

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 4

APRIL, 2005

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

V-President
Mike Andrews
mandr10197@ttlc.net
332-5700

Vice President
Judi Rogers
jwrogers515@hotmail.com
332-1350

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

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

Treasurer
Chris Blanchette
cblanch1969@aol.com
335-2003

Next Club Gathering

7:00pm
Tuesday,
April 19, 2005

Annual Post-Boston Marathon Meeting

Red's Shoe Barn
Dover, NH

Come share in all of the
marathon stories!

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

Webmaster
Scott Rowe
srowe@laars.com
740-7471

Publicity Director
Laurel Valley
jeffval@prexar.com
(207) 625-7061

Race Director
Vacant Position

Club Historian
Janet Glazier
janetglazier@yahoo.com
743-4558

Newsletter Editor
Vice President - Racing
Alison Black
tennpurp@yahoo.com
474-9349

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

The Rochester Runners web site: www.rochesterrunners.com

E-Mail: dryrun262@msn.com

President's Corner

Don Yeaton

I wanted to send an e-mail out to the club after the Eastern States 20/10 Miler, but I've been so busy that I never got around to it – so I figured I might as well make it the topic of my column this month.

When I checked the results on Coolrunning last Sunday night, I thought that we did OK considering the number of us from the club who were working the race. However, when I checked the updated results on nhruns.com on Monday night, I said WOW! You guys are awesome and I'm proud to be part of the Rochester Runner's Club.

Do you realize that in spite of the fact that about 22 of us were working the race, we tied the Gate City Striders in the 20 Miler with 94 points and we only lost to them by 38 points in the 10 Miler – 101 to 63? Thanks to all of you, we are now in 2nd place and trail GCS by only 98 points! If all of us could have run who were volunteering, it's conceivable that we could have won both races.

I really didn't expect we would do that well this year. Last year when we worked the race for the first time, only the 10 Miler was part of the NHGP series. We had 10 club members who ran the 10 and 11 members who ran the 20. Last fall when we were hammering out this year's schedule, I pushed hard to have both races included. Those of you who are running Boston need that last 20 miler three weeks before the marathon so why should you be forced to run only a 10 miler and penalized for running the 20?

So many of you ran so well this year! When I saw John Tuttle, Nathan Huppe and Scott Rowe walking back to Guido Murphy's after the race, I said to Nathan, "You couldn't have lost to a nicer guy!" Last year, Nathan set the course record for the 10 Miler. This year Nathan ran 40 seconds faster than last year and beat Allan Bernier, but Scott beat Nathan by 30 seconds and broke the course record by over a minute. It was amazing to watch Scott fly by me in the lead with only 2.1 miles to go.

And then there was our own John Tuttle – RR coach extraordinaire – following his two fastest students with a 5th place finish and first Master at age 48! Diane Levesque took the tops honors for women 50-59.

In the 20 miler, Danielle Phelps was the 2nd female and made a great start to the 2005 racing season after her win at the Baystate Marathon last fall. Our own "world famous" Faye Lowrey took top honors in the over 60 women's division. She and Bill Paradis ran together for most of the race. They both finished in just under 3 hours and Bill had just run the Big Island Marathon in Hawaii 6 days earlier! John Rancourt keeps on getting better and he took the 1st place spot in the 60 – 69 age group.

There are many more of you who should be recognized for doing so well, including Bob Rondeau who ran his first 10 miler in a very respectable 1:28.

But I've saved the BIG THANKS to all of you who volunteered in one of the many tasks we performed to make the race come together – loading the buses in Hampton, registration for both races, loading and unloading the baggage buses for both races, setting up the water stops and filling those innumerable cups and then handing them out to the runners as they flew by, traffic control on a busy, beautiful day at the beach and helping out at the finish line. You sacrificed the glory of crossing that finish line so that other runners could.

Thanks again for the efforts of all you – You guys and gals are the BEST!!

P.S. Thanks to Don Allison, the race director, for the great job he did this year – in spite of a number of obstacles that had to be overcome. And thanks to God for the great weather – it could have been a monsoon like today (April 2nd).

Running Notes

Don Yeaton

\ Trot's Trot 5K at Oyster River High School – 10 AM on Sat. April 9th.

