

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 5

MAY, 2004

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Next Open Meeting

Tuesday,
May 18, 2004

7:00 p.m.

Community Center,
Rochester

Speakers:

Chris J. Dunn, MS

“Heart Rate Training:
Are you in the zone?”

Michael St. Laurent

LOCO running shoes

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President's Corner--Some Random Thots

"The marathon will humble you." – Bill Rodgers This quote certainly came true for many of us at Boston this year, but if you look closely at the results of the Rochester Runners who ran either Boston or the Country Music Marathon in Nashville, TN, there is an interesting conclusion you can make. Our female runners whipped our butts! They certainly beat me with my PW (personal worst) time of 5:50:13. Kudos to Faye Lowrey for placing FIRST in her 60 – 69 age category and to Laura Harding, and Ruthanne Laine who ran so well despite the heat. Congratulations are also due to Britt Ulinski for her time of 4:03 in her first marathon and to her mom, Mary, for her 4:34 finish at the Country Music Marathon.

A teammate from the American Liver Foundation's Run for Research Team sent me this quote from a runner friend from Dana Farber: *"At mile 20 I thought I was dead; at mile 22 I wished I was dead; at mile 24 I knew I was dead; at mile 26.2 I realized I had become too tough to kill."*

HAPPY 25th ANNIVERSARY to all of us Rochester Runners!! Sometime in May of 1979, the Rochester Runner's Club was birthed. This month also marks my 25th anniversary of running when I began "jogging" a mile for my first official training run. A couple days after that initial run, club member Peter Smith joined me and we moved up to a 2+ mile jog every morning before work.

Plans are underway to celebrate this milestone with a dinner tentatively set for Oct. 16th or 23rd. We are getting prices at several locations and are hopeful that the club treasury will fully fund this celebration. The treasury has a healthy balance at the present moment since we just received the check for \$1500 from Don Allison for our volunteer efforts at the Eastern States 20 Miler and Run for the Border 10 Miler back in March.

Bill Paradis got a great idea from the women who finished 2nd behind Faye at Boston. Her running club in Iowa puts on a 24 hour race every year. We are thinking of using the flat Girl's Inc 5K loop for this event and see how many miles we as a club can cover in 24 hours. More details will be forthcoming.

Many of you recently got an e-mail from me that I forwarded from Mike St. Laurent of LOCO running shoes about a Kenya runner named Daniel Muhindi who is running the Big Lake Half Marathon on May 8th and needed a place to stay. John Tuttle graciously offered to put him up for this week and we were honored to have him in attendance at our track workout tonight (5/5). This will probably be the first and last time that I had a Kenyan encouraging me from the sidelines as I ran!! Daniel is a 2:16 marathon who was hoping to run 2:11 at Boston this year. He was in the lead pack until the 20K mark when he stepped on a cup or something at the water stop, twisted his knee and ended up in the hospital! He had spent \$1000 for plane fare to come to Boston, so you can imagine his disappointment at having to drop out. If his knee cooperates, he has a very good chance of winning Big Lake on Saturday. We all had such an enjoyable time talking with him and learning about how he trains back in Kenya. He was truly grateful for our hospitality and we were honored to have him among us at a track workout!

A big thanks to Lori and Kevin Scott and new member, Ken Uecker from El Paso, TX who helped me in the Rochester Earth Day Clean-up on April 24th. We were able to clean up both sides of the E. Rochester section of Portland St. that is part of our Free Fall Classic 10K course.

The next NHGP race is the Medical Center 6K in Nashua on Sunday May 9th at 9:25 AM. If you would like to car pool with us, we'll be leaving the Rec Center at 7:00 AM or you can meet me at Market Basket at the Lee Circle at 7:20 AM.

Best wishes to all of you running the Vermont City Marathon on May 30th – Kevin and Lori Scott (her debut!), Bill Paradis, Alison Black, Jennifer Johnson, Arlon Chaffee, Dan DeFrees, Mike Andrews, Sin Kounlasa, and Don Yeaton.

