off, not knowing exactly what this decision would entail. A race committee was formed and at one of the meetings at Chat Cowan's home, the name Free Fall Classic 10K was birthed by Chat. We had decided early on that we wanted the 6.2 mile distance rather than a 5K, because there were just too many of them and the 10K distance was disappearing from the race scene in NH. We had considered a number of different courses and ended up choosing the original course because it was a route that Chat's Spaulding High School runners used for training. The name "Free Fall" was chosen because once you crested the infamous Chesley Hill, you could "free fall" down Grove St. all the way to Rt. 125!

Here we are in 2003, in the aftermath of our 3rd Annual Free Fall Classic 10K. For the second year in a row our race was chosen to be part of the NH Grand Prix series. Last year's cold, rainy weather only netted us 100 finishers, but this year's cool, sunny day witnessed 131 runners across the finish line.

I want to thank all of you who volunteered, brought food or ran the race or did all three. Those of you who have been involved with the planning of the race for the past three years know what a great deal of effort goes into a successful road race. There are many people who have worked behind the scenes and I want them to know that their efforts have not gone unnoticed. Thanks again to Monique, our first race director, who got us on the right road and who handed the baton on to Nadine DuChateau. Nadine moved back to Wisconsin the first of August, but stayed on as our remote race director and was assisted by our co-director, Craig Stephan, who will become our third race director for the 2004 race. Thanks Nadine for keeping everything together via mail, phone or e-mail and coming back to NH to finish the great job you started!

We received a lot of good comments from the other NH running clubs and we must have the best post race food of any race in NH! It must have been because for the third year in a row, by the time I got back into the school after the race – all the hot food was gone!

It was great to have outscored Gate City at our race and even though we lost the series to them by only about 37 points, we had a great time competing against and getting to know some of the runners from the other clubs.

One final note – although I didn't get the opportunity to speak to him, I heard that Clyde Coolidge and his wife Pat were at the race. As most of you know Clyde was severely injured in a fall nearly a year ago. It was nice to have him back with us because he has done so much to help the club over the years.

Happy Thanksgiving!

- Don Yeaton

Running Notes:

1. May of 2004 marks the 25th anniversary of Rochester Runner's Club. At the November meeting we will be forming a committee to work on plans to celebrate this running milestone.
2. There will be a NHGP meeting in Auburn on Tuesday Nov. 11 to pick the races for next year's series. We are proposing either the Fireman's 4 Miler or Red's Shoe Barn 5 Miler as our club choices.
3. Plans are underway for our annual awards banquet in February.
4. The Christmas Caroling Fun Run and Yankee Swap will be held this year on Sunday December 14th. We will be leaving the Rec Center at 1 PM onroute to our caroling destinations of SunBridge, Rochester Manor, St. Charles and the Gafney Home.
5. The Girls on the Run 5K will be held at 10 AM on November 15th at the Newfields Town Hall. To register go to www.activezach.com for on-line registration or to download an app, go to www.GirlsontheRunNH.org.
6. The two upcoming Jingle Bell Runs are Saturday, November 22, for the 10K in Portsmouth and Saturday, December 6th, for the 5K in Concord. The Concord race has a new flat, fast course. They took out that big hill from years past and I came close to running a 5K PR there last year. Don't forget your Christmas attire! Go to www.arthritis.org to register.
7. The Annual Thanksgiving morning fun run will be held this year at PSNH on Old Dover Rd. in Rochester. Bob Brown and Lou Gagne will still be our hosts with the famous "turkey raffle". Thanks to Mike Andrews for setting up this new location for us.
8. We have plenty of RRC t-shirts and singlets on hand. If you like to order a vented running jacket from Sport Hill for \$40, please let me know soon so we can put in another order.

- Don Yeaton

2003 Freefall 10K Recap

I'll start by saying thanks to the many volunteers, both club members and family and friends, who helped to make this year's race a big success. **Nadine DuChateau**, our race co-director, spent countless hours on the phone with sponsors and helped keep our race preparations on schedule.

