

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 7

JULY, 2004

President/Membership
Don Yeaton
Dryrun262@usadatanet.net
736-4610

V-President
Bill Paradis
wparadis@maine.rr.com
(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,
July 20, 2004

7:00 p.m.

Community Center,
Rochester

Run/Bike event at
6:00 prior to meeting
(no speaker
at meeting)

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: dryrun262@usadatanet.net

President's Corner

Don Yeaton

It's uncanny how he does it! Whether it's the Mt. Washington Road Race, the Utica Boilermaker 15K, Beach to Beacon 10K or the Thunder Chicken 5K, he always finds me. No matter how large the crowd is, he's always able to locate me. It's like trying to find the proverbial "needle in the haystack."

His most recent "finding" of me was at this year's Mt. Washington Road Race. Craig Stephan and I had just arrived at the base and had parked my car in the big field next to the tent. We were heading towards the tent to get checked in when someone in a VW crosses our path and someone yells my name. I didn't recognize the car and a few seconds later, there he was, walking to greet me. I couldn't believe it! He had done it again!

This whole episode began at the Utica Boilermaker 15K in Utica, NY in July 1997. As I was entering my corral, I noticed this other runner wearing a Mt. Washington Road Race t-shirt. Since I had also just run this "only one hill" race for the first time, I went up and began talking with him. For the next couple of years, we met at the same spot in the starting area at the Boilermaker. So thus began a friendship that has lasted to this day.

Some of you have met him if you've been at one of the above mentioned races with me. The "HE" is Dennis Faust from Mt. Joy, PA - a town halfway between Lancaster and York, PA. Dennis is now age 62 and he comes to New England every summer just to run some of our races. His running "claim to fame" is that he has run every Marine Corps Marathon in Washington, D.C. except the first two. He missed '76 and '77 because he didn't start running until 1978.

We were talking before the awards ceremony at Mt. Washington this year and something he said, gave me the idea for this article. We were talking about possible fall marathons and he made a comment about how our thinking about running changes as we get older. Dennis said, "I now come for this." The "this" is socializing, meeting old friends and sharing running "war" stories. I've often commented to other runners that half the fun of racing is the great people you meet. Some of my best running memories are not PR's I've set, but the other runners who provide a context and a backdrop to the actual race itself.

Dennis has missed the Boilermaker the past 2 years, but told me he was coming back this year. I just checked the roster and he's in. So we will meet again at the Utica Boilermaker 15K on July 11, 2004. They'll be 10,000 runners - no problem - he'll find me!

- Don Yeaton

Reach the Beach Volunteers Needed

Don Yeaton

After the RTB Relay last September, I sent a thank you e-mail to Mike, one of the race directors. He returned a thank you for my comments and asked if we as a club might be interested in volunteering at one of the transition areas this year. They just sent me some info to see if we would be willing to staff the transition area at the Epsom Traffic Circle. Since this is a middle of the night shift from 1:00 AM to 6:30 AM, on Saturday, September 18th, they are willing to donate \$50/person for the club. If we can fill all of the 8 positions needed, we can make \$400 for the club. This will truly be "a labor of love" because of the time slot, but I think you would have a great time. Reach the Beach is such a great event - some of our runners consider this the high point of the running calendar.

Several of you have expressed an interest, but we still need a few more. Let me know right away if you are willing to be a part of this and I can give you more detailed information. I know our runners would appreciate seeing a familiar face in the middle of the night!

Beat the Heat—Summer Running Tips

Tips provided by Emily Trespas and Runner's World Magazine (July, p. 34)

- **Time your run.** On humid days, run before the sun rises above the horizon. On dry days, run in the evening.
- **Dress appropriately.** Wear loose-fitting clothes made of material that wicks away sweat.
- **Utilize water.** We all know that we need to drink water to stay hydrated, but don't forget to use it to pour over your head throughout the run. Also freeze a half-bottle of Gatorade and/or water the night before your run, and then fill the second half with water/Gatorade the next morning before you run.
- **Avoid asphalt.** As much as you can, run on dirt and gravel, since asphalt retains heat.
- **Split your running.** Split up your daily run into two shorter runs, one in the morning and one in the evening.
- **Run near the beach.** Utilize our seacoast location and run on or near the beach. Nice ocean breezes, and the ocean is a great place to cool off after your run!

