

# ROCHESTER RUNNERS REPORT

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## Next Open Meeting

**Tuesday,  
November 16, 2004**

**7:00 p.m.**

**Community Center,  
Rochester**

**Speaker:**

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Ultra  
Marathoner**

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## **President's Corner**

**Don Yeaton**

### **It's Not About the Running Shoe**

Jack Kick – age 72 – runs a 23:08 for the Gate City Striders and places 76<sup>th</sup> at the Run for Shelter 5K in Manchester last Sunday afternoon. I look down at his feet during the awards ceremony. He has on an old beat up pair of Saucony Grid Shadows with duct tape wrapped around each forefoot. I recall John Tuttle telling us how many more miles each layer of duct tape will get you. “It’s not about the running shoe”.

July 4, 1989. I ran my third career road race at the Four on the Fourth in York Beach, ME. A friend from Ed Brynes Chevrolet, Porsche, Audi and Honda where I am working, drags me to a 28:37 finish time – a 4-mile PR that takes me 12 more years to break. Rick was running in something new called Asics Gel Lites while I was still running in my first pair of running shoes that I broke in on the Red’s Shoe Barn 5 Mile course back in April – a cheap pair of Reeboks with low tech sheet EVA for cushioning. “It’s not about the running shoe!”

In those first several years when I began racing, I always wondered if I was running in the right shoe? Maybe a different shoe would help me run faster. My first “real” pair of running shoes were some Nike Air Analogs that I found on a close out rack – probably at Red’s. Those shoes took me to my first marathon finish as a bandit at the ’94 Boston Marathon in 5:03. But once again “it wasn’t about the running shoe”.

Several years ago at the Lake Winni Relay, Mike Andrews is running leg #5 – 10.8 miles from the Abenaki Ski Area to Morgan Farm. He was traveling with the Three Amigos: Dave Smith, Craig Stephan and Chris Blanchette. They move on down the course – along with Mike’s running shoes in their vehicle. Mike is wearing his Teva sandals, so guess what? Mike has to run most of this leg in his sandals until a sympathetic woman at a water stop loans him some too tight woman’s running shoes to finish his leg in a respectable time! Once again “it’s wasn’t about the running shoe”.

I remember our club “Shoe Guru”, Dan Defrees, also know as DanDantheShoeMan, telling me that there really aren’t any bad running shoes out there today. Most shoes have so much more support and cushioning than the best ones of years past. In fact, most runners probably run in too much shoe. We often think of pronation as a bad thing, but actually that rolling in of the foot is the way we were designed to dissipate and absorb the shock of 3 or 4 times our body weight when our foot hits the ground. One of my favorite all time running shoes was something called the Saucony Team Taya. It came in yellow and white and you could only find it at the Saucony Outlet Stores. It had no Grid or Gel or any of that fancy stuff – just a dual density EVA midsole with firmer stuff on the medial side. And it was cheap – 39 bucks if I remember right and it made a great marathon shoe! I wish I had bought 10 pairs! But again “it’s not about the running shoe”.

Alright already you say, “What is it about then?” It’s all about the person in the running shoe. It’s about those runs when you didn’t feel like running, when it was dark and cold, when it was lonely running without the usual pack, when the workouts were so tough that you could barely breathe and you almost lost your lunch, when you ran that long run and you didn’t think you could make it to the end but you did, it’s about finishing that first race and the smile didn’t leave your face for hours, it’s about the feeling you get when you finally set a new PR – you’re not getting older, you’re getting faster!, it’s about crossing that finish line of your first marathon and wearing that medal around your neck and now the smile lasts for days, it’s finally qualifying for the Boston Marathon after so many discouraging attempts, it’s running your first ultramarathon and realizing – WOW! That’s a long ways to run!, it’s winning your age category for the first time or maybe even winning the WHOLE race. So you see it’s not about which running shoe you wear, but where that running shoe takes you and how it makes you into a different person because of the great experiences it brings you and the great people you run with and against. BOY – I love this sport! Happy Running!