Al Miltner, an owner of Miltner's Shoe Store, our main sponsor, came through again this year with a very generous contribution that allowed our race to take place. We hope to continue our race's relationship with Miltner's in the future.

Unlike last year's cold and drizzle, this year's 45 degree starting temperature and light wind was a blessing. The race was the last in this year's NH Grand Prix series. We entered the race in second place behind the Gate City Striders, but our victory on our home course was not enough to regain the lead. Next year, we'll be back for the next series.

David Smith, the head course supervisor, was responsible for setting up the course and ensuring that we had the barricades, cones, and volunteers in the correct locations by race time. Not only did I hear no complaints about the course, but conversely, many runners thanked us for a great course and said that they felt very safe on the roads of Rochester. **Peter Dubois, Chris Blanchette, Joe Tostado, James Smith, and David Drago** all were out at 5AM with David to make the course setup go smoothly.

Registration went well. We had about 70 of the 144 registrants sign up on the morning of the race. **Chris Keller** organized the goody bags and handled the registration. **Sue Houle, Danielle, Amy Lindsay, Lyndi, Lauren, Janet Glazier, and Alison Black** helped out with registration. Additionally, these people handled the finish line area and some gave water to weary finishers.

The starting pistol sounded at about 9:06 AM, and the 131 runners headed off on the streets of Rochester. Just after turning onto Columbus Street at the 0.2 mi mark, the leaders looked up and saw a terrifying sight, a freight train crossing the course. Luckily, the train was able to pass before the runners had to cross the tracks. This was the only near catastrophe during the entire day. There are cases when not being prompt pays off.

Susan Littlefield, Kathy Paradis, Bill Paradis, Jennifer McDevitt, Marilyn Metcalf, Holly Clark, Dick Long, Don Yeaton, Lori Scott, Pat Jones, Savannah Smith, Tara Gerrish, Dick L'Heureux, Tom Littlefield, Paul Lindsay, and Mike Dubois directed the traffic and runners along the course and contributed to minimizing the number of hostile Saturday morning travelers.

Earlier this year, a handful of Rochester Runners helped out with the **Rochester Firefighters 4M** road race. In exchange for our help, **Joe Burns**, a Rochester firefighter, and 4 other firefighters directed traffic for our race. These guys did such a wonderful job in keeping parts of our course car-free. We owe these 5 guys a lot of thanks.

The post-race feast was again one of the top in New Hampshire. Thanks should go out to **Laurie Gaudreau** who organized all the food, called the volunteers, and interacted with many of the local restaurants to get supplies and raffle prizes. There was enough food for runners to help themselves to seconds and thirds. Everyone was more than impressed with the quality of the home-cooked hot food. This year the favorite dishes were the meatballs, chili, macaroni and cheese, and chop suey. **Mary Ulinski** kept our prizes in order and designed a wonderful sponsor board. Thanks to **Dan Defrees** for getting us some top-notch bag-stuffers.

Many people also return every year to try to win another hand-crafted pottery mug made by local craftsman **Roger Galuska**, the owner of Rock Garden Pottery of Rochester. The one-of-a-kind mugs are a very special prize for the top 2 people in the 22 different age and gender categories. That's 44 people who go home with a mug!!

Thanks again for all your help in making the race a success. Without volunteers, the event would not be the same. After the race, many runners complimented us all on a well-organized race and planned to come back next year.

-Craig Stephan

2003 New Hampshire Grand Prix Recap

Rochester Runners had a strong showing this year in the eight-race NHGP competition among New Hampshire running clubs, finishing a close second to the much larger Gate City Striders club from Nashua, 778 points to 741. The eight races in the series were Big Lake Half Marathon in Alton on 3May, Pack Monadnock 10 mile from Wilton to Temple on 1Jun, Bill Luti 8K in Concord on 19Jul, Sandown Old Home Day 5 mile on 9Aug, Francestown Five 8K on Labor Day, Lake Winnepesaukee Relay on 20Sep, Run for Shelter 5K in Manchester on 19Oct, and our own FreeFall 10K in Rochester on 25Oct. Here is how the teams scored in each of the races:

