

ROCHESTER RUNNERS REPORT

VOLUME 6 NUMBER 9

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President/Membership
Don Yeaton
dryrun46@aol.com
736-4610

V-President
Bill Paradis
billnkathy@psouth.net
(207) 676-5831

Vice President/Activities
Ken Houle
hoolks@worldpath.net
755-9061

V-President/Clothing
Dan DeFrees
dandanshoeman@aol.com
335-7124

**V-President/RRCA NH
State Representative**
David Smith
dls0629@hotmail.com
332-8299

V-President/Racing
Alison Black
tennpurp@yahoo.com
860-4190

Treasurer
Chris Blanchette
cblanchette@prodigy.net
335-2003

Next Open Meeting

**Tuesday,
September 16, 2003**

7 p.m.

**Rochester
Community Center**

Speaker:

**Mark Coogan
1996 USA Olympic
Marathon Team**

Secretary
Brian Gallagher
brian.gallagher@unh.edu
335-8636

Webmaster
Craig Stephan
stephan@enterasys.com
749-7820

Publicity Director
Mary Ulinski
mulinski@fosters.com
463-5829

Race Director/Membership
Nadine DuChateau
nadine_duchateau
@yahoo.com
750-0244

Club Historian
Janet Glazier
743-4558

Newsletter Editor
Chris Keller
rochesterrunners@aol.com
750-3116

**Race Coordinator/
Membership**
Paul Lindsay
bplindsay@hotmail.com
749-1388

The Rochester Runner web site: www.rochesterrunners.com

E-Mail: rochesterrunners@aol.com

SECOND FRONT PAGE

Running Notes:

- π RunninBikin' Bill Paradis has informed us that the Thursday night bike rides have come to an end until next spring.
- π Another local race needs your help! I recently received an e-mail from Steve Tilton, the race director of the **12th Annual Chamberlain Street Challenge 5K Road Race** sponsored by Frisbie Hospital. The race will be held on Sat. Oct. 4th at 10 AM at the Chamberlain Street Elementary School on Chamberlain St. in Rochester. If the numbers aren't sufficient this year, there is a good chance that Frisbie Hospital will not be the sponsor next year. It's a good course: it runs South on Chamberlain St., turns right onto Whitehall Rd., then makes a right onto S. Main St. and a right turn onto Franklin St. It takes a left after the railroad tracks thru a local neighborhood before returning to Franklin St. and then a right onto Chamberlain to finish at the school. We will have apps at the next club meeting on the 16th. An app is also attached to this newsletter.
- π Congratulations to **Laurel Valley** who was the first female finisher of the Rochester FD Four miler on Aug. 16th and to **Tom Watkins** who won the Barnstead 5k on Aug. 23rd!

2003 New Hampshire Grand Prix Series

Lake Winnepesaukee Relay, September 20, Laconia
Citizens Bank Run for Shelter 5k, October 19, Manchester
Rochester Runners FreeFall Classic 10k, October 25, Rochester

President's Corner

September means “back to school” for many and for Rochester Runner's Club, it's the start of a new running year, since our club year runs from September to September. We've left our informal summer schedule and we start off a new year with the election of officers at the September meeting. Therefore, I thought that this month's column would be well spent by recalling some of the significant events of the past year.

