

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 11

DECEMBER, 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 Meeting

**Tuesday,
December 13, 2005
7:00pm**

**Community Center
Rochester, NH**

Speaker:

**Vaughn Cooper,
Ironman Hawaii Athlete**

Also:

Holiday Party!!!

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

Webmaster
Scott Rowe
srowe@laars.com
740-7471

Publicity Director
Laurel Valley
laurelvalley@earthlink.net
(207) 625-7061

Race Director
Vacant Position

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

Newsletter Editor
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

"Thanks for the Memories"

Near the finish line of the Utica Boilermaker 15K Road Race, there is a place called "Boilermaker Park". Here there is a replica of the course laid out with bricks. Individuals can purchase a brick for \$25 and add a short inscription and name to it. One of the bricks next to the 2 mile mark of the replica course has this inscription – " Thanks for the memories – Dan DeFrees". Dan is one of our vice-presidents and one of a small handful of runners who have participated in every Boilermaker since its inception in 1978.

This inscription seemed a fitting title for my final column as President of the Rochester Runner's Club. It's been a great long run that started back in September of 1999 and enabled me to be at the helm of this great club when we celebrated both the 20th and 25th anniversaries of the club.

The reason that I am stepping down from President to be a VP is because of my wife, Barbie's, health. She has had back problems for awhile now and it's gotten worse the past couple of years and she also has early stages of Parkinson's disease. She needs me around more so I need someone else to take over the helm.

This has been the best job I never got paid for! When you love doing something, money has no meaning at all. Isn't it strange the way that works? We often dislike the job we make our living from and will invest our lives and time into something that has no monetary benefit to us. Wouldn't it be great if we all could work at what we really love to do?

The bond that runners experience must be akin to soldiers in the military – although a lot less deadly! We sweat together, strain together, train together and race together , that shared "misery" produces a closeness that non-runners will never experience. We rejoice when a fellow runner runs a PR or gets a win and commiserate with those who have a bad race or can't run at all because of the runner's worst nightmare – an injury! (And I know FULL well what that's like with this miserable heel bursitis!)

Anyhow, it's been a great joy to be able to serve you as President these past 6 years. I have only two regrets: 1. We had to postpone the Free Fall Race this year even though it became a wise decision because of the weather on Thanksgiving and 2. Rochester Runner's Club never won the NHGP series, but it sure has been fun trying and many of you excelled greatly in the face of overwhelming odds at times and brought us within striking distance of the Gate City Striders.

Finally, thanks so much for your friendship – a man who has friends is truly wealthy! Merry Christmas to you all as we remember the reason for the season. " And the angel said to the shepherds, ' Do not be afraid, for behold, I bring you good news of a great joy which shall be for all the people; for today in the city of David there has been born for you a Savior, who is Christ the Lord.' " Luke 2:10, 11 NASV

Merry

Christmas!

P.S. I still haven't exhausted all my thoughts about running and hope to continue with a monthly column entitled "Life on the Run".

Running Notes

Don Yeaton

1. We need Christmas cookies and goodies for the platters for the Christmas Caroling Fun Run on **Sunday Dec. 11th**. We will be assembling the platters at Judi Rogers house on 10 Copeland in Rochester at 11:00 AM on Saturday Dec. 10th. We will leave the Rochester Community Center shortly after 1:00 PM on Sunday and run to Sunbridge on Rochester Hill. Next stop will be the Rochester Manor at around 2 PM. Then we'll hit the St. Charles Children's Home to drop off the shoe box gifts and the last stop will be the Gafney Home on Wakefield St. at around 3 PM. If you don't want to run with us, we could use your help to transport the gifts and food platters to the various stops. Come join us as we spread some Christmas cheer to some needy people this holiday season!
2. We need your input on the Free Fall 10K/5K Road Race for next year. Should we hold it again on Thanksgiving Day, the last Saturday in October as it was in the past or another date? Which would be better for as a runner and or volunteer? Please e-mail your choice to help our race committee as they begin gearing up for the race in January:
dryrun262@msn.com
3. The next club meeting and Christmas Party will be held on Tues. Dec. 13th at the Rochester Community Center in Conference Room #1. This the room off the office at the main entrance. Special speaker will be Ironman Vaughn Cooper from Dover who is also a teacher at UNH. We will be doing a Yankee Swap, so bring a gift and some food to share.
4. Our New Year's Day Resolution Run will be held at PSNH in Rochester at 8:00 AM. The top three runners closet to their predicted time for the 5 mile run will win a Red's Shoe Barn gift certificate. Please bring some food to share after the run.
5. Membership dues for 2006 are now due: \$15 for an individual; \$20 for a family and \$5 for those 18 and younger. Mail them to Rochester Runner's Club, P.O. Box 727, Rochester, NH 03866 with any address or e-mail changes or bring them to the next meeting.
6. The 25th Anniversary Red's Shoe Barn 5 Mile Road Race is set for April 23, 2006. This will be the kickoff race for the 2006 NHGP series and this year will include some new things including a separate women's start 10 minutes before the men's!
7. Our Annual Fresh Pond Race and Boston Trip is set for Jan. 28th. We will leave Shaw's in Dover at 8:00 AM and if there is any interest, we may stay for the Boston Indoor Games from 5:30 – 8:00 PM at the Reggie Lewis Track. Tickets are \$20.
8. We will vote at the Dec. meeting to decide if the club would like to have Dave McGillvray, race director of the Boston Marathon, come and speak at a club meeting in either Jan. or March if he is available. The cost would be \$500 to his children's charity.
9. We need 25 or 30 volunteers for the Eastern States 20/10 Miler on Sunday March 26. Don Allison pays our club \$1500 for our efforts and enables us to do things like sponsor our three teams at the Lake Winni Relay every year.