## **Two Amazing Stories About Two Amazing Women Runners!**

**Don Yeaton**

At both our September and October meetings we were treated to hearing from two very special women who come from such different backgrounds. Cathy O’Brien was a running phenom as a young girl. Sinthy Kounlasa told us that as a young girl in a tiny village in Laos, she wasn’t running for any finish line, she was running away from bombs!.

Cathy went on to run in two Olympic Marathons and has won numerous races in her career. She brought along some exciting video tape of her competing in her Olympic Trials races. What is really amazing is that she ran her first trials at the age of 16!!

Sin is now 48 and has been running for only 6 years. She and her husband and two daughters escaped from the Communists in Laos and after living in a refugee camp in Thailand for a year and half, they finally arrived in the US in 1982 or

'83. She has run 6 marathons this year alone and has qualified for Boston at each one. She just ran the Marine Corps Marathon on Oct. 31<sup>st</sup> in 3:44:19. She finished in 1068<sup>th</sup> place overall, was the 192<sup>nd</sup> woman and finished 11<sup>th</sup> in her age category!

Thanks Cathy and Sin for sharing your stories with us!

## **NH Grand Prix for 2005**

### **Don Yeaton**

There was a meeting of reps from most of the NH clubs at Runner's Alley in Manchester following the Run for Shelter 5K in Manchester on Oct. 24.. Each club got to choose a race. Our choices were the Red's Shoe Barn 5 Miler, the Meetinghouse 5K or the Somersworth Dare 5K. At the moment, the Red's race is on the list until the schedule is finalized.

At our officer's meeting on Oct. 25, we discussed some ways to increase participation at next year's series. We took 3<sup>rd</sup> place this year, but last year our participation was so great that we almost beat Gate City for 1<sup>st</sup> place. Some of your suggestions include the following:

1. Each Rochester Runner who competes in every NHGP race will get a free membership for the following year.
2. The club will subsidize a portion of the entry fee for each Grand Prix race.
3. Every time a club member runs a GP race they will earn credits – perhaps \$3 - \$5 – that can be used for club clothing or towards new running shoes.

We will discuss this topic further at the Nov. 16<sup>th</sup> meeting. We also talked about the idea of each club being able to throw out their worst two races. Sometimes a GP race will conflict w/ a club race or a local race, and the attendance will be down. We also discussed a scoring change for next year. We may keep the present system but also use Andy Schachat's idea of age grade scoring in a cross country format of perhaps the top 10 male and female runners from each club. Hopefully we will have this all hashed out by our Nov. meeting.

## **Note from John J. Kelley about 25<sup>th</sup> Anniversary Banquet**

**Dear Kathy and Bill and Fellow Rochester Road Runners:**

**I much regret not being part of your good time tonight. Kathy and Bill's kind invitation to me has seen me sitting on the fence for two months. For that I apologize from the heart. I love them both, and it is only personal circumstances that have deterred me. I simply haven't gained sufficient altitude since my wife Jessie's death a year ago, and I believe I must continue to fly low until my confidence to meet life on its own terms returns.**

**I salute you all. You are exemplars of the joyous active life. With the grace to live another year and the luck to emerge from my mourning mood, perhaps I'll have another chance to meet you all. I sure hope so. Love and warmest wishes!**

**John J. Kelley**

## **Membership Renewal**

It's that time of year! Memberships expired on October 31, 2004. You are no longer a current club member if you did not renew, and this is the last newsletter you will receive until you renew. Also, the Rochester Runners Grand Prix will only include current club members from now on. So please renew at the special price of 15 dollars per individual and 20 dollars per family. Send a check to: Rochester Runners Club, PO Box 727, Rochester, NH 03866. Thanks!

## **Club Half Marathon**

**CLUB HALF MARATHON ON SUNDAY, NOVEMBER 7<sup>TH</sup> AT 8:00AM AT REC CENTER. BRING A POT LUCK ITEM TO SHARE. SHORTER DISTANCES AVAILABLE!**

## **Freefall 5K/10K Volunteers Needed**

### **Craig Stephan**

The race starts at 8AM on Thanksgiving Day (Nov 25<sup>th</sup>) at Spaulding High School in Rochester, NH. Each race costs \$5, and the first 150 entrants get an embroidered fleece ear warmer. So far, about 60 runners are registered for the 5K and 10K road races. We expect the total to be more than 100 runners.