Race Season is upon us! Congratulations to many of you who have placed well in recent races. Several that are worth mentioning include Nathan Huppe's recent 2nd place finish at the Children's Museum 5K in Portsmouth, Emily Trespas and her 1st female win at the Girl's Inc. 5K in Rochester and the 2nd and 3rd place finish for Tom Watkins and Scott Rowe at the Dover Achievers 5K.

Best Wishes to you all for a successful and PR filled racing season. Remember – your biggest competitor is YOU!

- Don

Speaker's Biography

Chris J. Dunn, MS will be joining us for a presentation entitled "Heart Rate Training: Are you in the zone?" Chris is a 35-year-old resident of Rochester who is currently employed at Southern Maine Medical Center in Biddeford. Chris is a registered Clinical Exercise Physiologist and certified Strength and Conditioning Specialist, who holds a BA in Zoology from UNH and a MS in Health and Sport Science from Wake Forest University. Chris owns Dunn Fitness Consulting and is currently training for the Vermont 100 Mile Endurance Run. Chris is a member of the local Adventure Racing Team called Team Assidotic, ran the 1996 Music City Marathon in 3:14, and ran the 2000 Maine Marathon in 3:30. We are happy to welcome Chris to our May meeting.

Michael St. Laurent will also be in attendance at the meeting to discuss his new running shoe company, LOCO. Many of you might have seen the LOCO table at the Boston marathon or have heard about the company elsewhere.

Good Luck

Good luck to Chris Keller on her new job in Michigan. Chris has already departed the Granite State for the Midwest. Her husband Dick will be joining her soon. We will miss them both very much. They were important members of the club not only for their service (Chris as Newsletter Editor and Dick as Treasurer) but for their wonderful spirit and friendship.

THANK YOU!

This is the text from a thank you note we received from Don Allison, Race Director for the Eastern States 20 Miler and Run for the Border:

Dear Rochester Runners,

I'd like to take this opportunity to thank all of the Rochester Runners for helping make the 2004 Eastern States 20 Miler and Run for the Border 10 Mile Race a success. The help the club provided on race day was critical in providing support for the runners. In addition, the Run for the Border, serving as the NH Grand Prix race, helped make that event bigger and more popular.

Enclosed is a check for \$1500. I hope the money can be used for a good purpose in promoting the sport in the Rochester and Seacoast regions. We look forward to working with the club again in next year's Eastern States 20 Miler and Run for the Border 10 Miler.

Sincerely,
Don Allison, Race Director

Question of the Month for May

What is your favorite post-race food or refreshment?

Thanks to everyone who contributed! We were lucky enough to get a response from Ted Vogel.

Ted Vogel	beer and pizza
Bill Paradis	pancakes
Ken Uecker	steak (can you tell he's from Texas? ☺)
Dan DeFrees	popsicles
Mike Andrews	watermelon
Don Yeaton	burger and fries
Alison Black	homemade chocolate chip cookies
Laura Harding	watermelon
Chuck Zerbinopoulos	winter: hot soup; rest of year: cranberry juice and oatmeal raisin cookies
Joe Harding	chocolate chip cookies
Judi Lemaire	peanut butter sandwich on whole wheat with Gatorade to drink
Janet Glazier	CARBS! (cookie, bagel, etc.) and water
Scott Rowe	watermelon

Question of the Month for June

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

Please submit your responses to Alison Black by Friday, June 4th to tennpurp@yahoo.com or call 868-1083. Thanks!