Meetinghouse 5K Volunteers Needed

Don Yeaton

The 6th Annual Meetinghouse 5K is coming up on Saturday, July 31st in New Durham. Club member and race director, Cathy Orłowicz, needs your support as a runner or volunteer. Cathy needs help with registration, parking, water stops, etc. Some of these assignments are such that you can volunteer and run the race as well. If you can help, call Cathy at 859-4643 or e-mail at: cathyo@worldpath.net

LOCO News

Mike St. Laurent

Special offer to Rochester Runners—get a **FREE** hat from LOCO with every purchase!

Check out the **FREE** 5K Race sponsored by LOCO:

Thursday, August 26th

6:30pm

Dover High School track

For more information, check out www.locorunning.com

Question of the Month for August

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

Please submit your responses to Alison Black by Sunday, August 1st to tennpurp@yahoo.com or call 868-1083. Thanks!

Question of the Month for July

What is your favorite local race and why? (Freefall Classic not included!)

Janet Glazier—Run for the Roses 5K in Amesbury at the Winner’s Circle Race Bar. “Imagine 300 women and free beer after! It’s for a good cause, breast cancer, and you get the feeling that most of the women there have a story to tell. It is also a part of a three race circuit, one of which is the Louise Rosetti race—what woman hasn’t been inspired that she is still running at age 80+!”

Jim Henderson--Bridges for Friendship 10K. “It is a beautiful course around Newcastle Island. There are volunteers at every mile (including the 6th, if you can believe it!) telling you your time. Every intersection has a volunteer letting you know in a timely manner where to go. There are lots of water stops and they are all costumed and competing for the ‘water stop award.’ The post race food and prizes are wonderful.”

Bill Paradis—Saunders at Rye 10K. It isn’t just the beer that attracts Bill, but the fact that you have to “earn your tee shirt by placing well in your division.”

Mary Ulinski-- B1st Peeperfest in Barrington. “It was one of the first races I ever did and first trophy I won so it will always be special for me. It’s low key, everyone is friendly, a lot of children and families participate -- it’s a nice hometown type event. The food is good too and prizes often include cheese and maple syrup -- always good. There are also many raffle prizes.”

Dawn Heinrich—Northfield-Tilton Dare race. “It is not really the race itself but the fact that my 11 year old daughter and I have done it 3 years in a row together and we always have such a great day just hanging out together.”

John Rancourt—Big Lake Half Marathon; great course and entertainment.

Alison Black—Great Island 5K; beautiful course, great start/finish area, and good post-race feast.

Mike Andrews—Big Lake Half Marathon

Andy Schachat—Market Square Day 10K; great announcer

Don Yeaton—Meetinghouse 5K; great course and food

Dan DeFrees—Strawberry Festival 5 Mile; early start, great course, and STRAWBERRIES

Scott Rowe—Meetinghouse 5K

Kathy Paradis—Great Island 5K; scenic, just enough hills, nice finish (clock), and good food, too!

Judi Rogers—Strawberry Festival 5 Mile; loves the festival

Dan's Tidbits

Dan DeFrees

Reminder: We are still running on **Tuesday nights** on “the hills” in Somersworth. The group meets at 5:30pm at the Berwick Town Hall parking lot. It's a tough but fun workout. Also, we have been meeting at 6:30am on **Sundays** at the PSNH Building on Old Dover Road to go running. This way, we beat the heat and Ruthanne can make it to church on time. ☺

I am planning the 2nd annual Devil's Den Run at Merrymeeting Lake in New Durham. It is tentatively scheduled for Saturday, August 7th from the State boat launch at Merrymeeting Lake. Remember to bring your flashlight!

Editor's Note: Don't forget track workouts every Wednesday at 5:30pm at the Spaulding track.

Upcoming Races

Note from Editor: I am taking a break from this column this month in order to allow room for other newsletter submissions. But here are some web sites that you can access if you are looking for a race. If you don't have internet access, you can always check out the Sports section of the Sunday edition of Foster's newspaper. Most Sundays the local race calendar is listed, right near Andy Schachat's column!

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

One race to highlight, though. The **next Grand Prix Race is on Saturday, July 17th**—the Bill Luti 5-Miler at Memorial Field on South Fruit Street at 9:00am. For more information, contact Bob Teschek at racetime@gsrs.com or call (603) 863-2551.

