

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 8

AUGUST, 2004

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Next Open Meeting

**Tuesday,
August 17, 2004**

7:00 p.m.

**Community Center,
Rochester**

**Fun Run
at 6:00pm**

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President's Corner

Don Yeaton

July was a good month for two of our members. Most of you have heard these results by now, but they bear repeating and are worthy of a greater hearing. The two outstanding Rochester Runners are Laurel Valley and Nathan Huppe.

Laurel ran her first 100 mile race at the Vermont 100 on July 17 – 18. She finished in 51st place out of the 163 who finished before the 30 hour cutoff time. Her time was 22:34:53 for an average pace of 13:33/mile. Just imagine starting a race at 4 AM on Saturday and finishing at 2:34 AM the next morning! WOW!

Laurel is the first woman from our club to complete a 100 miler and may be the first member to do so. We know that former club member, Ron Johnston has also done at least one 100 miler, but we aren't sure that he was a club member at the time. Regardless, our hat is off to Laurel. Some of us remember her telling us of her plan to run this race back in January when we were running on the indoor track at UNH.

The second noteworthy running exploit belongs to Nathan Huppe at the Utica Boilermaker 15K in Utica, NY on July 11th. Last year Nathan finished in the top 100 in 95th place. We thought that was a worthy accomplishment for a race that is the largest 15K in the USA. This time around Nathan ran nearly a three minute PR over last year in a time of 50:42 and finished in 39th place of 9119 finishers. What made us New Englanders even more proud was the fact that the first American finished in 13th place. Patrick Moulton of Pelham, NH takes this honor with a picture on the Boilermaker web site of a shirtless Patrick leading a contingent of 12 Kenyans at the 2 mile mark!

Those of you who have been coming out to the Wednesday track workouts have witnessed the steady improvements in Nathan's running under the guidance of our track coach, John Tuttle. Nathan has won several races this year and we think that the "best is yet to come".

Kudos to Andy Schachat for his recent article in the Sunday Foster's on the correlation between racing performance and adequate sleep. I can attest to the validity of his statements in my own race results. Sometimes the best training we can do is to take a nap. Your body and race times will thank you! Best wishes for a successful month of running and racing!

- Don

Running Notes

1. Congratulations to Scott Rowe for his first win at the Kennebunk Free Library 5K in 17:42 on July 23rd!
2. Dan DeFrees is hosting a run into Devil's Den in New Durham on Saturday, August 7th. Meet at the boat launch at the head of the lake between 8 and 8:30 AM.
3. Thanks to Cathy Orłowicz and her crew from the New Durham Historical Society for hosting another great edition of the Meetinghouse 5K on Saturday July 31st. The race drew some of the area's swiftest male runners: Wilson Perez, Tim Cox, Nathan Huppe, Mike O'Brien, Scott Clark and Fergus Cullen. Perez won the race in 15:23 and set a new course record.
4. We have 10 pre-registered for the Free Fall 10K and 5 for the Free Fall 5K on Thanksgiving.

Important Membership News

Alison Black

Earlier in July, Don Yeaton, Paul Lindsay, and I met to update our membership records. We discovered that many members have not renewed for 2004. If you are one of these members, then you have a red "X" on the front of your newsletter. You will no longer receive the newsletter until you renew your membership. Also, you will not be included in the Club Grand Prix results unless you are a paid current member. Perhaps many of you who did not renew did not realize that your membership lapsed. All you need to do to renew is to send a check to Don Yeaton at Rochester Runners Club, PO Box 727, Rochester, NH 03866. Individual memberships are \$15 per year and family memberships are \$20 per year. If you think our membership records are inaccurate, feel free to contact Don, Paul, or I. Our contact information is on the first page of the newsletter. Thanks!

Lake Winni Relay – September 25th

Here is the list of those of you who have signed up for a spot on one of the three club sponsored teams. Please let Don know if you have changed your mind. We still have 2 slots left. We need our teams registered by August 15th.

