

# ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 1

JANUARY, 2004

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## Next Open Meeting

Tuesday,  
January 20, 2004

7:00 p.m.

Rochester  
Community Center

Speaker: Don  
Allison (see inside  
for bio on Don)

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## Bio of Don Allison, January Meeting Speaker



There are many ways to participate in the sport of long distance running, and Don Allison has been a part of almost all of them.

As a runner, Allison has completed hundreds of races, including 51 marathons, 30 ultra distance marathons, and two Ironman distance triathlons. In 1990, Allison founded the Back Bay Road Runners, a 100-member Boston based club.

As a race director, Allison directs the Eastern States 20 Mile, a point-to-point race from Maine to Massachusetts with more than 500 runners. He also directs the Nifty 50 Mile and 50 Km in Coventry, Rhode Island, which has served as the New England ultra championships since 1992.

In addition to the writing and news-gathering he does for Cool Running, Allison is publisher of *UltraRunning*, a monthly magazine that covers ultramarathons in the United States and Canada. In addition, he recently published a book titled *A Step Beyond: A Definitive Guide to Ultrarunning*. More information on the magazine and the book can be found at [www.ultrarunning.com](http://www.ultrarunning.com)

## President's Corner

### **All I Really Need to Know About Running I Learned from Running 23 Marathons**

Not really, but it makes a great title and I got your attention. But I have learned a great deal from running in these past 24 ½ years. I, along with Rochester Runner's Club, will celebrate 25 years of running in May of 2004. Since it is the beginning of a new year, it is a good time to do a little reflection on the past and to look forward to the future.

First of all, I am no expert on the marathon. I don't run them very fast (my PR is 3:52:54 at Ocean State in Oct. 2002), I have never qualified for Boston and have raised \$\$ for the American Liver Foundation for the past 7 years in order to get a bib for Boston, and there are lots of people who have run a lot more than I have. I have a teammate on the ALF Run for Research Team who has run 105 marathons! I ran my first marathon in 1994 as a bandit at Boston before I knew any better. This was the year of the 26 mile tailwind when Cosmas Ndeti set the new course record of 2:07:15. My new marathon PR was a blistering (on my feet anyhow!) 5:03, but I was hooked and wanted to try another. So here are several things I have learned along the way:

1. You can't cram for a marathon. I didn't race last year for 2 months, from the middle of Aug. to the middle of Oct. due to a nagging left knee pain. I wanted to run a fall marathon so I decided to go back to the Northern Central Trail Marathon in MD. I had only 8 weeks to prepare and ran my slowest marathon ever – a 5:06:09.
2. The long runs are **the** most important element in marathon training. In the winter of '97, my wife worked on Sunday afternoons so I ran my gradually increasing long runs every Sunday afternoon. I ran almost even splits at Boston that year, felt great and finished in 4:23.
3. As the Kenny Rogers song goes, "you got to know when to hold 'em and know when to fold 'em". Actually I've only run 22.53 marathons since I dropped out of the '97 Adirondack Marathon at mile 14 due to sciatic pain. My back just hurt too bad to run anymore.
4. Sometimes you have to forget the time and just enjoy the experience of the run. At mile 19 of the N. Central Trail Marathon back on Nov. 29<sup>th</sup>, I began walking with Mike Winnick, a lawyer from northern Michigan. He was cramping worse than I was so we ran/walked the last 7 miles together. I was hoping for a time around 4:30, but we were having such a good time conversing and suffering together that the time really didn't matter anymore.
5. It's OK to take walk breaks during the marathon. Jeff Galloway is right and even Bill Rodgers has stopped to drink and tie his shoe when he has won Boston. My three fastest marathons – 3:52, 3:55 and 3:56 – were all run with either a 30 second or a one minute walk break every mile or water stop.
6. There is nothing in life quite like crossing the finish line of a marathon and getting that medal put around your neck. All that hard work of training is worth it all and for the next 24 hours, you are floating on an endorphin induced runner's high. Non-runners just don't understand.
7. This is the hard one. I may **never** be fast enough to qualify for Boston. It is very hard to do. Just ask some other RR marathoners who have come very close but the BQ has eluded them. I have the utmost respect for the runner who

qualifies for Boston. For the average runner this becomes the “Holy Grail” of running. You have moved into that exclusive group of runners who have met the challenge and have achieved it. Almost anyone can finish a marathon, but to have the privilege to run Boston puts the runner in another class!