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

Sunday, May 9th

Portland Sea Dogs Mother’s Day 5K at 9:30am in Portland. Contact: racedirector@mainemarathon.com

Wednesday, May 19th

Weekly Back Cove 5K at 6:00pm in Portland. This is the first of a weekly 20-part series. Contact: palmerstu@hotmail.com

Friday, May 28th

15th Annual Cumberland County YMCA Back Bay 5K Run/Walk at 5:30pm in Portland. Contact: 207-874-1111

Sunday, May 30th

13th Annual Live Your Dreams 5K Run/Walk at 8:15am in Kennebunk. Contact: bo@seniorcenterkennebunk.org

Massachusetts

Sunday, May 9th

Campus 5K Run at 11:00am in Lowell. Contact: Bodian17@hotmail.com

Wednesday, May 12th

15th Run for the Roses 5K Women’s Road Race at 6:30pm in Salisbury. Contact: czanni@earthlink.net

Sunday, May 16th

Run a Pleasant Mile 5K at 9:30am in Tewksbury. Contact: arrow90@massed.net

Sunday, May 23rd

Micky’s 5K at 11:00am in Lowell. Contact: sdonnelly@fenn.org

Sunday, May 30th

Baldi 5-Mile River Run and 5-Mile Fitness Walk at 10:30am (walk at 10:00am) in Haverhill. Contact: EMILIOAL@aol.com

Trav’s Trail Run at 10:30am in Newburyport. Contact: runbob@metrocast.net

New Hampshire

Saturday, May 8th

10th Annual Hampton Falls Road Race (5M/5K, Fitness Walk and Kids Fun Run) at 8:30am in Hampton Falls. Contact: hfrogdrace@hotmail.com

13th Annual Foot Health 5K Road Race at 9:00am in Derry. Contact: tkemple@comcast.net

B1st Peeper 5K Walk/Run at 9:00am in Barrington. Contact: patriciainnis@earthlink.net

Big Lake Half Marathon at 9:00am in Alton. Contact: keith@timbermantri.com

Sunday, May 9th

Medical Center 6K for the Kids—**GRAND PRIX RACE**—at 9:25am in Nashua, NH. Contact: healthmatch@snhmc.org

Sunday, May 16th

6th Justin Brabant Memorial 5K Race/walk “Big Dog’s Run” at 10:00am in Derry. Contact: johngorvin@comcast.net

Thursday, May 20th

Rock 'N Race 2004 5K Run/Walk at 6:00pm in Concord. Contact: smarston@crhc.org

Saturday, May 29th

Rye by the Sea Duathlon and Road Races at 9:00am in Rye. Contact: staff@ryebythesea.org

Sunday, May 30th

Runner's Alley/Redhook Memorial 5K Road Race/Healthwalk at 11:00am in Portsmouth. Contact: jeanine@runnersalley.com

Country Music Marathon—4/24/04

Mary Ulinski

A steady rain and flashes of lightening delayed the 7 a.m. start of the Country Music Marathon/Half-Marathon in Nashville on April 24. Walter Shyska, my daughter, Britt, and I had walked a mile in the rain to the start. Shoes and socks were soaked. After a half-hour delay, the rain stopped. It was cloudy, 60 degrees with a light moist breeze. Perfect. As the race got underway I forgot about the wet shoes and tossed the rain jacket. I spotted a Nashville Strider pacesetter with a 4:15 sign and decided to follow. For several miles the route was crowded with more than 4,000 marathoners and over 8,000 half-marathoners, so having the pacesetter's path to follow was helpful; otherwise, I could have easily fallen in with slower runners in the crowd and felt comfortable. There were ample water stops and music along the way. One group that stood out at mile-8 was a chorus of Christian singers from Belmont College. They were waving colorful banners from the steps of a building, singing "Hallelujahs!" The country musicians and cheerleaders along the way were inspiring and spirited...and helped to keep the rhythm going. Each performance or group was a treat to look forward to. Running on a path by the Cumberland River at mile-13 evoked a pleasant spring day - flowing water, lush green grass and trees, the light breeze and sound of birds. It was well into springtime there. At this point I was just cruising and enjoying the day and my pace. I had lost track of the 4:15 and was on my own. The miles slipped by. When I headed into a turn-around area at a pond with fountains at Shelby Park, I got to see Britt heading out on the other side, about 3 miles ahead of me. It's her first marathon. She was waving and shouting "Hey, Mom!" I was glad to see her and know that she was doing great! By mile 26 I was tired. The sun was coming out and it was getting hot, I walked a bit until I spotted the finish and tried my best to run for it. My goal was to finish and to enjoy the people, music and everything along the way and I did. It seemed like all the things that could have gone wrong - sore feet, bad knees, being struck by lightning, etc. didn't. In the back of my mind rested the hope of getting a 4:30 time or under To qualify for Boston (in the 60-year-old female division). The gun time at the finish was 4:34. It wasn't until later that I was given a chip time - 4:29!