Upcoming Club Events

Paul Lindsay

Saturday July 17th: **cookout & swimming** at Paul & Amy's after the Bill Luti NHGP race in Concord. Bring a dish to share; we'll supply grilled burgers & chicken. Call or e-mail Paul if you need directions (we're a short distance off Route 4 on the way back to the Seacoast after the race). Good canoeing and hiking right from the house.

Tuesday July 20th: **bike & run relay race**—meet at the Rochester Rec Center at 6pm (an hour before the monthly club meeting). Sign up at the June meeting (or e-mail Don or Paul). Each team is two people and one bike. We'll try for evenly matched teams to make it interesting. Teammates take turns running & biking, leapfrogging ahead of each other. Involves strategy on how far to ride ahead before leaving the bike for your partner and starting your next running leg. First team with both members to the finish wins. Out & back course on Chestnut Hill Road.

RR Grand Prix Update

Paul Lindsay

Rochester Runners Grand Prix update, 30Jun04

RRs turned out in force for the Rochester Firefighters 4 mile NHGP race, with 32 runners and several volunteers. Our club outscored the other N.H. running clubs as **Nathan Huppe** led the way by winning the race. Other popular races in June included the Market Square Day 10K, Mt. Washington, and the Strawberry Festival 5 mile (also won by Nathan). RRs who ran their best times in over a year this past month included Nathan as well as **Scott Rowe, Chuck Beaulier, Pete Dubois, John Rancourt, Pam Parker, Judi Rogers, Elaine Parkinson, Danyelle Phelps, and John Dinella. Ken Houle and Faye Lowrey** both posted finish times faster than their national age group standards. **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	12	Sin Kounlasa	8	12	20	3	Jeff Crothers
15	54	73	22	Dan Poliquin	4	16	20	3	Suzanne Snowden
14	59	73	11	Laura Harding	0	20	20	5	Lynn Tostado
9	57	66	10	Steve Robbins	0	20	20	5	Tom Marston
14	49	65	9	Dawn Heinrich	2	17	19	4	Haley Heinrich
10	49	65	13	Diane Levesque	1	18	19	3	Walter Shyska
15	46	63	9	Laurie Gaudreau	0	19	19	3	Britt Ulinski
10	51	63	13	Emily Trespas	6	12	18	3	Joe Johnson
19	41	62	17	Darryl Cauchon	6	11	17	2	Tom Littlefield
21	33	60	8	Nathan Huppe	3	13	16	3	Denise Chiota-Allen
1	56	59	12	Dick L'Heureux	0	16	16	3	Ruthanne Laine
17	39	58	9	Tom Watkins	0	13	15	3	Phil Parker
9	48	57	9	Joe Harding	6	8	14	2	Amy Lindsay
15	38	55	8	Pete Dubois	6	8	14	2	Patty Crothers
4	44	52	15	Cliff Parkinson	3	11	14	2	Daniel Muhindi
8	43	51	8	Greg Gaudreau	0	12	14	3	Peggy Foster
5	44	51	8	Laurel Valley	0	12	14	3	Ron Foster
1	50	51	10	Alison Black	3	9	12	2	Danyelle Phelps
0	44	50	11	Brian Gallagher	0	12	12	2	Keith Shields
10	33	49	7	John Tuttle	3	8	11	2	Kathy Paradis
10	36	48	7	Kevin Scott	1	8	11	2	Jack Prescott
1	45	46	9	Melissa McDevitt	0	10	10	2	Mike Davis
17	24	45	6	Scott Rowe	3	4	9	1	Mark Chrusz
6	35	43	6	Lisa Hart	2	7	9	1	Dawn Gilbert
2	39	43	7	Craig Stephan	1	8	9	2	Don Norris
16	24	42	6	Judi Rogers	1	8	9	2	Jameson Harding
4	38	42	7	Dan DeFrees	0	9	9	2	Lisa Houle
9	32	41	6	Mike Andrews	2	6	8	1	Clyde Annach
0	39	41	7	Don Yeaton	3	4	7	1	Daniel Davis
5	33	40	6	John Rancourt	0	7	7	1	Jen Johnson
7	31	38	6	Dave Smith	2	4	6	1	Mark Galarneau
5	32	37	6	Bill Paradis	2	4	6	1	Rob Estes

