

# ROCHESTER RUNNERS REPORT

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**Next Open Meeting**

**Tuesday,  
October 19, 2004**

**7:00 p.m.**

**Community Center,  
Rochester**

**Speaker:**

**To Be  
Announced**

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## **President's Corner**

**Don Yeaton**

### **PR's**

Have you run any PR's lately? For you new runners, that's running lingo for "Personal Record". Most of us will never win a race and only a few of us will win our age group, but we can all run PR's.

For those of you who are new runners, often the PR's happen every time you race. I remember those days. It is so exciting to see yourself improving and getting faster all the time. 1996 was that kind of a year for me and I set a PR in every race distance except the marathon. You feel invincible and unstoppable, but sooner or later the PR streak comes to a halt. The running gurus tell us that most runners only have a "run" of about 7 – 10 years of steady improvement until we hit a plateau and the PR's stop.

I haven't run a PR in two years now due to various reasons – injury, too much work, too little training etc. But two years ago in 2002, I ran PR's in the 5K and the marathon, proving that even after age 50, I still had some speed and endurance.

When I was young and stupid, I used to think, "Why can't old people run faster? Or "Why can't they just buck up and do it?", And then I got older and realized why. Age just slows most of us down. While the mind says "GO", the body sometimes says "NO!"

Does this mean that older runners can't be fast? Hardly! But we all can't be Faye Lowrey or Ken Houle or John Tuttle. And even they have slowed down since their younger days. No, it just means we need to set new goals. Of course much of this depends on when you started running. If you had some fast times in high school and college, it's probably not very realistic that you will best those times. But if you started running later in life, you may very well run your best times when you are in your 40's and 50's.

So what are we to do now that the PR's seemed to have dried up? Give it up for golf and shuffle board. No way! We need to start a new set of PR's that happen every 10 years or perhaps every 5 years and maybe every year, The past is past – we can't go back and people will tire of hearing about your "glory days" of the past. All that is important is what you can run today. Give it all you have and be thankful that you are still running. Whether is a 2:30 marathon or a 5 hour one – if you gave it your best shot, does it really matter? (If you are trying to qualify for Boston it does, but that's another story!) Remember the only real competition you have is you, so train hard, run fast and the PR's will come!

- Don Yeaton

## **Running Notes**

**Don Yeaton**

1. Good news from the Maine Marathon on 10/3/04 – Peter Dubois qualified for Boston by 2 minutes after 5 attempts with his 3:28 finish!! John Rancourt easily qualified for the first time w/ a 3:38 in his second attempt and Faye Lowrey came in first in the Veteran's division in the Half Marathon. Laura Harding had a 2<sup>nd</sup> place finish and Diane Levesque had a 3<sup>rd</sup> place finish in their age group in the Half Marathon.
2. 8:26:34 was good enough for a 5<sup>th</sup> place division finish for our Mixed Master's Team at the Lake Winni Relay on 9/25/04.
3. At the Reach the Beach Relay on September 17 and 18, Rochester Runner's 9 man team - "Kermit and the Frogs"- placed 1<sup>st</sup> in the Men's Master's Division w/ a time of 23:14:22. They "averaged" a 6:40 pace for 208 miles! Team members included David Smith, Craig Stephan, Chris Blanchette, John Tuttle, Dan Poliquin, Scott Rowe, John Dowling, Dave Audet, and Ernie Brake

4. Our other team – “Purple People” – a 12 person w/ 8 women and 4 men, finished 159<sup>th</sup> out of 236 teams in a time of 30:37:34 with an average pace of 8:47/mile. This team included Alison Black, Phil and Pam Parker, Joe and Laura Harding, Mary and Britt Ulinski, Ruthanne Laine, Dan DeFrees, Laurel Valley, Emily Trespas and Don Yeaton.
5. The final NHGP race will be the Run for Shelter 5K in Manchester on Sunday October 24<sup>th</sup> at 1:00 PM. If you would like to car pool, meet at the Rec Center at 11 AM. There will be a meeting w/ representatives from each club after the race to set up the race series for next year. Each club will get to choose a race in the series so we will welcome your suggestions at the Oct. 19<sup>th</sup> meeting.
6. John Racine qualified for Boston at the Clarence DeMar marathon in Keene, NH. Congrats, John!

