

ROCHESTER RUNNERS REPORT

VOLUME 7 NUMBER 9

SEPTEMBER, 2004

President/Membership
Don Yeaton
Dryrun262@msn.com
736-4610

V-President
Bill Paradis
wparadis@maine.rr.com
(207) 676-5831

Vice President/Activities
Ken Houle
hoolks@worldpath.net
755-9061

V-President/Clothing
Dan DeFrees
dandanshoeman@aol.com
335-7124

V-President/RRCA NH
State Representative
David Smith
dls0629@hotmail.com
332-8299

V-President/Racing
Alison Black
tennpurp@yahoo.com
860-4190

Treasurer
Chris Blanchette
cblanchette1969@earthlink.net
335-2003

Next Open Meeting

**Tuesday,
September 21, 2004**

7:00 p.m.

**Community Center,
Rochester**

**Speaker:
Cathy O'Brien,
2 Time Olympic
Marathon Runner**

**Also: Election of
Officers**

Secretary
Brian Gallagher
brian.gallagher@unh.edu
335-8636

Webmaster
Craig Stephan
stephan@enterasys.com
749-7820

Publicity Director
Mary Ulinski
mulinski@fosters.com
463-5829

Race Director
Craig Stephan
stephan@enterasys.com
749-7820

Club Historian
Janet Glazier
743-4558

Newsletter Editor
Alison Black
tennpurp@yahoo.com
860-4190

Race Coordinator/
Membership
Paul Lindsay
onthepond@metrocast.net
942-5482

The Rochester Runners web site: www.rochesterrunners.com

E-Mail: dryrun262@msn.com

Editor's Note

Please excuse any formatting errors in this month's newsletter. I had great difficulty transferring e-mail submissions to proper format. It took me hours just to get it to look the way it does—and it's nowhere near perfect. Thanks for your understanding!

President's Corner

Don Yeaton

New Runners

I love being around new runners! Their enthusiasm and excitement is contagious! Remember what it was like when you first began running and how nervous you were at your first race being surrounded by “real” runners? It seemed that every race as a new runner was a PR and you were amazed at how far your body could run. The distance that seemed like an impossibility at one time – now it's just an easy training run.

I remember my first time at a Rochester Runner's Club meeting. I think it was in the spring of 1993 and it was held in Conference Room #1 at the Rochester Community Center. Bruce Birenbaum was the President and Andy Schachat was a vice-president. The other officers included Deb Liberty, Brian Gallagher and Keith Chick. I think I met Don Leman at that first meeting as well. But I most remember being a little intimidated by all these “real runners”. Can you relate to that?

I suppose that's a normal feeling and I hope that we as Rochester Runners make new runners feel welcome in our club. I've said before that Rochester Runners have “no class”. What I mean is that we are not elitists and welcome all runners to be a part of us – regardless of their pace. Your competition is not me or another club member, but yourself. All runners are an experiment of ONE and your improvement and skill at running is up to you.

But let me get back to new runners. I want to mention 2 new members to our club. One joined about 6 months ago and another about 10 days ago. They both ran and finished their first race at the Cigna Healthcare 5K Corporate Road Race in Manchester back on August 12th. These two runners are Melanie Marsh, who works at Liberty Mutual in Dover and Bob Rondeau, who works with me at J-PAC LLC in Somersworth. Mel started her running program indoors on the treadmill at the Works and Bob began his by walking with his son at the Fireman's 4 Miler back on June 5th. Bob decided that walking was too slow so he downloaded a program called “The Couch to 5K” training plan. He did most of his training on the track and we saw him numerous times on Wed. nites following his program. On August 12th, Bob completed his first race and ran the entire 3.1 miles without stopping. Bob also just ran the Loco 5000 and took another minute off his 5K time.

I had asked Mel back last spring as to when she was going to try her first road race and proceeded to talk her into the Cigna 5K. “You won't be last” and “You'll have plenty of people running your pace” – these were the tactics I used to convince her to fill out that race application. Congratulations to Mel for finishing her first road race!

So..... the next time you “run” into a new runner, remember what is what like when you began this great sport and offer them some words of wisdom and encouragement!