8	28	36	6	John Dinella	0	6	6	1	Sue Littlefield
6	26	36	6	Ken Houle	0	4	6	1	Mike Dubois
11	19	32	5	Andy Schachat	1	4	5	1	Dennis Graves
9	23	32	5	Ken Uecker	1	4	5	1	Don Gagne
6	26	32	6	Joe Tostado	1	4	5	1	Jamie Houle
9	20	31	4	Pam Parker	0	5	5	1	Abby Lindsay
6	25	31	4	John Racine	0	5	5	1	Hanne Heinrich
1	30	31	6	Jen McDevitt	0	4	4	1	Chat Cowan
8	22	30	5	Joe Boyle	0	4	4	1	Christine Davis
2	27	29	5	Pete Shea	0	4	4	1	Ed Larkin
9	16	27	4	Elaine Parkinson	0	4	4	1	Michelle Crothers
1	26	27	4	Mary Ulinski	0	4	4	1	Paula Warner
0	27	27	6	Bob Randall	0	4	4	1	Peter Smith
2	22	26	5	Judi Lemaire	0	4	4	1	Roger Evans
1	24	25	4	Lori Scott	0	4	4	1	Wencil Sutton
1	24	25	4	Arlon Chaffee	0	4	4	1	Tiffany Carberry
7	12	21	3	Chuck Beaulier	0	4	4	1	Wayne Paradis
2	17	21	4	Paul Lindsay	0	4	4	1	Laura McCrae
1	20	21	5	Janet Glazier					

Rochester Runners Member Spotlight

An Intimate Look at the Lives and Loves of Rochester Runners

Diane Levesque

EMILY TRESPAS

Age: 33

Marital Status: Don't touch unless you can run really, really fast

Occupation: Art teacher at Phillips Andover Academy

Pet Status: None

Home Town: North Andover, Massachusetts

Introduction

My introduction to Emily occurred at an earlier time, but I first remember really meeting her when she was about to “trespass” on my real estate at the Run to the Border 10 Mile race in March of this year. (Ok, you’re right, she probably is sick of hearing that one over and over, but I couldn’t resist.) I was so happy to see her there rather than the likes of Vicki Miller or Janet Parkinson – if you know what I mean. Anyway, we got to talking and it was a generally pleasant experience that has led to more talking and more chance meetings at various racing events.

The Early Years

Emily grew up in Andover, but also has lived in Italy. Her mother worked for Phillips Andover as an Editor for their Alumni Bulletin. Her father was the vice president of marketing for Fleet Bank. He now has left that position and works for the U.S. Census Bureau. Emily has one older brother who lives in New York City. Emily's parents currently do a great deal of walking. Interestingly, her mother used to run and on at least one occasion ran a race in Andover where she came in "dead last."

Emily received her undergraduate degree from Mt. Holyoke College and her Master of Fine Arts degree at Cornell.

When asked about scandals in her past, she was at a loss for words. However, Emily did reveal that in high school she sported a Mohawk. That's right. We're talking essentially a shaved head.

The Running Years

Emily is a relatively new member to the club and relatively new to the running scene. By her accounts, November 1, 2002 is the date that "I started running seriously." "Seriously" means running at least 3 times per week. She averages between 20 – 38 miles per week. She can also be found riding her Bianchi road bike once or twice per week. So those Italians apparently did get under her skin.

Emily's favorite running workout is a long, slow run of about 10 to 12 miles. "I feel satisfied at the end." She also enjoys running near the ocean and other bodies of water. She is after all a Pisces with a birthdate of March 5. She mentioned that Merrymeeting Lake is a favored running area. Hmmmm.....quite a distance from Andover.

I asked Emily about what she considers to be her biggest running accomplishments to date. Her response? "That I'm still running." Well, she met her goals at the Hyannis Half this year. She wanted to enjoy herself and proclaims that she in fact enjoyed every mile. She also recently ran Mt. Washington and "I want to do it again." Ouch! She had previously experienced Mt. Kearsarge, but found the crowd support at Mt. Washington to be superior. Emily also has had an overall win at the Girls Inc. 5K in April of this year.

Her running goals? Emily would like to complete another half marathon in the Fall. She is on a team for the Reach the Beach Relay Race and is currently training for that. She wants to run in another country and will have the opportunity to do that very soon as she is leaving for China next week. She also wants to run a marathon and a duathlon.