8. One more – one of the best parts about running a marathon or any race is the people that you meet. It’s just that the marathon gives you more time to suffer together than a 5K. But seriously, I have met some of the nicest people from all over the world at races. There’s just something unique and special that bonds runners together – strangers can become friends in a matter of miles!

Here’s to a great new year of running and racing,

--Don

## **Running Notes**

1. Congratulations to Pam Parker for her year long running streak. She ran everyday in the year 2003 and her uninterrupted streak goes back to July 12, 2002. Pam scored 4 points for the club at the MM and her streak continues into 2004! Please send your race miles and training miles in 2003 to either Don or Paul to be in the running for an award at our awards dinner in Feb.

2. Winter outing at Paul and Amy Lindsay’s on Jan. 17<sup>th</sup>. See details elsewhere in this newsletter.

3. We had 21 of us for the New Year’s Day Resolution Fun Run. Our host, Mike Andrews, had a 5.2 mile loop set up for us that began and ended at PSNH in Rochester. Kevin Scott estimated a time of 39:46 and ran the loop in 39:32 – only 14 seconds off his guess. Kevin gets a \$25 gift certificate to Red’s Shoe Barn. Walter Shyska was 31 seconds off his time and earned a \$15 certificate to Red’s. Our third winner was John Rancourt with a \$10 certificate. John would have been 1<sup>st</sup> if he hadn’t changed his time. He originally wrote down a time of 38:30, but changed it to 39:30. He ran a 38:30!

## **Annual Winter Boston Trip**

We changed our Boston Trip from the 17<sup>th</sup> to Jan. 24<sup>th</sup>. I think this makes the 4<sup>th</sup> year we have made the trek to Boston. Two years ago we ran the Fresh Pond Race in Cambridge. This no-fee, no-t-shirt race is held every Sat. by the North Medford Club – the Lake Winni Relay people. It’s a 2 ½ mile loop around Fresh Pond and you can either run 1 loop or 2 for a 5 mile run. The three top finishers get their names in the next day’s Sunday Boston papers.

We will meet at 7:45 AM at the Shaw’s parking lot in Dover and leave by 8 AM to make it in time for the Fresh Pond Race at 10 AM. After the race, we’ll pick up the Red Line of the “T” at the nearby Alewife station and travel to Government Center. We’ll have lunch and visit the Bill Rodgers Running Center in Quincy Market. Then, depending on the time, we may visit the Marathon Sports Store at the Boston Marathon finish line and stop at the New Balance Factory Store in Lawrence on the way home.

## **Other Upcoming Races (more details can be found on [www.coolrunning.com](http://www.coolrunning.com)):**

### Maine

1/17 – 24<sup>th</sup> Annual Running of the 4.5 mile “The Thaw” in Belgrade at 9:30a.m. (plus one mile fun run). Contact [erikseastead@hotmail.com](mailto:erikseastead@hotmail.com)

2/1 – 23<sup>rd</sup> Annual Mid-Winter Ten Mile Classic in Cape Elizabeth at 9:45a.m. Contact via email [wndhmlaker@aol.com](mailto:wndhmlaker@aol.com)

### Massachusetts

Weekly runs (check [www.coolrunning.com](http://www.coolrunning.com) for more details)

Thursdays – Somerville, West Somerville, and Woburn

Fridays – Cambridge

Saturdays – Winthrop, Tewksbury, and Cambridge

Sundays – Abington

### New Hampshire

1/25 – Boston Prep 16 Miler in Derry at 10:00a.m. Contact [weluv2run@Comcast.net](mailto:weluv2run@Comcast.net)

## **Winner's Circle Race Report**

Emily Trespas

(On New Year's Day, the Winner's Circle Running Club hosted two races in Salisbury, MA. Here is Emily's account of the experience. Emily ran the 5K race.)