- | | |
|-------------------|-------------------|
| 1. Faye Lowrey | 13. Britt Ulinski |
| 2. Phil Parker | 14. Laurel Valley |
| 3. Pam Parker | 15. Tom Watkins |
| 4. John Rancourt | 16. Craig Stephan |
| 5. Joe Tostado | 17. Mike Andrews |
| 6. Ken Houle | 18. Joe Harding |
| 7. Kevin Scott | 19. Laura Harding |
| 8. Bill Paradis | 20. David Smith |
| 9. Don Yeaton | 21. Peter Shea |
| 10. Andy Schachat | 22. Ron Foster |
| 11. Alison Black | 23. |
| 12. Peter Dubois | 24. |

Vans Needed

Alison Black

Do you or does someone you know have a van that a Reach the Beach team could borrow from September 17th to 18th? A mini-van would work but a larger van would be better. If you have any suggestions, please contact me at tennpurp@yahoo.com or call me at (603) 868-1083. Thank you!

♪ EVENING CONCERT – WOLFEBORO ♪

For all you music fans, the Strafford County Wind Symphony will be performing an outdoor concert at Cate Park in Wolfeboro on Saturday night, August 14th at 7:30 pm. This is in the park right beside the water at the docks in the center of town. Admission is free. You might spot Joe Boyle there as his daughter, Paula, plays trombone, and our own Faye Lowrey plays clarinet. Bring a lawn chair and enjoy!

♪♪♪♪♪

Free LOCO Race

Check out the **FREE** 5K Race sponsored by LOCO
Thursday, August 26th at 6:30pm at the Dover High School track
For more information, check out www.locorunning.com

Upcoming Races

There is no space in this issue to list specific races, but check out these web sites for upcoming races:

- 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

Question of the Month for August

Where did you set your 5K Personal Record (PR) and what year was it?

This question generated a lot of interest and many memories for Club members. Thanks to everyone for your responses!

Greg Gaudreau—Kennebunk Free Library race on 7/23/04 (23:35)

Kathy Paradis—Braintree high school race on Thanksgiving day, 2002 (28:42). This was in the bitter cold with a foot of snow on the ground!!!

Bill Paradis—Willis race in Rochester on 9/4/00 (20:39)

Nan Henderson—Miltner's 5K in 1999, where she won her age group, her daughter won her age group, they won the mother-daughter trophy, AND both of her children won the two grand prizes!! Good race for the Hendersons!

David Smith—B1st Peeper race in Barrington in 2004. He just missed a 6:00 pace by one second per mile.

Laurie Gaudreau—York Hospital race in York, Maine in 2000 (18:41)

Ron Foster—Newport (NH) race in 6/98

Peggy Foster—Eliot race in 9/98 (looks like '98 was a good year for the Fosters!)

Bob Randall—Slug race in Elma, Washington in 1990 (at the age of 52, he ran the race in 16:50). This race was a week after the Goodwill Games marathon in Seattle, where Bob "crashed and burned" at mile 10, after thinking he was one of the "big boys" who would get a sub-3 hour marathon. He ended up at just under 4 hours. Apparently the 5K PR a week later was a great follow-up, as Bob has many fond memories of that race.

Mary Ulinski—Meetinghouse race in 2002 (24:11, a 7:47 pace)

Mike St. Laurent—Saunders 10K in Rye in 1981. Mike says his best 5K was the second half of this race, where he ran 16:02 (after running 16:10 for the first half). (Andy, is this a "legal" response??)

Diane Levesque—Hampton Water works race in 1993 (20:48)

Don Yeaton—Cigna Healthcare in Manchester in 2002 (20:56)

Nathan Huppe—Redhook 5K in Portsmouth in 2002 (15:52)

Ken Uecker—Exeter 5K in 2004 (27:00)

Dan DeFrees—Manufacturers Hanover Corp. Cup in Syracuse, NY in the 80's (17:55)

Mike Andrews—Cigna Healthcare in Manchester. Mikey can't remember the year or the time.