\ Girl's INC 5K at the Rochester Community Center – 9 AM on Sun. April 10th – nice flat course!

\ 24th Annual Red's Shoe Barn 5 Mile Road Race on Sunday April 24th at 1:00 PM. Bob Brown could use 4 or 5 of us to help work the race – preferably injured runners – if you're healthy – RUN IT!

\ The annual cleanup of the Red's course will take place on Sat. April 23rd right after the number pickup at Red's from 10 – Noon. I recently ran the course – the snow is gone – lots of trash as usual. It will only take an hour or two if we have enough help.

\ The American Cancer Society's "**Relay for Life**" at the Spaulding track has been moved to June 24th and 25th, instead of the previous weekend that includes the Mt. Washington Road Race. This will make it a lot easier for some of us. If you would like to participate by running/walking on the track for ½ hour, 1 hour or can stay all night – we'll have a sign up sheet at the next meeting at Red's on the 19th. If you've never been to this event, you've missed something special. We try to have at least one of us running on the track for the entire event. The club record is 150 laps and Phil Parker ran a marathon on the track several years ago – that's 106 laps w/out stopping!

Top NH Boston 2005 Qualifiers

Don Yeaton

The latest issue of the New England Runner magazine lists the top Boston Marathon qualifiers for each New England state. Four Rochester Runners made the list for NH.

Laura Harding was the first woman in the Open division with a 3:18:14 at Chicago.

John Rancourt was the first male in the Veterans division – over 60 – with a 3:38:00 at the Maine Marathon.

Faye Lowrey was the first female in the Veterans division with her 3:52:12 at Boston last year.

Mary Ulinski was the second female in the Veterans division with a 4:29:30 qualifier at the Country Music Marathon.

Congratulations to all of you and we are all proud of you for representing Rochester Runner's Club at Boston this year!!

LOCO Running Shoes—Special Deal

Mike St. Laurent

We are doing a special club promotion on our shoes:

Get a free pair of racing shoes with any pair of trainers purchased at regular price.

Reach the Beach 2005

Alison Black

By now most of you know about Reach the Beach. If you are new to the club and don't know what I am talking about, check out the web site: www.rtbrelay.com. I am looking to again coordinate a fun team from the Rochester Runners. This year the race takes place on September 16th and 17th. This is a challenging, fun, and crazy 24+ hour race experience from Bretton Woods to Hampton Beach State Park. Last year the weather was challenging but we still prevailed and managed to have a few laughs along the way. EMS has been named the title sponsor and is apparently doing a huge advertising campaign. In addition, the race is gaining notoriety nationwide. Therefore, we need to get our team organized soon. They expect the race may sell out in June. Please let me know ASAP if you are interested. If you have questions, feel free to ask! You can call me at 603-860-4190 or email me at tennpurp@yahoo.com. Thanks!

Seven Hills of Somersworth Road Race: A Unique Vertical Challenge!

Amy Minzner

The inaugural run of *The Seven Hills Road Race* will take place May 14, 2005 at 9:30 am. Runners will start off at the historic Great Falls Mill and race up and down the many streets of the Prospect Hill Historic District, eventually ending at the Historic Hilltop School. This race is for runners looking for a unique vertical challenge. The race is about 5K and will be timed by Bay State Racing Services.

After the race, runners are invited down to the Great Falls Mill area to take part in the First Annual Somersworth Heritage Festival, a multi-generational festival celebrating Somersworth's history and culture. The Festival will feature French-Canadian musicians, a juried art show, a "Best Whoopie Pie in Somersworth" contest, demonstrations of historic crafts, sale of handmade crafts, historic walking tours, great food, and interactive craft projects for families.

The race entry form will be available on the Somersworth Main Street website (www.somersworthmainstreet.org) shortly. In the mean time, you can request a copy by calling Amy Minzner at 692-0951 or by e-mailing her at mainstreetdirector@somersworth.com.

See you on The Hills!

