

ROCHESTER RUNNERS REPORT

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Next Club Gathering

Sunday,
December 12, 2004

1:00 p.m.

Community Center,
Rochester

No Official Meeting
in December; join
us for a Christmas
Carol Run, Potluck
and Yankee Swap

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Running Notes

Don Yeaton

I've finally got around to reading a book by Bill Rodgers and Priscilla Welsh that I've had for awhile. I even have Bill's autograph that he signed back in 2000 before Boston that year. The book is entitled, "Masters Running and Racing for Runners Over 40".

The whole premise of the book is that turning 40 doesn't mean the end of your running career, but with proper training, improvement is still possible.

Everyone knows of the famous running exploits of Bill Rodgers who won both Boston and New York 4 times. But Priscilla Welsh is probably a little less familiar to many newer runners. She ran up a string of victories in the 80's as a master. What is amazing about her is that she didn't start running until she was 34 in 1979. Just eight years later she set a world's record for a veteran women's marathon with a 2:26:51 at London and won the overall women's title at the New City Marathon with a time of 2:30:17 at age 43!

While most athletes in many other sports are all washed up by the time they reach 40, many runners are still improving and are winning races as masters. A good example is the results of the two Jingle Bell 5K races this weekend. In Concord, there were three master's runners and one fifty year old in the top 10 and at Freeport, there were three masters in the top 10! In Concord, the 5th place woman was 51 and at Freeport, the 2nd place woman was 41.

This midpack runner has seen this truth play out in my own running. I didn't set my marathon PR until I was age 50 and my 5K PR came at age 51. We're not getting older, we age getting faster!! Of course, there comes a time when we all get slower. It's a fact of life. But just because the clock now reads bigger numbers when you cross the finish line, it doesn't you're a slacker. There came be the same effort and enjoyment that there was when you were younger. We are all an experiment of one. If we are giving it our best effort, what more can we ask?

This is a great book with lots of practical advice for both men and women from Bill and Priscilla. Age doesn't have to be a detriment to your running, but I still say "youth is wasted on the young"! Happy Running this winter and Merry Christmas to you all!

Running Notes

Don Yeaton

1. In the latest issue of N .E. Runner magazine, club member, **Nan Henderson**, made the "Club Notes" column. They picked up the story from a recent newsletter of the weirdest thing Nan ever saw on a run – a deer ribcage and skull in a plastic bag along side the road!
2. Our **4th Annual Free Fall 5K/10K** race was held on Thanksgiving morning this year. We had 203 registrations and 180 finishers, including runners from SC, VA, MD, PA and GA! Thanks again to everyone who donated food, volunteered and ran the race.
3. Our **Annual Christmas Caroling Fun Run and Yankee Swap** will be held on Sunday December 12th. We want to try to leave the Rec Center at about 1:00 PM. The first stop will be Sunbridge on Rochester Hill, then on to Rochester Manor, the St. Charles Children's Home and the last stop will be at the Gafney Home. Come and join us as we bring some Christmas cheer to those who are less fortunate than us this Christmas Season. Some of the St. Charles Eagles

will run with us this year again. The shoe boxes for the Eagles have all been taken. Thanks to all of you who volunteered to fill a box for the children.

However, we still need donations of cookies, breads, candy and fruit for the food platters that we leave at each location. We will need these food items by Sat. the 11th. We will be meeting at 11:00 AM on Saturday at Judi Roger's house at 10 Copland Drive to put the platters together. This street is off Charles St. in Rochester between Sidney and Broad. Judi's house is the 2nd on the right. Please join us if you can help us.

After we leave the Gafney Home, we will return to the Rec Center for snacks and the Yankee Swap. Please bring an inexpensive, wrapped unmarked gift. You don't have to buy something – re-gifting is OK!