Andy Schachat—Kittery Trading Post race in 1992 (19:57)

Alison Black—Granite Lake Otter Run in Nelson, NH in 2003

Peter Dubois—Willis race in Rochester in 2002 (19:48)

Janet Glazier—Great Bay race in 2003 (under 27 minutes!)

July Question of the Month

I inadvertently omitted these responses to the July Question of the Month, which was: “What is your favorite local race and why?”

Diane Levesque—Big Lake Half Marathon because she prefers longer races and “they do everything right and the after-race spread is great!”

Laurel Valley—Cornish Apple Festival 5K. According to Laurel, “this race gets about 20 runners, most of them locals who only run that one race each year. It's fun to suddenly see people out running in August after being the only local runner the rest of the year! They train for that one race and then hang up the running shoes til the next year!”

Also, I gave credit to Joe Henderson for a response, but it actually belonged to Nan Henderson (Bridges for Friendship race).

Question of the Month for September

What is the weirdest thing you have seen while out on a run?

Please submit your responses to Alison Black by Sunday, September 5th to tempurp@yahoo.com or call 868-1083. Thanks!

Thanks to Nan Henderson for submitting this question. Here is Nan’s story for some inspiration. (By the way, your response does not have to be a story...a few words is fine, too!)

About a month ago I went out for a six mile run. I live in Rochester but I was running in Barrington when I thought I saw a strange sight out of the corner of my eye. While I continued to run, I asked myself, "Did I just see what I thought I saw?" What it looked like was this: A garbage bag on the side of the road with a RIBCAGE sticking out of it and a SKULL lying beside it!

At first I thought that maybe I should go back and make sure that that was what I saw. Creep-me-out, no. I decided against that. But then my conscience or civic duty or whatever got the best of me. What if, God-forbid, that was a body ditched on the side of the road? I decided that I really had to go back and verify what I saw and if necessary, report it to the police.

But first I decided to do what any self-respecting Rochester Runner would have done... I decided to finish my run first! As I continued to run, I started making jokes in my head to justify my decision: "Well, it's not as if another hour is going to make any difference to THAT guy! It's not like I'm going to do CPR or anything!" But then I started feeling guilty for treating with levity what could have been (worse case scenario) someone's gruesome demise. After all I am a very compassionate nurse and a Christian that treasures the sanctity of human life. But I realized the joking was helping to diffuse the potential horrors in my mind so that I could in fact finish my run.

I ran out to the 3 mile turn around point and decided that when I got back to the "bones", I would slow down long enough to see if I saw what I thought I saw. So that is what I did. And oh, yes! It was a ribcage! And oh, yes! It was a skull! And then I ran the last half mile home really really fast (probably my best finish ever!) and breathlessly called the Barrington police. I told the female dispatcher that I wasn't sure if it was human bones or not because I didn't stay there long enough to really investigate. She said she understood, and that a patrolman would check it out and give me a call.

Several hours later someone called to tell me it was a deer. Phew! Now what a deer carcass was doing in a garbage bag beside the road, I don't know. But it sure beats any alternative my imagination could come up with! The next week the bones were still there. (I guess it wasn't the Barrington police's job to pick it up!) Now the ribcage is still there, but the skull is missing. Hmmm...best not to think about that...

So....what's the weirdest thing you've seen while out on a run?

Somersworth Rotary Race

Brian Barrington

Somersworth Rotary is proud to hold the 13th Annual Road Race, a 5K on Saturday September 11, 2004, with a 9:00 start at Somersworth High School. This race has great food and a new low \$10 entry fee for pre-registration. See a flyer at a race or call 1-603-692-4282 to have flyer mailed. The local races are best and hopefully club members can support this event. Granite State Race Services will provide expert timing. Teams with at least one female will get a trophy. Plaques to winners two deep. 10 year age categories.

