

ROCHESTER RUNNERS REPORT

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Next Club Gathering

Tuesday,
February 15, 2005

7:00pm
Annual Awards
Banquet

Free pizza, salad, and
dessert!

Community Center,
Rochester

Come see who receives the awards...
you never know, it might be you!!

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President's Corner

Don Yeaton

“If you aim at nothing, you’ll hit it everytime!” I’m not sure where this quote comes from (a Google Search came up empty), but I’ve heard it many times over the years and it certainly is true. Last month I encouraged everyone to set some running goals for 2005 and to tell others of your plans lest you end up hitting your goal of nothing.

I work part time as a driver at Domino’s Pizza in Rochester in the Globe Plaza. Right next door is Planet Fitness and I see people on the tread mills running to nowhere all the time. Why are they running? To lose weight and to gain some fitness would no doubt be their answers. Why do you run? Perhaps for the same reasons, but those ought to be the byproducts, not the reason. What is your goal? Too often we have none and end up running aimlessly like those who run nowhere on the treadmills.

What do you want to accomplish in 2005? Do you want to run your first marathon, but the thought of running 26.2 miles just seems like an impossibility. Perhaps you are a beginner and the thought of running that first 5K seems daunting. Let me assure you that most runners have had these same fears but have gone on to accomplish much more than they ever thought possible.

Those of you who have known me awhile have heard this story before, but it bears repeating. My first race was the Red’s Shoe Barn 5 Miler in Dover on April 9, 1989. I had been running for almost 10 years, but had never entered a race since that first run in May of 1979. My wife was working at Ainslie’s Drug Store in Rochester at the time and her boss, Bill Slavin, encouraged me to run the race with him. He got sick that day and couldn’t come, but I did it. I didn’t run very fast – 43:13 – but I was hooked on racing. I can vividly remember thinking when I finished, “How can anyone possibly run a marathon – more than 5 times longer than this race!” Now – 15 years later – I am training for my 26th marathon at Boston this year on April 18th.

Running has taught me things I probably would have never learned otherwise. Some of them weren’t easy to learn and involved some pain, but that made them all the more worthwhile. Life is not a spectator sport – we need to be in the game to gain any benefit. Tomorrow is the SuperBowl in Jacksonville, FL. I heard this definition of football several years ago.” Football is a game played by 22 men desperately needing rest, watched by 50,000 fans desperately needing exercise.”

We who are runners are in the game and the object of the game is to win. What do you want to win this year? That first marathon, 5K, 10K, half marathon or perhaps even an ultra. What ever it is, GO for it! Set a goal and tell other people so you can’t back out, sit on the bench and end up hitting nothing!

Here’s to a successful 2005 racing season!

- Don Yeaton

Running Notes

Don Yeaton

1. You don’t want to miss the February awards dinner. Free food – Domino’s Pizza, salad, soda and cake and you might win an award. So be there on Tuesday, February 15th at the Rochester Rec Center at 7:00 PM.
2. We have 8 of you signed up to help with the ES 10/20 Miler on March 26th. Even if you are running one of the races, we might be able to use your help prior to race time. We need 25 helpers so if you are able PLEASE contact us!!
3. Lots of races this past weekend and we need to recognize the running exploits of three of you. Scott Rowe finished in 6th place in his first running of the Boston Prep 16 Miler w/ a 5:50 pace on those hills – WOW! Chris Blanchette was the first Rochester Runner across the line at the Mid-Winter Classic 10 Miler in Cape Elizabeth. He was 19th overall and 4th in his age group. Our resident UltraRunner – Laurel Valley – was the first female Master. Congrats to all three of you!
4. Don Yeaton is once again running on the Run for Research Team of the American Liver Foundation. This is his 9th year with the team and needs to raise at least \$2500 for the ALF as he trains for his 11th Boston Marathon. Donations of any amount would be greatly appreciated!

Eastern States 20 Miler and Run for the Border 10 Miler

Don Yeaton

Once again this year we have committed ourselves to volunteering at the ES 10/20 Miler on Saturday, March 26th. The race normally would have been held on Sunday the 27th, but because of Easter this year, the race was moved back to Saturday.

Both races this year will be part of the NHGP series so this will put us at a disadvantage since we will need about 25 people to volunteer in various capacities. However, since we will be able to raise \$1500 for the club from this one event, it will be worth the effort. Monies that we received from the race last year paid the \$590 for our 25th anniversary dinner back in October.