Running Notes

Don Yeaton

1. Andy Schachat ran an unusual race this summer and it was his 2nd time after a 7 year hiatus. It is called the “Big Man's Race” and the unique feature of the 4.7 mile race is found at the “water” stops, At each of the 3 stops, each runner must eat a hot dog and drink a beer. Andy finished in the top third with a time of 48:13.
2. We need some memorabilia for our 25th anniversary dinner. We are looking for photos and T-shirts from the early days of the club.
3. Thanks to 7 Rochester Runners who will be volunteering at the Country Cookin' Transition Area for the Reach the Beach Relay at the Epsom Traffic Circle. They have agreed to this “grave yard” shift from about 1:00 AM to 6:30 AM on Saturday, September 18th. Thanks to Paul and Amy Lindsay, Ron & Peggy Foster, Holly Clark, Melanie Marsh and her friend, Crystale Dunne. Those 21 club members who are running the RTB Relay will be happy to see a friendly and familiar face in the middle of the night!

16th Lake Winnepesaukee Relay Race Rosters – Sept. 25th

Rochester Runner 50+

1. Joe Tostado
2. Phil Parker
3. Ken Houle
4. Pam Parker
5. Faye Lowrey
6. Bill Paradis
7. Kevin Scott
8. John Rancourt

Rochester Runners Mixed Open

1. Joe Harding
2. Laura Harding
3. Craig Stephan
4. Cathy Orlowicz
5. Laurel Valley
6. Peter Dubois
7. Britt Ulinski
8. Tom Watkins

Rochester Runners Men's Open

1. Mike Nelson
2. Mike Andrews
3. Don Yeaton
4. Bob Rondeau
5. Mary Ulinski
6. Ron Foster
7. Bonny Bayer
8. Andy Schachat

These legs are not set in stone, so if you want to trade legs with someone on your team, feel free to do so.

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 860-4190. Thanks!

September 17th and 18th—Reach the Beach Relay. Thanks to those of you who are volunteering at the Epsom traffic circle overnight!

September 25th—Lake Winni Relay

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

Question of the Month for September

What is the weirdest thing you have seen while out on a run?

Bill Paradis—While running with Diane Levesque, Bill found \$13.95 in Canadian coins. They were scattered about the roadway as though someone had dumped out a piggy bank.

Kathy Paradis—the back of Bill’s shaved bald head. :) (though Bill denies he has a bald head)

Laura Harding—5 Speedy Spidermen running with Web Blasters at the Beach to Beacon 2004

Mary Ulinski--On Dec. 28, 2001, Britt and I ran the six-mile loop from Portsmouth around New Castle when she was home from school during Christmas/winter break. It's always a favorite course to run even on a chilly winter's day. As we arrived back in Portsmouth there seemed to be a lot of commotion and a huge gathering of a thousand people or more. So we ran over to see what was happening. We were there

just in time to see the 2002 Olympic torch relay as the flame was passed on the bridge from Kittery, Maine into Portsmouth on its way to Salt Lake City. The crowds were cheering and waving flags. We found ourselves standing next to the Eagles of St. Charles who were there with the sisters to observe the special event. What luck and what a thrill it was for us to be there for that moment.

Alison Black—parked pick-up trucks in the middle of a country road in a blizzard, with men standing around holding rifles

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)

Please submit your responses to Alison Black by Sunday, October 3rd to tennpurp@yahoo.com or call 860-4190. Thanks!

Somersworth Rotary Race

Brian Barrington

Somersworth Rotary is proud to hold the 13th Annual Road Race, a 5K on Saturday September 11, 2004, with a 9:00 start at Somersworth High School. This race has great food and a new low \$10 entry fee for pre-registration. See a flyer at a race or call 1-603-692-4282 to have flyer mailed. The local races are best and hopefully club members can support this event. Granite State Race Services will provide expert timing. Teams with at least one female will get a trophy. Plaques to winners two deep. 10 year age categories.

Rochester Runners Member Spotlight –

An Intimate Look at the Lives and Loves of Rochester Runners

By Diane Levesque

DAVID SMITH

Age: 42

Marital Status: Betrothed, wedding set for October 9, 2004 – everyone and their friends, family and pets invited!

Occupation: Poulin's Auto Body Shop assistant manager

Pet Status: None, but wants his future mother-in-law to know that he loves dogs

Home Town: All over the eastern seaboard

Introduction

I don't remember when I first met Dave. All I remember is that it was quite a number of years ago and that he looked like a rock star back then. Now he just looks like a movie star. And let's face it "Dave Smith"? Definitely an alias.

