

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 4

APRIL, 2004

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Next Open Meeting

Tuesday,
April 20, 2004

7:00 p.m.

Red's Shoe Barn
Dover, NH

Speaker:
TBA

(hopefully Ted Vogel will be
able to make it after having to
cancel in March due to
inclement weather)

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President's Corner

What makes a “good” road race? Is it the course, the t-shirt, the post-race food or could it be the volunteers that make it all happen? We often think that large crowds of spectators make an exceptional race as they are at the Boston Marathon every year. But where would the race be without the hordes of volunteers who keep the race running smoothly?

David Smith and I ran the Northern Central Trail Marathon in Sparks, MD last November. With only 400 participants, it doesn't take long for them to thin out on the 12 mile out and back part of the course. The only spectators you encounter are at the few roads that intersect the trail at various points, so it's up to the water stop volunteers to do the cheering and encouraging. The same holds true for the Adirondack Marathon in Schroon Lake, NY. There are only 400 – 500 runners on the course that is closed to traffic so you see few spectators, except for the enthusiastic water stop volunteers who will call out your name as you run through.

If I counted right, there were 26 Rochester Runners who were helping at the Eastern States 20/10 Miler on Sunday, March 28th. That's pretty extraordinary considering the 10 Miler was also a NHGP race. We only had 10 RR's who ran for us in the 10 Miler and they secured a 3rd place finish for us. There were at least 11 RR's who ran the 20 Miler. Just imagine how we could have done if we all had run the 10 Miler!

I just want to congratulate all of you who took part, either as a runner or volunteer. Your efforts helped make the race a success. There were a few problem areas that need to be improved, but many of you are old pros at race directing now, having cut your teeth on the last three editions of the Free Fall Classic 10K. Plus your efforts helped the club raise \$1500 as payment for our help with the race.

If we decide to help next year and the race is chosen as a NHGP race, I would like to see both races included in the GP series. This would make good sense because so many are running the Boston Marathon – we have 17 RR's there this year. Because of the condo development at the 10 mile start, Don Allison is thinking he may have to change the 10 Miler to either a 15K or a half marathon.

Once again, THANK YOU volunteers for making the ES 20/10 Miler a “good” race!

- Don Yeaton

Running Notes

Don Yeaton

1. We've made another change in the date for the Red's Shoe Barn course cleanup. Because a number of us want to run the Bow Lake 15K on April 10th, we moved the cleanup to Sat. April 18th right after the bib number pickup at Red's from 10 AM to noon. So meet us Red's at noon with your gloves – we'll have the trash bags.
2. The April meeting will once again be the day after Boston on Tuesday, April 20th at Red's Shoe Barn at 7:00 pm. We are hoping to have Ted Vogel who couldn't make it last month because of the snowstorm. Ted finished 2nd at Boston in '48 and has some great stories.
3. April Races:
April 10th – Bow Lake 15K/5K – www.nhruns.com
April 19th – 108th Boston Marathon
April 24th – Out of Hibernation 5K – Portsmouth - <http://www.whatismasonry.com/>
April 25th – Girl's Inc. 5K – Rochester - <http://www.girlsincnewhampshire.org/roadrace>
4. We recently got a notice from the Rec Center about a city-wide Rochester clean-up on Earth Day on Sat. April 24th. We thought it would be a good opportunity to clean up part of our Free Fall course. We will meet at 9:00 AM at the Rec Center and be working on the E. Rochester section of Portland St. They will be having a cook-out for all participants at 12 noon.
5. We have not been able to find a team captain for this year's Relay for Life on June 18 and 19. The problem for some of us is that this is the night before the Mt. Washington Road Race on June 19th. Unless someone volunteers, it looks like we will have to wait until next year for a team.
6. More marathoners: John Racine is running Boston this year along with Ruthanne Laine who is running her first marathon and raising \$\$ as part of the “Run for Research Team” of the American Liver Foundation. Mary and Britt Ulinski and Walter Shyska will be running the Country Music Marathon in Nashville on April 24th. This will be Britt's debut marathon as well.