Reflections from a New Runner

Bob Rondeau

Friday, April 01, 2005

Hello Rochester runners, this is my first year of running and it has been fun and challenging. I never thought I would be this far in less than a year of running but if you have heart and desire you can do anything. I started running last year doing 5ks and now I am on a mission that I cannot stop. The next few months I am going to be busy from running the Mount Washington road race to the half marathon in Alton. I never thought I could run a mile now I

have challenge myself to a half marathon. What it actually means if you work hard and keep at it, you will benefit from it. I might never win a race but believe me I will give it all my effort and keep trying to get to the top. I want to thank everyone that has-been involved in the training on weds day nights, the hills of Somersworth and the course in Farmington because I never in my life though I would be able to run these courses if it wasn't for the training and hard work we do. Thanks again Rochester running and good luck the rest of the year. Bob Rondeau

Grand Prix Results for March: RRGP and NHGP

Paul Lindsay

March races included Stu's 30K on March 6th, the Run to Remember Half Marathon in Boston on March 13th, and two simultaneous NHGP races on March 26th—the Run for the Border 10 mile and the Eastern States 20 mile. Also, while on vacation in Hawaii, **Bill Paradis** ran a marathon and **Kathy Paradis** set a new PR in a 5K. RRs did very well in the two N.H. Grand Prix races. **Scott Rowe** and **Nathan Huppe** finished first and second in RFB and **Danyelle Phelps** was second woman (first from an NHGP club) in ES20. As a team we finished 2nd to Gate City Striders in RFB and tied them for first in ES20, moving us up into a 2nd place tie in the series with Greater Derry Track Club after 3 of 11 races. Team RR was especially strong in the 39 & under women's division, where Danyelle was followed by **Laurie Gaudreau** and **Laura Harding** in 3rd and 4th place among NHGP runners, earning 25 points (the 2nd place club in the division had only 9). **John Tuttle** was top male at RFB in the individual age-graded scoring, with Scott 3rd and Nathan 4th. **Diane Levesque** (2nd) and **Lisa Hart** (6th) scored age-graded points among the women at RFB. Top-10 age-graded points at ES20 went to **Dick L'Heureux** (8th) and five RRs among the top eight NHGP women: Danyelle (1st), **Faye Lowry** (3rd), **Sin Kounlasa** (5th), Laura (6th), and Laurie (8th). **S**=speed points, **D**=distance points, **T**=total including team points, **n**=number of races. Send corrections, questions, and comments to bplindsay@hotmail.com.

S	D	T	n		S	D	T	n		S	D	T	n	
10	39	55	8	Brian Gallagher	0	16	19	3	Pete Dubois	0	6	9	1	Britt Ulinski Shuman
2	35	43	7	Diane Levesque	0	16	16	3	Tom Littlefield	0	8	8	2	Ron Foster
0	35	38	6	Dick L'Heureux	0	15	15	3	Craig Stephan	0	8	8	2	Peggy Foster
0	34	37	6	Bill Paradis	0	14	14	3	Alison Black	0	5	8	1	Bob Randall
2	28	33	5	Laurie Gaudreau	0	11	14	3	Don Yeaton	3	4	7	1	Kathy Paradis
0	30	33	5	Sin Kounlasa	0	8	14	2	John Tuttle	0	6	6	1	Mary Ulinski
3	20	29	5	Bob Rondeau	0	12	12	2	Keith Shields	0	6	6	1	Walter Shyska
2	21	26	4	Chris Blanchette	0	9	12	2	Marilyn Metcalf	0	6	6	1	Greg Gaudreau
1	21	25	4	Kevin Scott	0	11	11	3	Andy Schachat	0	3	6	1	Drew Tuttle
0	23	23	5	Cliff Parkinson	0	11	11	2	Elaine Parkinson	0	3	6	1	Dylan Tuttle
2	17	22	3	Lisa Hart	0	9	9	2	Dan DeFrees	0	4	4	1	Judy Brenner
0	16	22	4	Nathan Huppe	0	9	9	2	Mike Andrews	0	4	4	1	Ruthanne Laine
0	18	21	3	Dawn Heinrich	0	9	9	2	Sue Littlefield	0	4	4	1	Ernie Garland
2	18	20	3	Laurel Valley	0	6	9	1	Danyelle Phelps	0	4	4	1	John Dinella
0	14	20	3	Scott Rowe	0	6	9	1	Laura Harding	0	4	4	1	Janet Galzier
0	16	19	3	Dan Poliquin	0	6	9	1	Joe Harding	0	4	4	1	Judi Rogers
0	16	19	3	John Rancourt	0	6	9	1	John Racine	0	4	4	1	Dennis Graves