	BigL	Pack	Luti	Sand	Fran	Winn	Shel	Free	Total
GCS	74	116	91	95	119	65	115	103	778
RR	99	65	91	95	93	75	109	114	741
GSRT	60	54	116	50	49	85	45	61	520
GDTC	13	12	49	65	46	45	90	78	398
MRM	46	48	28	42	75	55	30	31	355
AA	24	31	41	19	25	0	13	12	165
CAA	23	4	2	8	9	0	4	1	51
SRR	0	0	0	21	0	0	0	0	21
WMM	7	0	9	3	0	0	0	0	19
Total	346	330	427	398	416	325	406	400	3048

Placing of runners in their age and gender divisions determined how many points they earned for their teams. The top point-scorers among RRs were **John Tuttle** 56 (M40s), **Diane Levesque** 50 (F40s & F50s), **Laurie Gaudreau** 48 (Fopen), **Judi Lemaire** (F50s), and **Ken Houle** (M50s). Forty-five different RRs scored points for Team RR this year. Here's how we fared in the different age & gender divisions:

Team	M open	M 40s	M 50s	M 60s	M 70+	F open	F 40s	F 50s	F 60+	Winn relay	Total points
GCS	49	95	120	94	24	123	67	124	17	65	778
RR	90	123	129	15	9	111	56	129	4	75	741
GSRT	105	77	25	79	5	23	111	10	0	85	520
GDTC	73	14	44	59	16	60	39	34	14	45	398
MRM	27	47	26	0	35	19	67	32	47	55	355
AA	31	21	7	38	0	30	34	4	0	0	165
CAA	10	1	30	0	0	4	6	0	0	0	51
SRR	0	0	1	8	3	5	4	0	0	0	21
WMM	0	7	3	0	0	3	0	0	6	0	19
Total	385	385	385	293	92	378	384	333	88	325	3048

The NHGP series is a fun way to try out some different races outside our local area where you can count on seeing many familiar faces from the club. We typically had around 20-25 club members at each race in the series. It's also a nice way to get to know some of the runners from other parts of the state, as you begin to recognize the NHGP runners from other clubs who are in your part of the pack. Plan on joining the RR "traveling team" next year!

RRGP Update

At latest count, we have 131 RRs who have logged 1,180 races so far in the Rochester Runners Grand Prix through the end of October. **Laurie Gaudreau** has the point lead, with 87 points for her best 10 races this year, with **Dan Poliquin** second at 84 points. **Laura Harding** and **Craig Stephan** have both run very well this year and are close behind them with 81 points each. Continual improvement in race times for runners like **Scott Rowe**, **Ruthanne Laine**, **Emily Trespas**, **Greg Gaudreau**, and **Cliff Parkinson** have earned them a lot of speed points, so they are well up in the standings. Leaders in the distance points category include **Kevin Scott**, **Bill Paradis**, **Dick L'Heureux**, **Keith Shields**, **Dave Smith**, **Brian Gallagher**, and **Mary Ulinski**. Here are the top two dozen in the latest RRGp standings (S=speed points, D=distance points, T=total including team points, n=number of races--please check if all your races this year are accounted for; send corrections, questions, and comments to Paul Lindsay at bplindsay@hotmail.com):

S	D	T	n		S	D	T	n	
25	50	87	24	Laurie Gaudreau	20	50	74	32	Bob Randall
22	52	84	41	Dan Poliquin	26	45	73	18	Greg Gaudreau
23	52	81	25	Laura Harding	14	54	73	13	Dave Smith
20	53	81	24	Craig Stephan	27	41	72	26	Cliff Parkinson
22	52	78	28	Diane Levesque	17	45	72	20	Ken Houle
17	48	78	15	Phil Parker	8	52	72	16	Judi Lemaire
16	52	78	22	John Tuttle	21	50	71	22	Melissa McDevitt
19	54	77	10	Lisa Hart	19	47	71	17	Nathan Huppe
25	45	76	16	Scott Rowe	13	54	71	26	Brian Gallagher
23	53	76	23	Sin Kounlasa	2	59	71	19	Kevin Scott
24	46	75	12	Ruthanne Laine	16	46	70	14	Tom Watkins
27	45	74	20	Emily Trespas	10	53	70	22	Alison Black