Artiste meets Muscleman

Some of you may be having trouble placing Emily. She can be found on the arm of our very own Dan Poliquin – runner extraordinaire. I asked Emily about how they met. Their meeting took place at the Hangover Classic on January 1, 2003. Emily got a look at Dan's bod and that was it! She asked him if she could sit with him and they started chatting. By her reports these two started out slow. They were friends until August of 2003 when they officially began dating. When they run together, Dan says that they talk about "everything." Now that's something.

I realized that I don't know much about Dan. He's always very pleasant – sort of the strong, silent type. I asked Emily about what Dan does for a living. Was I ever surprised to learn that he's the person to talk to about preserving your body for posterity. I'm talking cryogenics, man. But Emily says that Dan is anything but icy cold – he is hot stuff! Emily describes him as "loyal and committed." They also stare into each others' eyes quite a bit. When I asked her what color his were, she answered "brown" without a second of hesitation. The same thing happened when I asked him about the color of her eyes, "bluish green." But they didn't know each other's favorite songs. However, Dan did know that her favorite artist is Bruce Springsteen. The real telltale sign that Dan is quite the catch and that this relationship is serious,

is that when asked when their anniversary was, he answered, “the second week in August.” How wild is that?! How many of you out there have a relationship so hot, that you celebrate your anniversary for a week! When asked what he would do while Emily was gone to China for 3 weeks, he answered, “Cry.” It also seems that Dan is a bit of an artiste himself. July 3 was his birthday and he and Emily both worked on a quilt that she was making for him out of his running t-shirts. With the 150 races per year that he runs, that quilt probably will reach to China. Fortunately, Emily likes animals although she has none of her own. Dan’s mother has 7 cats. So she’s sure to be a hit with mom.

Epilogue: So for you Rochester Runner single ladies out there, this story is about hope – hope that you’ll run into the man you’ve all been dreaming about.

Officers’ Meeting Minutes—5/24/04

Brian Gallagher

Rochester Runners Officers Meeting

June 28, 2004

Present: Don Y, Bill P, Brian G

& Judi Rodgers (who never quite knew when to be horrified and when to laugh)

Host: the flamboyant Dave S.

Don Y: reads a letter from Reach The Beach Relay (Wendy) – could use 8 volunteers at the Epsom Circle transition area. Middle of the night of Sept 17/18. Will pay \$50 per person.

Don Y: to write a newsletter blurb asking for volunteers.

RR: discussion of best date for 25th anniversary dinner (from choices suggested by Ken H). Consensus = October 02 at the Gateway. Cost ~ \$11.

Bill P (&KP): will pursue a guest speaker.

Don Y: is looking for someone to write a Mt. Washington article for the newsletter.

Dan D: will continue his series of articles on Lost Civilizations Once Inhabited By Amphibious Humanoids.

Don Y: next NH Grand prix is the Bill Luti 5 miler on July 17th

Don Y will coordinate with Paul L on the July 20th run/bike fun run ice cream meeting.

Don Y: the New Durham Meeting House 5K could use runners and volunteers.

See Don Y or Cathy O.

Allison B: Question of the Month – What is your favorite apothegm that is perpetually invaluable to women resisting any premature ensnarement?

By default, the RR nominating committee is Faye L, Diane L, and Brian G.

Don Y: will write a newsletter blurb asking for guest speaker suggestions. For example: an orienteer, a nutritionist, an unwitting dupe, two larcenous siblings, an American tourist, an adventure-starved astrophysicist, your ex-girlfriend, chief suspect in a murder, a woman from a small fishing village, Sweden's ambassador to Greece.

Dave S: will try to put together a highlight video of RR at the Mt. Washington race.

Don Y: the Loco 5000 meter track race will be on August 26th at 6:30pm at Dover HS.

Meeting adjourned at 8:15pm. A typical ideological battle squeezed in between bizarre, campy musical numbers.

Want to Run in the Reach the Beach Relay?

This 208-mile relay race occurs on September 17 and 18, 2004, starting in Bretton Woods and finishing at Hampton Beach State Park. One of the Rochester Runners teams is looking for two people to complete their 12-person team. Check out www.rtbrelay.com for more information on the race, and/or contact team captain Alison Black (868-1083; tennpurp@yahoo.com). Come join the fun!!!

Rochester Runners Club
PO Box 727
Rochester, NH 03866