Other Upcoming Races (ones that are not mentioned by Don Yeaton in Running Notes):

*Note from the Editor: as we head into the spring running season and races begin to become plentiful, I will only highlight “popular” and close (within an hour of Rochester) races. There are just too many races to list! There are many wonderful web sites that you can access if you are looking for a race:

www.coolrunning.com (click on “Races/Events” at top)

www.runnersworld.com (click on “Calendars” at top and then “Race Finder”)

www.metroportsboston.com (click on “Calendar” on left)

www.nerunner.com/calendar/index.html

Maine

Saturday, April 10th

Fosters Downeast 5K at 10:00am in York Harbor. Contact: thutch@yorkschoools.org

Saturday, April 24th

Joshua’s Book of Dreams 5K race at 10:00am in York. Contact: rcogger@yorkmaine.org

Saturday, May 1st

6th Annual May Day 5K Fun Run/Walk at 9:00am in Kennebunk. Contact: zoom@mainecc.com

Massachusetts

Tuesday, April 6th (weekly series every Tuesday)

Good Times 5K Running Series at 7:00pm in Lowell. Contact: 5K@goodtimes.com

Monday, April 19th

Lexington Patriots Day Road Race (5 Miles) at 10:00am in Lexington. Contact: dlucente@aol.com

Sunday, April 25th

“Cool Kids” 5K Road Race/Fun Walk at 1:00pm in Billerica. Contact: NEPCKids@aol.com

Saturday, May 1st

Reading Lions Club Journey for Sight 5 Mile Road Race at 10:00am in Reading. Contact: ReadingLionsRace@aol.com

Sunday, May 2nd

Lowell Firefighters 5-Miler at 1:00pm in Lowell. Contact: brettdowling@ci.lowell.ma.us

New Hampshire

Saturday, April 10th

Todd’s Trot 5K Road Race/Walk at 10:00am in Durham. Contact: jeanparsons@Comcast.net

Saturday, April 24th

2nd Annual Flower Day 5K at 10:00am in Concord. Contact: run2win893@aol.com

Sunday, April 25th

Muddy Moose Trail Race (4 mile or 14 mile) at 10:00am in Wolfeboro. Contact: ferguscullen@aol.com

Saturday, May 1st

Catholic Medical Center Community Challenge 5K and 10K at 9:00am in Manchester. Contact: pmertzic@cmc-nh.org

Saturday, May 1st

Children’s Museum of Portsmouth 5K Road Race at 10:00am in Portsmouth. Contact: staff@childrens-museum.org

PLAN AHEAD: MARK YOUR CALENDAR!

Sunday, May 9th--Medical Center 6K for the Kids—**GRAND PRIX RACE!!!!**

9:25am in Nashua, NH. Contact: healthmatch@snhmc.org

Rochester Runners Member Spotlight

Alison Black

Name: Diane Levesque

Age: 50

Residence: Rochester

When did you first start running and what got you interested in running?

Diane was 23 when she first started running. At the time, she was dating a doctor in Madison, Wisconsin who was an avid runner. The doctor asked Diane to join him one day and they ran on an indoor track. Believe it or not, Diane could barely run at all. She was a smoker then and told him she couldn't run because of smoking. He told her that the real reason she could not run was because she was out of shape. If he had not been a doctor, Diane says she would not have believed that and would have given up running for cigarettes. Instead, Diane continued to run and she continued to smoke. In fact, Diane ran for 15 years while she smoked. She finally gave up smoking on April 2, 1992 and has been a much faster runner since then!!

What is your favorite distance to run?

Diane prefers 10 mile races and half marathons because she feels like she did something. Unbelievably, Diane's pace for these longer races is typically the same pace she runs for 5K and shorter races!

When did you join the Rochester Runners and what do you most enjoy about the club?

Diane joined the club around 1995, after hearing about it from Janet Parkinson. She enjoys the camaraderie she has found among many club members at meetings and races. She especially enjoys doing her long runs with other club members. Diane also enjoys the Grand Prixes.

What advice would you give to new runners?

Diane's advice is simple: Just keep running. Try to run every day. Consistency is the key.

What is your most memorable race?

Diane felt good about her performance in the Boston Prep 16 Miler in Derry in 2003. She ran faster than she ever thought she could run for that distance. Diane feels she was in top shape then, and that her fitness was partly a result of all of the running she had been doing with Brian Gallagher.

