

ROCHESTER RUNNERS REPORT

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Next Open Meeting

Tuesday,
October 21, 2003

7 p.m.

Rochester
Community Center

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Adventure Hiker

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SECOND FRONT PAGE

Each year, the club spends over \$4.44 per household to print and mail the monthly newsletter. A free copy of the newsletter is available on the Rochester Runners web site a few days before the mailing goes out. Back issues remain on the web site. You can read the electronic copy on the web at <http://www.rochesterrunners.com/stuff/newsletter.php>. This month's newsletter is at: <http://www.rochesterrunners.com/newsletters/2003/october03.pdf>.

Many people enjoy receiving mail that's not a bill. If you are one of these people, you can print out the online newsletter, fold it in half, staple it, put it in with your mail, and pretend that the USPS delivered it. The money the club saves can be used instead for a fun club activity. You can suggest something.

Please email Craig Stephan at stephan@enterasys.com if you want to read the newsletter online and save the club money. We can return your name to the snail mail list if you want to go back at any time.

Running Notes:

- The **Girls on the Run 5K** will be held on Nov. 15th at 10 AM at the Newfields town hall at the intersection of Rt 85 & Piscassic Road. This year's race is officially part of the national Girls on the Run Race Series. The race is looking for volunteers and runners. Volunteers will receive a free commemorative t-shirt. Please contact Lauren or Lyndi at 603-778-1389 or gotrh@yahoo.com. Their web page is: <http://www.girlsontherunnh.org>. The Girls on the Run program appreciates any involvement by the Rochester Runners.
- Congratulations to **Laurel Valley** who was the 1st female masters finisher in 3:12:31 at the Clarence DeMar Marathon in Keene. Also at DeMar was **Laurie Gaudreau**, who finished in 3:24:59, adding her name to the list of Rochester Runners who have qualified for the Boston Marathon.
- Congratulations to Craig Stephan for his first career win! Craig finished first at the Chamberlain St. 5K on Oct. 4th with an easy run of 18:01. Kevin Scott took 2nd place and Pete Dubois was 3rd, but disqualified himself for taking a wrong turn. So it was a Smith that actually got 3rd - not David, but his nephew Josh and David was right on his heels for 4th. The first female was also a RR, Jacqueline Henderson, the daughter of Nan and Jim Henderson.
- Thanks again to the club for paying the registration fees for our three teams at the Lake Winni Relay. Our Open Men's Team finished 19th in 7:26:22, the GP Mixed Team was 21st overall in 7:35:50 and took 2nd for the NH GP series, and our Mixed Open Team finished 108th in 10:02.
- Don't forget the next GP race – the Run for Shelter 5K in Manchester on Sunday Oct. 19th at 1 PM. We will car pool from the Rec Center at 11:00 AM. Gate City Striders are within striking distance, so we need your help!
- We still need food and volunteers for our 3rd Annual Free Fall Classic 10K on Oct. 25th. This is the final race for this year's NH GP Series. Please contact Laurie Gaudreau at 207-490-3237 or ggaudreau@psouth.net.
- A purple EZ-up 10ftx15ft canopy tent was purchased last week and is scheduled to be delivered by 10/15. The total cost to the club, including all shipping, is \$700. This canopy will be great for races, barbecues, and the Relay for Life.

2003 New Hampshire Grand Prix Series

Citizens Bank Run for Shelter 5k, October 19, Manchester
Rochester Runners FreeFall Classic 10k, October 25, Rochester

President's Corner

When you consider all the kinds of foot races – road races, cross country, track, and trail races – my favorite has to be the relay. After having experienced two great relays in as many weeks, I had to add my 2 cents worth to this month's column.

I've been thinking about this for the past week, wondering what it is that makes the relay such a memorable and unique event. I will never forget the first time I ran Lake Winni. Clyde Coolidge and Dick Keller needed someone to run leg #5 and replace Debby Liberty, who had to drop out at the last minute. I was thrilled and honored to have the chance, but a little nervous that I wouldn't run fast enough for them. To my surprise, we placed in our category and I won my first trophy – a wooden leaf!