The Early Years

Dave was born into “a very close family” in Washington, D.C. The family then moved to Maryland and again when Dave was 7 years old to New Hampshire. Dave’s father, whom Dave describes as “close to being a pope” was an accountant. He moved to Amherst to work at Sanders. Deciding that indeed money was the root of all evil, he entered the seminary and became a holy man. He was given a church in Rochester which is how Dave finally ended up here. Dave’s mother has been a jack of all trades working as a homemaker, CNA, Rochester librarian, tax collector, the caretaker of her husband’s church and finally Dave’s private matchmaker. Dave has one brother age 43 and two sisters age 39 and 36.

Dave graduated from Spaulding High. He then went on to get a Bachelor of Science degree in Management from Keene State College. He is planning on returning to school to obtain a Masters Degree in Education.

Dave was first married in 1982. What happened? I didn’t ask. But there are two children involved. Dave’s 18 year old son is leaving for Arizona State University this fall and his 17 year old daughter will be graduating from high school this year.

The Running Years

Dave started his running career in high school where he ran high school track. In his junior year, his coach had him running hurdles and competing with Dave’s brother. The coach also had him do some distance running. Dave didn’t run much after high school until 1998. He started running again when he got out of a one year serious romantic involvement. (He didn’t get into the details). He had been reading an issue of *Men’s Health* where he saw an ad for the Dublin Marathon. He decided to go for it and trained for 5 months. He finished that marathon in a time of 4:10.

Dave’s current running goals include finishing in the top 5 teams for the Reach the Beach Relay which is his favorite race. He is on a 9 man team trying to win the Masters Division. That is more of a short term goal. And for the long term Dave would like to run a Boston Marathon in under 3 hours.

His favorite running workouts include quarter mile repeats on the track at about a 7:12 to 7:20 pace. Dave’s PR’s include 18:42 for the 5K at the B1st PeeperFest accomplished in 2004, 39:51 for the 10K at the Jingle Bell Run in Portsmouth completed in 2003 and 3:14:34 for the marathon which he achieved at Boston in 2003. Dave is running about 40 miles per week.

Candy Is Dandy

Dave has been stalking Candy for 9 years. As she tells it, she either had to marry him or call the police. She’s 32 years old, divorced with 3 young children and “good for a hard luck case” according to Dave. Candy is employed in the Radiology Department at Frisbee. How convenient!

The couple met when Candy was signing up her oldest daughter for Girl Scouts, although I can’t quite remember what Dave was doing there. Through the aggressive efforts of Dave’s mother who kept inviting Candy to the puppet ministry at the Church, they got to know each other better, but alas she was still married at the time. When she was finally divorced last year, her car needed new brakes and the son of a preacher man was there to fix her right up.

And this leads to another great story. Dave helped our very own Alison move from Nashua to Madbury last year. To show appreciation for his help, Alison gave Dave some gift certificates for the Outback Steak House. In an effort to impress his new girlfriend, Dave took Candy out to dinner. They were eating and drinking like there was no tomorrow. When it came time to pay the bill, Dave pulled out

the certificates. Candy asked, “What are those?” Dave explained what they were. Candy pointed out, “That’s great, but we’re at Bugaboo Creek.” But it’s confirmed, she still wants to go ahead with the wedding even though he spends all of his free time washing dishes in Newington.

Epilogue: I asked Dave if he could ask Dusty Springfield any question at all, what would he ask her. His answer: “Where did she get my favorite song?”

RR Grand Prix Update

Paul Lindsay

Rochester Runners Grand Prix update, 4Sep04: The most popular races for RRs this past month were the Meetinghouse 5K, CIGNA 5K, Loco Seacoast 5K, and Saunders 10K. The Loco race was especially fast, run on the Dover High track, where **Scott Rowe, Kevin Scott, Joe Harding, Dan DeFrees, John Dinella, Don Yeaton, Ron Foster** and **Jack Prescott** all ran their best times in the past year. Welcome to new club members **Wendy Perillo, Cheryl Fujisaki, James Panaccione, and Robert Rondeau**. Congratulations to **Nathan Huppe**, continuing his fine season with a win at the Londonderry Old Home Day 5K, to **John Tuttle**, the overall winner in his hometown race, the Alton Old Home Day 5K, and to **Faye Lowrey** and **Ken Houle** for races faster than the national standards for their age groups. **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.