Upcoming Club Event

Paul Lindsay

Saturday August 28th: **club triathlon** at Paul & Amy's in Northwood. We'll set up a short course designed to take people roughly 45 minutes to an hour to complete. The first leg will be a short swim from the swim beach out to a marker and back (1/4 mile total), followed by a 7-mile bike ride around Jenness Pond, and then a 2-mile run back to the beach. Distances are approximate (this is not a certified course!). After finishing, plan on cooling down in the pond and then heading over to a pot-luck cook-out at our place.

The inspiration for this fun event was Amy's training for the Danskin triathlon (she will be out on the course in and around Lake Chargoggagogmanchauggagoggchaubuna-gungamaugg as this newsletter goes to press). She and her two cohorts would gather at 6am on Saturdays to train in all three events and so enjoyed the times that they decided to share the experience with their RR friends. (However, the "First Annual RR Long Pond Triathlon" is scheduled for the more civilized hour of **10am!**)

RSVP so we can plan the amount of meat for grilling:
942-5482 or onthepond@metrocast.net

P.S. If this whets your appetite for triathlons, some people from a local masters swim club said they might like to challenge our running club to a triathlon race.

RR Grand Prix Update

Paul Lindsay

Rochester Runners Grand Prix

Races run by RRs in July included several 4th of July races, the Harbour Trail 5K in Portsmouth, the Run for the Gym 5K in Sanford, the Utica Boilermaker 15K, the Bill Luti 8K (NHGP), the Jason Hussey 5K in Greenland, the incomparable Big Man Run in Somerville, and several others. **Darryl Cauchon** was certainly an eager beaver, running four races in a single weekend. His times have steadily improved this year. Congratulations to **Nathan Huppe** for his excellent run at the Boilermaker, to **Sin Kounlasa** for several age group wins lately (two on the same day), and to **Laurel Valley** for completing the Vermont 100-mile Endurance Trail Run! **Ken Houle** took time off from projects around his new house to earn points for Team RR while running faster than his U.S.A.T.F. age group standard in the warm and humid weather at Bill Luti. **Kevin Scott, Mark Chrusz, Bill Paradis, Tom Littlefield, Nathan Huppe, Scott Rowe, Elaine Parkinson, and Greg Gaudreau** ran their best times in over a year, and **Phil Parker** had his best race since his cancer surgery a few months ago. **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 to Alison for helping to look up race times on the internet.

S	D	T	n		S	D	T	n	
17	61	78	16	Sin Kounlasa	6	20	28	4	Mark Chrusz
16	59	77	14	Laura Harding	1	24	27	6	Janet Glazier
26	43	75	11	Nathan Huppe	0	27	27	6	Bob Randall
15	54	73	24	Dan Poliquin	9	16	25	3	Tom Littlefield
17	50	69	13	Laurie Gaudreau	1	24	25	4	Lori Scott
14	53	69	10	Dawn Heinrich	1	22	25	4	Walter Shyska
18	48	68	10	Kevin Scott	2	17	21	4	Paul Lindsay
11	49	68	16	Diane Levesque	8	12	20	3	Jeff Crothers
19	46	67	10	Pete Dubois	8	12	20	3	Patty Crothers
9	57	66	10	Steve Robbins	4	16	20	3	Suzanne Snowden
22	41	63	22	Darryl Cauchon	0	20	20	4	Ruthanne Laine
10	51	63	15	Emily Trespas	0	16	20	4	Peggy Foster
23	32	61	8	Scott Rowe	0	16	20	4	Ron Foster
5	54	61	9	Laurel Valley	2	17	19	4	Haley Heinrich
1	56	59	14	Dick L'Heureux	0	19	19	3	Britt Ulinski
17	39	58	9	Tom Watkins	3	13	16	3	Denise Chiota-Allen
11	47	58	9	Greg Gaudreau	6	8	14	2	Amy Lindsay
9	48	57	9	Joe Harding	3	11	14	2	Daniel Muhindi
1	52	57	10	Don Yeaton	3	9	12	2	Danyelle Phelps
14	42	56	9	Ken Uecker	0	12	12	2	Keith Shields
11	37	56	8	John Tuttle	3	8	11	2	Chat Cowan
19	32	55	8	Judi Rogers	3	8	11	2	Kathy Paradis
16	35	53	9	Andy Schachat	1	8	11	2	Jack Prescott
8	41	53	8	John Rancourt	0	10	10	2	Mike Davis
4	44	52	18	Cliff Parkinson	1	8	9	2	Don Norris
0	44	52	13	Brian Gallagher	1	8	9	2	Jameson Harding
11	40	51	8	Mike Andrews	0	9	9	2	Lisa Houle
1	50	51	10	Alison Black	3	4	7	1	Daniel Davis
9	39	50	7	Lisa Hart	0	7	7	1	Jen Johnson
1	49	50	11	Melissa McDevitt	2	4	6	1	Mark Galarneau