Seacoast Road Races Series

Kathy Paradis

Inaugural Road Race Series Reaches the Finish Line

Late last spring, during a conversation with my co-worker, Dave Butler, I decided to set a goal for myself to try and complete a running series. Dave, who just recently joined our running club, said that he was “all signed up”, so I thought “why not me too?” It was fun to set a goal and very rewarding to follow it through. Thanks go to Jeanine Sylvester (who I saw running in the last race) of Runner’s Alley. Her website is: www.runnersalley.com

For completing at least 5 out of the 6 races in the *Seacoast Race Series*, each runner received a nice **Brooks royal blue** running jacket, printed with the 2005 Seacoast Race Series logo. Congratulations to the following Rochester Runners:

David Butler, Darryl Cauchon, Bill Paradis, Kathy Paradis, Cliff Parkinson, Judi Rogers, Kevin Scott, Mary Ulinski, and Chuck Zerbinopoulos.

On October 22nd, The Great Bay 5K was the final race in this inaugural Seacoast Road Race Series. The Series also included the Runner’s Alley/Red Hook 5K, the Market Square Day 10K, the Portsmouth Harbour Trail 5K, the Saunders at Rye Harbor 10K, and the Fox Point Sunset 5 Miler. To qualify for the fastest Series runner awards, participants had to run 5 of the 6 races. Scoring was based on how each runner fared against other Series runners in each race.

The top male and female runners in the Series were **Timothy Rider** and **Staci Prinz**, each finishing with 7 points. In second place were **Brad Lebo** (19 points) and **Miae Jacobs** (9 points). Rounding out the top 3 were **Michael Guarascio** (22 points) and **Abigail Phelps** (23 points). Each of these winners earned a custom glass trophy by artist Victor Meyer of Colorado.

The *Seacoast Road Race Series* jackets were underwritten by Runner’s Alley. Jeanine Sylvester, owner of Runners Alley, in Portsmouth, was instrumental in coordinating this series, stating that “It was so successful, we will try to do it again next year.”

Your Running Club Needs You!

Diane Levesque

The Rochester Runners Club Nominating Committee (a.k.a. Janet Glazier and Diane Levesque) is seeking interested candidates for the office of President. As you are all aware, Don will be stepping down from his post. Thus, we need you to step up to the plate. Many of you, we know, are qualified to do the job. If you are interested or know of someone who is too shy to say that they are interested, please contact either Janet at JanetGlazier@yahoo.com or Diane at juryhelp@metrocast.net. You can also call Diane at (603) 781-5839. Ask not what your running club can do for you. Ask what you can do for your running club.

Rochester Runners Clothing Now Available

Dan DeFrees

Rochester Runners Apparel NOW Available!!!!!!!!!!!!!! Highly Coveted And 'til now, Hard to come by RR apparel now available!