Here are the top two dozen in the current RRGP standings:

S	D	T	n		S	D	T	n	
16	64	80	23	Sin Kounlasa	19	46	67	11	Pete Dubois
28	43	79	14	Nathan Huppe	14	53	67	14	Joe Harding
21	54	79	17	Laura Harding	14	52	66	11	Bill Paradis
29	40	77	11	Scott Rowe	13	45	66	10	John Tuttle
13	57	74	26	Dan Poliquin	19	44	65	10	Tom Watkins
23	47	72	14	Kevin Scott	16	49	65	11	Mike Andrews
16	53	71	13	Dawn Heinrich	22	41	63	24	Darryl Cauchon
16	49	71	13	John Rancourt	10	51	63	15	Emily Trespas
17	51	70	15	Laurie Gaudreau	15	46	61	10	Ken Uecker
14	56	70	12	Greg Gaudreau	11	48	61	9	Lisa Hart
15	52	69	16	Don Yeaton	10	51	61	10	Dan DeFrees
12	50	68	20	Diane Levesque	5	54	61	9	Laurel Valley

A Few Lessons: Reflections on Running in China

Emily Trespas

As many of you already know, I spent three weeks in July touring China with colleagues from Phillips Academy Andover. We explored Beijing, Dunhuang, Xian, Lhasa, the Yangtze River, Shanghai among other places. With all this adventure, I still had energy and made time to run!

Lessons # 1 & 2: Find a fan and sure footing.

As a dedicated runner, when I first arrived at a hotel I checked out the gym's running facilities. They varied greatly from the brands of treadmills and their widths, to attached entertainment systems, water bottles and towel racks. Several gyms, despite a fair attempt at air conditioning, were as sweltering as a summer mid-day race. This was especially true of the gym on the Yangtze River cruise ship. Without a hint of cool air coupled with boat swaying, I almost fell off the belt. It was an experiment in balance. I thought of it as built-in, incline and decline. Note: always select the treadmill closest to the fan and run while the ship is docked.

Lesson #3: Check which language your treadmill speaks.

After 14+ hour flight to China, I hopped on a treadmill in Beijing to abate jet lag and get my blood pumping. (One way to lessen jet lag is to work out upon arrival in the new time zone.) After 18 relaxed minutes I was making excellent time with three miles clocked. But that would mean I was running a casual, six-mile pace. After some scrutiny of the machine and my calculations, I realized the distances were in kilometers NOT miles!

Lessons #4 & 5: Rise early to run and run alone if you must.

With temperatures nearing 85 degrees by 6 a.m., accompanied by 80-95% humidity, early mornings were prime exercise time. The Chinese get out before the sun and humidity rise and hit the parks and pavement. Groups of older men and women practice Tai Chi and young adults exercise, dance and stretch outside their work places. In Shanghai, I glimpsed a large group of military policemen out for an organized, on pace, 6 a.m., Sunday run. But where were the solitary runners? After three weeks in China, I never saw more than five solo runners. I'll need to return to find them!

Lesson #6: Take advantage of "once-in-a-lifetime" opportunities.

I embraced the opportunity to run along the Great Wall, north of Beijing. This section was crowded with tourists and I dodged pushy vendors, tour groups, cameras, and folks stopping for a pause or the view. As the stairs steepened, like the final turn in the Mt. Washington Road Race, the crowd thinned. Footwork grew tricky and demanded

attention, which was in stiff competition with my urge to stare at the landscape. The Great Wall meandered through hills before disappearing into the fog. (Again, think of the finishing MWRR 2004 weather.) After a special look out/photo opportunity tower, the wall continued on and the path opened up. I was alone and free. I was an anomaly and fulfilling a dream.

Whether or not I ever return to China for the famous Great Wall Marathon, I can empathize with those marathoners about their slower times along what must be a brutally demanding and dramatic course. (Elite Man 3:38/Elite Woman 4:26.) (See Runner's World, "Race Roundup," September 2004, pg. 105.)

Lesson #7 : Before you leave, make plans to return.

While in China, I learned of an upcoming race in Lhasa, Tibet. It's scheduled for September 2004 and is hosted by The Tibet Autonomous Region's Sports Bureau and the China International Travel Company. There's a half marathon, a 10 and 5k. Racing at 3,700 meters above sea level, makes this half marathon the first of its kind in Tibet. Entry is \$150 US along with a certificate of health. (China Daily News, In Brief, July 16, 2004.)

