

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 2

FEBRUARY, 2004

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
868-1083

Treasurer
Chris Blanchette
cblanchette1969@earthlink.net
335-2003

Next Open Meeting

Tuesday,
February 17, 2004

7:00 p.m.

Rochester
Community Center

Annual
Awards
Banquet

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
Craig Stephan
stephan@enterasys.com
749-7820

Club Historian
Janet Glazier
743-4558

Newsletter Editor
Alison Black
tennpurp@yahoo.com
868-1083

Race Coordinator/
Membership
Paul Lindsay
onthepond@metrocast.net
942-5482

The Rochester Runners web site: www.rochesterrunners.com

E-Mail: dryrun46@aol.com

President's Corner

“You've Come A Long Way Baby!”

Almost 500 people running a 16 mile race in January on one of the coldest days of the winter – that's pretty incredible when you think about it! At race time on Jan. 25th in Derry for the 9th Boston Prep 16 Miler it was about 3 degrees above zero with a slight wind. It was so cold that most of us stayed in the gym until the last minute before walking the quarter mile to the starting line for the 10 AM start.

As I was thinking about a topic for this month's column, my thoughts kept returning to this race. As frigid as it was, I was not cold at all during the race. The toughest part of the race was from about mile 10 – 12 when we changed directions and began running into the wind. Twenty-five years ago when I began running it would have been a different story. There was no such thing as running clothes as we now know them and I began thinking about what I used to wear.

My first race was the Red's Shoe Barn 5 Miler on April 9, 1989. I wore a cotton t-shirt with some cotton sweat pant shorts with a Syracuse “Orangemen” logo on them with cotton socks and Reebok sneakers.

On Jan. 25, 2004 at the 16 Miler, I wore 100% polyester underwear from Wickers, loose fitting Asics running tights with Nike nylon running pants, a Techwick t-shirt from EMS w/ the Reach the Beach Relay logo, an Arctic Drylite ½ zip top from Hind, a Mircolight polyester vest from Hind, my Rochester Runner's Club nylon shell from SportHill, Smartwool socks, Nike Air Storm Pegasus running shoes, a balaclava from Hind and a hand made polyester crocheted winter hat. I along with most other runners wore nothing made from cotton and we were kept dry and comfortable for the entire race. The evidence that these new high performance fabrics really work was seen in a guy that I ran much of the race with. He was wearing a fleece jacket and his entire back was covered with frost. The fabric was wicking his sweat to the outside of the coat where it promptly froze, leaving him warm and dry.

What a change has taken place in the last 25 years! As Rochester Runner's Club celebrates it's 25th anniversary this year, we all will get to witness some of the changes that have taken place in the club and some of the milestones that our runners have been a part of. Now if only some of this technical gear could help me hit a few new PR's!!

Happy Running,
- Don

Running Notes

- Our Feb. awards dinner will be on Tues. Feb. 17th. Many of you signed up to bring food at the last meeting. If you are coming, please bring a main dish, salad or dessert to share. I still need more runners to submit their training and racing miles for 2003.
- The next NHGP race is the Eastern States 10 Miler on March 28th. If you aren't running either the 20 or 10 miler we need volunteers. Race Director, Don Allison, is willing to pay the club \$1500 for our help with the race. We need help with registration for the 20 miler at Traip Academy and at the Ashworth Hotel for the 10 miler, people to staff the water stops at mile 10 and 17, and runners to help at the finish line. We have 2500 applications to distribute so if you are going to a race between now and March 28th, please get some apps from us.
- The date of the Fireman's 4 Miler has been set for Sunday June 6th. This will be the 4th NHGP race.

Other Upcoming Races (more details can be found on www.coolrunning.com):

Maine

2/7--Wild Katahadin Trust Snow Run 5K—10:45am in Houlton; contact Bull6@verizon.net

2/15—Great Pond Mountain Snowshoe 2.5 Race and Fun Run—9:00am in East Orland; contact keeneye@midmaine.com

3/6—Morgan McDuffee 5K Run/Walk—1:00pm in Lewiston, ME; contact suzannaandrew@yahoo.com

3/7—Irish Road Rover 5K—11:00am in Portland, ME; contact rover@maine.rr.com

Massachusetts

2/8—23rd Annual Paddy Kelly Five Mile Road Race—Noon in Brockton, MA; contact tyellope@comcast.net