Next spring I'll look forward to running at Boston... to celebrate 60 years and 10 years of running. Walter had a different take on the marathon, but you'll have to ask him about it. What he seemed to enjoy most was a great post race concert featuring Brad Paisley and video on the large screen of marathon highlights. It was a fun weekend of trying different restaurants, meeting other runners, listening to country music and taking in the aura of Nashville.

RR Grand Prix Update

Paul Lindsay

Racing participation picked up in April, with several RRs getting in their first races of the season. The biggest club turnout was at the Red's Shoe Barn 5 miler, and the club was well represented in the Boston Marathon the following day. Other popular races included Todd's Trot 5K in Durham, Bow Lake 15K, Girls Inc. 5K in Rochester, Children's Museum 5K in Portsmouth, and Achievers 5K in Dover. Congratulations to **Faye Lowrey**, who ran to a first place finish in the F6069 division in Boston! It's

probably safe to say that no other RR has even come close to winning his or her division in the BAA Marathon before. Congratulations also to **Britt Ulinski** for her first marathon (4:03 at the Country Music Marathon in Nashville, Tenn.); to **Dawn Heinrich**, women's winner at the Bow Lake 5K; and to **Emily Trespas**, women's winner at Girls Inc. **John Tuttle, Sin Kounlasa, John Rancourt, and Diane Levesque** set state age records for 15K at Bow Lake. **Nathan Huppe** (26:28 for 2nd overall at Red's) and **Tom Watkins** (29:09 at Red's and 17:35 at Girls Inc.) are both off to a very strong season. RRs who ran their best times in over a year this past month included **Jeff Crothers, Suzanne Snowden, Michelle Crothers, Scott Rowe, Pam Parker, Elaine Parkinson, Pete Dubois, Darryl Cauchon, Judi Rogers, and Andy Schachat**. 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 Alison, for helping to look up race results on the internet.

S	D	T	n		S	D	T	n	
12	53	67	14	Dan Poliquin	6	8	14	2	Judi Rogers
10	45	57	10	Emily Trespas	6	8	14	2	Scott Rowe
4	44	50	10	Cliff Parkinson	6	8	14	2	Patty Crothers
11	37	48	6	Sin Kounlasa	5	8	13	2	Joe Boyle
6	38	46	8	Diane Levesque	0	13	13	2	Mary Ulinski
10	35	45	6	Laura Harding	0	13	13	2	Walter Shyska
12	32	44	8	Darryl Cauchon	4	8	12	2	Chuck Beaulier
1	43	44	8	Dick L'Heureux	0	12	12	2	Keith Shields
11	27	40	6	Tom Watkins	3	8	11	2	Elaine Parkinson
9	31	40	6	Laurie Gaudreau	1	10	11	2	Mike Andrews
4	35	39	6	Steve Robbins	1	10	11	2	Dan DeFrees
5	33	38	6	Laurel Valley	3	7	10	2	Andy Schachat
5	29	34	5	Joe Harding	0	10	10	2	Kevin Scott
9	23	32	4	Dawn Heinrich	3	6	9	1	Tom Littlefield
0	30	32	7	Brian Gallagher	1	8	9	2	John Dinella
10	17	29	4	Nathan Huppe	1	8	9	2	Don Norris
4	25	29	5	Greg Gaudreau	0	8	8	2	Paul Lindsay
4	21	27	4	John Tuttle	0	8	8	2	Peggy Foster
6	19	25	4	Pete Dubois	0	8	8	2	Ron Foster
0	25	25	5	Alison Black	3	4	7	1	Pam Parker
6	16	24	3	Lisa Hart	0	7	7	1	Ruthanne Laine
0	24	24	4	Melissa McDevitt	2	4	6	1	Kathy Paradis
2	20	22	3	Craig Stephan	2	4	6	1	Rob Estes
8	12	20	3	Jeff Crothers	0	6	6	1	Lori Scott
4	16	20	3	Suzanne Snowden	0	6	6	1	Sue Littlefield
0	19	19	3	Britt Ulinski	0	6	6	1	Mike Davis
6	12	18	3	Joe Johnson	1	4	5	1	Jameson Harding
2	15	17	3	Pete Shea	1	4	5	1	Arlon Chaffee
2	13	17	3	Ken Houle	1	4	5	1	Don Gagne
0	17	17	3	Bill Paradis	0	4	4	1	Michelle Crothers
0	17	17	3	Jen McDevitt	0	4	4	1	Lisa Houle
3	13	16	2	John Racine	0	4	4	1	Phil Parker
0	16	16	3	John Rancourt	0	4	4	1	Peter Smith
0	16	16	3	Don Yeaton	0	4	4	1	Bob Randall
6	8	14	2	Amy Lindsay	0	4	4	1	Jack Prescott