I have in stock RR ss/l's Tees at reduced prices! \$5.00 each

The new Tech Tops with two sided three colored RR logo in long and short sleeve are now in stock. These tops are perfect for the cooler weather coming our way! A perfect way to show the RR colors year round! These tops would also make perfect gifts for the upcoming holiday season, put it on your wish list now! Priced @ Long sleeve \$23.00 Short sleeve \$21.00

We still have RR singlets (tank tops) in men's and women sizes \$15.00 each. Also, Team Jackets suitable for running @ \$50.00. Just a note girls, I was able to get a limited number of jackets in size XS!

You can place orders with me @ DBLDdefrees@msn.com or phone me @ 603-335-7124. Orders can be shipped direct to you or picked up at Red's Shoe Barn. We can also make arrangements to distribute clothing at a club function or race. Call or E-mail with questions, Thank-You, Dan

Upcoming Fun Run

Bill and Kathy Paradis

6th Annual "PANCAKE RUN": Saturday, January 7th at 9:00am. We will be hosting the 6th annual "PANCAKE RUN" from our house in North Berwick. Routes from 4 to 12 miles will be mapped out for every ability. But remember, the first ones back have to start cooking! Incentive to run LONG! Please RSVP! wparadis@maine.rr.com 207-676-5831

Recommended Reading List

I received an email message from Emily Trespas, who wrote: "I recommend Dick Beardsley's book 'Staying the Course.' It's a wonderful book. I met him at the Mount Desert Island Marathon and I found that it brought the book to life even more! He's a great author and public speaker and person!"

Emily also recommends "Long Distance: Testing the Limits of Body and Spirit in a Year of Living Strenuously" by Bill McKibben.

(Editor's Note: Let's hear from YOU! What are your recommended books for runners and athletes?? Submit your suggestions and I'll put them in the next newsletter.)

A Brother's Memory

Brian Geiger

My brother David H. Geiger, an avid runner, swimmer and biker, was murdered in his St. John home on October 29, 2005. David sailed to St John in 1988, on his 27 ft sailboat "Willful," from our childhood home in Connecticut and made a happy life for himself there. He started his own painting company. He married, built his own home, and raised a son, Nathan. In his first 12 or so years on the island he focused on his business and building his home but in the past five years or so, he had been spending more of his time running, swimming, and building small boats. In 2004 when he was visiting with me in New Hampshire, we ran the Exeter Hospital 5K road race.

David always asked his me to come down to St John for the 8 Tuff Miles road race but I never had time to do it. I remember him telling me about the first time he ran it in 2001. His son Nathan who was only 8 years old at the time said he wanted to run in the race too so David said he could. Walkers also participate and David figured that if Nathan dropped out, he could always finish up with those that were walking. Anyway, Nathan ends up not only finishing but also getting a prize in his age group. My brother has run the race every year since. He was able to drop his time from around 1:40 to 1:14 for a very tough 8 miles.

In 2004 he competed in the inaugural St John Beach-to-Beach Power Swim (<http://www.friendsvinp.org/swim/default.htm>) and he also swam in this years race. One of the last races he competed in was the "Love City" Triathlon. His relay team finished second.

David was a highly regarded member of the St John community and the community and his family will sorely miss him. In lieu of flowers, donations can be made to the St. John Revolving Fund P.O. Box 37, Cruz Bay St. John USVI 00831-0037. This fund has be set up to help pay the medical cost for Nathan Geiger's hospitalization and recovery which was a result of the attack that took his fathers life.

Anyone interested in the details of the murder and the ensuing investigation can read more at these three web sites:

<http://www.virginislandsdailynews.com/> search on Geiger

<http://www.tradewinds.vi/>

<http://www.onepaper.com/stjohnvi/?v=d&i=&s=News:Local&p=1105690188>

If you are interested in running 8 Tuff Miles or doing the St Johns Beach-to-Beach Power Swim check out these web sites: (there is a couple of pictures of David and Nathan on the 8 tuff miles site)

<http://www.friendsvinp.org/swim/default.htm>

<http://www.8tuffmiles.com/>

Don't let this tragedy keep you away from some of the prettiest scenery in the world. David would want all runner's to partake in the beauty and tranquility that St john has to offer.