2/14—Bradford Valentine Race (5 mile and 6K)—10:00am in Bradford; contact timers@verizon.net

2/14—Martha's Vineyard 20 Miler—11:00am in Vineyard Haven, MA; contact kosull@gis.net

2/22—The Old-Fashioned Ten Miler & Flat 5K—11:00am in Foxboro; contact keith81p@aol.com

2/29—Sheraton Hyannis Marathon, ½ Marathon, 10K, and Marathon Relay—10:00am in Hyannis; contact BAEvents@aol.com

2/29—Jones Town & Country 10 Miler—1:00pm in Amherst; contact Plaza@comm.umass.edu

Weekly runs (check www.coolrunning.com for more details)

Thursdays – Somerville, West Somerville, and Woburn

Fridays – Cambridge

Saturdays – Winthrop, Tewksbury, Springfield, and Cambridge

Sundays – Abington

New Hampshire

3/13—3rd Annual Shamrock Shuffle 5K Run/Walk—Noon in Lebanon; contact paul.coats@lebcity.com

Weekly runs (check www.coolrunning.com for more details)

Saturdays—Peterborough

Sundays--Litchfield

Reflections on the Annual Winter Boston Trip by Don Yeaton

For the 4th Annual Boston Trip, there were 4 hearty Rochester Runners who made the trek to the big city. The Fresh Pond Race was cold!! About 12 degrees and windy and about 20 runners.

Thanks again to Ron and Peggy Foster for the offer of their van, which we didn't have to use. Since there were just 4 of us – Alison Black, Andy Schachat, Tom Watkins and myself, Andy offered to drive us. Andy lived in Boston for about 8 years when he was going to grad school and working there so he knows his way around.

After Fresh Pond we went to the New Balance Outlet in Brighton for some good deals and then it was on to a tour of Boston! We found a nice little place called "The Smokehouse" for lunch near Cleveland Circle and then it was off to see Franklin Park via Roxbury. After a jaunt through South Boston, we headed home only to be stopped dead in our tracks on Rt. 1 because of a water main break by the Hilltop Steakhouse that had traffic backed up to Revere. We escaped that mess with a detour and a tour of Malden before we finally made it to smooth sailing up I-93 and on home.

Thanks again to Andy for being our tour guide and chauffeur. We'd like to go back and run the Fresh Pond again in the future – when it's about 50 degrees warmer!

Question of the Month (New Column)

At what temperature do you switch from wearing shorts to tights for your outdoor runs?

Thanks to the following club members who responded to this month's question: Don Yeaton, Peter Dubois, Janet Glazier, Faye Lowrey, Ruthanne Laine, Diane Levesque, Emily Trespas, Joe and Laura Harding, Nan Henderson, Lynn and Joe Tostado, Chuck Zerbinopoulos, Judi Lemaire, Ron and Peggy Foster, and Bill and Kathy Paradis.

The results are in....the average temperature for switching from shorts to tights for outdoors runs is.....44.15 degrees. For some of you die-hards, this sounds like a balmy temperature! I bet if certain people from the club (i.e. John Tuttle) answered the question, the average would be much lower. Rumor has it John doesn't switch to tights until the lower single digits.

Would you like to submit a question for Question of the Month? E-mail me at tennpurp@yahoo.com or call me at 868-1083. Thanks!

Stone Cat Ale Trail Races--Marathon and Fifty Miler

By Laurel Valley

On November 8th my long time running friend, Mary Meehan and I headed out to attempt our first long distance trail race at the Stone Cat Ale races in Ipswich, Mass. The race is run annually in the Merryfield State forest by Gil's Athletic Club, a group of talented runners in the Topsfield, Mass. area who travel to marathons and ultra events all over the country. They also seem to drink a lot of beer and have a lot of fun. Mary would be running the marathon while I planned to run the fifty miler. Neither Mary nor I had trained hard or competed much through the summer and decided this would be a fun run without any expectations other than having a good time and enjoying a Stone Cat Ale after the race.