So, if you aren't running either the 10 or the 20 miler, we NEED your help. If you are running, perhaps you could persuade your spouse, your kids, boy friend/girl friend, aunt, uncle, grandma or grandpa, or friend to help us out. We will need help with registration for both races, people to handle the baggage buses, help loading the busses behind the Hampton Beach Casino, water stop people and traffic control people. There will be a signup sheet for volunteers at the Feb. 15th meeting.

Rochester Runners Member Spotlight –

An Intimate Look at the Lives and Loves of Rochester Runners

SPECIAL VALENTINES DAY EDITION

By Diane Levesque

KATHY AND BILL PARADIS

Age: 100 plus combined

Marital Status: Married with 2 adult children – she's a faithful church goer; he worships the bike, thus is known as runnin', bikin' Bill

Occupation: Portsmouth Naval Shipyard officials

Pet Status: 1 cat – Suzy Q

Home Town: North Berwick

Introduction

So many couples to choose from. You've seen them. They come to the monthly meeting and are playing footsies under the table, making out in the darkened section of the room, patting each other's butts when they *think* no one is looking. But no one and nothing escapes this gossip columnist. If you've got a life and/or a love, I know. Anyway, getting back to the topic at hand, the first official Valentine's Day couple is Kathy and Bill – our favorite Pancake Run hosts. You wonder, why them over all the other possibilities? Someone told me that they still take showers together!

The Early Years

I don't know where these two grew up, but I assume in the local area, somewhere in Maine. I do know how they met. According to Bill, the two were set up on a blind date by his neighbor who was trying to get Kathy out of the way so that he could date her friend. Apparently, Kathy had to that point been going with them on all of their dates. I don't know how that relationship worked out after they were able to go out with each other unaccompanied. Anyway, Bill quickly recited the date of the first date: June 28, 1971. The two dated until they were married on May 25, 1974. Bill remembers that it was raining and that he had left the door to the car open during the ceremony. Everything got wet, but worked anyway.

Kathy and Bill have two adult children and a granddaughter. Their son Wayne is 28 and married with one daughter Eliza age 18 months. Wayne is a champion racquetball player. Bill and Kathy's daughter Shana is a schoolteacher and singer/songwriter. She's had some unbelievable looking boyfriends, too. Eliza is a water bottle dragger in training.

I asked Bill about what life was like before Kathy and he answered, "Everything was in black and white." Makes sense.

The Running Years

Both Kathy and Bill started running in 1998. Bill started running due to problems with diabetes which he has more or less licked at this point. Kathy likes to stay fit. Their first race was the Kittery Trading Post 5K in Eliot. And this couple likes to keep moving. They run together regularly, bike two or three times per week (sometimes on the tandem), cross-country ski and snowshoe in the winter, kayak, water ski and swim in the summer.

I asked them about the secret to a long lasting running relationship. Bill answered, "Mutual forbearance always ensures domestic felicity." Kathy answered, "It might sound corny, but accepting each other's faults and not holding grudges. I've tried to mold him a little bit and now he does pick up after himself. You have to be open to each other and take an interest in what each other does." She is definitely the woman behind the man in this relationship.

The Oldywed Game

I decided to try a little test and see how well these two know each other after all of these years. I asked Kathy the following:

Question #1: What will Bill say is the combined time of your 5K PR's?

Answer: 47:46

Question #2: What will Bill say is the longest distance that he's ever run?

Answer: 50 miles

Question #3: Who will Bill say that he is the most competitive with while racing?

Answer: He competes with his own time, mostly.

Question #4: Who will Bill say you are most competitive with while racing?

Answer: Well, I tried to pass Amy Lindsay once.

Then I asked Bill the same questions and here are his answers:

- Question #1: 49:00
- Question #2: 50 miles
- Question #3: I run my run and enjoy it.
- Question #4: I have no idea for her.

Okay, it wasn't perfect, but let's put our hands together and award them the brand new refrigerator anyway! While their answers weren't perfect, they are indeed the perfect couple and two of the nicest people around both individually and together. Ask Bill about his bicycle rehab and donation program for needy runners.

I asked them about how they plan to spend Valentine's Day. Bill indicated that he was keeping his plans a secret. But he'd better let them out soon, because Kathy told me that she was planning to go out to dinner with Bill and was taking her mother along. Now, that's romantic!

Epilogue: Knowing what we know about Bill, do you think that he takes showers with Kathy to save on the water bill?