4. Our Annual **Fresh Pond Race and Boston Trip** is planned for Sat. Jan. 15th. The Fresh Pond Race is held **every** Saturday, 52 weeks a year, around (yes, you guessed it) Fresh Pond in Cambridge. The race is at 10 AM and you can run one lap around the pond for 2.5 miles or two laps for five miles. Last year it was so cold, Andy Schachat and I were done after one lap! You remember how cold it was last January! From there we will head into Boston for some lunch, shopping at a running shoe outlet and see the sites. Andy has volunteered to be our tour guide again this year.
5. For those of you have a bib number for Boston – either by qualifying or from another source – you can join the **Run for Research Team** of the American Liver Foundation and only have to raise a minimum of \$350, instead of the \$2500 that non-qualified runners must raise. This will be my ninth year raising money for them and it is a great group to be a part of. That's why I keep going back! You get to be part of the Team, join in on the group runs on the Boston course, the monthly team meetings at the Westin Hotel in Boston (just one block from the finish line), a coach bus ride with a **bathroom** from Boston to Hopkinton on race day and a post race get together back at the Westin Hotel. If interested, talk to Don Yeaton or check out the web site at www.liverteam.org. It's a win – win situation for everyone – you get to be part of a great team and get to raise some money to help in the battle against liver disease. Remember – “your liver keeps you running!”

Proposal to Change Our Membership Year

Paul Lindsay

The club officers are recommending, and will put to club vote in January, that we change our club membership year to the calendar year. We propose to extend current memberships, at no extra cost to club members, to December 31, 2005. Our club bylaws currently state on page 4 that the “club year” is September 1 to August 31, although on page 1 it says that the “membership year” is October 1 through September 30 and membership cards that say membership runs through October 31. Besides clearing up this confusion, the main reason for the change would be to bring the membership year into synchrony with our in-club grand prix.

The RRGP year was set as January-December because a winter transition from one year's series to the next seemed more natural than in late summer or early fall right in the middle of a busy part of the racing season. Because of our October-September membership year, however, those who don't renew are dropped from the RRGP in the fall since they are no longer club members, and don't appear in the final standings when the RRGP season ends. This year, for example, about 45% of the names disappeared from the RRGP standings after the 2004 membership year ended. It may seem hard-nosed to drop people from the standings this way, but

there is a fair amount of effort required to look for their names in race results every week and continue to calculate their points even though they haven't renewed. If we end the membership year at the end of the calendar year, the racing achievements of all members during the first nine months of the year will still be recognized in the final RRGP standings even if they decide not to renew for the following year.

What An Inspiration!

Peggy Foster

On Thursday, October 8, 2004 I had the privilege of accompanying my husband, Ron Foster, to the New England 65+ Runners Club's yearly banquet in Peabody, Massachusetts. Ron has been a member now for five years and this was the second banquet we were able to attend. To become a member of this elite group, you have to be recommended by a fellow member. Herb Taylor, long time Rochester Runners Club member, provided Ron with his introduction to this Club. Other current members, that I know of, are Jack Prescott and Cash Leavitt. The Club is an organization of active senior athletes from all areas of New England and was organized in 1991 with only nine members. Today they are moving closer to 500 members with ages ranging from 64 ¼ to 96. The average age is 72.

As we entered into the dining room and looked across the room, you couldn't help stopping and marveling. There were about 150 people in the room and most were (considerably) over 65 years of age. But what an impressive group of people they were! Many had their spouses with them and even though they themselves are not runners, they have always been supportive. All were telling stories about their recent races and comparing their times in this race or that race. I can tell you, they put me to shame! Four members of the Club were admitted to the Hall of Fame at the banquet (Gerald Barney, John DiComandrea, Mary Haines and Jonathan Tobey). Each had either a family member or friend tell their life stories. Mary is blind, over 90 years old and still running races! Her seeing eye dog accompanied her to the banquet. Her daughter spoke about her mother's life and involvement in running. Her daughter told of one race that she ran with her mother. As they approached the finish line, the daughter said to her mother "Come on, Mom, let's sprint to the finish." Mary said to her in a serious voice "I am sprinting!" I wish you could have all heard her life story. It was truly an inspiration. Another man told of his twin brother's love of the sport and his involvement in running. He finished 12th in the 1955 Boston Marathon with a time of 2:37:08 (not bad). Truly, it made me want to get up and run! Seeing how much they all love the sport and how healthy and happy they all are, makes you wonder why everyone is not out there pounding the streets and entering road races.