We gathered in the dark early in the morning in a field behind a school. It was very damp and cold with temperatures just above 30, the ground was wet and there was a mist in the air. Mary would be running two 12.5 mile loops while I would be running four. We planned to stick together for the first two loops, running slow and enjoying the company of other runners out on the trail. About 200 runners started the race running briefly over the school fields before entering the woods. I lost Mary in the dark immediately after the start. I paused before entering the woods and called her name a few times before deciding that she must be ahead of me, so I got on the trail and started my journey. I never saw her again until she was showered and changed and I was entering the woods for my fourth and final loop.

The first thing that all the runners noted was that the rocky, rooty trail was covered with about 8 inches of fallen leaves and the footing was extremely unstable. Runners were stumbling and falling constantly. I do about 90 percent of my running on trails during the summer and fall so I was able to find a fairly comfortable rhythm and managed to stay on my feet until my last loop. The trail was hilly and rough with enough turns to keep me alert. The turns were marked with ribbons and were easy to navigate for the first few laps but got more and more difficult as fatigue set in. Runners spread out quite a bit on the trails and after the first few miles it wasn't difficult getting around other runners on the narrow trail. In fact, the runners seemed to enjoy coming upon each other on the trail and most of the time there would be a few minutes of running together and chatting before the faster runner moved on. At the end of each loop we ran a half mile out and back to the start area to check in before starting our next loop. This was a good time to cheer for and encourage the runners heading in the opposite direction. There was an aid station for food, drinks, and first aid at about the 5 mile mark on the loop. There was a second aid station with drinks and a little food at the 9.5 mile mark and another full station at the start/finish area.

I moved along at what felt like a decent clip, but was actually quite slow due to the footing and hills, but the effort is what mattered and I kept an even effort going for most of the race. The aid station volunteers were all Gil's Athletic Club members and most of them seemed happy and a little tipsy. There was a big 'Stone Cat' that kept popping up on the trail when least expected. This was a person with a costume that looked like a statue of a cat. This person must have been quite a runner judging from the distance he or she covered during the race. It was a little scary at times, I'd be running along without seeing another person for perhaps an hour when suddenly this Stone Cat would pop out from behind some bushes.

Everything was going well for me (aside from losing Mary at the start). At 40 miles I remember thinking what a wonderful time I was having but at 41 miles I was cold, wet, and walking. I slipped off of a log that had begun to ice up as the temperature dropped. I had crossed this same log over a flooded area of trail three times already without trouble, but on this last loop I was tired. My feet and legs and my entire right side hit the water. A few hundred yards later I stepped down wrong and felt a sharp pain in the front of my right ankle. Running was impossible. I had no choice but to limp to the aid station which was about a mile away. It took me a very long time to get to that aid station and I was extremely cold by the time I got there. I managed to get to the aid station and talked to the volunteers about dropping and getting help out of the woods. My ankle was examined and found to have a hard swollen bump on the front which was about the size of a marble. It was bruised and tender, but these volunteers were all competitive ultra runners and in the world of ultrarunning, it is better to struggle to a finish hours behind the rest of the field than not finish at all. They assured me it looked like a tendon strain and it wouldn't give me any permanent problems to continue. They gave me motrin and wrapped my ankle and suggested (strongly) that I walk the last miles for an official finish. I walked for 4.5 miles to the next aid station. I had only a single long sleeved layer on and tights. I got colder and colder as I walked, and I couldn't walk fast enough to work

up any heat because of the ankle. I was thinking that I could die out there and then they'd be sorry for making me finish. About a mile before the next aid station I was met by two volunteers who had walked out to meet me. They bundled me up in warm clothes they had brought out to me. At the aid station I was given food and a warm drink and more motrin. My ankle was re-wrapped and a very nice woman walked in the final 3 miles with me. She assured me I wasn't in last place and there were still runners who hadn't started their last laps yet. This made me feel better. When I finally crossed the finish line the race director gave me a huge hug and the spectators and volunteers cheered as if I had won. Of the 72 starters in the fifty miler, only 44 finished and in the marathon, there were 97 finishers out of 113 starters. The final finishers in the fifty spent over 12 hours on the trail! I was glad that the race workers had convinced me to tough it out and they were right, my ankle healed within a couple of weeks. I finally got that Stone Cat Ale and a hot dog (which I normally wouldn't eat, but it sure tasted good after nearly **10 hours** on the trail!) There was an open wood fire near the finish area where I stood around with the other finishers and told and listened to trail survival stories for a while.