1. We had 24 RR's who qualified for this year's Boston Marathon and this is most likely a club record. Not all 24 ran at Boston this past April, but you are to be congratulated for reaching a goal that is not easy to attain. Those of you who ran your first marathon are to be commended as well. In a recent report from Marathonguide.com, there were nearly 325,000 marathon finishers in the US in 2002 – a 9.1% increase over 2001. That translates to 61.5% men and 38.5% women who ran in the 279 marathons that were held in 2002. Best wishes to those of you who are training for your first marathon this fall.
2. At last year's Reach the Beach Relay, our 6-man Ultra Team came in 18th overall and took 2nd in the Ultra division. They were beaten by a team of cadets from West Point. Good luck to our two teams who will be leaving Breton Woods on Friday, Oct. 12th. Our Ultra Team is named **“Kermit and the Frogs”** – David Smith, Craig Stephan, Chris Blanchette, John Tuttle, Dan Poliquin and Kevin Scott. The other 12 person mixed team call themselves **“Ali Baba and the Eleven Thieves”** – Alison Black, Jenny Darrow, Sue Littlefield, Ruthanne Laine, Mary Ulinski, Peter Dubois, Don Foley, Bill Paradis, Phil Parker, Scott Rowe and Tom Watkins.
3. Andy Schachat had the distinct honor of being the announcer of two running milestones that were both accomplished within a two week period in August of this year. On Aug. 2nd, at the Beach to Beacon 10K, Andy got to call the fastest 10K ever run in New England and at the Cigna Healthcare 5K in Manchester, Andy was right there to call the first sub-14 minute finish of a 5K in NH – a 13:55!
4. Last year we finished a distant 2nd to the Granite State Racing Team in the NH RRCA GP series. This year due to the incredible running talent of a great number of you, we are only 53 points behind the leader – the Gate City Striders from Nashua. To put this in perspective, we have about 140 club members, Gate City has about 600. At the last GP race in Frankestown, there were 21 of you who ran and scored 93 points. It took 51 Gate City Striders to earn their 119 points.
5. Many of you have won some races this past year and many of you consistently finish at the top of your age category – I won't try to name all of you because I know I will leave some of you out. How do I know this? Because my camera is constantly running out of film taking pictures of all of you receiving your awards!

Best wishes to all of you as we approach a new club year and the fall racing season. May the wind be always at your back with a new PR awaiting you at every finish line!!

- Don Yeaton

Lake Winnepesaukee Relay

September 20, 2003

Rochester Runners will have three relay teams this year for the Lake Winnepesaukee Relay on September 20, 2003. The teams are as follows:

New Hampshire Grand Prix Team

Ken Houle	Laurel Valley
John Tuttle	Mary Ulinski
Faye Lowrey	Kevin Scott
Tom Watkins	Laurie Gaudreau

Mixed Open Team

Laura Harding	Don Yeaton
Joe Boyle	Cash Leavitt
Alison Black	Ruthanne Lane
Sue Littlefield	Walter Shyska

Men's Open Team

Craig Stephan	David Smith
Dan DeFrees	Chris Blanchette
Dick L'Heureux	Phil Parker
Nathan Huppe	Joe Harding

The Mixed Open Team and the Men's Open Team are subject to change for any given reason.

GOOD LUCK!

Rochester Runners Member Spotlight

By Alison Black

This column will return next month.

Alison is in the process of moving closer to this area (Madbury, to be exact.)

Have you hugged
your bike today?



"Spokes Person"

by Bill Paradis

Hi Bicyclists:

Bike rides are cancelled for the rest of the year.

See you in the spring.

RunninBikinBill

Chamberlain Street Challenge 5k Road Race

My name is Steven Tilton, chair for the Chamberlain Street Challenge 5K Road Race. October 4th is our twelfth annual event and may very well be our final event. Participation has been down the past few years and Frisbie the current sponsor will be requiring us to file an application early to be voted on for next year by the board. My goal this year is to increase participation and would like to ask for the assistance of the Rochester Runners Club. Please call me for any additional information or needs at (603) 335-0972 thank-you very much.

The Twelfth Annual Chamberlain Street Challenge is our 5K certified course race (NH00019WN) put on by the school PTA committee, as a fund raiser. Funds raised from this event help to subsidize student activities throughout the year, such as field trips and educational speakers, which the school system otherwise would not be able to support. Free T-shirts will be given to the first 75 registrants, refreshments for all runners, awards and raffled items from local merchants will follow the race. Entry fee is only \$10 if pre registered and \$12 on race day.

The application is attached for your use.

FRISBIE MEMORIAL

HOSPITAL

Presents

The Twelfth Annual Chamberlain Street Challenge 5 kilometer road race

Saturday October 4, 2003 at 10:00 am

On-site registration, number, and Tee-shirt distribution begins at 8:00am (T-shirts available to the first 75 registrants) registration deadline 9:45am.