I suppose what makes the relay different is that you aren't just running for yourself as expressed by "the loneliness of the long distance runner" concept. The team concept is what makes the relay. Even though I experienced both RTB and Lake Winni this year, not as a runner, but as a driver and organizer, it is hard to put into words the greatness of the events.

But the November issue of Runner's World magazine came to my rescue to make up for my literary ignorance. I was just browsing through the new issue and this quote jumped off the page at me. This was IT – this is what I wanted to say, but didn't know how to verbalize. In Kenny Moore's article entitled, " Sacred Places – Temple of Tough Love", he is talking about the "specialness" of Bislett Stadium in Oslo, Norway. He writes, "*The reason people run faster in front of great crowds is the same reason people run faster on relay legs than in open races. We run not for ourselves but for the team, the family, the tribe, the nation. Our deepest nature, our coded-in-every-cell, primate nature is that we are at our most majestic when we do for others. The sacrifice made by a great runner driving on, one with the crowd, is no different from that which soldiers lay down on the beaches of Normandy. He or she is consumed by and under orders from the larger good.*" Wow, what a statement! But those of you have done the relay can relate – it sends a chill down my spine.

In closing I want to mention two club members that I observed running with this concept. I don't mean to slight any of the rest of you RR's who ran your best as well, but these two individuals stick out in my mind. At RTB, Scott Rowe was in my vehicle and I got to watch him give his all for the team on all three of his legs. Scott is new to our club and I remember the first time he came to a track workout back in April. We've been amazed to watch his progress over the summer. His dad runs for Gate City Striders and encouraged Scott to join our club since he lives in Dover and works in Rochester. Scott ran PR's in college of 15:00's for the 5K and 30:00's for the 10K. At the rate he is progressing, he will be a runner to be reckoned with!

My second individual ran on the Mixed Open Team at Lake Winni. Pam Parker offered to run a leg if I had an opening and when Sue Littlefield had to back out, Pam agreed to run leg #2. I was at Alton Bay when she handed off the baton to Walter Shyska. Pam had given it everything she had and her husband, Phil, had to literally hold her up so she didn't fall over! Those of you who have run leg #2 know that it is a tough 11 miles. Just ask Cathy Orlowicz who stress fractured both femurs down on 11D three years ago!

Thanks to all 18 of you who ran Reach the Beach and all 24 of you who ran at Lake Winni. You make me proud to be in the same club with you!

- Don Yeaton

Rochester Runners Member Spotlight

By Alison Black

Name: Don Yeaton

Age: 52

Residence: Epsom

When did you first start running and what got you interested in running? Don first started running the same year the club was formed, in 1979. He began running to lose weight and get in shape. He convinced Peter Smith, a friend and neighbor (and also a club member) to join him. They started with one mile at first and worked their way up to 2 ½ miles, which is about all they had time for in the morning. Don and Peter eventually ran as bandits in the Boston marathon in 1994 and 1995. Don didn't start racing until 10 years after he started running. His first race was the Red's Shoe Barn race; he ran because pharmacist Bill Slavin encouraged him to run that race.

What is your favorite distance to run? Don definitely enjoys the marathon because it's a great challenge. In addition to the race, he enjoys the road trip that is usually involved in running a marathon.

When did you join the Rochester Runners and what do you most enjoy about the club? Don joined the club in the fall of 1993, 14 years after he started running. His friend Peter's hairstylist told Peter about the club, who then told Don. Don enjoys the club mostly because of the great people who are in the club. He enjoys how everyone is supportive of new runners. He was intimidated to join the club at first but felt very welcome. Don became the Grand Prix coordinator in 1996 and then President in 1998. He became President because Peggy Foster encouraged him to run for the position.

What advice would you give to new runners? Join a club! Don believes that it is so hard to do it by yourself, and that you need to be around other runners to learn and improve. Also, don't be afraid to try something new and to push yourself because you are capable of doing more than you think.