I would strongly suggest this race to anyone who wants to try their hand at surviving a trail marathon or ultra. The people from Gil's are extremely helpful and will do whatever they can to help every runner reach the finish line. The forest is unbelievably beautiful and peaceful for being so close to town. Don't expect to set any PR's, be ready for a challenge, and watch out for the Stone Cat!

RR Grand Prix Update by Paul Lindsay

Congratulations to 2003 RRGP winner **Laurie Gaudreau** for an outstanding racing season. Among her accomplishments were many high finishes, qualifying for the 2004 Boston Marathon, and finishing as top scorer among all clubs in the female open division of the 2003 New Hampshire Grand Prix. **Dan Poliquin** capped off an impressive season by finishing as the top male in the RRGP for the second straight year. Dan's hard work at track workouts have paid off as his times continue to improve to the point where a sub-18 time for a 5K is within reach.

Meanwhile, a month into 2004, several RRs have braved this unusually cold and windy winter to charge ahead into the lead in the 2004 RRGP. January races included the Hangover 5K/10K in Salisbury, the Charlotte Observer Marathon, the Arizona Rock & Roll Marathon and half marathon, the Disney World half marathon, the Freeze Your Buns 5 mile in Litchfield, the Fresh Pond 2.5 mile and 5 mile in Cambridge, and the ever challenging Boston Prep 16 mile in Derry. Laurie and Dan are in first and second in this early going, with **Sin Kounlasa** a close third on the strength of an excellent 3:36 marathon in Charlotte. **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.

S	D	T	n		S	D	T	n	
4	16	20	3	Laurie Gaudreau	0	7	7	1	Craig Stephan
3	15	18	3	Dan Poliquin	0	7	7	1	Dave Smith
4	13	17	2	Sin Kounlasa	0	7	7	1	Melissa McDevitt
1	11	12	2	Diane Levesque	0	7	7	1	Pete Dubois
3	8	11	2	Emily Trespas	0	7	7	1	Steve Robbins
0	11	11	2	Cliff Parkinson	0	6	6	1	Mary Ulinski
0	11	11	2	Dick L'Heureux	0	6	6	1	Joe Harding
0	10	10	2	Tom Watkins	0	6	6	1	Britt Ulinski
0	9	9	2	Don Yeaton	0	6	6	1	Walter Shyska
3	5	8	1	Lisa Hart	0	6	6	1	Mike Davis
3	5	8	1	Greg Gaudreau	0	5	5	1	Mike Kimball
2	6	8	1	Dawn Heinrich	0	4	4	1	Brian Gallagher
3	4	7	1	Darryl Cauchon	0	3	3	1	Andy Schachat
1	6	7	1	Laura Harding					

Pancake Run Report

By Bill and Kathy Paradis



People who attended Bill and Kathy Paradis' Pancake Run: Mike and Joanne Dubois, Ken and Sue Houle, Lori and Kevin Scott, Chuck Zerbinopoulos, Paul Lindsay, Alison Black, Diane Levesque, John Rancourt, Faye Lowrey, Sue Littlefield, Laurel Valley, and Tom & Ann Littlefield, their son-in-law Randy Spencer, and their grandson Thomas.

Thanks to all of you for welcoming us into our new house!

We had a great morning of hot chocolate (thanks, Lori), pancakes (group effort of Sue Dubois, Sue Houle, & Chuck Z.), and a refreshing water stop, set up by Tom Littlefield. Alison did a great job cooking the veggie bacon & Bill 4 lbs. of "real" bacon! Mike Andrews brought some delicious fruit & pastries and Faye, orange juice.

Great meal - Great company. Too cold to run? Not with this group!

Sue Littlefield and Lori Scott ran an extra couple of miles -- took a wrong turn! Good job running, girls! Whoa, could have picked a warmer day to get lost, though!

Winter Outing at Long Pond

By Paul and Amy Lindsay



An even dozen RRs came to the inaugural winter get-together at our new house in Northwood (Paul and Amy Lindsay, Mike and Joanne Dubois, Sue and Ken Houle, Alison Black, Don Yeaton, Bill and Kathy Paradis, Faye Lowrey, and Tom Littlefield). Adventurous Bill P. led the charge across the lake on mountain bikes, which proved to be a strenuous workout, with a veneer of wind-crusted snow to plow through on top of the ice. Others opted for more conventional modes of winter transport, such as XC skiing, running, and walking. Afterward, everyone enjoyed gathering around the wood stove and chowing down on chili and other goodies. We spent so much time socializing inside that nobody ventured back outside to try the hot tub. Next time we're hoping for more snow so we can add snowshoeing to the activities.