Volunteers are an important part of a road race. We will need about 40 volunteers to help these runners along. Not all volunteer tasks require you to be at the race! Please bring family and friends to enjoy in the fun. All volunteers will receive an embroidered fleece ear warmer. Please call me at 603-749-7820 or email me at [stephan@enterasys.com](mailto:stephan@enterasys.com) to let me know how you can help. I hope to see you at the race.

We have the following volunteer opportunities available:

<b>Approximate Time</b>	<b>Task</b>	<b># of people needed</b>
Before Race Day	1 dozen muffins	10
Before Race Day	1 gallon apple cider	5
Before/On Race Day	1 dozen doughnut holes	5
6:30am - 8:00am	Registration (indoors)	5
8:00am - 10:30am	Refreshments (indoors)	2
7:30am - 9:00am	Traffic Control	12
7:30am - 9:30am	Traffic Control	6
8:00am - 9:30am	Finish Line	5
7:30am – 8:30am	Mile 1.5 water stop	4
7:30am – 9:00am	Mile 3.0 water stop	2
7:30am – 9:30am	Mile 4.5 water stop	2

## **Question of the Month for November**

### **What is your favorite item of running clothing?**

Peter Dubois: socks

Mike Andrews : potholder

“Kermit” Smith: sporty shorts

Don Yeaton: Smart Wool socks and an Asics long sleeved running shirt from the Bill Rodger’s Running Center

Janet Glazier: blinking suspenders

Alison Black: toss-up between my Thorlos socks and my black Brooks lycra shorts

## **Question of the Month for December**

### **What is your favorite holiday race (any holiday during the year)?**

Please submit your responses to Alison Black at [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com) or call 474-9349. Thanks!

## Question of the Month for October

**Do you listen to music before and/or during your run? If so, what do you listen to?**  
(question submitted by Emily Trespas)

**My apologies for omitting this response to October's Question of the Month:**

**Darryl Cauchon**--Although I do not use headphones during runs, when I want to forget how tired I am I sing two songs in my head to keep my pace. "Brass In My Pocket" by the Pretenders when I seek a steady pace, and "I Wanna Be Sedated" by The Ramones when I wish to pick it up a notch.

## Checking In from Texas

**Ken Uecker**

Finished Baltimore, not pretty but a little faster than Boston. More hills than Boston and not near the crowd support. Am back in El Paso, weather is nice and have a lot of weeds to pull. Congrats to you Red Sox fans.

Take care and thanks again. ken uecker

## RR Grand Prix Update

**Paul Lindsay**

Welcome to new club members **Jennifer Daley** and **Manya** and **Ken Hult**. The most popular October races for RRs were the AppleFest Half Marathon in Hollis, the Maine Half Marathon and Marathon in Portland, the Mohawk-Hudson River Half Marathon, the BAA Half Marathon, the Great Island 5K in New Castle, the UNH Homecoming 5K in Durham, the Bridges 4 Friendship 10K in Portsmouth, the BayState Marathon and Half Marathon in Lowell, the Great Bay 5K in Stratham, the Run for Shelter 5K NHGP race in Manchester, and the White Mountain Milers half marathon in Conway.

Congratulations to **Pete Dubois** and **John Rancourt** for qualifying for the Boston marathon for the first time. **Sin Kounlasa**, **Bill Paradis**, **Laura Harding**, **Joe Harding**, and **Laurie Gaudreau** and also ran Boston qualifying times in October. Racing for 50 miles in mountainous terrain wasn't enough of a challenge for **Laurel Valley** at the Tussey Mountainback 50 mile USATF championship in Boalsburg, Penn., so she opted to compete in the open division instead of the masters division (she was 42 minutes faster than the masters winner). Congratulations to **Faye Lowrey** for setting a *new U.S record* for her age group in the Maine Track Club 50K in Brunswick, 13 days after running the Maine Half Marathon in a time under her age-group standard; also to **Danyelle Phelps** for winning the BayState Marathon, and to **Cathy O'Brien** for winning at UNH. **John Tuttle** successfully defended his title as the men's individual age-graded champ in the NHGP series.