What are your running goals?

Diane wants to hang on to the fast pace that she currently enjoys.

What is your favorite post-race food/refreshment?

Anything chocolate!

Do you have any running/racing rituals?

Diane does not eat before racing, unless the race is later in the day, like the Boston Marathon. Diane also prefers not to drink before a race either.

Do you have running role models or inspirations?

As for local runners, Diane is inspired by Laurel Valley, who can "do anything." Laurel is in incredible shape and has such great energy. As far as the national running scene, Diane admires Paula Newby Fraser, the triathlete who was a constant winner.

What do you like to do besides running?

Diane has many non-running interests, including: hiking, kayaking, lifting weights at the Works, watching TV, going to see live theater, and of course, spending time with Brian. Diane also loves to spend time with her “pupsters” Harold and Fuzzy.

Anything else?

Editor’s note: Diane consistently places at the top of her age group in many races.

I am also happy to report that Diane is taking over the Member Spotlight column starting with the May newsletter. A big THANK YOU to Diane for taking over this exciting column! I’m sure Diane’s humor will make the interviews much more interesting. :)

Track Workouts

Soon there will be two track workouts at Spaulding to choose from. John Tuttle has offered to add another workout on Wednesday nights starting on May 5th at the Spaulding Track. John will continue with the Tuesday night workouts for those who have been running at the indoor UNH track all winter. John will be running during the workouts on Tuesday, but will be on the sidelines on Wednesday offering more individual attention.

For those of you who haven't tapped into John's vast experience and knowledge of the sport, you've missed an opportunity to see some great improvement in your running. John has been running since 1968 and lived in CA at 7000' for about 20 years. He ran some incredibly fast marathon times during those years in CA. Those of us who have taken advantage of his coaching the past 2 years have seen some greatly reduced race times.

So you have a choice - come out on Tuesdays and John will give us a workout and then run it with us. Or if you are new to speed work or need some more individual attention, come out on Wednesdays. Both sessions will be held from 5:30 - 7:00 PM.

Question of the Month for May

What is your favorite post-race food or refreshment?

Please submit your response to me (Alison Black) by May 1st for inclusion in the May newsletter. You can email me at tennpurp@yahoo.com or call me at 868-1083. I look forward to hearing from you!

Have You Checked the Web Site Lately?

Who is the member featured in the beautiful picture on the home page? Check it out and figure it out!

Good Luck in Boston!

The following members of our club are running the Boston marathon but were not listed in the March newsletter. Wish them luck! (and GOOD LUCK to anyone who did not submit their name to me but who is running the Boston Marathon!)

Dick L’Heureux, Ruthanne Laine, John Racine

THANK YOU!!

Although Don mentioned his thanks in his column, it is worth taking the time to again thank the volunteers who worked hard at the Eastern States race on Sunday, March 28th. This race literally could not have functioned effectively without the hard work of many members of our club. Your efforts helped to bring valuable funding to the club. Special thanks to those volunteers who stayed the whole day—it was a long day for many people! And special kudos to Marilyn Metcalf who had the tedious task of following the last runner in her car in the 20 mile race. Thanks, Marilyn!

Volunteers (I am sorry if your name is not listed here...let me know if I missed you!)

Pete Dubois, Scott Rowe, Don Yeaton, Alison Black, Kathy Paradis, Tom Littlefield
Marilyn Metcalf, Sue Littlefield, Laurel Valley, Paul and Amy Lindsay, Chris Blanchette and Danielle,
Dave Smith, Janet Glazier, Ken and Sue Houle, Lori Scott and Kayla, Lauren Winterholer, Ron and
Peggy Foster, Pat Jones, Craig Stephan, Dick and Linda Long, James Smith

Vermont City Marathon on May 30th—Bib Available

Looking to run the Vermont City Marathon but got shut out because the race is sold out? Sue Littlefield is injured and can't run the race so is offering her bib to another club member. THIS IS LEGAL and is encouraged by the race organizers. Sue has the option of posting the bib on the Vermont City Marathon web site but wanted to offer it to club members first. The cost is \$60.00 for the bib; plus, Sue purchased a dinner ticket that you could also buy from her. If interested, please contact Sue on her cell phone at 817-1097. Call her ASAP but no later than April 15th as there is a deadline for posting it on the Vermont City Marathon site. Come join many of us from the club in Burlington on May 30th. Those planning to attend (as far as I can remember): Don Yeaton, Bill Paradis, Kevin and Lori Scott, Mike Andrews, Dan Defrees, Alison Black, and others I know I am forgetting.