Recent Racing Accomplishments

Congratulations to **Laurie Gaudreau** as the overall women's winner of the White Mountain Milers Half Marathon, **Nathan Huppe** as the overall winner of the Fast Four 4 mile race in Somerville, **Craig Stephan** as the overall winner of the Chamberlain Street 5K in Rochester, and **Laurel Valley** as the masters women's winner (2nd year in a row) of the Clarence DeMar Marathon in Keene. **Faye Lowrey** recently set New Hampshire state single-age records for half marathon and (by over 7 minutes!) for 10K.

RRs who finished 2003 among the top 10 in the age-graded standings of the New Hampshire Grand Prix were **John Tuttle** (1st) and **Ken Houle** (3rd) among the men and **Faye Lowrey** (3rd), **Linda Long** (5th), **Laurie Gaudreau** (8th), and **Diane Levesque** (10th) among the women. John was the age-graded winner in four of the six races he ran in this year. Other RRs who earned age-graded points by finishing in the top 10 in at least one NHGP race this year included **Laurel Valley**, **Paul Lindsay**, **Judi Lemaire**, **Laura Harding**, **Nathan Huppe**, **Joe Tostado**, **Mike Kimball**, **Bob Randall**, **Kevin Scott**, **Mike Dubois**, and **Tom Watkins**.

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Rochester Runners Member Spotlight By Alison Black

Name: Tom Watkins

Age: 45

Residence: Dover

Before I start with my regular questions, I must share a story that Tom related to me that I found to be very interesting. Another club member encouraged me to talk to Tom about this experience, and I certainly learned a lot. Was he a “fool” to do what he did to compete in this April Fools’ Day race? You be the judge! :)

After attending Keene State College for 1 ½ years, Tom was merely a lad at the age of 19 in 1978. This is when he traveled with his friend Henry Phelan to Jacksonville, FL for an April Fools’ Day 15K race; originally, Charlie Torpey, Mark Coogan’s coach, was supposed to travel with Henry. However, their mode of travel was not your typical method, especially these days. Tom and Henry hitchhiked from Brattleboro, VT to Jacksonville, FL in 47 hours. Each of them had only 25 dollars in his pocket. Most of their rides were from truckers, but there were a few other assorted vehicles and individuals who drove them to their destination. On the way down, they had to wait for 8 hours outside of Richmond, VA until they could get a ride. Although they got warnings from cops in VA and SC, they never got a ticket.

Tom and Henry departed Vermont at 2pm on Wednesday and arrived in Jacksonville at 1pm on Friday. The race was not until Saturday, so they needed to find a place to stay. They pooled their money and found a cheap hotel room. The next day, the race occurred under very hot and sunny conditions. In fact, it was a balmy 93 degrees at race time; poor Tom got sunburned. I guess when you hitchhike you don’t have room to carry sunscreen! Tom ended up finishing 55th out of 2,700 runners with a time of 54:30 and his friend Henry ended up in 28th place, coming in 3rd in his age group. Tom felt cheated out of any recognition because he ran under Charlie Torpey’s name! :) (By the way, for you running aficionados, others who ran this race included Bill Rodgers, Jerome Drayton, and Jeff Galloway.)

Their trip back north was much quicker than the first trip. This time they made it back in 23 hours, utilizing a total of 11 rides. They arrived in Keene, NH on Sunday at 8pm and what did they do to celebrate their long and exhausting excursion? They ran 5 miles!!!

When did you first start running and what got you interested in running? Tom began running in high school as a sprinter and then in his senior year he got independent coaching from Tom Dowling, who helped him. Running is something Tom has always enjoyed doing and hopes to always do.

What is your favorite distance to run? When he was younger, Tom liked to run the mile. Now he prefers the 5K road races.