Rochester Runners Member Spotlight

An Intimate Look at the Lives and Loves of Rochester Runners

Diane Levesque

TOM LITTLEFIELD

Age: 58

Marital Status: Married

Parental Status: One son, one daughter

Mother's Maiden Name: Cole

Occupation: School Custodian of the Vivien Hussey Primary School

Favorite Food: Tofu cutlets

Pet Status: None

Credit Card: Prefers Visa

Home Town: North Berwick, Maine

PIN: 5309

Introduction

What I remember to be my first meeting of Tom was at the Newburyport Homecoming 10 miler in July of 2000. It was a very hot afternoon and I felt quite unprepared for what I knew was ahead of me. While hanging around at the start, two suspicious looking males – one Tom and the other who shall remain unnamed for the moment, but who is famous for his bike giveaways, approached me. These two had decided to stage a protest by not paying to do the race because those responsible for running the race had run out of t-shirts. That being the case, I asked for their help in pulling me through the race and they both obliged. About 4 miles into the ordeal, Runnin' Bikin' you-know-who decided I was too slow for him and took off. Tom stayed with me and saw me through to what was then my second best time ever at Newburyport. Tom remembers our meeting as something different. His recollection is that we met during the eating extravaganza and awards ceremony at the Nute Ridge Half Marathon the year before. He had heard that I won my age division and came over to introduce himself. So now you already know two very important things about Tom. First, he is always there to support those who need help at just about any race, any distance. Second, he's great at introducing himself and sidling up to celebrity.

The Early Years

Tom grew up in North Berwick, Maine on a farm. He still lives there, but off the farm. His father was "an oil man" and owned the R.M. Littlefield Company that delivered home heating oil.

Tom's love of running began while he was attending the Maritime Academy in Maine in the Fall of 1964. He ran cross country at the time. He had a love of football, too, "but found out very quickly that I was too small to play." When he joined the Merchant Marines, his running was put on the back burner. Tom returned to running on March 4, 1984. He came home after work and found some photographs that had been taken of him and his sweetheart, now his lovely wife Ann, from coincidentally, the Sweetheart Banquet and "I was disgusted. I was thinking is that me or Porky Pig?"

Tom met Ann while he was a student at Maine Maritime. A close friend of his fixed him up with his cousin who happened to be Ann. When asked what it was that Ann saw in him to go on to marry him, he replied, "She thought I looked like Dustin Hoffman in *The Graduate*." Of course, I had to confirm this fact with Ann who adamantly denied Tom's story. Instead, her more realistic version is, "I thought he was really good looking and was really nice to me. He was funny and paid a lot of attention to me. He looked great in a uniform."