8	34	48	8	Ken Houle	2	4	6	1	Rob Estes
4	43	47	8	Dan DeFrees	0	6	6	1	Sue Littlefield
7	39	46	9	Joe Tostado	0	4	6	1	Mike Dubois
8	37	45	7	Bill Paradis	1	4	5	1	Dennis Graves
2	39	43	7	Craig Stephan	1	4	5	1	Don Gagne
13	24	39	6	Elaine Parkinson	1	4	5	1	Jamie Houle
10	24	38	5	Pam Parker	0	5	5	1	Abby Lindsay
8	30	38	7	Joe Boyle	0	5	5	1	Hanne Heinrich
8	28	36	6	John Dinella	0	4	4	1	Christine Davis
1	34	35	7	Jen McDevitt	0	4	4	1	Ed Larkin
3	26	33	6	Judi Lemaire	0	4	4	1	Laura McCrae
1	30	33	5	Mary Ulinski	0	4	4	1	Michelle Crothers
0	32	32	8	Lynn Tostado	0	4	4	1	Roger Evans
6	25	31	4	John Racine	0	4	4	1	Tiffany Carberry
9	17	30	4	Phil Parker	0	4	4	1	Wayne Paradis
2	27	29	5	Pete Shea	0	4	4	1	Wencil Sutton

Vermont 100-Miler, Part One (for full story see web site at www.rochesterrunners.com)

Laurel Valley

About 250 people lined up at 4:00 AM on Saturday morning to run 100 miles over dirt roads and trails in and around woodstock, Vermont. Statistically, 60-65 percent of us would accomplish our goal. I had been training specifically for this event for over 7 months so I knew I was well trained and as ready as I could be. I wasn't really nervous, I felt like I was on a mission! The miles went by pretty fast for the first 50 or so. I met a lot of runners out on the trail and talked a little with each one. Somewhere in the first 5 miles or so I caught up with Joe Hayes, a fellow Mainer and a very experienced 100 miler. I ran with him until the afternoon and enjoyed his company greatly.

The scenery was fantastic! There was a lot of farmland, forest, and mountains. The day was beautiful, but warm and humid and I had to make sure I was drinking and eating enough. I was amazed at how much I was sweating and a little concerned that with all my drinking, maybe I still wasn't keeping up with my fluid loss.

The aid stations were pretty frequent and well stocked. Some were unmanned, just tables set up beside the road or trail. Others were manned with enthusiastic and supportive volunteers who would fill my water bottle for me and tell me and all the other runners how great we were doing. I tried to stop at each aid station only long enough to grab what I needed and then move on. It is tempting to sit down and rest. Some runners do, but I thought it would be hard to get up and get moving again.

The hills on this course were something to behold. I am not talking about gentle inclines or rolling hills. These were long stretches straight up and straight down again. There were very few level areas. Joe advised me to walk fast up the steepest uphill parts and run smooth without "putting on the brakes" on the downhill. I have experienced "blowing out my quads" in the past by trying to hold myself back on steep downhill and I was determined not to let it happen here. (After seeing this course I will definitely do more training on steep downhill before returning here next year.)

