

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 6

JUNE, 2004

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Next Open Meeting

Tuesday,
June 15, 2004

7:00 p.m.

Community Center,
Rochester

Special Guest:

Pam Szymanski,
Saucony/Hind
Representative
(good deals!!)

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President's Corner

Don Yeaton

Thanks to all of you who either ran or volunteered at the 5th Annual Rochester Firefighters 4 Miler. Since this was the 4th NHGP race, I especially want to thank our volunteers who either worked on the course or at the finish line. They were Melanie Marsh, Sue Houle, Joanne Dubois, Lauren Winterholer, Mike Andrews, Dan DeFrees, Marilyn Metcalf, and Tom Littlefield. Melanie is a new runner and new member of our club and this was the first race she had ever witnessed. She just signed up for her first race and her debut will be at the Cigna Healthcare 5K on August 12th.

A big round of applause to Nathan Huppe who won the race, scored 10 points and broke the course record that was held by Fergus Cullen! Nathan averaged just over 5 minute miles and finished in the low 20's. The results are not up yet so I don't have all the particulars or the GP results, but many of you ran well and scored points. Congratulations to John Rancourt. He was a little disappointed in his first marathon at Vermont City on May 30th. He was hoping to break 4 hours and qualify for Boston in his first attempt, but that didn't happen. However, today he ran a 4 mile PR and scored 10 points by finishing first in the 60 year old category.

I recently received an e-mail from the race director of the 2004 Hillsboro Balloon Fest 5K in Hillsboro, NH on Friday July 9th at 6:30 pm. Since I ran this race several times in the early 90's before I started traveling to the Utica Boilermaker 15K, I told her I would take some apps and put in a good word for her. This was my "birthday race" since it was held right around July 14th every year. What makes this race unique is the fact that they launch several hot air balloons just before the start and then some more lighted ones at dusk.

This race has the distinction of being the hottest race I ever ran. If you thought Boston was hot this year, back on July 14, 1995, it was still 100 degrees when the race was over! I had been to see Dr. John Dinella that morning for him to fix an ingrown toenail on my R big toe. He gave me the OK to run and I was still able to run a 23:16 in spite of the heat and bandaged toe. The race has great food, massages, entertainment and only costs 10 bucks! Go to www.balloonfestival.org for more info or see me for a race application.

As the race season gets underway full speed ahead, I wish you well in your training and racing. Don't forget to mark your calendars for the next NHGP race – the Bill Luti 5 Miler on July 17th.

- Don

FlashBack to June 1979

Don Yeaton

David Smith recently came across a stash of running magazines that he had saved. In them he found some issues of "Track and Field News" and "Sports Illustrated" from 1979. In celebration of Rochester Runner's Club's 25th anniversary (we were founded on May 8, 1979), we thought it would be fun to look back to see what was happening in the running world 25 years ago.

June 1979 Track and Field News:

Cost of magazine - \$1.25

Featured running shoes:

Brooks Vantage Supreme – w/ a 5 Star rating from Runner's World magazine

Nike Waffle Trainer

Tred 2 w/ a Double Durometer midsole

Saucony Hornet and Ms. Hornet also gets a 5 Star rating from RW

Converse World Class Trainer II – another 5 Stars!
New Balance Comp 100 ultra-light racing flat
adidas Marathon 80 – only 6.3 ounces

Racing News:

Bill Rodgers cut his mileage back to 125/week to prepare for the '79 Boston Marathon. He and Joan Benoit BOTH set new American marathon records at Boston on April 16th. Bill ran a 2:09:27 and 21 year old Joan Benoit finished in 2:35:15, more than 3 minutes ahead of 2nd place finisher Patti Lyons.

On April 1st, Rodgers had run a pending American record of 48:01 at the Cherry Blossom 10 Miler in D.C. while Joanie had won the Jacksonville 15K River Run on March 31st w/ a time of 51:48.

At Boston this year, 14 men broke 2:15, 28 were under 2:17, 54 men went under 2:20 and a whopping 57 men reached the Olympic qualifying standard of 2:21:54. Interestingly – Frank Shorter missed qualifying by 2 seconds, finishing 79th in 2:21:56. Wow – that's when men were men!

Featured Running Shoe Store: Uncle Marty's Sneaker Barn in Doylestown, PA

THANK YOU to Red's Shoe Barn!

We recently received a letter and a \$200.00 check from Red's Shoe Barn. This money will likely go towards our Freefall Classic race in the fall. Here is the text of the letter from Dave Whitehouse:

Dear Don,

From all of us at Red's, sincere thanks for the support we continue to be provided by " The Rochester Runners". An organization like yours is great because it is made up of great people.