What is your most memorable race? Don fondly remembers the 2001 Bay State marathon because it was the first time he broke 4 hours for a marathon. The day was perfect—the weather, the course, and everything else. Don said he felt great, and used the technique of walking for 30 seconds every mile. He knew at mile 20 that he would break 4 hours because he felt so good.

What are your running goals? Don would like to run a marathon in all 50 states. The only New England state he has left is Connecticut, and then he needs to expand to other regions of the country. Don would also like to run the trail marathon in Maryland again this year, but it's at the end of November so he is running out of training time since his knee has given him some trouble lately.

What is your favorite post-race food/refreshment? Burger and fries (for the salt)!

Do you have any running/racing rituals? Don likes to wear his Smart Wool socks when he races; he got his first pair at the Beach to Beacon race a few years ago when he traded in some old socks. He also has to make sure his bib number is on straight.

Do you have running role models or inspirations? Don admires Steve Prefontaine because he gave it everything he had and was very gutsy. Don was excited to see Steve's induction into the Running Hall of Fame in Utica a few years ago. Steve's sister was there, and Don heard Frank Shorter speak about Steve. An exciting day for a running fan!

What do you like to do besides running? Lately, not much else! Don enjoys taking trips to go to races. He does like to read books and magazines but hasn't had much time for that lately. Don also likes to spend time on the computer! :)

Anything else? Don gets really excited by new runners, because he loves seeing them improve, setting their first PR, etc. He loves to see the changes that take place in a new runner and likes to support and encourage them. Personally, I would like to thank Don for all that he has done for the club. He has worked hard and is appreciated!!

Ali Baba and the Eleven Thieves quest for the "Runners Grail"

by: Bill Paradis

Ali: Alison Black, Team Captain

The Thieves: Jenny Darrow, Pete Dubois, Don Foley, Ruthanne Laine, Sue Littlefield, Bill Paradis, Phil Parker, Scott Rowe, Laurel Valley, Mary Ulinski, and Tom Wakins.

Driver: Don Yeaton

Sunshine greeted 2000 runners September 12th for the tenth running of the "Reach the Beach Relay."

I think we Thieves all felt the weight of the challenge to come -- the fear of letting the team down. Some of us had done this sort of run before (Tetford Mines: *Canada to Somersworth NH* 1999.), but others were testing themselves for the first time.

Efficiency experts have long preached the value of team work; all twelve thieves proved them right! After each baton exchange we would drive ahead of the new runner. A silence would come over us as we saw the many hills that they would be facing. We felt sorry for them, secretly hoping that our own leg would be easier. (There are no easy legs in this relay).

Running in the dark brought on new challenges for some. By this time, fatigue was setting in. And some had problems seeing their way in the dark. We heard of another team that had surprised a moose. So, of course, after hearing this, imaginations ran wild and you think "Could that shadow be a bear?!"

In order to make this story a little more interesting, I'd like to tell you, briefly, what it is like to live in a 1984 Chevy Van, graciously loaned to us by Sue Littlefield's fiance, Dan. Picture this: The van is loaded with six people's duffel bags, 2 cases of Gatorade, 2 cases of water, various snacks, a lawn chair for the "just finished runner" to sweat on, flashlights, reflective vests, stinky running shoes, course descriptions, and tons of enthusiasm. Oh, I forgot. And the six runners! Many people's idea of modesty changed during this adventure. We would hear someone say "I'm changing!" and we'd all respectfully turn our heads away. As the relay wore on, the van became a jumbled mess, as runners dug through the pile, searching for their own gear. Some were able to nap, even as the van hit potholes and swerved around corners.

It's obvious that the designer of this race course is cruel and devious for selecting some of the most challenging terrain in New Hampshire. (Thank you). But finishing at Hampton Beach State Park, the Thieves found their own grail. We were 28:28 -- finishing 72nd overall.

Before I end, you are probably wondering where & how we got our name. We were all out on parole from "Kleptomaniacs Anonymous!" Our team came in 21st, out of 79, in our division. This isn't exactly "stealing the show" (pun intended), but we did very well. We are very proud of each other and the way we all worked together. I believe everyone wants to go back next year.