Have you renewed your membership yet?

Renewals were due in October of 2003 and many long-standing club members have not renewed! Where are your dues? It's 15 bucks for an individual membership and 20 bucks for a family. Send your check to: RRC, PO Box 727, Rochester, NH 03866. Thanks!

Rochester Runners Member Spotlight By Alison Black

Name: Faye Lowrey

Age: 60

Residence: Rochester, NH

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

Faye first started running in 1982, when she ran for two years. However, she stopped running for ten years before resuming the sport again in 1993. She used running as an outlet for her stress, and running gave her time for herself. Faye did not start racing as soon as she started running; she waited until 1994 when she ran in a local 5-miler called the Rochester Turkey Trot.

What is your favorite distance to run?

Faye likes the 10K because it gives her time to get into a good pace and work at it for a while. However, it doesn't take a whole lot out of you.

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

After reading about the club in the newspaper in 1994, Faye joined the club. She really enjoys the social aspect of being with club members at races. Faye enjoys carpooling to races, and hanging out with a circle of friends at the race. Just being with the group is enjoyable.

What advice would you give to new runners?

Faye says that new runners should get out there daily, even if it is only for two miles. You need to be consistent and keep it up, because you won't get anywhere otherwise.

What is your most memorable race?

The Boston marathon in 2002 was quite memorable for Faye because it was so exhilarating to cross the finish line and know you did it. The importance of the race lead to the excitement for Faye, because it's a race you have to qualify for, so not everyone can run the Boston marathon. To many people, it's **the** marathon to run, so the prestige lead to the excitement. Faye earned her way to that marathon by qualifying at the Shamrock Marathon in Virginia Beach, VA.

Faye also fondly remembers the 2002 Cabot Trail Relay Race in Baddeck, Cape Breton, Nova Scotia. It was 185 miles over 24 hours and Faye was on an 8-member team. It ran along the ocean and also included a mountain and a national park.

Faye's favorite races are the Hollis Applefest ½ Marathon and the Lake Winnepesaukee Relay.

What are your running goals?

Faye's main goal is just to stay healthy and be able to continue not only running, but other athletic activities as well, such as kayaking, hiking, and biking.

What is your favorite post-race food/refreshment?

Yogurt and pizza! Faye loves pizza but doesn't eat it often so it's a nice post-race treat.

Do you have any running/racing rituals?

Faye doesn't have any current rituals, but she used to run a 3-mile tempo run on the Thursday before a race.

Do you have running role models or inspirations?

Faye admires Joan Benoit Samuelson because she has hung in there for a long time and is very fast. Joan has been racing many years and hasn't disappeared like a lot of the elite runners. She also admires Uta Pipig because she has a real friendly personality and the fans in Boston really loved her. Uta won the Boston marathon several years in a row, and always had a smile on her face and took the time to recognize the crowd.

What do you like to do besides running?

As mentioned earlier, Faye enjoys biking, hiking, and kayaking. She also plays the clarinet in the Strafford County Wind Symphony. She joined the symphony the same year it was organized, in 1991. They rehearse weekly and perform about 10 concerts per year.

Anything else?

In 1995, both Faye and Ken Houle were the top male and female finishers in the NH Grand Prix. Faye is nationally ranked through the USATF and is listed in their book.

Faye has run the Lake Winnepesaukee relay 7 times, and placed 5 times. In 1991, the Ghosts of Pease team (50+ women's team) places first, missing the record by a few minutes. In 2002, the same team placed first and broke the record.

In 2003, Faye broke the NH state record for the 5-mile (Bill Luti), 10K (Freefall Classic), and Half Marathon (Applefest). She was a Maine resident until recently so who knows how many NH records Faye would have broken before 2003!

Faye likes to race against herself in training from spring to fall. She takes a 5K, 5 mile, and 10K course and recommends that you try to set a PR each time you run. No easy or junk miles!

Rochester Runners at Amy & Paul Lindsay's Chilly-Day get together, walking in the woods. Some even rode their bikes on the ice - - -



Spokes Person

Interested in a Bicycle Repair Clinic?
Read on.