We have enclosed a small donation which is just a token of our appreciation for your help and support for our road race.

Thanks so much!

Dave and Pat & the staff at Red's

Question of the Month for July

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

Please submit your responses to Alison Black by Friday, July 2nd to tennpurp@yahoo.com or call 868-1083. Thanks!

Question of the Month for June

Where in the world would you like to travel to run?

Diane Levesque---Alaska or Kenya

Laura Harding ---Venice, Italy

Dawn Heinrich---Hawaii

Nathan Huppe---Kenya

Dan DeFrees---New Zealand

Alison Black---Big Sur/Carmel, California

Cliff Parkinson---Japan

Ken Uecker---China (Great Wall)

Bill Paradis---Paris, France

Don Yeaton---South Dakota

Peter Dubois---New Mexico

Upcoming Races

*Note from the Editor: Now that we are into peak race season, I will only highlight “popular” and close (within an hour of Rochester) races. There are just too many races to list! There are many wonderful web sites that you can access if you are looking for a race:

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

Maine

Saturday, June 12th—Discover Portland 6-hour URBAN Adventure Race at Noon in Portland. Contact info@racingahead.com

Friday, June 18th—Doc’s Tiger 3-Miler at 7:00pm in Biddeford. Contact reardoka@spsd.org

Massachusetts

Wednesday, June 16th—11th Annual Louise Rossetti Women’s 5K at 6:30pm in Beverly. Contact Michael.page5@verizon.net

Thursday, June 17th—Connolly 8K Road Race at 6:30pm in Woburn. Contact ckel7@hotmail.com

Sunday, June 20th—Run for the Gold 5K at 1:00pm in Chelmsford. Contact dupuisrick@hotmail.com

Sunday, June 27th—8th Annual Whirlaway 10K Summer Classic/New England Championship at 9:00am in Methuen. Contact info@whirlawaysports.com

Sunday, June 27th—James Andromedas 5-Miler at 10:00am in Lowell. Contact run@andromedas5.com

Tuesday, June 29th—Rose Maguire Great Women Chase 5K at 7:00pm in Lowell. Contact dave@goodtimesrun.com

New Hampshire

Saturday, June 12th—Market Square Day 10K Road Race at 9:00am in Portsmouth. Contact bmassar@portsmouthchamber.org

Saturday, June 19th—North Hampton Old Home Day 5K Road Race at 9:00am in North Hampton. Contact tom@ibex-engineering.com

Saturday, June 19th—Mt. Washington Road Race in Pinkham Notch. Closed to registrants.

Saturday, June 26th—6th Annual Newfields 5K Road Race at 9:00am in Newfields. Contact lparend@comcast.net

Saturday, June 26th—Patrick’s 5 Miler for High Hopes at 9:00am in Milford. Contact zoologics@prexar.com

Saturday, June 26th—Plaistow Old Home Day 5K at 9:00am in Plaistow. Contact drvitale8989@hotmail.com

New Hampshire Grand Prix Results **Rochester Firefighters Race on 6/6/04**

Rochester Runners—108 points
Gate City Striders—83 points
Greater Derry Track Club—74 points
Granite State Racing Team—44 points
Monadnock Regional Milers—8 points
Athletic Alliance—6 points

Rochester Runners scoring points:

Nathan Huppe—10 points	Dawn Heinrich—5 points
John Rancourt—10 points	Laurie Gaudreau—5 points
John Tuttle—10 points	Faye Lowrey—5 points
Ken Houle—9 points	Scott Rowe—5 points
Diane Levesque—8 points	Paul Lindsay—4 points
Judi Lemaire—7 points	Craig Stephan—4 points
Kevin Scott—7 points	Jack Prescott—3 points
Charles Beaulier—6 points	Peter Dubois—3 points
Pam Parker—5 points	Ron Foster—2 points

“5 Borough Tour”

Kathy Paradis

(Editor’s Note: Kathy graciously allowed me to use the text from an email she and Bill sent regarding a bike excursion for the newsletter. Please fault any lack of continuity for this article on me and not on Kathy! Kathy and Bill completed Bike New York—“5 Borough Tour” in early May).

We bicycled on a tandem bike 24 miles on Saturday, bicycling a loop around Manhattan on bike paths; and 42 miles on Sunday through Manhattan, the Bronx, Queens, Brooklyn, and Staten Island.