The event has both a 10K and a 5K. The course is usually at the Winner's Circle Bar on RT 110 in Salisbury but this year they moved it to a place by the water to accommodate the large turnout. This "on the beach" location made the OCEAN PLUNGE a lot easier as the brisk Atlantic was merely yards away, waiting to shock those crazy enough to take the leap into the new year. I of course could not resist diving into the water in my running gear (sans sneakers). MY heart stopped for a brief second after I leapt up from under the surface. What a fantastic way to cool off after a hard run and an exhilarating muscle soothing method!

## **Guest Columnist**

Andy Schachat

### **WANT MORE RUNNERS AT THE FREE FALL CLASSIC? CAN YOU SAY GOBBLE, GOBBLE?**

(The following opinion reflects the thoughts of one member of the Rochester Runners and does not reflect the opinions of the officers of the club or any other member)

For the past three years the club's race, the Free Fall Classic, has drawn less than 150 members. Two of the three years the race has been part of the NH Grand Prix series, which was supposed to draw bigger numbers. So, how does the club get a larger turnout for the race? Move it to Thanksgiving Day.

Why do I think the Free Fall Classic would see a larger field if it were held on Thanksgiving. Runners love holidays. Want to know what the two biggest days for road races are? July Fourth and Thanksgiving. Just look at the numbers. The amount of runners running races on those two days exceed other days, with the exception of special events like the Boston Marathon (come to think of it, the Boston Marathon is on Patriots Day, a Massachusetts holiday).

Runners love to run when they have free time. The morning of July Fourth and the morning of Thanksgiving are days that runners have lots of free time. There is nothing like starting those days with a race.

Rochester is ripe for a holiday race. Take a look at a local map. Races in the Rochester area, in Somersworth, Dover, and New Durham struggle to get runners. In particular, the Portsmouth area, with all those runners, does not seem to be a part of the state that sees folks travel to races in the Strafford County area. Of course, there is one exception. The St. Charles 5K, on Labor Day, is the only race in the Rochester area that seems to have a large field and the only race that brings in a lot of the Portsmouth/Hampton runners.

I realize it is a lot to ask a running club to host a race on Thanksgiving, especially one that has a traditional fun run like this club. The good news is that Thanksgiving Day races are not the type of event where runners hang around after the race. Turkey Day races have more of a "let's run and go home" feel to them. Who wants a big post race feast on this day. Start a race at 8:00 and you would be home before you know it. Some Thanksgiving Day races don't have an awards ceremony or hold a brief one, acknowledging only the overall finishers.

Drawbacks to a Thanksgiving race? The weather, for one. This past Thanksgiving saw beautiful conditions, making for a great running day. The next time the weather could be 15 degrees and windy. A day like that and no one would show up.

As I previously mentioned Thanksgiving is also a day for the club's traditional fun run. Breaking with tradition is never easy. It might create a split amongst the members and make it harder to recruit volunteers.

By the way, if you really want to see a larger field, switch to a 5K and market the race as a family event. But that is another issue.

All told, the pluses outweigh the minuses. Look at this way. Switching the race to Thanksgiving is like eating chicken soup when you are sick. It might not help but it can't hurt. I'll bring the stuffing.