The guest speaker was Jim Green who spoke about "Marathons: Past and Present." To mention a few of Jim's accomplishments: he was 1st alternate on the 1960 and 1964 Olympic Marathon team; 2nd in the Pan Ams, 4th in the Korean Marathon, and 31st in the Fukuoka Marathon. He told about these marathons and the early days when he was running the Boston Marathon. In the early 1950's he told us that all runners had to be examined by a doctor before they could receive clearance to run. One year they disqualified four of the top runners in the area due to health concerns. It seems that these disqualified runners ran the race anyways and ended up coming in 5, 6, 8 and 11. That proved to be the last time that doctors were involved in any pre-race

decisions. The entry fee was also in the neighborhood of \$1.00 (guess there were no t-shirts given back then). I wish I could remember each and every detail so each of you could hear it. But if nothing else, you must know how inspiring they all were.

Then, I couldn't help thinking of our Club here in Rochester. We just celebrated our 25th Anniversary with a wonderful banquet. The inspiration in that room was impressive, as well, and the achievements of many of our Club members is something to be proud of.

Just to mention a few:

- ? Think about all the older runners we have in the Club....Jack, Cash, Herb, Ron, Ernie Garland, Lou Gagne, Bob Brown, Clyde Coolidge, Faye Lowery (one of the "younger, older runners").
- ? Then think about all the members who as couples run together....Mike & Christine Davis, Jim & Nan Henderson, Phil & Pam Parker, Bill & Kathy Paradis, Kevin & Lori Scott....even Ron and I!
- ? Then think about the Club's future and the younger runners....Nathan Huppe, Jen & Melissa McDevitt, Daniel Davis (to mention a few).
- ? I also can't help thinking about all the supportive spouses such as Sue Houle and Joanne Dubois. I'm sure Ken and Mike would tell you how much it means to them to have such supportive and special people in their lives.

I don't mean to leave any one out and apologize if I failed to mention you personally but my main point is what a diverse Club we have here. We have so many members who contribute in so many ways. Ron and I joined the Club when we first came to Rochester in 1987. Jack Prescott was the President at that time and we met over on Hanson Street. We have really seen the Club come a long way in the last 18 years. As a Club, we have accomplished so many things...our annual Christmas Carol Run (where we bake home cooked goodies and distribute them to the nursing homes in Rochester and St. Charles Childrens' Home after sharing some Christmas music with the residents and children), we pick names and give shoe box size gifts to the children at St. Charles Children Home each Christmas, the 18-hour Cancer Relay (where we raise money for the American Cancer Society), the collection of old running shoes for Africa (one of Ken Houle's projects). The Rochester Runners Club has evolved into something special. I know Ron and I feel that way and are proud to be members.

At this time of year of Thanksgiving, Christmas and the New Year many of us stop and take a few moments to count our many blessings. I'd like to share some of mine with you:

- ? I am truly thankful to live in this great country of ours and proud of my grandsons Matthew and Mike for serving their country in the armed services;
- ? I am thankful to live in the New England/Rochester area;
- ? I'm thankful (and truly blessed) to have such a loving husband of 30 years as Ron has been to me;
- ? I'm appreciative of my parents (who are both almost 86 years of age) and for all their sacrifices over the years and their fine examples through life that they have been to me and my brother, Peter....

- ? And, last but not least....Ron and I are both thankful to be part of such a great group of people as the Rochester Runners Club and to consider you all our friends!

“There are good ships,
And there are wood ships,
The ships that sail the sea.
But the best ships are friendships,
And may they always be.” ----Irish toast

Question of the Month for December (and January) **What is your favorite holiday race (any holiday during the year)?**

Due to the low number of responses to this question, I am extending it to January. Please submit your responses to Alison Black at tennpurp@yahoo.com or call 474-9349. Thanks!

RR Grand Prix Update **Paul Lindsay**

Welcome to new club members **Susan Higgins**, **Celeste Martel**, and **Judy Brenner**. The most popular November races for RRs were the Sanford Turkey Trot 4 mile, the Portsmouth Jingle Bell 10K, Wickers Turkey Trot 3.2 mile in Wolfeboro, our own FreeFall 5K and 10K on Thanksgiving, and the York Turkey Trot 5K. Congratulations to 11-year-old **Haley Heinrich** for winning the 19 & under age group in the Monster Dash 5K in Tilton with a 23:34; to **Britt Shuman, Mark Chrusz, Walter Shyska**, and **Mary Ulinski** for persevering through those challenging Sippewisset hills in the Cape Cod Marathon; to **Sin Kounlasa** for her 5th marathon under her Boston qualifying time this year (Marine Corps); to **Laurel Valley** as the women's winner of the Nifty Fifty Marathon; and to men's 10K winner **Scott Rowe** and women's 5K winner **Laurie Gaudreau** in the FreeFall. **Faye Lowrey's** Jingle Bell time earned her another asterisk for meeting her USATF age-group standard, but her own RRGP standards even tougher: she didn't even qualify for one speed point! **Peggy Foster, Tom Littlefield, Dennis Graves, Jen Johnson, Judy Brenner**, and **Scott Rowe** ran their best races of the past year during November. Times at Wickers were faster than at most fast 5K courses, even though the course is fairly challenging and is supposed to be longer than a 5K! Since it isn't a certified course, those fast times won't be used as new RRGP baselines.

