

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 3

MARCH, 2004

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Next Open Meeting

Tuesday,
March 16, 2004

7:00 p.m.

Rochester
Community Center

Speaker:
Ted Vogel

Ted Vogel finished 3rd at the Boston Marathon in 1947 and 2nd in 1948. In 1948 he ran in the Summer Olympics in the marathon and was the top American finisher.

He was also the 10,000 meter national champion in 1947.

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President's Corner

I have a file on my computer entitled "Running Quotes" that I've been collecting over the last several years. As we begin a new racing season, I want to share several with you to help fire us up for what is to come in 2004.

Here is one of my favorite ones: "*A lot of people run a race to see who's the fastest. I run to see who has the most guts.*" **Steve Prefontaine**

Why are some runners faster than others? There are lots of reasons – genetics, the amount of training, the kind of training, biomechanics, motivation and desire. But sometimes it comes down to simply the runner who can endure the pain the most or the longest.

I'll never forget running the Lake Placid Half Marathon on September 15, 2001. This was just 4 days after 9/11. The race start was particularly moving. We all sang the national anthem and a local pastor said a prayer before we started running. This course is truly beautiful. On the way out you are treated to a view of Whiteface Mt. looming in the distance – on the way back, the Olympic ski jumps that tower above the trees. The course begins and ends on the local high school track that is next to a horse arena and a small air port, just across the street from the ski jumps. The only real hill is about ½ mile before the finish as you run up past the ski jumps on your left. As we entered the track for the final ¾ lap before the finish, I remember saying to the runner next to me, "This is it – lets see who has the most guts", as we sprinted to the finish line. We had given it everything we had!

"If I want to tell you the most about a person in the fewest words, I simply say, 'He's a runner.'" - Paul Fetscher I truly believe that there is a bond among runners that is missing in other sports. While runners have the same competitive spirit as other athletes, it seems that there is a greater respect for other athletes. When was the last time you heard people "booing" a runner at a road race? Often the winners are cheering for and clapping for the runners at the end of the race! To misquote Will Rogers, "I never met a runner I didn't like!

Another quote comes from an unlikely source from an unlikely time – about 1600 years ago. "*Take care of your body as if it will live forever and your soul as if it will die tomorrow.*" **St. Augustine (354 – 430 AD)** Augustine was a profligate pagan in North Africa who became a Christian and went on to become one of the great theologians of the early Church. Most of us as runners do a good job with the former, but pay little attention to the latter. We are very conscious of the idea of balance – a balanced diet and a balanced training program that allows time for rest and rebuilding before moving into another phase of our training. But often we fail to see the need to balance the physical with the spiritual. Billy Mills, the famous surprise winner of the 10,000 meter race at the '64 Olympics expressed a similar thought with this statement, "*Your life is a gift from the Creator. Your gift back to the Creator is what you do with your life.*". Think about it!

- Don Yeaton

Running Notes

Don Yeaton

Almost St. Patrick's Day Pre-Spring Nute Ridge Half Marathon Fun Run

Since there are so few races around here in March (unless you want to travel down to MA), we decided to resurrect this fun run that we did 2 years ago. The date is Sat. March 13th at 9:00 AM in downtown Farmington near the Town Hall. This course makes a great tune-up for those of you running Boston, Sugarloaf or Vermont City with its combination of uphill and downhill sections. We will plant water along the route so let us know if you will be coming. E-mail Don at dryrun262@usadatanet.net.

Upcoming Races:

March 27th - Gilmanton 5K 10 AM

March 28th – Eastern States 20/10 Miler 11 AM

April 10th – Bow Lake 15K/5K – www.nhruns.com

April 24th – Out of Hybernation 5K – Portsmouth - <http://www.whatismasonry.com/>

April 25th – Girl's Inc. 5K – Rochester - <http://www.girlsincnewhampshire.org/roadrace>

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

Maine

Sunday, March 14

-Kerrymen Pub Road Race (4 miles) at Noon in Saco. Contact info@mainecancer.org

Saturday, March 27

-Run for the Courts, 5K XC Run/Walk at 9:00am in Poland Spring. Contact eatyournoodles@yahoo.com

Sunday, March 28

-Eastern States 20 Mile Race (10 Mile race starts in Rye, NH) at 11:00am in Kittery. Contact don-allison@comcast.net

Massachusetts

Sunday, March 14

-5 Mile in Raynham at 11:00am. Contact sase42@aol.com

-7th Annual An Ras Mor 5K Race “The Great Race”) at 10:00am in Cambridge. Contact AnRasMor@srr.org