## RR Grand Prix Corner

Paul Lindsay

Rochester Runners 2003 Grand Prix update, 4Jan04. Includes the Millenium Mile in Londonderry (races on New Year's Day will go toward our 2004 RRGp). Sixteen RRs raced, placing 3<sup>rd</sup> among the N.H. clubs in the Millenium Mile, which counts as the first race of the 2004 NHGP series even though it was actually in 2003. This downhill course wasn't counted for speed points (otherwise those 16 would have impossibly low baselines for the rest of the year!). It's interesting though, to see how fast some of the times were. **Nathan Huppe** ran a 4:18 mile to lead all NHGP runners in his age group, and **John Tuttle's** 4:35 led all NHGP masters. **Diane Levesque's** 6:48 mile equates to 8.5 % faster than her 5K baseline, **Dan Poliquin** was 9.8% faster than his baseline, and **Don Yeaton** was so psyched up that he outdid everyone by running 12.9% faster than his baseline. **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](mailto:bplindsay@hotmail.com).

<b>S</b>	<b>D</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>T</b>	<b>n</b>	
25	50	87	28	Laurie Gaudreau	10	24	34	6	Judi Rogers
27	55	86	28	Laura Harding	6	24	34	6	Mike Dubois
22	53	85	46	Dan Poliquin	8	22	32	4	Gary Zetterberg
20	53	81	24	Craig Stephan	5	25	32	5	Brian Barrington
22	53	79	11	Lisa Hart	2	28	32	6	Larry Winchell
26	52	78	27	Sin Kounlasa	8	19	29	3	Deana Von Schantz
22	52	78	30	Diane Levesque	6	21	29	4	Clyde Annach
17	48	78	15	Phil Parker	1	25	28	5	Mark Galarneau
16	52	78	22	John Tuttle	0	26	28	5	Christine Davis
28	42	76	20	Scott Rowe	11	16	27	4	Lisa Houle
24	46	75	12	Ruthanne Laine	9	18	27	4	Laura McCrae
15	55	75	14	Dave Smith	3	20	23	5	Michelle Forbes
30	42	74	24	Emily Trespas	6	16	22	4	Jameson Harding
28	42	74	31	Cliff Parkinson	6	16	22	4	Karen Langlois
20	50	74	34	Bob Randall	7	13	20	3	Cheryl Mathieu
26	45	73	21	Greg Gaudreau	4	16	20	4	Sam Hill
17	45	72	20	Ken Houle	4	16	20	4	Leanne Hourihane
8	52	72	17	Judi Lemaire	0	20	20	5	Jen Johnson
21	50	71	24	Melissa McDevitt	6	13	19	3	Steve Robbins
19	47	71	20	Nathan Huppe	4	14	18	3	Don Gagne
17	46	71	17	Tom Watkins	3	15	18	3	Mike Forbes
13	54	71	26	Brian Gallagher	0	18	18	3	Dick Keller
2	59	71	19	Kevin Scott	2	15	17	3	Dennis Ward
12	58	70	12	Keith Shields	2	13	17	3	Ernie Garland
10	53	70	22	Alison Black	5	11	16	2	Suzanne Snowden
19	43	69	15	Cash Leavitt	4	12	16	3	Sherry MacDonald
7	54	67	18	Mary Ulinski	4	12	16	3	Amy Lindsay
6	55	67	33	Dick L'Heureux	6	8	15	2	Mike Nelson
19	43	66	18	Lynn Tostado	2	12	14	2	Mark Guay
15	49	66	14	Sue Littlefield	2	12	14	3	Scott Burrill
15	49	66	18	Joe Harding	3	8	13	2	Holly Clark
12	50	66	12	John Rancourt	1	12	13	3	Dawn Gilbert
10	49	65	59	Mike Kimball	4	8	12	2	Patty Crothers
5	60	65	17	Bill Paradis	3	9	12	2	James Gagne
21	37	64	9	Peggy Foster	3	9	12	2	Jamie Houle
17	43	64	17	Joe Tostado	0	12	12	3	Herb Taylor
13	51	64	16	Jen McDevitt	0	12	12	3	Mark Chrusz
13	49	64	11	Paula Warner	0	12	12	3	Jack Prescott
9	53	64	10	Tom Littlefield	3	8	11	2	Shana Paradis
9	52	64	11	Dan DeFrees	3	8	11	2	Donna Labelle
17	42	63	12	Janet Glazier	3	8	11	2	Abby Lindsay
1	54	63	15	Don Yeaton	3	7	10	2	Jacob Gaudreau
18	42	62	16	Darryl Cauchon	2	8	10	2	Peter Smith