I was getting concerned about sore feet early in the race. I was wearing expensive synthetic running socks because I had grown tired of listening to everyone giving me grief about still wearing cotton socks in this modern age of blister-proof socks. What a mistake. I felt friction points on the bottoms of both feet and on the top of the toes on my left foot. The first "handler" station was around 19 miles and I couldn't wait to get there. I arrived in 3 hours 18 minutes. A local woman named Betsy who I had met the year before was there waiting for me with a bag of

supplies I had given her the night before. I had my tried and true bargain brand cotton socks in that bag and changed them as soon as I got there. What a difference!

Betsy, a retired school teacher, was a real trooper and held up all day, appearing at each handler station being supportive and enthusiastic even into the wee hours of Sunday morning! I found out later that she even took the time between handler stations to call Tom, the friend who had introduced us the year before, to give updates on my progress and he in turn passed the updates on to my family! When the running started to feel monotonous, despite the good company on the trails and the great scenery, seeing Betsy at the handler stations was something to look forward to.

The first medical check point was at Camp 10 Bear around mile 46. Bill, my pacer who would join me at mile 69 on my second pass through 10 Bear, was waiting for me just before the weigh in station and handed me a bottle of Boost advising that I chug it down before I got on the scale. A 5% weight loss is grounds for them to hold you at the station until you rehydrate and a 7% weight loss is grounds to pull you from the race. I chugged down the Boost, but didn't need it. No worries, my weight was up a pound! Gaining a lot of weight can mean problems with electrolyte balance, but I was right where I should be. The medical people asked me a few questions to make sure I was lucid and allowed me to move on.

I lost Joe somewhere after 10 Bear, but enjoyed running alone for a while. The stretch between the first and second visits to 10 Bear seemed especially hilly. I specifically remember turning up a trail with a road sign that read Agony Hill, this was about a mile of difficult trail that lead straight up. I also remember a long stretch over dirt roads that seemed to go on for about 3 miles to the top of Prospect Hill. I got back to 10 Bear at 4:55PM. I was still feeling good. I got on the scale and was still up a pound. I thought I'd be on my way, but the medical director grabbed my arm and said in a worried voice, "you're covered with hives." I looked down and realized that it was true. My chest, upper arms and upper legs were all red welts and they told me my back was even worse. Because she wouldn't let go of my arm, I started thinking that maybe welts were grounds for pulling someone from the race. I had to think fast and blurted out, "I have a skin condition." This set everyone at ease and Bill and I headed back out on the course. (I've never had welts like that before and they did go away by the end of the race. I don't know what they were from.)

I was moving along OK, no pain or anything, but my energy level was falling by the 75 mile point. I didn't feel like talking and it seemed to take a lot of energy just listening to Bill talk. This was a sudden change for me and I should have recognized the first signs that my blood sugar was falling. It is very difficult to eat and drink as many calories as one uses in a run of this length and I was going into debt. I fell silent, I couldn't hold my head up, and I started walking for longer and longer stretches. I don't remember much of this part of the race, but I do know I got to a point where I felt dizzy and was losing my vision and broke out in a cold sweat. I thought I was having a stroke or something and told Bill I needed to sit down. He found a rock beside the trail and I sat. This was the low point of my run. I didn't think I could finish and I didn't even know how I was going to get out of the woods. I don't know if it was Bill or me who thought of it, but I ate something (I don't remember what) and slowly started feeling better. I was able to get up and walk for a while. I fueled up well at the next aid station and was able to mix walking and running to mile 85. For the remainder of the race I had good spells and bad spells, but never felt fully recovered from my episode on the rock. Bill thought I had gone out too fast, and that might have been part of it, but most people I talked to the next day said that was probably not the problem. I had never averaged faster than 10 minute miles and never crossed out of my comfort zone. More likely I didn't keep up with my calorie expenditure. I used all my reserves and then couldn't catch up no matter how much I took in for the rest of the race. I had been eating at each aid station but next time will add more liquid calorie supplements.