**Jim Panaccione** and **Chuck Zerbinopoulos** enjoyed their fastest times of the past year in New Castle. **Laura McCrae** ran her best time of the past year in Portsmouth. **John Dinella**, **Brian Gallagher**, and **Sue Littlefield** ran their year's fastest times in Stratham, but since Great Bay is a downhill course, they will not be counted as new baselines. **Scott Rowe** continued his steady improvement, running his best race times since competing in college.

Below are listed the top two dozen in the current RRGP standings. **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 additions, corrections, questions, and comments to [bplindsay@hotmail.com](mailto:bplindsay@hotmail.com). Don't forget to renew your club membership if you haven't already, if you don't want to see your name disappear from the RRGP standings in November.

<b>S</b>	<b>D</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>T</b>	<b>n</b>	
25	54	84	21	Laura Harding	20	52	73	14	Mike Andrews
19	62	81	31	Sin Kounlasa	16	50	73	15	John Rancourt
29	40	79	15	Scott Rowe	13	59	72	14	Greg Gaudreau
28	43	79	15	Nathan Huppe	16	53	71	17	Laurie Gaudreau
22	52	77	14	Pete Dubois	15	52	71	20	Don Yeaton
18	58	77	17	Bill Paradis	4	63	70	11	Laurel Valley
21	53	76	17	Dawn Heinrich	19	46	68	13	Tom Watkins
18	52	76	28	Diane Levesque	9	57	68	13	Steve Robbins
16	57	74	17	Joe Harding	12	55	67	13	Dan DeFrees
14	54	74	30	Dan Poliquin	11	54	67	10	Lisa Hart
13	48	74	14	John Tuttle	5	59	67	13	Craig Stephan
21	49	73	15	Kevin Scott	22	40	66	10	Judi Rogers

## New Hampshire Grand Prix Update

### Paul Lindsay

The 2004 NHGP series included eight races: the Millennium Mile in Londonderry (28Dec03), the Run for the Border 10 mile from Rye to Salisbury (28Mar), the Medical Center 6K for the Kids in Nashua (9May), the Rochester Firefighters 4 mile (6Jun), the Bill Luti 8K in Concord (17Jul), the Londonderry Old Home Day 5K (21Aug), the Frankestown Five 8K (6Sep), and the Run for Shelter 5K in Manchester (24Oct). Gate City Striders from Nashua, N.H.'s largest running club, won the series with strong representation in all age and gender categories. Greater Derry Track Club runners were more active in the series this year, and GDTC moved up from fourth place last year to a very strong second place this year. Rochester Runners' participation in the NHGP this year was lower than in the past couple of years, but we still managed to finish in a respectable third place. Following RR in places 4-6 were Granite State Race Team, Monadnock Regional Milers, and N.H. Athletic Alliance. For Team RR, the strongest age groups this year for were the male open division, led by **Nathan Huppe** (50 points) and **Scott Rowe** (41 points); the male 40s division, led by **John Tuttle** (70 points); and the female 50s division, led by **Diane Levesque** (56 points) and **Judi Lemaire** (30 points).

Team	Male					Female				Total points
	open	40s	50s	60s	70+	open	40s	50s	60+	
GCS	121	110	166	162	26	135	96	154	14	984
GDTC	92	109	70	97	25	93	80	77	36	679
RR	112	95	60	32	3	30	33	99	5	469
GSRT	52	56	83	54	10	24	104	6	0	389
MRM	43	24	29	46	16	4	33	24	24	243
AA	20	11	29	14	0	22	47	11	0	154
CNE	0	9	0	0	0	0	0	0	0	9
CAA	0	0	0	0	0	6	0	0	0	6
WMM	0	0	1	0	0	0	0	0	0	1
	<b>440</b>	<b>414</b>	<b>438</b>	<b>405</b>	<b>80</b>	<b>314</b>	<b>393</b>	<b>371</b>	<b>79</b>	<b>2934</b>

RR's strongest race in this year's series was the one we hosted, the Rochester Firefighters 4 mile in June:

	Mile	Bord	Kids	Fire	Luti	Lond	Fran	Shel	Total
AA	41	17	13	6	28	12	31	6	154
CAA	0	0	0	0	0	0	6	0	6
CNE	0	0	0	0	9	0	0	0	9
GCS	118	120	136	83	116	130	149	132	984
GDTC	98	85	85	74	67	105	56	109	679
GSRT	58	55	41	44	112	22	29	28	389
MRM	32	27	37	8	30	5	92	12	243
RR	66	63	39	108	58	52	34	49	469
SRR	0	0	0	0	0	0	0	0	0
WMM	0	0	0	0	1	0	0	0	1
	413	367	351	323	421	326	397	336	2934

In addition to the team scoring, the NHGP series recognizes the top male and female age-graded individual runners. This year, RR's **John Tuttle** successfully defended his top ranking among NHGP runners, with 63 points to runner-up GSRT's Randy Waterman's 54. Other RRs among the 27 male runners who had a top-10 age-graded time in at least one race were **Ken Houle** (29 points), **Nathan Huppe** (27), **Tom Watkins** (10), **John Rancourt** (9), **Paul Lindsay** (3), and **Scott Rowe** (2). On the women's side, the top age-graded RR was **Diane Levesque** (18 points, for 7<sup>th</sup> place overall out of 33 who had at least one top 10 age-graded time), followed by **Faye Lowrey** (9 points), **Laura Harding** (7), **Laurel Valley** (6), **Judi Lemaire** (5), **Lisa Hart** (4), and **Laurie Gaudreau** (4).

## **Rochester Runners Member Spotlight –**

### ***An Intimate Look at the Lives and Loves of Rochester Runners***

#### **Diane Levesque**

#### **PETER DUBOIS**

**Age:** 46

**Marital Status:** Desperately seeking Susan or Sheryl Crow look-alike

**Occupation:** Production worker/Manufacturer at Uraseal (also the workplace of Kevin Scott). "I have my own little area, just me." Sounds lonely.

**Pet Status:** None. He was close to a Husky named King during his growing up years.

**Home Town:** Rochester

#### ***Introduction***

Okay, I know what you're thinking, "She is no Barbara Walters!" So how did I manage to get the most sought-after interview of the year? You're right, it was probably nepotism.

#### ***The Early Years***

Pete grew up in Somersworth and as he put it, "I'm still growing up." His mother worked for GE and his father worked for Davidson Rubber. He has two sisters and two brothers. The only other runner

in the family is our own Mike Dubois. And Brian Gallagher is his cousin. So we know that the genes are good. Pete graduated from Somersworth High School.

### ***The Running Years***

Pete started running only 6 years ago. In fact his first race was only 2 days after his 40<sup>th</sup> birthday. It was the Somersworth Dare 5K. He ran that in a time of 24:40. Not bad for a first race. So you see what I mean about the genes? He was talked into this race by Mike. “He showed up and dragged me over there.” Pete had only been running for 6 months.

Pete usually runs about 35 or 40 miles per week when not training for a marathon and 50 to 60 miles per week when he is. His favorite race is the Reach the Beach Relay. “I like being on a team, up all night, driving around the state, the camaraderie. It’s fun.” Pete’s favorite running workouts are the Wednesday night track workouts “even though I have to swear at John (Tuttle) sometimes.”

Pete is most proud of his recent 3:38:12 finish at the Maine Marathon. That finishing time earned him a bib at Boston. But, he confesses, “I’m never happy with what I run.”

His PR’s include: 19:48 for the 5K run in 2002 at the St. Charles race in Rochester, 41:43 for the 10K run in 2001 at the Jingle Bell Run for Arthritis in Portsmouth, 1:35 for the half marathon run in 2004 at the Big Lake Half and 1:34 run in 2004 at the Cape Ann 25K.

Pete’s running goals are to “have fun and keep improving my times.”

### ***Somebody, Date this Guy***

Ladies, Pete is available. He is tall, has all of his hair and teeth. He is not an alcoholic. I know that this last fact may deter some of you, but I add it for the sake of honest representation of the goods. He owns his own home and has a job – full time! His birthday is November 4 which makes him a scorpion – secretive and quiet. In Chinese astrology he is a dog – faithful and loyal. Pete loves to read. He just finished reading *John Adams* and was particularly moved by the extensive love-letter writing between John and Abigail while John was in Europe and Abigail in the US. He is currently reading *The Barefoot Bride* by Joan Johnston and *Tempted* by Virginia Henley. His reading list includes *Reading Lolita in Tehran* and *Risking Everything : 110 Poems of Love and Revelation*.