Here are the N.H. Grand Prix standings after three of 11 races:

	Millennium Mile	Run for the Border 10 mile	Eastern States 20 Mile	Total after 3 races
Gate City Striders	110	101	94	305
Rochester Runners	40	63	94	197
Greater Derry Track Club	95	60	42	197
Granite State Race Team	65	25	19	109
Monadnock Regional Milers	41	46	19	106
Athletic Alliance	31	13	28	72
Coastal Athletic Alliance	10	25	33	68
White Mountain Milers	0	0	27	27
	392	333	356	1081

Rochester Runners at the Boston Marathon & the Mt. Washington Road Race

Boston Marathoners:

Peter Dubois	Laura Harding
Lisa Hart	Dawn Heinrich
Sinthy Kounlasa	Faye Lowrey
Elaine Parkinson	Danyelle Phelps
Dan Poliquin	John Racine
John Rancourt	Walter Shyska
David Smith	Craig Stephan
Bill Paradis	Dick L'Heureux
John Tuttle	Britt Ulinski
Mary Ulinski	Don Yeaton

Mt. Washington Road Race:

Joe Boyle	Ron Foster
Joe Harding	Laura Harding
Lisa Hart	Dawn Heinrich
Melissa McDevitt	Bill Paradis
Pam Parker	Phil Parker
Bob Rondeau	Keith Shields
Britt Ulinski	Laurel Valley
Don Yeaton	

RR Officer's Meeting – 3/21/05

Brian Gallagher

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

Host: Red's Shoe Barn – It's your shoes that tell most about who you are.

Don Y: RR has 23 volunteers for the ES 20/10 races.

RR: scheduled and organized volunteers for the ES 20/10.

Don Y: to email schedule to volunteers.

Dan D: proposed a reward & incentive program for RR volunteers. (He was involved with a similar program in the Syracuse running club). It is a points system based on activities & level of activities. # points = a prize. Dan will introduce this idea at the next club meeting. If there is interest then the officers will work out the details.

April meeting will be at Red's. RR has 20+ runners doing the Boston Marathon.

May meeting --"Orienteering: Running the Woods"

Speaker Tony Federer has been competing in orienteering nationally and internationally for 30 years, has won several age-class national championships, and is a member of Up North Orienteers, New Hampshire's club.

June meeting—Don Y will check with Dr Forsythe, Chiropractor.

July & August – informal meetings, usually with a short fun run followed by ice cream.

Dave W (from Red's): These people who are here tonight, tell me about them. Do they call themselves runners?

Don Y: I imagine that Paul L would call himself a connoisseur of skywriting. Janet G likes to be known as a born romantic, whatever that means. I don't know what Mike A would call himself. He manufactures high quality stumbling blocks in a factory founded by his grandfather.

Dave W: Thanks. I was just concerned. They do appear to be not violent on the whole.

Don Y: 15 RR's running Mt. Washington. There are a few rule changes this year

Don Y: a request from Rachel Frounds, SHS '03 & Cornell premed student, asking for a donation to Team in Training. She is running the Vermont City Marathon.

RR: donate \$100 and a club membership (she hopes to run with RR this summer).

Janet G: suggested, as a general practice in these situations, RR donate \$50 to an individual and \$100 to a charity/organization.

RR: agree.

Newsletter Question of the Month: How does it feel to be unmasked?

Judi R: will discuss with SHS the possibility of RR awarding a scholarship to a male and female senior runner. \$200 each.

Laurel V: refused to discuss anything about the famous egg controversy.

DonY: suggested that RR donate \$100 to the Senior Citizens Center. (location of most RR meetings)

RR: agree.

Meeting adjourned.

(Secretary's note: I want you to know that I am distressed by the errors in these minutes. Some are normal errors; others are changes to avoid prosecution by the authorities.)

Rochester Runners Club
PO Box 727
Rochester, NH 03866