When did you join the Rochester Runners and what do you most enjoy about the club? Tom joined the club in 1993. He really has a good time seeing everyone at the races and he also enjoys John Tuttle’s track workouts. He says that running with John has been very helpful because John is knowledgeable. One thing he learned from John is that with the track workouts, you get tired before you get faster.

What advice would you give to new runners? Join a club and find people to run with at your level to keep you motivated. Also, be consistent with your training.

What is your most memorable race? Tom remembers the UNH Homecoming 10K in 1994 because he set a personal record for the 10K at that race. His time was 32:56, which was good enough for 5th place. Mike O’Brien beat him out to win 1st place with a time of 32:10.

What are your running goals? Tom wants to get back to a 5:20 race pace for the 5K race.

What is your favorite post-race food/refreshment? Tom doesn’t have much of an appetite after he runs, but before a race he enjoys lasagna.

Do you have running role models or inspirations? Tom doesn’t really have any inspirations now that he is older, but back in his younger days he admired Bill Rodgers and Steve Prefontaine for the way they raced.

What do you like to do besides running? Working and taking his beagles out. Tom has 2 beagles, Jyoti and Gal.

**Rochester Runners Officers Meeting
October 27, 2003**

Present: Don Y, Dave S, Craig S, Mary U, Paul L, Alison B,
& Bobbie Gentry (interim secretary)

Meeting opened with Ken H singing a traditional Swedish folksong about two men getting completely lost in a sugar beet field.

(Ken was skillfully accompanied by the Ted Fio Rito Orchestra)

RR: Wow!

DY: Thank you to Nadine for all the work she did on the FreeFall race.

RR: You did a great job!

Guest Speakers:

DY: to check with Andy S about Mark Coogan for November.

Diane L: will see about a sports psychologist for January or March.

Andy S: suggested having Ted Vogel ('48 Olympian) return to speak.

BG: could we get Billie Joe McCallister to talk about his hike up Choctaw Ridge?

MU: suggested that Bill P give a bike talk & demonstration in the Spring.

PL: suggested Doctor Chidvilasanda on how to distinguish between dizziness and nausea.

DY: Will try to recruit a committee to organize the RR 25th anniversary celebration.

DY: are there any old videos of the club?

Newsletter:

AB: deadline for submission is Sunday at noon.

PL: We will continue to mail paper copy to those without internet access.

CS: will write a blurb on FreeFall race.

BG: will tell her mama what happened to her appetite.

PL: will give a grand prix update.

DY: Thanksgiving Fun run.

DY: Xmas carol fun run – 12/14 at 1:00pm. From Rec Center (DY will reserve room). With Yankee swap afterwards

KH: I think the club should make a contribution to the “Mary Ulinski Seven” legal defense fund.

PL: motion to donate \$250,000.

DY: discussion?

RR: Consensus -- This is an important battle for the hearts and minds of the American people. Go for it. Brian G must return from exile a free man!!!

DS: NHGP meeting on 11/11 at 7:00pm in Auburn.

DY: Club ½ marathon on 11/02 at 9:00am from Rec Center. Pot luck afterwards.

DY & AB: to broadcast an email blurb.

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(continued from page 7)

DY: the meeting with Don A. about the Eastern States 20 miler has been rescheduled to 11/03. Anyone interested in going, call DY.

DY: start thinking about the annual awards banquet for February. Categories – runner of the year, most improved, humorous, service, etc.

CS: FreeFallrace debriefing on Wednesday night after track work out. Plus, anyone can send or call in comments and suggestions.

CS: Thank you the Rochester Fire Department volunteers – excellent help.

CS: Thank you to Dave S for the course work & Laurie G for food and drink.

November 18th Club meeting – DS to bring food, CS to bring drink, DD to holler out Y'all remember to wipe your feet.

Meeting adjourned at 8:30pm. The end of an arduous, though sometimes illuminating, meeting. The end of an extraordinary journey of spiritual discovery -- where time stands still. Plus, many of us were able to unhinge deeply held psychological patterns.