## **RR Officer's Meeting – 10/25/04**

### **Brian Gallagher**

Host: Red's Shoe Barn – a comprehensive geospatial environment, designed to streamline all aspects of running shoe shopping.

Present: Don Y, Mike A, Laurel V, Dan D, Judi R, Janet G, Craig S, Brian G.

Possible Guest Speakers:

Craig Wilson – ultra runner,

Tony Federer – orienteer, (Brian to follow-up)

Paul Caswell – massage therapist,

An Egyptian Pharaonic officer – (Craig to follow-up)

TopNotch Pilates – (Janet to follow-up)

DY: NHGP for 2005 – suggested races (so far) – Millenium Mile, ES 20 & 10, Red's Shoe Barn, Foothelth, Med Center 6K, Redhook, Jackson 10K, Market Square, Bill Luti, Bridges for Friendship, Operation Uplink.

Eastern States 10 & 20 mile race director Don Allison is asking if RR will again supply about 20 to 25 volunteers to work the races. RR could earn \$1500. Race date: March 27, 2005.

RR: consensus – a good opportunity for the club.

Janet G: We need to start publicizing the event soon and often. Recruit a friend or family member to help.

RR: Discussion of how to increase participation in the NHGP.

Ideas: Don Y from Cathy O – free membership if complete all races in the series.

Janet G – subsidize part of entry fees.

Don Y from Andy S – age graded scoring or a dual system with age graded plus regular scoring.

Laurel V – but that could discourage some runners.

Dan D – more races but only score best (eliminate worst 2 of 8, for example).

Dan D – handicap based on club size.

Janet G – we need to find out why club members don't participate. I think many of the races are too far away and that I am too slow to score points.

Laurel V – many runners have different agendas.

RR: consensus – the question needs to be discussed at a club meeting,

Don Y – will write a newsletter blurb outlining the perceived problem, offering several suggestions; all without the appearance of uncertainty or irresolution.

Don Y: Club ½ marathon, 11/7. Meet at Rec Center (DY will check room availability). Bring a pot luck dish.

Dan D: in addition to the ½ marathon there will other, shorter loops to run for those who do not wish to run 13.1 miles.

Mike A: suggests that the fun run begin at 8am rather than at 9am.

RR: approve change.

Newsletter Question of the Month: Whose lawn is it, anyway?

Don Y: Alison B has sent the following message in regards to the civil lawsuit about the May 2004 RR newsletter – As part of a negotiated settlement RR has agreed to start a new initiative to improve the existing peer review process for articles in the RR newsletter. We have recently formed a Peer Review Process Work Group, co-chaired by Mike A and Laurel V, to determine how to best to achieve that goal. The panel held an initial teleconference meeting in early October which RR briefed panel members on newsletter procedures and the workgroup's charge. (And please remember that it is only a coincidence that both Ken H and Bill P declined to be nominated to their officer's positions this fall.)

Don Y: Loco shoes are reviewed in the current issue of Running Times Magazine.

Craig S: FreeFall Race update – We need volunteers. Reserved school for use again. Police are set. RR will be doing the timing with equipment on loan from Gate City Striders. We have received contributions from Miltner’s, Harding Metals, Bernier Insurance and Nadine.

Craig S: Plans to bring boxes of muffin mix to next meeting to hand out to anyone willing to bake. He will arrange a drop off for the day before the race as well as race day.

Judi R: Hot cider would really taste good after the race.

Craig S (in agreement with Janet G’s suggestion) will, in a newsletter blurb, spell out in detail what he needs for and from volunteers. At the next meeting he will have a list of things to do -- so that volunteers can pick and choose their duties.

Nov meeting: Food – Judi R.

Drink – Mike A & Janet G.

8:05pm meeting adjourned. It should be noted that these minutes are as much a psychological study as they are a work of science fiction.

Rochester Runners Club  
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Rochester, NH 03866