## **Race Report: Adirondack Half Marathon Schroon Lake, NY**

**9/26/04**

**Don Yeaton**

Those of you who have been members for awhile have heard me rave about the Adirondack Marathon in the past. It runs on the hilly loop around 9 mile long Schroon Lake which is about 30 miles north of Lake George. They added a Half Marathon a couple of years ago that runs the easier second half of the race. I ran the marathon there 3 times in the late 90's and haven't been back since because it always falls on the day after the Lake Winni Relay.

Because the Reach the Beach Relay was only one week before the marathon, I decided to try the smaller version this year. I've always been impressed with the organization and skill at putting on this race and this year was no different. After the start of the marathon at 9:00 AM with the traditional black powder muzzle loader rifle, we walked about 100 yards down Main St. to board the busses that would take us the 13.1 miles to the halfway point. On the bus I met a guy named Joe wearing last year's Reach the Beach t-shirt. He was a fire fighter who lived in Lake Placid and worked in Nashua – talk about a long commute! After another jaunt to the porta potties, we were ready for the 10 AM start. The start is on the east side of the southern tip of the lake. The view up the lake was just beautiful with the Adirondack Mountains in the background, only about a week away from their peak foliage.

The first several miles around the southern tip of the lake are mainly flat, but once you make the right turn onto Route 9 and start heading north, the long gradual hills begin. One of the unique aspects of this race is that they provides buses to take spectators to the half way point of both the marathon and the half marathon.

My goal after running RTB a week before was to break 2 hours. I hit the 26 mile marker at 1:59:59 and finished in 2:02:02 by my watch. I didn't reach my goal, but it had been a perfect day for running – high 60's, bright sunshine, lots of shaded areas and a cool breeze. For a different marathon or half marathon experience next year, make the 4 hour drive to Schroon Lake. You won't be disappointed!

## **Newsletter Submissions Needed**

Please consider submitting something to the November newsletter. How about a short article on a recent race—Reach the Beach Relay, Maine Marathon, New Hampshire Marathon, or even a 5K? How about sending in your favorite running quote? Or a training tip? Any ideas are welcome. Please contact Newsletter Editor Alison Black at tennpurp@yahoo.com or call 474-9349. Thanks!!

## Upcoming Races

Does anyone want to help with this column and look up local race information each month? If not, I will just be listing a very few select major races each month, with no details. However, the web sites below give lots of great information about races. If you are interested in helping out, please contact me at tennpurp@yahoo.com or call 474-9349. Thanks!

October 24 – Run for Shelter at 1:00pm in Manchester, NH. LAST GRAND PRIX RACE OF THE YEAR!

[www.coolrunning.com](http://www.coolrunning.com) (click on “Races/Events” at top)

[www.runnersworld.com](http://www.runnersworld.com) (click on “Calendars” at top and then “Race Finder”)

[www.metroportsboston.com](http://www.metroportsboston.com) (click on “Calendar” on left)

[www.nerunner.com/calendar/index.html](http://www.nerunner.com/calendar/index.html)

## 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)

**Don Yeaton**--The only time I run w/ music is at the Jingle Bell 5K in Concord. I've done this for many years now and the music of choice is always a Mannheim Steamroller Christmas tape or CD.

**Paul Lindsay**-- I never listen to music while running because I'm a firm believer that it can be a safety hazard. While you might hear most cars approaching from behind, you probably wouldn't hear a bicycle. I'd rather be able to hear bird songs, anyway (you can often identify more birds by sound than by sight). That is especially enjoyable when spring migrants are returning, when you recognize voices that you haven't heard for months. RRs are lucky to live where we can run in the countryside, away from most city noises.

**Jim Panaccione**-- no, I don't listen to music before or after a run. And I usually like quiet before a race.

**Melanie Marsh**--I listen to music on my iPod during a run. My two favorite CDs to run to are The Clash "Essential Clash" and John Hiatt "Perfectly Good Guitar". I need all the help I can get and the upbeat tunes keep me going :)

**Kathy Paradis**-- I wear a Sony walkman on my upper left arm and have 5 different channels set. I listen to oldies, rock n roll, and when I get really tired I find that rap music motivates me (because of the beat, I guess). If I go outside of my running area, I re-adjust stations before the race. Music gives me something to focus on (besides the pain!).