On Friday we saw a Critical Mass Rally in action. About 1000 bicyclists amassed to take over the city streets. It was disappointing to see that a lot of them didn’t wear helmets. Critical Mass are bicyclists letting automobile operators know that bicycles have a right to the road. They hold demonstrations, in many cities around the world, on the 2nd or last Friday of every month. (Portsmouth is the last Friday; Durham, NH is the 2nd Friday). Needless to say, there were some very unhappy people in the automobiles, especially those who were paying to sit in taxis, as traffic was blocked. Also, the same night, we attended the EXPO which hosted a party after the Critical Mass Rally. It was very strange. A lot of bicycle clubs down there have "chopper" bicycles and dress in vintage clothes. The event co-coordinators let people ride their bikes inside the EXPO, which was similar to a large gymnasium. In the background, a DJ, in costume, played modern tunes, loudly, as the bicycles circled around inside the riding arena. A local brewery was selling keg beer for \$1.00 a glass.

Bill tried out a double-decker (TALL BIKE). It was a girl’s bike, and she was gracious enough to let him

ride it. It looked strange, Billy riding around with all these young bicyclists; I felt like we were in a Mad Max movie, wondering "where is Mel Gibson?"

At the end of the 5 Boro ride, there was a man on stilts and he was very playful. We have never seen so many bridges in our lives! Bridges are everywhere. The bicycle trails circle the perimeter of Manhattan. There was also a "blessing of the bicycles" held near Morningstar Park, which is near Columbia University. The reverend sprinkled holy water on all of us. It was beautiful.

We are glad we experienced it and glad we had a "front of the pack pass" (because we were on a tandem) - this allowed us to start before approximately 29,000 other people!! We started at 8:00 and finished at about 2:00; this included stopping for lunch and the Ferry Ride. We were told that the last of the cyclists finally got to the starting line 90 minutes after we did! And, we thought that we were moving slowly! I have never seen SO many bicycles in my life, nor do I expect to see that many again.

Once is enough! It was so crowded. Someone hit our front tire and knocked us down. We were going 12 miles an hour and went down gracefully, considering. Neither one of us was seriously hurt --- must have been the holy water from the day before! It was quite the adventure. We walked through Chinatown and ate at the Wo Hop 17 Restaurant, which is famous in the area. It was a very simple restaurant - you had to walk downstairs to get there (it was in a basement!) - But, the food was fresh and authentic.

The most difficult part of this trip was finding our way into and out of Manhattan with our car. Traffic signs are not what we are used to. It took us about 7 hours to get there. Next trip will be to the Maine Bike Rally in Belfast Maine, which we are looking forward to.

Upcoming Club Events

Paul Lindsay

Saturday June 26th: **hike** in the White Mountains. Meet at the Rochester Rec Center at 7:30. Bring lunch, trail snacks, & swim suit. Destination to be determined on the spur of the moment (based on weather and how ambitious a group shows up!).

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

Lots of races in the past month, including Big Lake Half Marathon, B 1st Peeper 5K, Medical Center 5K, Run for the Roses 5K, Get Fit in May 5K, Wakefield Pride 5K, Sugarloaf Marathon/15K, Hoof it for Hannah 5K, Bedford 12K/5K, Rock 'n' Race 5K, Pond Cove 5K, Wachusett Mtn 4.3 mile, Habitat for Humanity 5K, Mt Kearsarge 8.5 mile, Rye By-the-Sea duathlon/10K/5K, Live Your Dreams 5K, Vermont City Marathon, and Redhook 5K. RRs who ran their best times in over a year this past month included **Pete Dubois, John Racine, Sin Kounlasa, Andy Schachat, Elaine Parkinson, Scott Rowe, and Daniel Davis**. The list below is the top 24 in the current RRGP standings. Sin has moved up into a tie for the lead with her strong marathon in Burlington (first of the dozen RRs across the finish line). **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	
15	54	69	9	Sin Kounlasa	5	41	46	7	Steve Robbins
11	54	69	19	Dan Poliquin	11	34	45	6	Dawn Heinrich
12	51	63	9	Laura Harding	8	37	45	7	Joe Harding
9	49	62	11	Diane Levesque	15	25	44	6	Nathan Huppe
10	48	60	12	Emily Trespas	0	40	44	9	Brian Gallagher
18	40	58	13	Darryl Cauchon	1	42	43	8	Alison Black
17	39	58	9	Tom Watkins	10	29	39	6	Pete Dubois
1	56	57	11	Dick L'Heureux	6	29	39	6	John Tuttle
8	43	51	8	Greg Gaudreau	1	36	37	7	Melissa McDevitt
5	44	51	8	Laurel Valley	14	20	36	5	Scott Rowe
4	44	50	12	Cliff Parkinson	0	32	34	6	Don Yeaton
11	37	48	7	Laurie Gaudreau	5	27	32	5	Dave Smith

Rochester Runners Member Spotlight

An Intimate Look at the Lives and Loves of Rochester Runners

Diane Levesque

Due to unforeseen circumstances, Diane was not able to write this column in June. However, be ready for the return of the Member Spotlight in July!!