7	53	62	16	Dawn Heinrich	1	8	9	2	Joe Johnson
5	49	62	20	Pete Dubois	1	8	9	2	Stacey Hourihane
18	42	60	12	Tom Marston	3	4	7	1	Rob Estes
9	49	60	9	Arlon Chaffee	3	4	7	1	Daniel Davis
13	44	59	11	Wencil Sutton	0	7	7	1	Chat Cowan
15	37	58	9	Ron Foster	0	7	7	1	Dennis St.Hillaire
17	38	57	8	Britt Ulinski	0	7	7	1	Sandy Tremblay
7	48	57	9	Pete Shea	0	7	7	1	Brian Fisher
5	48	57	10	Chuck Beaulier	0	7	7	1	Walter Hoerman
4	49	57	9	Laurel Valley	0	6	6	1	Jeff Crothers
9	38	56	8	Pam Parker	0	5	5	1	Pete Gilman
6	49	56	15	Joe Boyle	0	4	4	1	Jim DeJohn
7	43	55	10	Walter Shyska	0	4	4	1	Nadine DuChateau
6	45	55	8	Mike Davis	0	4	4	1	Cindy Douglass
6	43	55	12	Mike Andrews	0	4	4	1	Nanette Henderson
15	33	54	7	Linda Long	0	4	4	1	Michelle St.Lawrence
17	36	53	8	John Dinella	0	4	4	1	Kelsey Burrill
7	44	51	10	Kathy Paradis	0	4	4	1	Cathy Orlowicz
11	38	49	10	Andy Schachat	0	4	4	1	Conrad Labelle
4	40	44	9	Lori Scott	0	4	4	1	Jaclyn Henderson
2	37	43	7	Brian Geiger	0	4	4	1	Cheryl Douglas
12	26	40	6	Dave Poliquin	0	4	4	1	Kurt Douglas
10	25	39	5	Paul Lindsay	0	4	4	1	Kim Bent
8	27	37	5	John Racine	0	4	4	1	Dave Drago
2	33	35	8	Don Norris	0	3	3	1	Kyle Gaudreau

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**Please Note:**

## **Rochester Runners Member Spotlight will return in the February newsletter**

If you would like to nominate someone to be featured in this column in an upcoming newsletter, please contact Alison Black at [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com) or 868-1083. Thanks!

## Recipe Corner



### 7-Minute-Mile Soup submitted by Diane Levesque

1 package Ramen Noodles soup (prepared)  
Add 1 package cooked frozen Oriental mixed vegetables  
Add 1 package cubed extra firm tofu  
Top with sliced scallions

This recipe is good for hot flashes, running faster, the longevity of all living beings.



### Smoothie Recipe submitted by Lynn Tostado

1 Cup Vanilla yogurt  
 $\frac{3}{4}$  Cup Orange Juice  
 $\frac{3}{4}$  Cup Milk  
1 Banana  
1 Cup Strawberries (Fresh or Frozen)  
1 Cup Blueberries (Fresh or Frozen)  
(Note: You may substitute any combination of fruit that you desire.)

Place all the above ingredients in a blender and puree until smooth! This recipe makes two servings.

Enjoy!

### New Column: Question of the Month

**At what temperature do you find yourself switching from shorts to tights for your outdoor runs?**  
Please submit your response to Alison Black at [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com) or 868-1083. Results will be published in the February newsletter.



## Pancake Run

Join us, and start your spring marathon training.

Mark your calendar for Saturday, **January 10th at 9:00** for the first 2004 "Pancake Run".