Anyway, from mile 85 it was pure walking. The more I walked the tighter my quadriceps got. I knew I would finish and break 24 hours but I was so tired and sore that I remember thinking that I wished there was something slower than a walk. You know how if you get tired of running you can always walk? Well I was so tired walking that I wanted to drop back to something slower than a walk, but that would mean stopping and I wasn't

going to do that. Bill was a saint to put up with mile after mile of slow shuffling. It must have been a long night for him!

The last few miles were particularly grueling. Even if I could run, I wouldn't have been able to run this stretch. The trail was winding, rocky, rooty, muddy, steep and dark. It was cruel that I could hear the people at the finish line for a long time before we actually got there. Finally it was down one last steep dangerous slope and there was the finish line. I said to Bill, "I'm going to run these last few steps to the finish line," and he said, "why bother." It was true, we had walked the last 15 miles and here I was going to muster up a few steps of running to get over the finish line. This struck me as funny and I ran across the line laughing. Betsy was waiting at the finish line, looking fresh as a daisy at 2:30AM. I was happy, but too tired to be emotional.

I had just accomplished something I had been working at for almost a year but it didn't really strike me until the next day during brunch. At around 11:30 Betsy and I, all the other runners, handlers, pacers, friends, families, and volunteers were sitting under a huge tent with open sides finishing up a great meal. It was a beautiful sunny morning and the finish line was 200 yards away, visible from the tent. The finish line had closed at 10:00AM, 30 hours after the race started. If you couldn't finish under 30 hours you weren't considered a finisher. Now, 31 1/2 hours after the race had started, someone in the tent yelled out, "Here comes a runner!" We all looked out at the finish line, many people got up from their seats and ran out onto the field. A middle aged woman was struggling down that last slippery dangerous slope. She was stumbling along, making slow progress. Everyone in the tent started yelling and cheering for her. The noise was tremendous. She got to the short level stretch before the finish line and like I had done 10 hours earlier, she broke into a hobbling run, crossing the line to the sound of hundreds of people screaming and cheering for her even though the finish line was closed and her time would not be recorded. This is when I got emotional and realized what an accomplishment it was to be able to cover 100 miles on foot.

Officers' Meeting Minutes—7/26/04

Don Yeaton

Rochester Runners Club Officer's Meeting 7/26/04 Paul Lindsay, Bill Paradis and Don Yeaton present.

1. Aug. newsletter – ask Laura Harding for Mt. Washington article. Diane has done member spotlight. Articles due by Aug. 1st.
2. Aug. 17th meeting – fun run? We are going to try a 4 mile handicap race. Slower runners start first, fastest runners last and Nathan will chase us down. Paul will figure out the handicaps for us based on his 5K baseline data.
3. 25th dinner – Friday Oct. 8th 6-9 PM at Gateway. Bill suggested we ought to give John Kelley an honorarium if he agrees to come and speak. Up to \$200 seemed appropriate.
4. Future speakers: John Dinella, Cathy O'Brien, Dave Dunham, Craig Wilson. It would be nice if we could get Cathy in Sept. to talk about her Olympic marathon experiences.
5. RTB volunteers: Paul and Amy Lindsay, Ron and Peg Foster, Holly Clark
6. Lake Winni Relay: still need 3 runners
7. Officers for fall elections. Present officers need to let Nominating Comm. know if they are willing to serve again.
8. 1st Annual RRC Triathlon – date?? Aug. 28th at Paul and Amy's. Paul will work on a short course for us all. Amy does her 1st first Tri on Aug. 1st in Webster, MA.
9. Next NHGP race – Londonderry 5K – Aug. 21st
10. Bill suggested another Halloween Run this fall.
11. We will check for interest in a fall hike at the Aug. meeting.

Meeting adjourned at 8:06 PM.