Rochester Runners Grand Prix

Paul Lindsay

RRGP update, 4Dec05: This update includes the Concord Jingle Bell 5K. Congratulations to race winner **Scott Rowe**, who ran an excellent 15:58 with only 13 days rest after running his first marathon, and to **Don Foley**, who ran his best time of the year in the cold and windy conditions. Other RRs who beat their baselines this past month include **Walter Shyska**, **Mary Ulinski** (twice), and **Danyelle Phelps** (for the fourth straight race, when she was women's winner of the Larry Robinson 10 mile). **S**=speed points, **D**=distance points, **t**=team points, and **T**=total for the best 10 races; **n**=total number of races. Send corrections, questions, and comments to bplindsay@hotmail.com. For a detailed explanation of the RRGp, visit rochesterrunners.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
19	51	18	88	33	Brian Gallagher	4	50	4	58	16	Dan DeFrees	3	16	0	19	4	Peter Laine
21	44	21	86	30	Dan Poliquin	12	43	0	55	10	Ruthanne Laine	6	12	0	18	3	Mark Chrusz
16	51	18	85	18	Scott Rowe	10	34	9	53	8	Paul Lindsay	4	10	3	17	2	Wendy Perillo
15	50	18	83	28	Kevin Scott	8	41	3	52	12	Janet Glazier	3	13	1	17	3	Cathy Orlowicz
26	44	12	82	36	Mary Ulinski	6	43	1	50	16	Andy Schachat	0	16	0	16	4	Ernie Garland
17	47	18	82	18	John Tuttle	6	40	3	49	8	Britt Ulinski Shuman	0	13	3	16	2	John Racine
12	60	9	81	34	Sin Kounlasa	2	44	3	49	11	Judi Rogers	2	12	0	14	3	Michael Burns
12	57	12	81	30	Bill Paradis	0	44	3	47	23	Alison Black	5	8	0	13	2	Michelle Crothers
17	59	3	79	20	Laurie Gaudreau	1	42	3	46	11	Marilyn Metcalf	1	12	0	13	3	Cathy O'Brien
20	43	15	78	25	Bob Rondeau	14	29	0	43	7	Regina Flynn	3	9	0	12	2	Michael Cole
7	68	3	78	13	Laurel Valley	0	43	0	43	15	Diane Casselberry	1	11	0	12	2	Jim Panaccione
14	51	12	77	20	Chris Blanchette	6	35	0	41	7	Jen Johnson	1	8	3	12	2	Alex Reynolds
19	45	12	76	20	Sue Littlefield	5	33	3	41	6	Lisa Hart	1	8	3	12	2	Peter Smith
14	44	18	76	21	Nathan Huppe	4	37	0	41	9	Joe Boyle	0	9	3	12	2	Kristie Della-Piana
22	50	3	75	10	Danyelle Phelps	7	32	1	40	7	Dave Smith	3	8	0	11	2	Alan Rainville
19	41	15	75	27	Judi Lemaire	0	38	0	38	8	Dong Nguyen	3	8	0	11	2	Brenda Rainville
8	54	12	74	36	Diane Levesque	9	25	3	37	6	Kristin Houle	3	8	0	11	2	Hanne Heinrich
10	60	3	73	21	Dick L'Heureux	6	30	0	36	5	Keith Shields	3	8	0	11	2	Kelsey Burrill
6	45	22	73	23	Ron Foster	0	36	0	36	9	Emily Trespas	3	8	0	11	2	Jameson Harding
15	42	15	72	34	Cliff Parkinson	9	22	4	35	5	Don Norris	0	11	0	11	3	Matt Richard
17	44	10	71	16	Ken Houle	7	28	0	35	7	Dave Butler	2	8	0	10	2	Karen Langlois
6	54	10	70	18	Pete Dubois	7	28	0	35	7	Haley Heinrich	2	8	0	10	2	Scott Burrill
5	62	3	70	17	Dawn Heinrich	7	25	3	35	6	Jamie Houle	2	8	0	10	2	Stephanie Burrill
5	46	19	70	11	Phil Parker	2	30	3	35	7	John Dinella	2	8	0	10	2	Jim DeJohn
4	47	18	69	21	Don Yeaton	0	31	0	31	5	Greg Gaudreau	0	10	0	10	2	Judy Brenner
3	56	9	68	14	Laura Harding	7	20	3	30	5	Lori Scott	2	6	0	8	1	Susan Higgins
16	42	9	67	13	Don Foley	0	26	3	29	5	Craig Stephan	3	4	0	7	1	Kathy Owen
8	53	6	67	13	Joe Harding	7	21	0	28	5	Camden Moore	3	4	0	7	1	Tom Dunnington
2	46	19	67	11	Pam Parker	7	21	0	28	5	Thom Flynn	0	4	3	7	1	Charlie Nevejans
1	56	10	67	17	John Rancourt	3	25	0	28	6	Michael Flynn	0	4	3	7	1	Ed Larkin
20	43	3	66	10	Chuck Zerbinopoulos	0	27	0	27	6	Elaine Parkinson	0	4	3	7	1	Lisa Houle
11	47	7	65	11	Walter Shyska	4	15	6	25	4	Dylan Tuttle	0	4	3	7	1	Rebecca Nevejans
6	52	7	65	17	Tom Littlefield	3	18	3	24	4	Jen Daly	1	4	0	5	1	Douglas Foster
2	42	21	65	20	Peggy Foster	4	18	0	22	4	Amy Lindsay	0	5	0	5	1	Don Gagne
10	41	13	64	11	Tom Watkins	3	17	1	21	4	Cash Leavitt	0	5	0	5	1	Ken Hult
6	52	6	64	14	Mike Andrews	0	21	0	21	3	Bruce Lander	0	4	0	4	1	Brian Geiger
16	44	3	63	23	Bob Randall	7	13	0	20	3	Clifford Russell	0	4	0	4	1	Celeste Martel
15	42	6	63	28	Darryl Cauchon	5	15	0	20	3	Stephanie Cole	0	4	0	4	1	Jeff Crothers