The Running Years

Tom joined Rochester Runners in the Summer of 1999. He had belonged to some other loosely organized "running clubs" prior to that time. He recalls that Faye Lowrey introduced him to our club when he met her at the Strawberry Festival in South Berwick. He had also known Ken Houle as a member of the club. Deciding that there was enough celebrity there, he decided to join.

Tom's running career has been marked with many awards and outstanding performances. Some of his famous races include the Lake Winnepesaukee Relay, the Newburyport 10 miler and the Maine Half-Marathon.

His first race was run in June or July of 1984 during the South Berwick Strawberry Festival when it was a 10K. It was quite the memorable experience. Tom remembers that all of the Rochester Runners were dressed in red. After that he doesn't remember much because, "after 4 miles, I had trouble with my vision, I was hallucinating and ended up in the hospital." He had been trying to look less like Porky Pig and had tried to starve himself from both food and water the night before the race. So for those of you who try this routine, let that be a lesson to you.

Tom's first trophy was run at the Alfred 4 miler in 1988. "I'll never forget that race. I looked back and it was everyone behind me." Tom came in 3rd overall. Of course, this was the first of many trophies to be won. Some of Tom's PR's include the following: 3:02:42 for the marathon, 38:18 for the 10K, 1:24:20 for the half-marathon and 5:20 for the mile.

Most of you by now know about what happened to Tom last year, but for those of you who live with your heads buried in the sand, let me go over it again. In May of 2003, Tom ran the Sugarloaf Marathon in a time of 3:38:18. This is a true fact. I was there and have the pictures of a laughing, smiling Tom. He came in 3rd in his age division, winning a trophy. On the following Wednesday, "I was a heart patient." He now sports a pacemaker/defibrillator in his chest.

His favorite running workouts used to be ladders. Now he does some pick ups on the roads. Tom can be found running around various loops in North Berwick. He is running about 30 – 35 miles per week. He is working up to doing a 10 mile long run every week and then running 3 or 4 other times during the week. If you go running with Tom, some of the things you will learn about him are that he has a keen memory for past events and likes to talk about them, he likes to bring runners together for various types of running workouts or other outings, he collects empty bottles and cans and hates to be broke. His interests outside of running include gardening, hiking, cutting and stacking wood, kayaking and camping.

While Tom's cash available balance on his Visa card is minus \$12.98, his heart is overflowing with helpfulness and an eagerness to support those who strive to their highest accomplishments in running and road racing. And he does enjoy meeting celebrities. So it surprised me when I asked Tom, "If you could ask Michael Jackson anything, what would you ask?" and he responded, "Nothing. I don't want to talk to him."

Epilogue: The most annoying thing about interviewing Tom for this article was his constant assertion of "I can tell you've been talking to Gallagher about what to ask me." In fact, the only input "Gallagher" had was to ask, "Is Tom still going to be a friend after this article?"

Officers' Meeting Minutes—5/3/04

Brian Gallagher

Rochester Runners Officers Meeting

May 03, 2004

Present: Don Y, Bill P, Dave S, Chris B, Paul L, Mary U, Craig S, Brian G.

25th Anniversary Committee: Ken H, Judi R, Ruthanne L.

Special Guests: Lori & Kevin Scott.

RR: began meeting with general discussion of how to celebrate RR's 25th anniversary.

Ken H: suggested a dinner at a restaurant or a meal catered at a hall or the Rec Center.

Ken H: will look into the various options and get prices.

Don Y: proposed that the club should pay for most or all of the cost.

RR: sounds like a good idea.

Ken H: Lisa Houle is working on getting a video greeting from John Kelley, the elder.

Bill P: will invite John Kelley, the younger, to be the speaker.

Don Y: will invite past presidents.

Andy S: will try to put something together (similar to last time).

Lori & Kevin: We have asked several cast members of Hawaii 50 to help us celebrate RR's 25th anniversary.

James MacArthur (Danno), Kwan Hi Lim, and Khigh Diegh (the evil Wo Fat) have all agreed to present a live stage version of one of the more famous TV episodes ----

"And They Put Daisies On His Coffin".