COURSE: A 5K (3.1 mile) loop starting on Chamberlain Street In Rochester, New Hampshire, in front of the Chamberlain Street Elementary School; heading south on Chamberlain Street, turning west onto Whitehall Road, then turning north on to South Main Street, then east onto Franklin Street. The course then winds through a Rochester neighborhood, then back onto Franklin Street, before returning to Chamberlain Street (see map on reverse side). Splits will be available at the 1 and 2 mile mark, with water available at the 2-mile mark.

ENTRY FEE: \$10.00 (\$12.00 on race day). No refunds or substitutions. Mail completed entry form and check (made payable to Chamberlain Street School PTA) to Chamberlain Street Challenge c/a Janice or Steven Tilton
694 Salmon Falls Rd.
Rochester, NH 03868

ELIGIBILITY: Race open to all.

AWARDS: \$50.00 cash award to the top finisher of each gender and trophies to top 3 of each gender with an additional \$50.00 cash award for setting the course record. (Male: Mike O'Brien, 15:38, Female: Lisa Brady, 17:04). Medals to top finisher of each division and registered children will be awarded medals. Additional prizes will be raffled to all participants following the race. Awards ceremony will be approximately 75 minutes following the start of the race in front of the Chamberlain Street Elementary School.

DIVISIONS: Male and Female: <15,16-19,20-29,30-39,40-49, 50-59, 60+.

REFRESHMENTS: Each race participant may enjoy Refreshments, immediately following the race on school grounds.

FOR MORE INFORMATION: call (603) 335-0972 or E-Mail 4Tiltons@metrocast.net

OFFICIAL ENTRY FORM

(please print clearly)

Mail to: Chamberlain Street Challenge, c/o Janice or
Steven Tilton
694 Salmon Falls Rd, Rochester, NH 03868

Name: _____ Date of Birth _____ Age on 10/4/2003: _____

Street Address: _____ City, State, Zip: _____

Gender: _____ Evening Phone: _____

T-Shirt Size (Circle): Adult S M L XL

I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, including but not limited to Frisbie Memorial Hospital, the Chamberlain Street School PTA, the Rochester, NH school board, and City of Rochester, NH, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless from any and all injuries suffered in connection with this event. I attest that I am physically fit to complete this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media, including photographs, pictures, recordings, or any other record of the event for any legitimate purpose.

Signature: _____
(Parent or guardian, if participant under 18)

Date: _____

Cumulative New Hampshire Grand Prix Scoring

Through the Francestown 8k Race

CUM	Male	Male	Male	Male	Male	Female	Female	Female	Female	Winni	Total
Team	Open	40s	50s	60s	70+	opn	40s	50s	60s	Relay	Pts
AA	31	17	4	32	0	23	29	4	0		140
CAA	10	0	26	0	0	4	6	0	0		46
CNE	0	0	0	0	0	0	0	0	0		0
GCS	31	47	86	64	19	98	42	90	17		494
GDTC	40	1	33	31	8	30	23	12	11		189
GSRT	76	76	14	44	5	17	87	10	0		329
MRM	18	35	22	0	24	19	57	23	40		238
RR	69	92	88	4	3	72	27	88	0		443
SRR	0	0	0	8	3	5	4	0	0		20
WMM	0	7	2	0	0	3	0	0	6		18
	275	275	275	183	62	271	275	227	74	0	1917

AA = Athletic Alliance

CAA = Coastal Athletic Association

CNE = Club Northeast

GCS = Gate City Striders

GDTC = Greater Derry Track Club

GSRT = Granite State Racing Team

MRM = Monadnock R Milers

RR = Rochester Runners

SRR = Sandown Rogue Runners

WMM = White Mountain Milers

September Birthdays

Christopher Blanchette (15th)

Faye Lowrey (17th)

Craig Stephan (19th)

James Gagne (11th)

Kayla McKee (29th)

Chad Tenander (14th)

Heather Gookin (14th)

Marilyn Metcalf (27th)