The 2005 RRGF is Off and Running

Paul Lindsay

The 2005 edition of the Rochester Runners Grand Prix has begun. Despite the extreme cold weather and deep snow that we've had, several club members have already run in one or two races. First there was the Hangover 5K and 10K on New Years Day in Salisbury, where **Judy Brenner** won her age group by over three minutes. Next there was the first NHGP race of the year, the Millennium Mile in Londonderry, where the day's top N.H. master, **John Tuttle**, led Team RR to 4th place among N.H. running clubs. The next weekend **Laurel Valley** braved a raging snowstorm to compete in the "Fat Ass" 50K trail run in Topsfield, while **Cliff and Elaine Parkinson** preferred the balmy weather at the Walt Disney World Half Marathon (Elaine is training for the Boston Marathon). Note that nobody has scored any speed points yet, because most of the racing so far has not been on certified courses. Look for speed points in the next update when the Cape Elizabeth 10 mile results are in. Let me know if you ran the Human Race for Tsunami Relief 5K in Laconia, and what your finishing time was (they didn't hire a timing company so that **all** the entry fee money would directly benefit the tsunami victims). That race can be counted for speed points because it was run on a certified course. **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.

S	D	T	n		S	D	T	n		S	D	T	n	
0	11	11	2	Cliff Parkinson	0	9	9	2	Bill Paradis	0	3	6	1	Marilyn Metcalf
0	11	11	2	Elaine Parkinson	0	7	7	1	Laurel Valley	0	5	5	1	Dick L'Heureux
0	8	11	2	Diane Levesque	0	3	6	1	Nathan Huppe	0	5	5	1	Sin Kounlasa
0	8	11	2	Brian Gallagher	0	3	6	1	Scott Rowe	0	5	5	1	Tom Littlefield
0	7	10	2	Bob Rondeau	0	3	6	1	Drew Tuttle	0	4	4	1	Laurie Gaudreau
0	7	10	2	Don Yeaton	0	3	6	1	Dylan Tuttle	0	4	4	1	Judy Brenner
0	9	9	2	Alison Black	0	3	6	1	John Tuttle	0	3	3	1	Andy Schachat

Hot Off the Press! Updated RRGP Standings

Rochester Runners Grand Prix update, 6Feb05. This is the first e-mail update for 2005, including results from four races today that didn't make our February newsletter deadline (Editor's Note: Due to my procrastination on doing the newsletter, I was able to include this latest email!): the Boston Prep 16 mile in Derry, the Mid-Winter 10 mile in Cape Elizabeth, the Great Stew Chase 15K in Lynn, and the Super 5K in Lowell. **Scott Rowe** showed he can run fast in the longer races, finishing 6th overall in a field of 414 runners in Derry. **Laurie Gaudreau** also had a good outing on that "moderately challenging" course that is a favorite of many New England marathoners preparing for Boston (her 1:53:27 was the 3rd fastest in her age group). Among the 498 finishers at Cape Elizabeth, **Chris Blanchette** was 4th out of 52 in M3539 and **Laurel Valley** was 5th woman overall. Laurel chalked up our club's first RRGP speed points for 2005. **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	
0	15	15	3	Cliff Parkinson	0	10	10	2	Tom Littlefield	0	3	6	1	Drew Tuttle
0	15	15	3	Bill Paradis	0	10	10	2	Laurie Gaudreau	0	3	6	1	Dylan Tuttle
2	12	14	2	Laurel Valley	0	7	10	2	Bob Rondeau	0	3	6	1	John Tuttle
0	14	14	3	Alison Black	0	7	10	2	Don Yeaton	0	3	6	1	Marilyn Metcalf
0	9	12	2	Scott Rowe	0	6	6	1	Dan Poliquin	0	5	5	1	Craig Stephan
0	11	11	2	Elaine Parkinson	0	6	6	1	Dawn Heinrich	0	5	5	1	Kevin Scott
0	11	11	2	Dick L'Heureux	0	6	6	1	Lisa Hart	0	5	5	1	Mike Andrews
0	11	11	2	Sin Kounlasa	0	6	6	1	Walter Shyska	0	5	5	1	Dan DeFrees
0	11	11	2	Keith Shields	0	6	6	1	Mary Ulinski	0	4	4	1	Judy Brenner
0	8	11	2	Diane Levesque	0	3	6	1	Nathan Huppe	0	3	3	1	Andy Schachat
0	8	11	2	Brian Gallagher										

Snowshoe Trek Plans

Paul and Amy Lindsay

How about a day off from running for some cross-training and winter mountain scenery? Join us for a day hike on snowshoes in the White Mountains on Sunday February 20th in the southern part of the Presidential Range Dry River Wilderness, north of Bartlett. We'll carpool from the Rec Center at 8:30. Bring a lunch for the trail and a swimsuit for the hot tub afterward. We usually stop for supper at some restaurant on the way back. Let us know if you are interested at 942-5482 or bplindsay@hotmail.com.