RR Grand Prix Update

Paul Lindsay

Recent race results are showing who trained hard over the winter. **Laura Harding** and **Sin Kounlasa** at the Law Enforcement Half Marathon in Wakefield, Mass., ran better than in any of their races in the past year. There were lots of fast times at the Run for the Border 10 mile NHGP race, with outstanding efforts by **Nathan Huppe** (overall race winner), **John Tuttle** (top master), **Tom Watkins**, **Lisa Hart**, and **Emily Trespas**. The most impressive time was Tom's, which was over 5% faster than his previous best in the past year! Those were wind-aided times on a point-to-point course though, so they won't be counted as new baselines for the RRGP. The same is true for the Eastern States 20 mile, where **John Racine** and Sin (again) ran faster than their past year's best. Other March races for RRs included the Irish Feet 5 mile in Lowell, the Shamrock Shuffle in Lebanon N.H., the Kerryman Pub 4 mile in Saco (**Laurel Valley** was the womens winner there), the Shamrock Marathon in Virginia Beach Va., the More Marathon in N.Y.C., and the Merrimack River 10 mile trail race in Andover Mass. (**Pete Shea** and **Alison Black** deserve mention for running that very challenging course). The current standings suggest that **Dan Poliquin** and **Laurie Gaudreau** will not make it easy for challengers to unseat last year's RRGP king and queen, but there's a long way to go yet. **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 bplindsay@hotmail.com. Thanks again to Alison for compiling race results from the internet.

S	D	T	n		S	D	T	n	
12	45	59	9	Dan Poliquin	0	11	11	2	John Rancourt
9	31	40	6	Laurie Gaudreau	3	5	10	1	John Tuttle
7	28	37	6	Emily Trespas	3	6	9	1	Tom Littlefield
10	25	35	4	Sin Kounlasa	3	6	9	1	John Racine
4	31	35	5	Steve Robbins	0	9	9	2	Don Yeaton
10	24	34	4	Laura Harding	3	4	7	1	Darryl Cauchon
4	28	34	6	Cliff Parkinson	0	7	7	1	Dave Smith
1	32	33	6	Dick L'Heureux	0	7	7	1	Pete Dubois
5	27	32	6	Mike Kimball	0	5	7	1	Ken Houle
5	25	32	5	Diane Levesque	1	5	6	1	Suzanne Snowden
8	18	26	3	Dawn Heinrich	0	6	6	1	Mary Ulinski
6	16	24	3	Lisa Hart	0	6	6	1	Sue Littlefield
5	18	23	3	Joe Harding	0	6	6	1	Walter Shyska
3	15	20	3	Tom Watkins	0	6	6	1	Mike Davis
2	18	20	3	Laurel Valley	0	6	6	1	Pete Shea
2	16	18	3	Greg Gaudreau	0	6	6	1	Kevin Scott
5	9	16	2	Nathan Huppe	0	6	6	1	Bill Paradis
0	16	16	3	Alison Black	0	6	6	1	Mike Andrews
2	13	15	2	Craig Stephan	0	6	6	1	Dan DeFrees
0	13	15	3	Brian Gallagher	0	6	6	1	Jen McDevitt
1	12	13	2	Lori Scott	0	5	5	1	Keith Shields
0	13	13	2	Melissa McDevitt	0	3	3	1	Andy Schachat
0	12	12	2	Britt Ulinski					

Todd's Trot

Paul Lindsay

Todd's Trot 5K in Durham on Saturday April 10th will be a special race for Amy and me. The race is a new one this year, held to benefit a scholarship fund at Oyster River High School in memory of Todd Heuchling. Many of you may remember reading last August that Todd, a West Point cadet from Durham, died of heat stroke while running in an eight-mile race with the West Point marathon team. He was an outstanding student and a multi-sport athlete at ORHS, and his strength of purpose was an inspiration to all who knew him. Todd and our daughter Abby were born in Dover one day apart, and were part of the same play group when they were young. The Heuchlings are not only friends of ours, but they are one of the finest families you could ever know. We are looking forward to participating in this event to honor and remember Todd. This would be a good tune-up for anyone planning on running Red's Shoe Barn 5 mile race the following weekend. 10 am start at ORHS—maybe we'll see you there.