Below are listed the top two dozen in the current RRGP standings (we'll publish the full standings at the end of the year). **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 additions, corrections, questions, and comments to bplindsay@hotmail.com.

For the 2005 edition of our RRGP, we are planning on increasing the team point bonus for running for Team RR in a New Hampshire Grand Prix race, as an incentive for increasing RR participation in the NHGP. The first NHGP race of '05 will be the Millenium Mile on Sunday January 2nd in Londonderry. The other change in RRGP scoring for 2005 will be that speed points can only be earned for USATF-certified, records-eligible courses. One reason for this is that a short course or a downhill course gives someone an unfair advantage over runners who chose to run certified courses. Another reason is that a

fast time on a short or downhill course penalizes the runner if that becomes their RRGp baseline, making speed points goals unfairly rigorous for subsequent races. Some races are known to be short or downhill, so we have treated those as ineligible for baselines, but unless a course is certified, we don't know for sure. All USATF course certifications are published on the internet, and race applications often state that their course is certified. This will remove the subjectivity in trying to decide which races are fair to use for baselines and speed points.

S	D	T	n		S	D	T	n	
25	54	84	21	Laura Harding	20	52	73	14	Mike Andrews
21	60	81	35	Sin Kounlasa	20	51	73	21	Laurie Gaudreau
29	41	80	17	Scott Rowe	16	50	73	17	John Rancourt
28	43	79	15	Nathan Huppe	13	59	72	15	Greg Gaudreau
23	53	79	15	Pete Dubois	23	48	71	10	Tom Littlefield
19	59	79	21	Bill Paradis	15	52	71	21	Don Yeaton
22	52	76	19	Dawn Heinrich	19	46	68	13	Tom Watkins
18	52	76	29	Diane Levesque	12	55	67	13	Dan DeFrees
16	57	74	17	Joe Harding	6	60	67	13	Mary Ulinski
14	54	74	34	Dan Poliquin	5	59	67	13	Craig Stephan
2	71	74	14	Laurel Valley	20	43	66	16	Andy Schachat
21	49	73	16	Kevin Scott	10	53	65	16	Emily Trespas

Age Grading: Realistic Performance Standards as We Get On in Years

Paul Lindsay

If you have been running road races long enough that you are now classified as a “master” (40+), “senior” (50+), or “veteran” (60+), perhaps you are wondering how respectable your current race times are in relation to those PRs of years gone by. You may have seen “age graded” times posted in some races, like in the N.H. Grand Prix series, or the Bedford and CIGNA team competitions. How are age-graded times calculated, and could they be used by anyone who wanted to remove the aging effect to track their own performance over many years?

The basic number of interest is called an “age factor.” Age factors are specific to age, gender, and race distance, and you can look them up in tables. For example, the age factor for a 45-year-old male for a 10K is 0.9313. Age factors relate performance in the prime years of the mid 20s through early 30s to performance at other ages. If you multiply your age factor by your race time, you get your age-graded time. In the age 45 male example, a 10K finish time of 42:51 would age grade to 39:54. (It's easiest to convert minutes & seconds to all seconds first: 42:51=2,571 seconds; then 2571 x 0.9313=2,394 seconds=39:54.)

Now, what about those old PRs? Say you ran a 5K at age 28 in 17:17. How fast would you have to run now to match that performance? If you have a current age factor of 0.8618 for a 5K, then just reverse the calculation: divide 1,037 seconds by 0.8618 and you get 1,203 seconds (20:03). So 20:03 would be a realistic goal if you wanted to match the performance of that old PR at your current age.