Vermont 100-Miler, Part Two (Part One in August newsletter)

Laurel Valley

I was moving along OK, no pain or anything, but my energy level was falling by the 75 mile point. I didn't feel like talking and it seemed to take a lot of energy just listening to Bill talk. This was a sudden change for me and I should have recognized the first signs that my blood sugar was falling. It is very difficult to eat and drink as many calories as one uses in a run of this length and I was going into debt. I fell silent, I couldn't hold my head up, and I started walking for longer and longer stretches. I don't remember much of this part of the race, but I do know I got to a point where I felt dizzy and was losing my vision and broke out in a cold sweat. I thought I was having a stroke or something and told Bill I needed to sit down. He found a rock beside the trail and I sat. This was the low point of my run. I didn't think I could finish and I didn't even know how I was going to get out of the woods. I don't know if it was Bill or me who thought of it, but I ate something (I don't remember what) and slowly started feeling better. I was able to get up and walk for a while. I fueled up well at the next aid station and was able to mix walking and running to mile 85. For the remainder of the race I had good spells and bad spells, but never felt fully recovered from my episode on the rock. Bill thought I had gone out too fast, and that might have been part of it, but most people I talked to the next day said that was probably not the problem. I had never averaged faster than 10 minute miles and never crossed out of my comfort zone. More likely I didn't keep up with my calorie expenditure. I used all my reserves and then couldn't catch up no matter how much I took in for the rest of the race. I had been eating at each aid station but next time will add more liquid calorie supplements.

Anyway, from mile 85 it was pure walking. The more I walked the tighter my quadriceps got. I knew I would finish and break 24 hours but I was so tired and sore that I remember thinking that I wished there was something slower than a walk. You know how if you get tired of running you can always walk? Well I was so tired walking that I wanted to drop back to something slower than a walk, but that would mean stopping and I wasn't going to do that. Bill was a saint to put up with mile after mile of slow shuffling. It must have been a long night for him!

The last few miles were particularly grueling. Even if I could run, I wouldn't have been able to run this stretch. The trail was winding, rocky, rooty, muddy, steep and dark. It was cruel that I could hear the people at the finish line for a long time before we actually got there. Finally it was down one last steep dangerous slope and there was the finish line. I said to Bill, "I'm going to run these last few steps to the finish line," and he said, "why bother." It was true, we had walked the last 15 miles and here I was going to muster up a few steps of running to get over the finish line. This struck me as funny and I ran across the line laughing. Betsy was waiting at the finish line, looking fresh as a daisy at 2:30AM. I was happy, but too tired to be emotional.

I had just accomplished something I had been working at for almost a year but it didn't really strike me until the next day during brunch. At around 11:30 Betsy and I, all the other runners, handlers, pacers, friends, families, and volunteers were sitting under a huge tent with open sides finishing up a great meal. It was a beautiful sunny morning and the finish line was 200 yards away, visible from the tent. The finish line had closed at 10:00AM, 30 hours after the race started. If you couldn't finish under 30 hours you weren't considered a finisher. Now, 31 1/2 hours after the race had started, someone in the tent yelled out, "Here comes a runner!" We all looked out at the finish line, many people got up from their seats and ran out onto the field. A middle aged woman was struggling down that last slippery dangerous slope. She was stumbling along, making slow progress. Everyone in the tent started yelling and cheering for her. The noise was tremendous. She got to the short level stretch before the finish line and like I had done 10 hours earlier, she broke into a hobbling run, crossing the line to the sound of hundreds of people screaming and cheering for her even though the finish line was closed and her time would not be recorded. This is when I got emotional and realized what an accomplishment it was to be able to cover 100 miles on foot.

You are Invited...

to a banquet in celebration of the 25th Anniversary of the Rochester Runners

Come celebrate with club members past and present.

Date: Friday, October 8th

Time: 6pm to 9pm

Location: Gateway Restaurant on Route 108 in Somersworth (across from Tire Warehouse)

Cost: FREE to current club members, but a \$5.00 refundable deposit is required to reserve your place. Guests are welcome at \$12.00 per guest.

Please RSVP by submitting the sheet below. Deadline for RSVP is Friday, September 24th so that we may give the restaurant an accurate count.

Questions? Contact a club officer (contact information on the front page of newsletter).

Rochester Runners 25th Anniversary Banquet

Name: _____ Phone #: _____

_____ I will be able to attend the banquet.

_____ Number of club members in my family attending—including me. (\$5.00 **refundable** deposit per person)

Name(s) of those attending: _____

_____ Number of guests attending with me. (\$12.00 per guest)

Name(s) of Guest(s): _____

_____ Total amount enclosed for all attendees. (make checks payable to the Rochester Runners)

_____ I will not be able to attend the banquet. (If you are NOT attending, you may also email your regrets to dryrun262@msn.com. This option is only available to those people who cannot attend.)

Mail RSVPs prior to September 24th to: Rochester Runners Club, PO Box 727, Rochester, NH 03866

Rochester Runners Club
PO Box 727
Rochester, NH 03866