Footnote: For more information on Reach the Beach Relay, see the article in the September 29th edition of the Foster's Daily Democrat by Mary Ulinski, staff writer & member of our relay team.

The article can be found online at:

http://www4.fosters.com/News2003/September2003/September_29/Sports/sp0929e.asp.

October Birthdays

Guy Carrington (2 nd)	Patty Crothers (4 th)	Jim Henderson (4 th)
Jillian Zerbinopoulos (6 th)	Enh Schofield (7 th)	Kathy Paradis (10 th)
Jacqueline Twarkowski (11 th)	Brian Liberty (14 th)	Pam Parker (15 th)
Katie Douglas (16 th)	Mike Andrews (20 th)	Sue Houle (20 th)
Joanne Dubois (21 st)	Ernest LeClair (23 rd)	Ruthanne Laine (26 th)
Charles Beaulier (27 th)	Ron Foster (30 th)	

Reach the Beach Quiz by Alison Black

Match the Rochester runner with the quote that he/she said during the 2003 Reach the Beach Relay Race. Have fun! Answer key is at bottom. (by the way, some liberty has been taken with these quotes!)

- | | |
|-------------------|----------------------|
| 1. Peter Dubois | 10. Mary Ulinski |
| 2. Scott Rowe | 11. Sue Littlefield |
| 3. Laurel Valley | 12. Alison Black |
| 4. Phil Parker | 13. John Tuttle |
| 5. Don Foley | 14. Chris Blanchette |
| 6. Ruthanne Laine | 15. David Smith |
| 7. Tom Watkins | 16. Craig Stephan |
| 8. Bill Paradis | 17. Kevin Scott |
| 9. Jenny Darrow | 18. Dan Poliquin |
| | 19. Don Yeaton |
- A. "I am a fast runner."
B. "How do I work my stopwatch?"
C. "Does anyone have a bigger hammer?"
D. "It is time to get up already?"
E. "If you're looking for me, I'll be in the bathroom line."
F. "You're not a real runner unless you pee in the woods."
G. "What did I do to deserve this hill?"
H. "Tell them to come back and pick up Kermit."
I. "Does this button work the lock or the window?"
J. "\$%@\$#@#...I'm lost!"
K. "I can wreck this guy for the rest of the relay."
L. "I'm not going to sleep at all."
M. "I brought my duct tape and toilet paper."
N. "Is there a shower at the next transition area?"
O. "It's almost time for the No-Doze."
P. "We're not eating until our last runner comes in." (after this statement, the rest of the team stormed the food tent anyway!)
Q. "I didn't change my shorts for the entire race."
R. "How did I end up here?"
S. "Where's Bill?"

Answer Key:

A. 18, B. 10, C. 8, D. 5, E. 12, F. 3, G. 1, H. 15, I. 11, J. 14, K. 13, L. 2, M. 9, N. 6, O. 19 P. 4, Q. 16, R. 17, S. 7

9/22/03

Rochester Runners Officer's Meeting

Present: Don Y, Craig S, Paul L, Dan D, Dave S, Alison B, Mary U, Chris B, Brian G

Host: Dave Smith: an admirer of eternal beauty and the astonishing harmony of life so providentially maintained in the turmoil of human freedom.

A personal note from the RR secretary: This may be the last time I am able to record the minutes to a RR meeting. As many of you have already heard, in early September the Rochester District Attorney served me with a grand jury subpoena to produce certain documents – the so-called "Mary Ulinski Letters". Unfortunately, just an hour before the sheriff arrived at my door one of our dogs (Harold) opened my locked briefcase and ate all the contents. You can imagine my chagrin and concern at having a dog with a stomach full of ardent love letters, overheard conversations, requests for donations, and dammed lies. Obviously, by the time you read this, I will be safe -- back home in the mother country. I would like to thank all of you – I have enjoyed being secretary of Rochester Runners. I would particularly thank Ken Houle for providing me with the first hint about the tragedy surrounding "The Mary Ulinski Affair" and the subsequent conspiracy of silence and evasion. Please remember, even though some of us have been subjected to great terror, it is somewhat out of proportion to the actual number of violent deaths involved.