Newsletter Help Needed

Alison Black

Does anyone have about an hour or so worth of free time the first week of each month? I need some help distributing the paper copies of the newsletter each month. This would involve me e-mailing you the newsletter, and then you printing it out, getting copies made, folding, stamping, labeling, and mailing the newsletter. I would even send you the labels. Contact me at (603) 474-9349 if you want more information and/or want to help. Thanks!!

Also...if you talk to currently-paid club members who are not getting the newsletter (either via email or the U.S. mail), PLEASE have them contact me so that we can get them their newsletter. Thanks!!

RR Officer's Meeting – 1/31/05

Brian Gallagher

Present: Don Y, Paul L, Alison, B, Chris B, Mike A, Brian G & Judi R –host.
(In her house reality wakes, breaks open its cocoon, spreads its wings and flies.)

Don Y: Annual awards night –
All set with Dominos.
Judi R, Janet G, Paul L to bring salad.
Don Y to bring drinks.
Alison B to handle desert.

RR: discussion of awards – plaques (Don Y to order) & certificates (Alison in charge) & prizes
(shopping complete – Alison B).
Don Y: to email a request for running & racing miles.

Chris B: RR is still holing ~\$900 for NHGP Race series. What should we do?
Paul L: I will email Tracy S and ask.

Newsletter: deadline 2/06 at noon.
Alison B: I could use some help with printing and mailing the newsletter. Any volunteers?

Don Y: regarding *United States v. Rochester Runners, 293F.1013*.
Janet G sent me this progress report from the Peer Review Process Work Group (PRPWG) – Peer review is governed by federal regulations in three respects. First, federal misconduct regulations can be invoked if a newsletter reviewer seriously abuses the review process. Second, these regulations prohibit review by individuals with conflicts of interest. Third, newsletters are obligated to adhere to quality control standards promulgated in federal regulations (42CFR52h.5(b)(1)).
(please find attached the Office of Management and Budget's proposed draft peer review standards for running club newsletters)

Judi R added that some sociologists of science argue that peer review makes the ability to publish a running club newsletter susceptible to control by **elites** and to personal jealousy.

Mike A contends that human nature being what it is, it cannot altogether be relied upon to police itself. Individual exceptions there may be, but to treat them as the rule would be to underestimate the degree to which our potential unruliness is vetted by collective constraints, implemented formally.

Dan D expressed outrage at what appears to be the unwillingness of both Bill P and Ken H to come forward and explain the "*quis custodiet*" problem.
(Editors note: both have been advised by their lawyers not to talk publicly but to await the next judicial hearing to set the matter straight.)

Newsletter question of the month: Why was he holding a lit cigarette in close proximity to the faucet immediately prior to the incident in question?

Don Y: Eastern States 20/10 needs volunteers!!! I will recruit via email and the newsletter.

Don Y: Any ideas for guest speakers?

Don Y: maybe a chiropractor or massage therapist for March meeting?

Judi R: I would like to hear about paddle sports (not white water).

Brian G: I will see if we can get an orienteer for the May or June meeting.

Don Y: Scott R has expressed interest in taking over webmaster duties.

Cathy O wrote to RR: There will not be a Meetinghouse race this year but they will try to regroup and have a race in 2006. Thank you to all her helpers on the race committee and to the volunteers from RR.

Don Y: RR needs a race director for the FreeFall race.

Alison B: could we hire a race director? A marketing student, for example.

Mike A: suggested that RR donate to the Human Race for Tsunami Relief.

RR: agree. \$200.

Judi R: to deliver check to Keith Jordan, race director.

Don Y: to email about carpool to the race – 8:00am from Spaulding.

Don Y: will ask the club at the next meeting on how best to spend money in our treasury.

8:15pm meeting adjourned. We then rubbed our eyes and looked around in astonishment and apprehension.

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