-Law Enforcement Half Marathon & 5K in Wakefield at 10:00am. Contact info@runedge.com

-Ras na hEireann (3.4 mile) at 10:00am in W. Somerville. Contact BAEvents@aol.com

Saturday, March 20

-R.J. Crowley’s 3 mile run at 1:00pm in West Newton. Contact rhorgan913@aol.com

Sunday, March 21

-New Bedford Half Marathon at 11:00am in New Bedford. Contact nbhm@gnbtc.org

-4th Annual USTFNE Rebhayim Romp 5K/10K/Fun Run at 9:30am in Newton Center. Contact rebhayimromp@yahoo.com

-Malden & Everett Rotary St. Patrick’s Road Race 5K/15K at 11:00am in Malden. Contact lurbaczewski@aol.com

-Run for a Cure 5K at Noon in Chestnut Hill. Contact runforacure@hotmail.com

-Run to the Beach 30K at 10:00am in N. Andover. Contact icky@mva.net

-South Boston St. Patrick’s Day 5K at 10:00am in South Boston. Contact rmillar@bgcb.org

Saturday, March 27

-Merrimack River Trail Race at 9:00am in Andover. Contact speterson@concord.com

New Hampshire

Saturday, March 13

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

Sunday, March 28

-Eastern States Run for the Border at 11:00am in Rye. Contact don-allison@Comcast.net

Sunday, April 4

-Nashua Soup Kitchen Run for Food & Shelter 5K at 1:00pm in Nashua. Contact lisansks@aol.com

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

Saturdays—Peterborough; Sundays—Litchfield

Rochester Runners Member Spotlight **Alison Black**

This column will return in April. Stay tuned!

Question of the Month

What is your favorite running shoe (past or present)?

Based on the responses I received, the top spot is a tie between New Balance and Nike (6 votes each). Here are the results. Thanks to everyone who participated!!

Adidas	Ernie Garland
Asics 2060	Dawn Heinrich
Asics Gel Cumulus	Dan DeFrees (current shoe)
Asics Gel Lyte (original)	Dan DeFrees (past shoe)
Brooks (any)	Bill Paradis (current shoe)
Brooks Adrenaline GTS III and IV	Craig Stephan
Brooks Adrenaline GTS IV	Emily Trespas
New Balance 751	Lori Scott
New Balance 762	Bill Paradis (past shoe)
New Balance 762	Don Yeaton (for training)
New Balance 763	Alison Black
New Balance 763	Kathy Paradis
New Balance 879	Mary Ulinski (current shoe)
Nike Air Skylon	Don Yeaton (for marathon)
Nike Air Span	Brian Gallagher
Nike Air Structure	Faye Lowrey
Nike Air Structure Triax/anything Nike	Diane Levesque
Nike Pegasus	Ken Houle
Nike Pegasus	Mary Ulinski (past shoe)
Saucony Team Taya	Don Yeaton (for marathon)

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!

We Need YOU! And your Friends and Family!

Volunteers are needed for the Eastern States 20 Miler and the Run for the Border 10 Mile race. Our club can gain funds if we provide enough volunteers. The races occur on Sunday, March 28th and help is needed in many areas: registration, water stops, finish line, post-race party, etc. Please help the club raise some money, and help the race participants at the same time! Family members, friends, neighbors, etc. are welcome. You can even be like cool Ken Houle and volunteer before you run the race! Contact Don at 736-4610 or via e-mail at dryrun262@usadatanet.net if you can help. We need you!

Martha's Vineyard 20 Miler 2004

Craig Stephan

This year, Valentine's Day weekend turned out to be a lot better than last year. The snow was just about all melted on the eastern side of Martha's Vineyard, so we were able to run the complete 20 mile distance. We only had to touch a bit of snow in Oak Bluffs as we ran down beach road toward Edgartown. A few club members went to the island to enjoy an enchanted place in the off-season. Andy Schachat announced the race, while Craig Stephan, Laura Harding, Joe Harding, Greg Gaudreau, and Dick L'Heureux ran in the road race. The weather was very nice with temperatures in the mid-40's, and a light to moderate breeze. Laura ran well and won her age group.

This is my third year that I've run in the Martha's Vineyard 20 mile road race, and each year I have so much fun. The past two years I have stayed with Andy Schachat at a race director's house. Three years ago, Chris Blanchette and I stayed in Vineyard Haven at a beachside motel. A group of 4 runners and family stayed at an Inn on the island that looked great from the pictures on the web. When Laurie, Greg's wife, booked the room, she did not know about the bar across the street. Laurie lucked out when she had to stay home to watch the kids, but Greg, Dick, and Wendy had to listen to the music into the wee hours of the night. Next year Greg says that Laurie will have to stay at the Inn. Something tells me that they may choose to stay somewhere else.