Several loops will be mapped out to give everyone a route they will be comfortable with.

Loops will be from 3.3 to 12 miles.

Bring your cross country skis and /or snowshoes to explore the woods and fields around our new house, if you prefer not to run.

Remember, the first ones back, have to start the pancakes!

RSVP @ 207-676-5831 or email us: billnkathy@psouth.net, (to help with head-count).

**Snow date: Saturday, January 17th.**

### **Directions to our new house:**

From the Cumberland Farms in Berwick: Drive north on Rte. 9, 4.9 miles and turn right on to Randall Road. We are 6/10ths mi. on the right - yellow ranch - # 164 on mailbox.

~ Bill and Kathy Paradis ~

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## Long Pond Winter Fun



Bring the family over to Paul and Amy's new home in Northwood for an afternoon of winter activities on Saturday January 17<sup>th</sup> starting at 1:00pm. If the snow is good we can head out on snowshoes and XC skis on the nearby network of snowmobile trails and logging roads. If the ice on the pond is good, there is skating. Other options would be hiking or running, whatever best fits the weather and snow conditions of the day. Afterward, we'll have a big pot of chili with corn bread, and there's the outdoor hot tub.

Raining? Bring an indoor game instead of your snowshoes & running shoes and come on over anyway! Call or e-mail ahead so we'll know how much chili to fix, and bring some appetizer or dessert to share.

**Time:** 1:00 pm. **Directions:** Take Route 202 from Rochester or Route 9 from Dover to Route 4 west toward Northwood. Turn right onto Route 107 North ("Northwood Narrows") and go 1.1 miles. Bear right onto Jenness Pond Road and go 0.3 miles. Turn right onto Long Pond Road (gravel) and go 1.3 miles. Stay right where Lookout Point Rd branches left, you're almost there. Our house is the next to last one on the left—you'll see a brown garage with a big white number 265 on it. The house is behind the garage, downhill. Our phone number is 603-942-5482 and our e-mail address is onthepond@metrocast.net. Hope to see you on the 17<sup>th</sup>.

## Officers' Meeting Minutes—12/29/03

Minutes from RRC officer's meeting - 12/29/03

Paul Lindsay's house at Long Pond in Northwood.

Members present: Rochester Runner's officers from the Western Front: Paul Lindsay, Mary Ulinski and Don Yeaton.

1. Newsletter - articles are due to Alison by noon on Jan. 4th. Paul will send list of B-days for Jan. and club GP results. MM results should not affect standings. We need article about MM.
2. Speaker for Jan. Don Allison has agreed to come. Don will send directions and get bio for Mary for Fosters.
3. ES 20 Miler - Don e-mailed us an app for the race and will mail more to the club. He needs list of races we will be attending so he can be sure his apps get out there to the runners.
4. AARC reg. Paul and Don compared lists of present members - 90 members. We will reg. club for 100 members. Need to stress membership renewal in Jan. newsletter.
5. Coming events: Pancake run at Bill's on 1/10, Boston Trip on 1/17 and Boston Prep 16 Miler on 1/25. Paul will plan outing at his house in near future.
6. Feb. Awards dinner  
We talked about runner of the year and top male and female awards and will finalize at next officer's meeting. Don suggested 2 special awards: for the longest warm-up prior to a race - Laurel Valley - she ran a 15 miler before the MM and for the longest drive to a race - Larry Winchell drove 300 miles on Sunday to run 1 mile at the MM.
7. We need to appoint a 25th anniversary comm. at the Jan. meeting.
8. We need to vote on a membership policy about family members. When should siblings be dropped from the family membership and be required to register on their own?
9. Volunteers to bring food and drink to the Jan. meeting?
10. Paul showed us on his computer how he scores everyone for the GP. Very impressive!!

Meeting concluded at 9:00 PM.

Respectfully submitted,  
- Don Yeaton (our regular scribe, Brian, disappeared in a vat of yogurt)

Rochester Runners Club  
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