Officers' Meeting Minutes—3/22/04

Brian Gallagher

Rochester Runners Officers Meeting

March 22, 2004

Present: Don Y, Dave S, Chris B, Bill P, Brian G.

Host: Dave S – recently escaped, desperate to clear his name, and see his mother.

Don Y speaking drowsily without effort said that the newsletter deadline is April 4th at noon.

Red's Race: Pre Reds on Saturday 4/17 – RR info table from 10am to noon.

Race course clean up at noon on 4/17 -- Dave S in charge. Don Y to write a newsletter & email blurb.

Red's meeting on 4/20 – no New Balance speaker. RR Officers took this jolt in silence. Bill P. fidgeted uneasily. Chris B. grumbled and swore. Alison B. paced solemnly, wearing a look of dread. Don Y. said with mock triumph that he will invite Ted Vogel to speak.

RR received a letter from the Dept of Rec and Youth Services. They are holding an Earth Day Cleanup on April 24 from 9:30am to noon. Don Y said efficiently the he would follow up to get details and indicate that RR was interested in participating.

RR received a letter from a Berwick Maine high school cross country runner (Jessie) asking for a donation to help attend the Down Under International Games this summer.

RR officers, after assuming a collective expression of lugubrious thought, agreed to donate \$50 and a RR membership.

Bill P: the Bike Repair (hands on) Seminar will be held April 26 at 6:00pm at Dave S's house. Mary U. wondered if there was still a police sergeant in the garage.

Ken H: He'll feel uncertain –

Dan D: Uneasy.

Ken H: He wont know what to do.

Dan D: So what will he do?

Ken H: He'll look at me and he'll look at you.

Dan D: We wont say a word.

Ken H: What do we do if it's a girls bike?

Dan D: We do the same.

Ken H: Exactly the same?

Dan D: Exactly.

Ken H: Oh.

Don Y with large eyes as innocent as a child's said the RR part of the Cancer Relay for Life needs a director. Don Y will write a newsletter and email blurb asking for help.

Craig S gave a low whistle.

25th Anniversary Committee is still in the initial planning stage. Don Y finding it almost impossible not to keep a note of cheerful encouragement in his voice said that they could use some help & ideas.

Eastern States 20 miler – could use a few more volunteers. Dave S will contact each volunteer with an assignment.

John T. will coach two track workouts each week. Tuesday evening will be for the “regulars” and John will be participating. On Wednesdays, John will coach from the sidelines. This will enable him to give more attention/help to the runners. Don Y will, unless prevented by some extraordinary aberration, write a newsletter blurb.

The meeting was adjourned at 8:15pm before the non-stop tension left us all bug-eyed.



**FIX YOUR OWN
BIKE!
Bike Repair Clinic**

Would you ride your bike more if you knew how to fix a flat tire? Do you know how to perform a pre-ride safety check? Is your bike making annoying noises? What tires would work best for your style of riding?

Learn all this and more by attending my "Bike Maintenance and Repair Clinic." There is no cost to attend - just the desire to learn.

WHEN:

Monday April 26 at 6:00 pm.

WHERE:

Old OX ROAD (Dave Smith's house) ~ Phone 332-8299
4/10 mile before Portland Street, just off Salmon Falls Road.

WHAT TO BRING:

Your bike
Your helmet
Any bicycle tools that you have

AGENDA

- 1) Pre ride check
- 2) Tire changing and flat repair
- 3) Derailleur adjustment. (Shifters)
- 4) Adjusting your bike to fit you better
- 5) Thoughts on choosing a new bike

Please R.S.V.P. @ 207-676-5831, Bill Paradis
Email wparadis@maine.rr.com

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