"STUD"

Now that I have your attention, let me tell you about *dashing* through the snow on a bicycle with studded tires.

I purchased the tires on sale from bike www.nashbar.com and put them on a 1973 Raleigh road bike. I installed mountain bike gearing and handlebars for better off road handling. It worked very well.

January 17, at Paul & Amy's place on Long Lake, "Studcycle" made it's debut. Tom Littlefield & Faye Lowrey joined me, on the ice, with their mountain bikes. Both Tom and Faye said that 3"- 4" of packed snow was the same effort as race pace in a 5K road race! If we had lowered our tire pressure, I think the bikes would of rolled easier. On a plowed dirt road the studded tires gripped as well as knobbies would in the summertime.

Studded tires eliminate using icy roads as an excuse not to ride.

Try winter riding, It's fun!

Now is the time to check your bikes condition because Spring will be here soon. Beat the Spring rush at your local bike shop, they will not be hurried and might do a better job.

If anyone is interested in a bike repair clinic, call me (Bill Paradis 207-676-5831) or email me and I will try to set it up.

RunninBikinBill

Recipe Corner

Banana, Raisin, and Oatmeal Pancakes Submitted by Laura Harding

These are great with maple syrup, honey, marmalade, or even cottage cheese. Makes about 12.

1 cup old-fashioned oats
1 cup all purpose flour
¼ cup (packed) golden brown sugar
1 ½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon ground cinnamon
¾ cup plain yogurt
¾ cup whole milk
2 large eggs
½ teaspoon vanilla extract
2 ripe bananas, mashed
1 cup raisins
¼ cup (1/2 stick) unsalted butter, melted
Additional melted butter

Whisk first 6 ingredients in medium bowl. Whisk yogurt, milk, eggs, and vanilla in another medium bowl to blend. Whisk dry ingredients into yogurt mixture just until blended. Fold in mashed bananas, raisins, and ¼ cup melted butter.

Brush nonstick griddle or skillet with melted butter; heat over medium heat. Working in batches, pour batter by 1/3 cupfuls onto griddle. Cook pancakes until bubbles form on top and bottoms are golden brown, about 2 minutes. Turn pancakes over and cook until bottoms are golden brown, about 2 minutes. Enjoy!

Officers' Meeting Minutes—1/26/04

Members present Brian, Paul, Craig, Bill and Don

1. Feb. awards dinner:

Top 8 runners in the in-club GP will get awards. Free shoes to 1st place finisher - Don will check w/ Dan for a pair of free running shoes or a \$50 gift cert. from Red's. Dan gets the Boston bib and other 6 will get \$25 gift cert. from Red's.

Awards: (Plaques)

Woman runner of the year – to be announced at banquet

Male runner of the year - to be announced at banquet

Most Improved female - to be announced at banquet

Most Improved male - to be announced at banquet

Don will contact Ken about getting plaques made.

2. We need to make sure Rec Center room is clean when we leave - got a complaint from Seniors. Send Sr. Citizens a check to \$25 for use of their room.

3. Speakers: Feb. - Lynn Tostado to make presentation on Creative Memories"

March - Andy will contact Ted Vogel

4. 25th Anniversary celebration

Brian and Bill had an idea as a take off on Walter Hoerman's run thru Rochester he was going to do. As a club

we could do a run thru the entire city and try to hit every street in one run in one day! Perhaps we should wait until fall to have the 25th celebration.

5. Newsletter: Bill will do article on biking

Pancake Run - Alison write up an article?

Winter Outing at Paul and Amy's - Paul will write

List of Boston Marathoners from the club - about 13?

6. Red's Shoe Barn Race - day before Boston on 4/18

We will plan to be at Red's w/ table from 10 - 12

We will have to do course cleanup a week early on 4/10 because some of us will be going to Boston for the Expo on the 17th.

Respectfully submitted,

- Don Yeaton (our regular scribe, Brian, disappeared in a vat of peanut butter)

Group Running Reminders:

Tuesdays at 5:30pm at the UNH indoor track

Wednesdays around 5:45 at the Rec Center in Rochester

Sundays at 8:00am at the Rec Center in Rochester for long runs

Rochester Runners Club

PO Box 727

Rochester, NH 03866