**Janet Glazier**-- no to personally using music. I do love to hear music along the course, and enjoy it after the race. Just never had a tape player that was good quality. Guess, too, I'd rather talk with other runners.

**Emily Trespas**-- I don't listen to music when I run outdoors but will if I am running on a treadmill. Before races I love to listen to a Remix of an Elvis song "A little Less Conversation" On the treadmill I listen to CD mixes including song by Janis Joplin, the Who, Springsteen to Limp Bizkit, Moby and Fat Boy Slim.

**Peggy Foster**-- Ron and I only listen to the "music of the birds singing" during our runs! We love the outdoors and all that is going on around us. Wouldn't want to miss anything by listening to music.

## Question of the Month for November

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

Please submit your responses to Alison Black by Sunday, October 3rd to [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com) or call 474-9349. Thanks!

## Goodbye from Ken Uecker

Rochester Runners,

I just want to say thank you again for a great summer of running and eating. I have never seen so many races and so much good food after the races anywhere. West Texas runs are not like this at all. You have all been very outgoing and helpful and it has been a real pleasure. I realize I am not very fast, started late in life, and the only race I came in first I forgot to put the chip on, but a bad day here and there for the other old guys and I could move up to forth.

I head back the 13th of Oct. with a short stop in Baltimore to run the marathon then on to El Paso. Please keep me on the mailing list for a while so I can keep track of you guys.

Thanks, Ken Uecker

## RR Grand Prix Update

Paul Lindsay

### **Rochester Runners Grand Prix Update**

The most popular races this past month for RRs were the St. Charles 5K (by far), the Winnepesaukee relay, the Reach the Beach relay, and the Eliot Festival 5K. RRs also tested themselves in longer distances at the Mount Desert Island half marathon, the Cape Ann 25K, the Metric Marathon (26.2K), and the Clarence DeMar Marathon. Congratulations to **John Racine** for running a Boston-qualifying time at DeMar, and to the six RRs on the nine-member RTB team "Kermit and the Frogs" for placing first in the over-30-male division ("**Kermit**" **Smith**, **Scott Rowe**, **John Tuttle**, "**Koz**" **Stephan**, "**Rock**" **Blanchette**, and **Dan Poliquin**). The rain in Bar Harbor didn't keep **Faye Lowrey** from earning another age group win as well as another asterisk for running faster than her age group standard (she has achieved her age-group time standard in all eight of her races this year that have been run over distances having

USATF standards!). **Phil Parker, Jim Panaccione, and Faye Lowrey** ran especially well at Winnepesaukee this year. RRs who ran their best times of the past year in September were **Mike Andrews, John Racine, John Carberry, Jacklyn Henderson, Michelle Crothers, Wendy Perillo, Daniel Davis, Nanette Henderson, Brian Barrington, Bob Rondeau, Kathy Paradis, Kelsey Burrill, Jack Prescott, Dawn Heinrich, and Haley Heinrich** (most of those fast times came at St. Charles). The top two dozen in the current RRGP standings are listed below. **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](mailto:bplindsay@hotmail.com).

<b>S</b>	<b>D</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>T</b>	<b>n</b>	
24	52	81	19	Laura Harding	17	51	70	16	Laurie Gaudreau
16	64	80	24	Sin Kounlasa	15	53	70	18	Don Yeaton
28	43	79	15	Nathan Huppe	14	56	70	12	Greg Gaudreau
29	40	77	13	Scott Rowe	14	55	70	16	Joe Harding
22	49	74	13	Pete Dubois	4	63	70	11	Laurel Valley
13	57	74	27	Dan Poliquin	19	46	68	12	Tom Watkins
21	49	73	15	Kevin Scott	13	49	68	24	Diane Levesque
18	53	73	15	Dawn Heinrich	9	57	68	13	Steve Robbins
14	48	73	13	John Tuttle	11	54	67	10	Lisa Hart
20	51	72	13	Mike Andrews	5	59	67	12	Craig Stephan
16	49	72	14	John Rancourt	20	42	65	13	Andy Schachat
19	51	71	15	Bill Paradis	12	53	65	12	Dan DeFrees

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