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Newsletter: email to Craig S before noon 10/05.

Don Y – Andy S considering submitting Running Shorts articles again.

Don Y – will ask Laura H to write a blurb on the women's running series.

Alison B – will produce a match the runner to the quote quiz.

Dave S & Bill P – a Reach the Beach blurb

Mary U – to write an article on RTB for Fosters.

Don Y & Dave S – blurb on Lake Winni relay.

Guest Speakers:

Oct – Denise Merritt, M.D.: This presentation will be a talk and slide show of her hike up Mt. Kilimanjaro and safari through the Serengetti

Nov – Mark Coogan. Andy S to follow-up.

Back-up: nutritionist via SL.

RR Tent: 9/03 RR meeting authorized purchase of up to \$750.

Craig S – 10 x 15, purple, silk screen = \$676 + 60 (shipping) + 250 (screening)

Craig S – to check for sponsors. Cs to check with Blue Dolphin for delayed silk screening.

Dave S – would like the whole club emblem, including New Hampshire.

Dave S: motion to order tent, if silk screening can be done at a later date.

Craig S: second.

Vote: passed.

(NHGP) Run for Shelter 5K:

Don Y – car pool from Rec Center at 11:00am on 10/19.

New Membership:

Don Y & Paul L – will track new members.

Paul L – will be the mechanism for updates via info supplied by DY & CB.

Paul L – will also promote an email newsletter.

Paul L – will recheck member info at RR meetings.

Don Y – all officers should have up to date member info.

NHGP:

Dave S & Don Y – next GP meeting is after FreeFall Race. What race(s) should RR submit for the 2004 NHGP?

ALL: Rochester Fire Dept 4 miler & Red's Shoe Barn 5 miler.

Thanksgiving Fun Run:

Don Y – Mike A has offered PSNH. (Salmon Falls Sheet Metal is now closed) Bob B & Lou G will still coordinate.

FreeFall Update:

Mary U – volunteered to do the sponsor board.

Craig S – the race still needs volunteers. See Laurie G. (LG also in charge of food)

Craig S – the race will be using SHS cafeteria instead of the gym.

Craig S – we have the hot water for showers problem solved.

Craig S – there will be a painting party next Saturday (9/27) at noon at Craig's if raining and Dave's if sunny.

25th Anniversary:

Don Y – we need to start making plans & arrangements to celebrate 25 years.

Don Y – maybe we could get Andy S to put together an audio tape as he did for 20 years.

Dave S – maybe a video?

Don Y – will put a blurb in the newsletter asking for volunteers to help organize.

Eastern States:

Don Y – Don A has asked to talk to RR about helping out more on the Eastern States 20 miler. Maybe even directing the race?

All: it is worth talking and listening.

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Track Workouts:

Dave S: at the track slower runners sometimes seem intimidated by faster runners. They seem to need more feedback as they are working out. We could use an assistant coach to focus on them.

Halloween:

Craig S – maybe a full moon run at Kingman Farm?

Meeting adjourned at 8:50pm. The reader must form his own conclusions regarding the mysterious nature of guilt of a moral, legal, and actual sort.

■ Guest Speaker: Dr. Denise Merritt

■ Topic: Hiking Mt. Kilimanjaro

■ Our guest speaker for October will be Dr. Denise Merritt. Dr. Merritt is a physician and frequent adventure hiker. She worked as a physician in private practice in Alton for almost 20 years and now is employed as the staff physician at Lakeview NeuroRehabilitation Center. One of her most interesting experiences was working as a doctor with the Himalayan Rescue Association where she provided emergency care to patients in a remote high altitude clinic. She has recently returned from one of her trips to the Alaskan wilderness. This presentation will be a talk and slide show of her hike up Mt. Kilimanjaro and safari through the Serengeti. Join us for this informative and quite humorous adventure. Watch running zebras giving birth. Perhaps this event can be added to the Grand Prix! The public is welcome.