Kevin will replace the irreplaceable Jack Lord. Lori will reprise her role as the long cool woman in the black dress.

Kevin: the following is just the opening of the show (wait until you see the whole production at the Rochester Opera House):

Story opens with a man, garbed in an orange wet suit, immersed in a pool of water. His head is covered, with some sort of mask. He has an oxygen supply. But wires prevent him from moving. A technician tells Wo Fat the man is ready. A shadowy figure, a traitor in U.S. intelligence, tells the Chinese spy to "get on with it." The man is removed from the pool. When Wo Fat removes the mask, the man screams. Later, the man is revealed to be Hennessey, a member of U.S. intelligence and a friend of Steve McGarrett, head of Hawaii Five-O who reports only to "the Governor and God." He begins an investigation, much to the chagrin of Brent, the top U.S. intelligence official in Hawaii (played by Paul Lindsay). But McGarrett pieces together the puzzle. Then, the top U.S. spymaster, Jonathan Kaye (played by Tom Watkins) comes to Hawaii, and brings McGarrett into his confidence. They plan a trap that, if successful, will plant disinformation with the Chinese. But first, McGarrett must undergo the same torture in W Fat's "sensory deprivation" tank.

RR: to Lori and Kevin -- Thank you! This is beyond all our expectations.

Don Y: tentative date = Oct 16th or 23rd.

Bill P: suggests that RR also stage a 24 hour running event, not just a relay but for individuals to see how far they can run.

Don Y: how about using the Girls Inc 5K course.

Paul L: tentative date = first full moon after the banquet.

RR 5/03/04

Alison B: newsletter question of the month: Where did you fall to, How long was the descent, And what did you discover?

Don Y: May guest speaker = Chris Dunne, sports trainer. His topic: "Heart Rate Training".

Don Y: suggested RR invite Mike St. Laurent of Loco running shoes to speak.

RR: a short discussion on conflict of interest.

Don Y: next NHGP race is a 6Kon May 9th in Nashua. Carpool from Rec Center at 7am.

Dave S: no track workouts on Tuesday until school is out. All workouts on Wednesday.

Craig S: I will update the web site.

Craig S: a reminder that everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is.

Don Y: Reach the Beach is looking for volunteers. DY said RR may help at the Epsom Circle transition area. DY to follow up with Lisa.

Don Y: reminder that RR will sponsor 3 teams at the Lake Winni Relay.

Mary U: I ran the Nashville Country Music Marathon. I finished in 4:30 (qualified for Boston) with daughter Britt 3 miles ahead and fiancé Walter 3 miles behind.

Don Y: RR received a \$1500 check and thank you letter from Don A for the RR volunteers at the Eastern States race.

Meeting adjourned at 8:30pm. Any apparent contradiction is neither structural nor technical; it is tonal.



Spokes Person

by Bill Paradis

Last months "Bike Repair Clinic" was attended by about a dozen cyclists. I feel that it was a very good turnout. Contact me if you would like to have advice or help with a bike repair.

We were fortunate to have Maureen Townsend, a safety instructor for the Bicycle Coalition of Maine help with helmet fitting and general bike riding safety.

Also, Carl Gurtman, A ride leader for Granite State Wheelman, attended to offer his help with the class. Carl leads a ride out of Prescott Park in Portsmouth every Wednesday evening at 6 PM. Non members are encouraged to join in. It is a 22 mile out and back on rt. 1A and 1B. Many riders meet at Gepetto's after for pizza and socializing.

"A big THANK YOU to Dave Smith for hosting this event."

"Bike Happenings"

May 16, Downeast Bike Swap Meet. 10 am to 4 PM, Deering High School Portland Me. see www.bikeman.com

May 29, Rye By The Sea Duathlon. Run 5k, Bike 17 miles, Run 5k.

Bike Web site of the month: www.bikeleague.org

Celebrate May! May is bike to work month. May 17-21 is bike to work week. May 21 is bike to work day.

Rochester Runners Club
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