The night of the race, Andy takes his guests to the race director's house for a post-race feast. The party was quite the time to meet the local islanders that help out with the race. Andy introduced me to Michelle Lebrun and Bob Fitzgerald, the editors of New England Runner magazine, and I spent a few minutes talking with them. There were chips, dips, sandwiches, fish, soup, chowder, and plenty to drink. Larry Santos, the Coast Guard Chef, served up fish and other delicacies.

One last thing. If you have not been to Martha's Vineyard, then you need to go. What better reason than to run around the Island? You get to see a nice marina, a lot of water, a state forest, and the location where scenes from the movie *Jaws* were filmed. Mark your calendar for next year in the middle of February. We'll see you there.

Thank You!

The following is the text of a thank-you card sent to the club from Ruby, who photocopied and mailed our newsletter for many years. Ruby was Clyde Coolidge's secretary and still works in the law office there.

2/17/04

Dear Friends:

Sorry this is so late in coming. I tried to find a card with a runner on it but didn't have any luck. Thank you so much for the American Express gift. I am saving it to buy something special. Doing the newsletter for you was enjoyable until our copier really started acting up. Towards the end was a real challenge and I felt some of the copies weren't too clear. Best of luck in all your races. I'll be checking the results of the Boston Marathon to see if any familiar names are listed.

Thanks again. Ruby
(Thank YOU again, Ruby!!)

Good Luck in Boston!

The following members of the Rochester Runners plan to run the Boston Marathon. Wish them good luck or, better yet, go down to Boston and cheer them on! (if I have missed your name, let me know and I will put it in the April newsletter. –Alison)

Christina Sebestyen (running for the Dana Farber Marathon Challenge)

Craig Stephan

Dan Poliquin

Dave Smith

Dawn Heinrich

Don Yeaton (running for the American Liver Foundation)

Faye Lowrey

Jenny McDevitt

Joe Harding

John Tuttle

Kevin Scott

Laura Harding

Laurie Gaudreau

Melissa McDevitt

Sinthy Kounlasa

By the way, Jenny and Melissa McDevitt are running Boston for a charity. Here is a note from them about their endeavor:

Melissa and I are lucky enough to run in Boston this year! With some help from Andy, we became involved with TREKUSA. This is a group of men who are going to run from San Francisco to Boston, relay style, in order to raise money for several local charities such as The Cam Neely Foundation, The Doug Flutie Jr. Foundation, The Jimmy Fund, and the Red Auerback Youth Foundation. All of these are wonderful charities! If you would like more information you can log onto trekusa.org. If anyone would like to make a donation, checks can be made payable to TREKUSA and sent to Jennifer McDevitt:

40 Ten Rod Road
Rochester, NH 03867

Thank you ,
Jennifer and Melissa McDevitt

Yoga for Runners

Alison Black

Have you ever considered trying yoga? There is a special yoga class designed specifically to benefit runners that has been offered by Yoga East in Portsmouth since November. Fellow club member Christine Davis and I have been attending these classes since their debut in November and have greatly benefited from them. Yoga helps with both strength and flexibility training, and I think that it has helped me to prevent injuries as well. If you are interested in checking it out, the next series of 6 classes starts on Sunday, March 14th at 4:30pm and runs for six straight Sundays. If you sign up for all 6 classes you pay \$60.00 but if you just drop in to a class or two you pay \$15.00 per class. For more information, check out the web site at www.yogaeastyoga.com or call 422-YOGA (9642). Feel free to contact me if you have any questions about the studio, the class, the instructor, or anything else. I hope to see you there!

Seacoast Running Symposium

Don Yeaton

I just attended the 2nd annual edition of this event in Portsmouth on March 6th that is put on by Girls on the Run of NH. I came away really enthused and fired up for our sport. I think attendance at this event ought to be mandatory for all area runners as we look forward to a new running season in 2004. We truly are blessed to live where we do in the midst of such running talent. Who needs to go to Boulder or Eugene when we have it all right here in New England?

Lyndi and Lauren of Girls on the Run do a great job of organizing this symposium held at the Community Campus in Portsmouth. This is a wonderful facility that I never knew existed until last year. The program consisted of 15 different workshop topics and we all got to choose three of the hour long sessions. It was hard to choose only three since they all looked so interesting.