What if you want to convert a time from not that long ago? Say your best time at Red's 5 miler was 27:38 at age 41 and you are now 57. The 8K age factors are the ones to use for 5

miles: 0.9545 at age 41 and 0.8432 at age 57. The age 57 equivalent of your Red's PR at age 41 would be 27:38(0.9545/0.8432)=31:17.

The age factors that were widely used from 1994 until recently have now been improved and expanded by a dedicated runner named Chuck Phillips, who applied some very sophisticated computer analyses to the current world records for various ages at many race distances. Chuck's numbers allow comparisons among 12 standard road racing distances from 5K to the marathon, as well as comparisons among ages. Besides long distance road running events, there are tables for race walking, most track and field events (including hurdles, jumping, and throwing events), and even ultra distances. Chuck's age factors are the ones used by the computer program that Granite State Racing Services uses to time many of the races we RRs run in, and the tables are published on the internet for anyone to use. You can find them at <http://phillipstrackstds.tri pod.com> along with supporting graphs and documentation.

RR Officer's Meeting – 11/30/04 **Brian Gallagher**

11-30-04 7:10pm.

RR Officer's Meeting

Present: Don Y, Paul L, Dan D, Craig S, Chris B, Mike A, Brian G.

Don Y: January guest speaker from TopNotch Pilates (via Janet G)

Don Y: x-mas carol fun run on 12/12

DY: will reserve senior room at Rec center. We still need a drop off and assemble food platters location. Don will call around.

Still some St.Charles kids left for the shoebox gift package – 2 boys & 2 girls.

Don Y: RR will be getting 2 Boston Bib numbers. To be awarded to RRGP leaders.

Paul L: it is difficult to administer the RRGP due to conflicts arising from the use of two calendar years – RR starts in September & GP starts in January.

RR: discussion of pros & cons of changing club year.

RR: consensus – to change club year to January thru December.

RR: Paul L will write a newsletter blurb describing the proposed change. Current year to be extended thru December 05 and revised club year to begin January 01, 2006.

RR: to submit the proposed by-law change at the January meeting.

Paul L: it is awkward to adjust RRGP scoring to suit downhill, short, or difficult race courses.

RR: discussion of how to standardize scoring.

RR: consensus - to score only certified, record eligible race courses, yet allowing some discretion for out of the ordinary races.

Craig S: suggested that the RRGP award more bonus point to runners who do any of the NHGP races. Award 3 points instead of 2.

RR: agree.

Don Y: the Fresh Pond/Boston Shopping trip will be on January 15th. Andy S will drive.

(Alison B): Newsletter deadline is 12/05 at noon.

Peggy F will write article on New England 65+ club.

Judi R: will discuss the topic - should we exalt heroic adventure with no regard for moral obligation?

Craig S will write a FreeFall race update.

Chris B: will furnish detailed instructions on how not to get caught up in the dilemmas of memory and time.

Craig S: will write a short blurb on the duties of the RR webmaster and requesting a volunteer to take over those duties.

Question of the Month: How should one define Jane Austen's genius?

Don Y: February awards banquet – suggests we get Dominos pizza.

Paul L: and the members could bring salads.

Mike A: (it is difficult to reconcile his achieved wisdom with his sly outrageousness) New Years fun run will be at PSNH at 9:05am. It will be a resolution run and there will be gift certificates to Red's.

Dan D: I know well enough what it is, provided nobody asks me; but if I am asked what it is and try to explain, I am baffled.

Don Y: First 2005 NHGP race is (probably) the Millennium Mile on January 02 at 2:00pm. Elite runners run at 2:15pm.

Craig S: FreeFall update.

Good turnout. Good weather.

A few problems: headbands needed to be redone, trouble with computer entry of runners/numbers, needed a sweep vehicle, need more volunteers.

Craig S: there is money in the bank, what should we do with it?

RR: after a discussion it was decided to donate \$500 to the Homeless Shelter at Turnkey.

Craig S: will discuss the donation with Kevin S and also work on some publicity/photos with RR publicity officer.

Craig S: RR has some money in the bank. Should we do anything with it?

Craig S: will present the question to the Club at the next meeting.

Meeting adjourned at 8:30pm.

Afterwards, while nobody was listening, Brian G. confessed the he lives in permanent fear of not being misunderstood.

Rochester Runners Club
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