Reflections from Ron

Ron Foster

(Ron Foster was asked to write an article for the New England 65 Plus Runners Club Spring 2004 newsletter. Below is the article he submitted--which was published. We thought members of the Rochester Runners Club might also be interested in reading it.)

When I was a boy, it cost 10 cents to ride the bus from uptown, Foxboro, Massachusetts to my home so I preferred to run along behind the bus and save the dime for ice cream and candy. When I arrived in high school, they needed someone to run the mile and I was volunteered as no one else wanted to do it. This was the early 1950s. We had no track – we just ran on the grass around the football field. Our math teacher was also our football coach and track coach. We had no track meets at home because we had no track so everything was away and as track was not considered a “real sport” at that time, you got to the meet the best way you could. Mostly we would crowd six, seven or eight people into a car and off we went. One day, on our way to Fall River, we had two identical 1934 Fords. We were stopped by the state police. About 12 or 13 of us piled out of the two cars, all dressed in blue and gold uniforms. The officer asked if we were part of a circus act. We told him no we were a track club. He told us to get back in the cars and get out of his sight which we were happy to do. He did, however, take time to write each car a ticket for having more passengers than seating capacity allowed. At that time, I was averaging about a 5-minute mile. Wish I could do that now!

Twenty-five years later we were living in Danbury, New Hampshire and my 14-year-old nephew, Philip, wanted someone to run with him. I was back on the road again! Since that time, my wife, Peggy and I have had many great experiences and have run in towns we never would have visited otherwise. We joined the Rochester Runners Club when we moved to Rochester in 1987. At that time, Jack Prescott was the President.

The most important race that we run each year is the American Cancer Society 18 hour Relay for Life. My wife is a cancer survivor of five years. The event, sponsored by the Rochester Runners for the last 4 years, is held each June at the Spaulding High School Track in Rochester.

The longest race I've run is the Border-to-Border – 20 miler – from Maine to Massachusetts. The year I picked to run happened to be the coldest, wettest, meanest day in March. At mile 17, I lost my big toe nail on my right foot and limped to the finish line. Cut off time for the race was 4 hours. I came in at 4 hours, 2 minutes but because of the tears in my eyes, they gave me my medal.

The toughest race I've run has to be Mount Washington – only one hill race – 11% grade for 7.6 miles. My best time was 2:09. This race is for the strong of heart and weak of mind. I'll be trying it again this year.

My most enjoyable race is the Lake Winnepesaukee Relay. Our team of 8 runners did it in 9:53:21 the first time. We have cut that time down to just over 8 hours. Hope to do better this year.

Fastest times – Eliot 5K. The first 16 runners all ran times of under 5 minute miles. The next 60 runners all ran 6 minutes or less per mile. Many years ago, I had the privilege of running the race with my youngest son, James, and his son, Jesse James Foster, making it a three-generation race.

My other son, Ron Jr., has a son, Matthew, who just returned from a tour of duty in Iraq safe and sound. Matthew served with the Screaming Eagles, 101st Army Air Bourne. (Ron's other grandson Mike is going to Iraq on July 7th as a member of the military police. We all pray for his safe return!!)

Officers' Meeting Minutes—5/24/04

Don Yeaton

Minutes from RRC Officer's Meeting

Members present at Bill Paradis' house in N. Berwick, ME: Bill, Craig Stephan, Paul Lindsay and Don Yeaton.

1. Speaker for June 15th meeting? Bill to ask Laurel Valley.
2. Newsletter – flashback to 1979, GP update, member spotlight, 25th anniversary update, article by Ron Foster, 5 volunteers for RTB needed.
3. Nominating Committee – we need to put together a committee at the June meeting to put together a slate of officers for the Sept. elections.
4. Website calendar needs to be updated
5. Firefighters 4 Miler – runners and volunteers needed. This will be the 4th NHGP race.
6. Summer meetings and other club activities – hikes, bike rides, etc
Cookout at Paul and Amy Lindsay's house on Long Pond in Northwood after the Bill Luti 5 Miler on Sat. July 17th. Paul will plan a hike for Sun. July 18th. We want to try a bike/run relay at 6:00 pm on Tues. July 20th before the club meeting at 7:00 pm.
7. 25th anniversary dinner: Ken Houle has gotten 2 quotes for food at the Gateway Rest. in Somersworth and the Elks in Rochester - \$11 to \$12/person.

Filling in for Chief Scribe Brian Gallagher,
- Don Yeaton

Rochester Runners Club
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