My first session was with Mark Mills, the massage therapist who has volunteered his services at our Free Fall 10K race. He spoke about the benefits of Healing Massage Techniques. Next I attended a session entitled - Silver Strides: 50+ Running taught by Jim McLaughlin of the N.E. 65+ Running Club. He told us some great stories about the accomplishments of runners in the club who range in age from 65 to 101! He was assisted by another member of the club named Florence who is a 78 year old race walker. My last session was with our own John Tuttle who led the workshop called the Run Fast Round Table. John shared some of his techniques for running faster from his 35 years of running.

This year's keynote speaker was none other than the famous Louise Rossetti, who is still running strong at age 82 and who began running in 1971. She brought lots of pictures from the numerous races she has done over the years and the Olympic torch she got to carry in the cross country torch run for the 2002 Winter Olympic Games.

The only negative thing about the event was the small attendance. Seacoast runners truly missed something very worthwhile. There were a number of vendors present including the table set up by Craig and myself to promote Rochester Runner's Club. I encourage more of you to attend next year – you won't be disappointed!

CONGRATULATIONS!

In case you missed the February Awards dinner, here are the awards and recipients. Congratulations to everyone! And a special thank you to Don Yeaton, who received the award for the "Outstanding Running Club President."

Award Plaques:

Male Runner of the Year—Nathan Huppe

Female Runner of the Year—Laura Harding

Most Improved Male Runner—Greg Gaudreau and Scott Rowe

Most Improved Female Runner—Emily Trespas

Outstanding Service Award—Nadine DuChateau (Freefall Classic Race Director)

Outstanding Service Award—Sue Littlefield, Melissa McDevitt, and Jenny McDevitt (Relay for Life coordinators)

Male NHGP Points Winner—John Tuttle (56 points)

Female NHGP Points Winner—Laurie Gaudreau (48 points)

Certificates:

"Come Back Kids Award"—Ron and Peggy Foster (ran 9 races last year)

"The Rollback Odometer Awards"—Tom Littlefield (his pacemaker/defibrillator limits his max heart rate so Paul thought it was only fair that he get to reset his baseline since he can only run so fast)

"Longest Pre-race Warmup Award"—Laurel Valley (ran 15 miles before the Millennium Mile race)

“Longest Drive to a One Mile Race”—Larry Winchell (drove 300 miles from Houlton, ME the morning of the Millennium Mile race)
“Most Training Miles in 2003/Female”—Pam Parker with 2,125 miles
“Most Training Miles in 2003/Male”—Tom Watkins with 2,570 miles
“Most Race Miles in 2003/Female”—Diane Levesque with 234.4 miles
“Most Race Miles in 2003/Male”—Dan Poliquin with 310 miles

In-Club Grand-Prix Winners:

1st—Laurie Gaudreau, 2nd—Laura Harding, 3rd—Dan Poliquin, 4th—Craig Stephan, 5th—Lisa Hart, 6th—Sinthy Kounlasa, 7th—Diane Levesque, 8th—Phil Parker. Prizes for these awards included \$25.00 gift certificates to Red’s Shoe Barn, a Boston Marathon bib from the B.A.A. (for Dan), and a free pair of New Balance running shoes from Red’s Shoe Barn (for Laurie). Ruthanne Laine received the other bib from the B.A.A. for the Boston Marathon.

Finally, Faye Lowrey was named by *New England Runner* magazine as the NH 60-69 Female runner of the year! Congratulations.



Join me, Bill Paradis,
for a **Bicycle Repair
Clinic** on April 26th
Location TBA. RSVP
207-676-5831

"Spokes Person"

Mark your calendars for Monday, April 26 and attend the first annual "Bike Repair and Bike Fit" (no cost) clinic - location to be announced in the April Newsletter.

Does your bike make funny noises? Does it miss shift?
Would you like to learn how to fix a flat or true a wheel?

Would you ride more if you were more comfortable?
Do your hands get sore or tingly? Does your bike’s seat and your seat "rub each other the wrong way"?!
A bike that fits properly and weighs 25 pounds can be faster than a poor fitting one that weighs 18 pounds.

Come to the clinic and learn some repair tips and if you bring your bike I will help you adjust it for an improved fit.

RR Grand Prix Update

Paul Lindsay

RRs fled the frigid N.H. temperatures and headed south to race this past month—all the action was down in Massachusetts: the Bradford Valentine 6K and 5 mile, the Martha's Vineyard 20 mile, the Town & Country 10 mile in Amherst, and the Hyannis marathon and half marathon. Improved baseline times resulted from outstanding efforts by **Laura Harding** and **Dawn Heinrich** in Martha's Vineyard and by **Steve Robbins** and **Tom Littlefield** in Hyannis. Congratulations to **Laurel Valley**, who won the women's masters division in the Hyannis Marathon, and to **Faye Lowrey** for meeting her national age group standard. **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 Black for compiling race results from the internet.