3	42	18	63	13	Jack Prescott	4	16	0	20	4	Tracy Burns	0	4	0	4	1	Matt Burns
8	41	12	61	9	Manya Hult	4	16	0	20	3	Tony Federer	0	4	0	4	1	Mike Dubois
12	43	3	58	10	Dennis Graves	3	11	6	20	3	Drew Tuttle	0	4	0	4	1	Sue Houle
8	44	6	58	12	Kathy Paradis	3	16	0	19	4	Nathan Rainville	0	4	0	4	1	Pat Maloy

Officers' Meeting Minutes, 10/31/05

Brian Gallagher

Rochester Runners Officer's meeting

11/28/05 6:30pm

Host: Red's Shoe Barn – "Where you can experience the thrills without facing any of the dangers."

Present: Alison B, Scott R, Paul L, Laurel V, Dan D, Mike A, Don Y, Mary U, Brian G.

Xmas carol fun run – 12/11- meet at Rec Center activity room at 1:00pm.

Prepare platters & shoeboxes at Judi R's home (a place far removed from the contamination of prosaic reality) on 12/10 at 11:00am.

Dec meeting: 12/13 at Rec Center conference room #1.

Guest Speaker: Vaughan Cooper, ironman tri athlete.

Also a Yankee swap. Bring food.

Elections: nominating committee still looking for a candidate for President.

Newsletter: deadline 12/04 before noon.

Don Y: is considering writing a "Life on the Run" column.

Election - list of candidates.

Laurel V will explain why runners are totally impotent before Godzilla's overwhelming force.

SR: Philadelphia marathon article.

MA: blurb on New Year fun run. 8:00am at PSNH. Plus some gift certificates.

Bill P: Pancake run 1/07.

DY: Boston trip/Fresh Pond on 1/28. Plus option of Boston Indoor games.

Mary U will describe how to swell a tiny gesture into an apocalyptic orgy of destruction.

Discussion, info, and a few semi-abstract visual units (sometimes used to deliberately obfuscate to make a dramatic point)

DY: Thanksgiving fun run – 14 runners despite snow.

DY: Reach York Beach fun run (with bike option) – 2 teams. It is worth doing again next year.

RR: discussion on having Dave McGillvray as guest speaker in Jan or March.

Don Y: will bring up topic at Dec. meeting.

Don Allison is looking for volunteers for the ES 20 and 10 mile races.

He also needs some help on the Friday before. Don Y to meet with him.

Mike A: should the FreeFall Classic return to October?
Include a survey in newsletter/email?

Paul L will send membership list to RRCA before 12/31.

RR: discussion of yearly awards. To continue at next officer's meeting.

Brian G: to provide a list of previous winners.

Dan D – Reds update

More food, more water, tech tops, live entertainment (maybe), 14 and under ½ price.

Women's race start at 10:00am & Men's race starts at 10:10am.

(to Don Y) Red's needs GP dates for race application.

Meeting adjourned – 8:00pm

(I do want you to know that I did try to impose a happy ending on these minutes but, as you can see, it is undercut by a relentless tone of sadness and pessimism concerning our species. I do apologize.)

Rochester Runners Club
PO Box 727
Rochester, NH 03866