S	D	T	n		S	D	T	n	
7	30	37	6	Dan Poliquin	0	8	8	2	Brian Gallagher
4	23	27	5	Emily Trespas	3	4	7	1	Darryl Cauchon
5	21	26	4	Laurie Gaudreau	0	7	7	1	Dave Smith
3	19	22	4	Cliff Parkinson	0	7	7	1	Melissa McDevitt
2	20	22	4	Diane Levesque	0	7	7	1	Pete Dubois
0	22	22	4	Dick L'Heureux	0	7	7	1	Laurel Valley
2	19	21	4	Mike Kimball	2	4	6	1	Nathan Huppe
2	16	18	3	Greg Gaudreau	1	5	6	1	Suzanne Snowden
5	12	17	2	Dawn Heinrich	0	6	6	1	Mary Ulinski
4	13	17	2	Sin Kounlasa	0	6	6	1	Sue Littlefield
4	12	16	2	Laura Harding	0	6	6	1	Lori Scott
3	13	16	2	Steve Robbins	0	6	6	1	Britt Ulinski
2	13	15	2	Craig Stephan	0	6	6	1	Walter Shyska
3	11	14	2	Lisa Hart	0	6	6	1	Mike Davis
2	12	14	2	Joe Harding	0	5	5	1	John Rancourt
0	10	10	2	Tom Watkins	0	5	5	1	Keith Shields
3	6	9	1	Tom Littlefield	0	4	4	1	Alison Black
0	9	9	2	Don Yeaton	0	3	3	1	Andy Schachat

Officers' Meeting Minutes—2/23/04

Brian Gallagher

2-23-04 6:35pm

Present: Don Y, Dan D, Bill P, Mary U, Craig S, Brian G.

Host: Reds Shoe Barn.

The true essence of Reds Shoe Barn is subject of endless debate: as soon as you set foot there, everything you had imagined is forgotten.

Guest Speakers:

March = Ted Vogel, '48 Olympian. (Andy S to follow up).

April = at Reds, probably New Balance rep. (Dan D to follow up)

May = Chris Dunn, trainer.

Don Y: read a thank you letter from Ruby – newsletter copier & mailer from Clyde C's office - for the gift certificate.

Newsletter:

Don Y: annual awards winners.

Don Y: Boston marathon runners.

Alison B: Question of the month: How can you return to the echo chamber of bardic incantation? Email your answer to tennpurp@yahoo.com.

Bill P: bike clinic.

Craig S: Martha's Vineyard 20 miler.

Don Y: need volunteers for eastern states 20 mile.

Don Y: Nute Ridge fun run on 3/13 at 9:00am

Don Y: Relay for Life needs a new coordinator.

Book-of-the-Month Discussion Group:

While Judi L (group leader) is in NY testifying at the Martha Stewart Trial, Lori Scott has agreed to continue with her series on Scottish poets. Most of you know Lori from her appearances on Letterman, Star Search, and most famously, in a recurring role as Steve McGarrett's nemesis (& love interest) on Hawaii Five-O. During filming of the series she was often referred to as "the long cool woman in the black dress". (Graham Nash of the Hollies heard the phrase and turned it into a top 10 hit.)

Lori S: Hugh MacDiarmid – A Drunk Man Looks At The Thistle.

Poetry of explosive energy, raw, subtle, pedantic, passionate, grotesque, hideously comic. It shouts insults, it belches anger. It has passages of visionary magnificence that outsoar anything that has ever been written in Scots.

RR: Wow, it sure made us think about the meanings of birth, life, death, and infinity!

Editor's Note: Kevin Scott also appeared in episodes of Hawaii Five-O. He was, sadly, typecast as a security guard at a bank about to be robbed. His one speaking line was to describe an alleged perpetrator as a tough pancake. Kevin later used that line for the title of his autobiography: One Tough Pancake: The Life and Opinions of Kevin Scott, the Man Behind the Black Dress.

Racing:

Red's clean up on 4/10 at 9:00am at Butterfield Gym.

Red's sign up day 4/17 from 10 to 12.

Reach the Beach – could use more runners.

Lake Winni Relay – RR to pay for 3 teams? Club discussion.

Remember NHGP races: next is Run to the Border 10 mile on 3/28.

For club discussion: when do kids stop being kids as far as family membership goes?

Meeting adjourned at 7:50pm -- If you listen carefully, especially at night, you can hear the runners murmuring steadily, interrupting each other, huffing, bantering, amid ironic, stifled laughter.

Rochester Runners Club

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